



## Child Care Spring Conference - April 2, 2011

We are excited to announce this year's Washington County Child Care Conference. The conference will be held on Saturday, April 2, 2011 at the Prom Center in Oakdale, MN. The Prom Center is conveniently located in the middle of Washington County off of Interstate 94 and Highway 13.

The keynote for this conference will be Mike Kutzke. He

has a M.S. Degree in Social Sciences from North Dakota State University and a B.A. Degree in Criminal Justice from Minnesota State University Moorhead. He is currently the Law Enforcement Coordinator at Ridgewater College in Willmar, MN and previously worked as a police officer for 17 years. Mike has been professionally presenting for over a decade in a wide-range of topic areas and takes pride in his ability to blend humor,

information, and adult learning principles in his training events.

### “Keep the Most Important Things in Life the Most Important Things”

The session will talk about how to balance various roles in your life (i.e., childcare provider, business owner, wife, mother, etc). It will be an active learning event where you can see the impact of setting and achieving goals in your life. This course addresses practical

strategies and techniques in a fun and fast-paced learning environment to help you take control of your time and assist you in identifying the things that are your personal and professional priorities.

Cost for the conference will be \$50.00 for early registration and \$60.00 for all others. Registration materials for this conference will be mailed separately in the New Year.

We hope you can make it!



## Conspicuous & Prominent Postings

- Definition of conspicuous: **easily visible:** easily or clearly visible
- Definition of prominent: **noticeable:** noticeable or conspicuous

This is just a friendly reminder of posting requirements. Everyone who has a childcare license should “post the

license in the residence in a prominent place.”, MN Rule 9502.0335, subp. 10. If you receive a correction order or conditional license, this needs to be posted “in a place that is conspicuous to people receiving services and all visitors to the facility for two years”. MN Statute 245A.06, Subd. 8.

Example: This article is conspicuous because it is on the front page so it is easily noticed. Here are

some real life examples of places licensors have seen licenses or correction orders posted that are not prominent or conspicuous:

- Behind a painting
- Folded inside an envelope and hung by the front door
- Inside a kitchen cupboard
- In a drawer
- In a file cabinet
- Inside the front coat closet with the door shut
- Posted on a childcare bulletin board but

- covered with lots of other papers
- In a folder by the computer
- Correction order, what correction order?

Please take a look at your own individual situation and make sure that parents are able to view these important pieces of paper or you will get another correction order—to post.



## Concerns About Autism

Listed below are some early signs of Autism:

### By 4 months

- Not turning toward sounds.
- Not showing interest in people's faces.

### By 6 months

- No big smiles or expressions of joy.
- No cooing when happy or crying when unhappy.

### By 9 months

- No exchanging back-and-forth smiles and sounds with family members.
- No back-and-forth gestures such as giving, taking, and reaching.

### By 12 months

- Not responding when name called.

- No babbling such as "ma," "ba," "da," and "ga."

### By 15 months

- No pointing gestures to draw attention to something of interest.
- Not using or understanding at least three words such as "mama," "dada," "bottle," or "bye-bye."



### By 18 months

- No purposeful pretend play, such as feeding a doll or a stuffed animal.
- Not indicating familiarity with family names or body parts.

### By 24 months

- No two-word meaningful phrases (without imitating).
- Not showing interest in what other children are doing.

### By 36 months

- Not answering simple questions, such as "what," "when," and "who."
- Not showing enjoyment in playing with children of the same age.

- showing, reaching, or waving by 12 months.
- No words by 16 months.
- No two-word meaningful phrases (without imitating or repeating) by 24 months.
- ANY loss of speech or babbling or social skills at ANY age.

If you have any concerns on a child's development call Help Me Grow at (651) 430-6700.

Source: Melissa Wiger, Washington County Public Health

### RED FLAGS

#### Refer for immediate evaluation

- No big smiles or other warm, joyful expressions by six months or after.
- No babbling by 12 months.
- No back-and-forth gestures, such as pointing,



## Earned Income Tax Credit

For 2008, in Washington County, 8,326 families or individuals filed for the federal credit and received an average of almost \$1,800 dollars per family.

The Earned Income Tax Credit or the EITC is a refundable federal income tax credit for low to moderate income working individuals and families.

Congress originally approved the tax credit leg-

islation in 1975 in part to offset the burden of social security taxes and to provide an incentive to work. When EITC exceeds the

amount of taxes owed, it results in a tax refund to

those who claim and qualify for the credit. To qualify, taxpayers must meet certain requirements and file a tax

return, even if they do not have a filing requirement. Check out this website to see if you may qualify: [www.irs.gov/individuals/article/0,,id=96406,00.html](http://www.irs.gov/individuals/article/0,,id=96406,00.html)

If you qualify to claim EITC on your federal income tax return, you also may be eligible for a similar credit on your state or local income tax return.

<b>Payments</b>	61	Federal income tax withheld from Forms W-2 and 1099 . . . . .	61
	62	2010 estimated tax payments and amount applied from 2009 return . . . . .	62
	63	Making work pay credit. Attach Schedule M . . . . .	63
	64a	<b>Earned income credit (EIC)</b> . . . . .	64a
	b	Non-taxable combat pay election   64b   . . . . .	
	65	Additional child tax credit. Attach Form 8812 . . . . .	65
	66	American opportunity credit from Form 8863, line 14 . . . . .	66
	67	First-time homebuyer credit from Form 5405, line 10 . . . . .	67

## Carbon Monoxide

Carbon monoxide is a tasteless, colorless, odorless gas that interferes with the delivery of oxygen throughout the body. Sources of carbon monoxide include:

- Unvented kerosene and gas space heaters
- Leaking chimneys and furnaces
- Back-drafting from furnaces
- Gas water heaters
- Woodstoves and fireplaces
- Gas stoves
- Automobile exhaust from cars in attached garages

Fetuses, infants, elderly people, and people with anemia or with a history of heart or respiratory disease can be affected more quickly by carbon monoxide. At lower levels, carbon monoxide can cause flu-like symptoms: headaches, dizziness, weakness, and fatigue. At higher levels, or with prolonged exposure, it can cause confusion, disorientation, impaired vision and coordination, brain damage, coma, and death.

### Ways to Reduce Risk

- Keep gas appliances properly adjusted.
- Consider purchasing a vented space heater when replacing an unvented one.
- Use proper fuel in kerosene space heaters.

- Above gas stoves, install and use an exhaust fan that is vented to outdoors.
- Be sure flues are open when fireplaces are in use.
- Choose properly sized woodstoves that are certified to meet EPA emission standards. Make certain that doors on all woodstoves fit tightly.
- Have a trained professional inspect, clean, and tune-up your central heating system (furnaces, flues, and chimneys) annually. Repair any leaks promptly.
- Do not idle car inside the garage.

### Are There Warning Devices Available?



A variety of carbon monoxide detectors, both plug-in and battery-powered, are available at hardware, home, and discount stores. Read packages carefully and compare features. Look for information stating that the detector is Underwriters Laboratories (UL) listed. Read the owner's manual completely and be sure to follow the manufacturer's instructions regarding installation. Minnesota law requires

that all single family and multi-family dwellings install an approved carbon monoxide alarm within 10 feet of each bedroom. The law was effective January 1, 2007 for all newly constructed homes and apartment buildings for which building permits were issued on or after that date; August 1, 2008 for all other single family homes, and August 1, 2009 for all other apartment buildings and multifamily homes.

### What to do if the Carbon Monoxide Alarm Sounds

If the alarm sounds and anyone is feeling symptoms of carbon monoxide poisoning, your home may have a potentially dangerous level. Leave the house immediately. Call the fire department, local emergency medical services, poison center, or local utility company from a neighbor's home. If the alarm sounds and no one is feeling any symptoms of carbon monoxide poisoning, ventilate the home by opening windows and doors and turning on fans. Turn off any combustion appliances immediately. Then call an appliance repair technician to find the cause of the alarm.

Source:

[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)



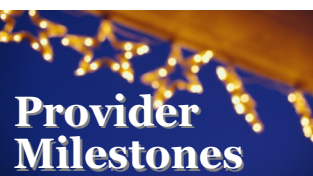
## New Providers

### October 2010

- Kathy Starry, Hugo

### November 2010

- Michelle Anderson, Woodbury
- Cassandra Green, Cottage Grove
- Melanie Olson, Forest Lake



### 10 Years

- Joey Olson
- Angela Raverty
- Allison Reuter

### 15 Years

- Barbara Hill
- Kelly McConnach

### 20 Years

- Jill Soaz
- Laura Kloos

### 25 Years

- Ivy James-Keuhl
- Tammy Malmquist



# CLASSES

Jan.-Feb.  
**2011**

## SPONSORED BY:

### Resources for Child Caring (RCC)

*Registration:*  
Call (651) 641-3549  
or go online at  
[www.mnstreams.org](http://www.mnstreams.org)

### The Secrets of Children's Social Lives

Making friends is one of the most valuable things children do as they learn and grow. Adults are often watching their children's social lives, wondering how to help their kids cope with the challenges, heartbreaks, and the joys of making friends, losing them, and making friends again. Join us as we examine why friendship is such an important part of children's lives.

*Date/Time:*  
**Wednesday, Jan. 12**  
**6:30–8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**Oakdale Discovery Center, Oakdale**  
*Instructor:*  
Cory Woosley

### Six Steps to Responsibility

This class presents a practical model for teaching responsibility by setting up an environment of firmness with dignity and respect for both parent/

adult and the child. We will discuss limits, consequences, and problem solving skills.

*Date/Time:*  
**Tuesday, Jan. 18**  
**6:30–8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**HSI, Oakdale**  
*Instructor:*  
Joyce Flynn

### Center for Inclusive Child Care (CICC): When Concerns Arise

Ever wondered about developmental red flags? The goal of this workshop is to assist providers with the identification and referral of children who have developmental concerns in their childcare programs. Participants will explore the benefits of supporting and assisting parents in seeking help for a child who may be in need of specialized services by understanding the assessment process and local referral contacts. A main focus will be how to share concerns with parents in a respectful manner if red flags for developmental concerns are present.

*Date/Time:*  
**Thursday, Jan. 20**  
**6:30–8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**Room for Growing,**

Forest Lake  
*Instructor:*  
Kim Woehl

### Supporting Infant Development

The development of infants is the foundation for them to succeed in all other areas of growth. This class is designed to take a hands-on look at learning ages and stages of infant development.

*Date/Time:*  
**Monday, Jan. 24**  
**6:30–8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**Family Means, Stillwater**  
*Instructor:*  
Judy Davis

### Welcome to the Profession Training

This is the first class in the Minnesota Child Care Credential. This class introduces the elements common among professionals and some of the unique characteristics of early care and education as a profession. The class also introduces the organization of the Minnesota Child Care Credential and the Child Development Associate (CDA) credential and links the completion of the credential to the development of quality programs for children. The Welcome Class is required for all Build-

ing Quality participants.

*Date/Time:*  
**Wednesday, Jan. 26**  
**6:30–9:30 p.m.**  
*Fee/Credit:*  
\$15.00/3 in-service hrs.  
*Location:*  
**Oakdale Discovery Center, Oakdale**

### Handy Activities for Learning

Provide quality learning activities for children that are easy to prepare with common, low cost supplies. Learn simple, fun ways to encourage beginning understanding of numbers, quantity, and emergent writing. Explore activities to promote large motor skill development and creativity. Develop a system to organize activity ideas so they are easy to implement.

*Date/Time:*  
**Wednesday, Feb. 2**  
**6:30–8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**Room for Growing, Forest Lake**  
*Instructor:*  
Gloria Deziel

### Creative Sensory Experiences for Young Children

We all learn through our five senses – hearing, sight, smell, taste, and touch. Children learn about their world through their senses, which are their science tools for experimenting and discovering. Come and explore

*Continued on next page*

what children can learn from sensory experiences such as sand and water play, how to facilitate children's sensory investigations, and more!

*Date/Time:*  
**Monday, Feb. 7  
6:30-8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**KinderCare,**  
Cottage Grove  
*Instructor:*  
Bev Herr

**Teaching Children to Stand Up for Themselves**

The best thing we can do for kids is teach them how to help themselves. In this workshop we will examine why some children get "picked" on and learn strategies to help children be their own best advocate!

*Date/Time:*  
**Wednesday, Feb. 16  
6:30-8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**Peace of Mind,**  
Woodbury  
*Instructor:*  
Cory Woosley

**Science from A-Z**

Do you hit a roadblock as you try to think of something engaging to include in your science area for various themes? This session will cover themes from A to Z and include items and activities to interest your eager little scientists.

*Date/Time:*  
**Wednesday, Feb. 23  
6:30-8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**Kidz Place Learning Center,** Hugo  
*Instructor:*  
Sara Mulso

**How to Avoid Power Struggles and Win Cooperation**

We will explore positive and practical tools that encourage cooperation and self-discipline in children through effective communication. We will also examine the usage of natural and logical consequences and problem solving that helps avoid power struggles.

*Date/Time:*  
**Tuesday, March 1  
6:30-8:30 p.m.**  
*Fee/Credit:*  
\$20.00/2 in-service hrs.  
*Location:*  
**HSI, Oakdale**  
*Instructor:*  
Joyce Flynn

**PLA-INC. (Professional Learning Alternatives, Inc.)**

*Registration:*  
For complete information and to register for PLA-INC. seminars, visit [www.pla-inc.org](http://www.pla-inc.org) or call (651) 464-8777. Pre-registration is necessary.

**How Do We Give Children a Good Start?**

*Date/Time:*  
**Monday, Jan. 17**

**6:30-8:45 p.m.**  
*Fee:*  
\$17.00  
*Location:*  
**Dunn Bros. Grill**  
2751 East Co. Rd. E.  
White Bear Lake, MN

**What's All the Fuss About a Child's Emotional Development?**

*Date/Time:*  
**Monday, Jan. 31  
6:30-8:45 p.m.**  
*Fee:*  
\$17.00  
*Location:*  
**Dunn Bros. Grill**  
14775 Victor Hugo Blvd. N.  
Hugo, MN 55038

**Autism - Including Children with Social, Communication, and Behavioral Needs**

*Date/Time:*  
**Tuesday, Feb. 15  
6:30-8:45 p.m.**  
*Fee:*  
\$17.00  
*Location:*  
**Dunn Bros. Grill**  
14775 Victor Hugo Blvd. N.  
Hugo, MN 55038

**Sensory Processing**

*Date/Time:*  
**Tuesday, Feb. 22  
6:30-8:45 p.m.**  
*Fee:*  
\$17.00  
*Location:*  
**Dunn Bros. Grill**  
14775 Victor Hugo Blvd. N.  
Hugo, MN 55038

**Look at your Environment**

*Date/Time:*  
**Monday, Feb. 28  
6:30-8:45 p.m.**  
*Fee:*  
\$17.00

*Location:*  
**Dunn Bros. Grill**  
14775 Victor Hugo Blvd. N.  
Hugo, MN 55038

**Temperament**

*Date/Time:*  
**Tuesday, March 1  
6:30-8:45 p.m.**  
*Fee:*  
\$17.00  
*Location:*  
**Dunn Bros. Grill**  
2751 East Co. Rd. E.  
White Bear Lake, MN

**9th Annual Child Care Professional Institute**  
"YOU are the Difference!"  
*Keynote Speaker:*  
Beth Gibson-Lilja

*Date/Time:*  
**Saturday, Feb. 12**  
*Location:*  
**Crossroads Covenant Evangelical Church**  
17445 Notre Dame St.  
Columbus, MN  
*Details:*  
[www.pla-inc.org](http://www.pla-inc.org)

**Promoting Positive Parenting**

**Parenting Power: Parenting from the Inside Out in Today's World**  
"7 Worst Mistakes that Parents Make (and How to Avoid Them)"  
*Keynote Speaker:*  
Toni Schutta  
Breakout sessions:  
Gender Does Matter, Mean Girls, Children and Mental Health, Cyberbullying and Internet Safety, and How does the Relationship Between Parents Affect Children?

Continued from CLASSES on page 5

**Date/Time:**  
**Saturday, Jan. 22**  
**9:00 a.m.—Noon**  
**Fee:**  
 FREE  
**Location:**  
**North High School**  
 2416 11th Ave E.  
 North St. Paul  
**Registration:**  
[www.mahtomedi.k12.mn.us/communityeducation](http://www.mahtomedi.k12.mn.us/communityeducation)  
 by January 7th  
 Childcare is available  
 for \$10.00/child or  
 \$15.00 /per family  
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**Minnesota Licensed  
 Family Child Care  
 Association  
 (MLFCCA)**

**Annual Week of the  
 Provider Conference!**

**Date/Time:**  
**Thursday—Saturday,**  
**April 28-30**  
**Location:**  
**Ruttger’s Sugar  
 Lake Lodge**  
 Grand Rapids, MN.  
 Check out the website:  
[www.mlfcca.org](http://www.mlfcca.org)  
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**Washington County  
 Licensed Family Child  
 Care Association  
 (WCLFCCA)**

**CENTRAL AREA**  
**Location:**  
**Woodbury  
 Lutheran Church**  
 7380 Afton Road  
 Woodbury, MN  
**Registration:**  
 Jody Urbano at  
 (651) 270-2478

**Pediatric CPR -  
 American Heart Assoc.**  
 Come learn or refresh  
 your skills for Cardio  
 Pulmonary Resuscitation  
 (CPR). An American  
 Heart Association Certifi-  
 cate will be awarded at  
 the completion of class.

**Date/Time:**  
**Monday, Jan. 17**  
**6:30–9:30 p.m.**  
**Fee:**  
 \$39.00  
**Instructor:**  
 Dan Schwabe, CPR Etc.

**Nutrition Training**

**Date/Time:**  
**Thursday, Feb. 17**  
**6:30–8:30 p.m.**  
**Fee:**  
 FREE  
 .....

**FOREST LAKE AREA**  
**Location:**  
**Hosanna Lutheran Church**  
 9300 Scandia Trail N.  
 Forest Lake, MN  
**Registration:**  
 Peggy at (651) 653-1797/  
[danpeggy0820@msn.com](mailto:danpeggy0820@msn.com)

**Letting Go of Control**  
 A more detailed look into  
 Bev Bos and her hands-off  
 curriculum approach.

**Date/Time:**  
**Thursday, Jan. 20**  
**6:30–8:30 p.m.**  
**Fee:**  
 FREE-WCLFCCA members/  
 \$10.00 for non-members.  
**Instructor:**  
 Mandi Ospina

**Food Program Training**  
**Date/Time:**  
**Thursday, Feb. 17**  
**6:30–8:30 p.m.**  
**Fee:**  
 FREE

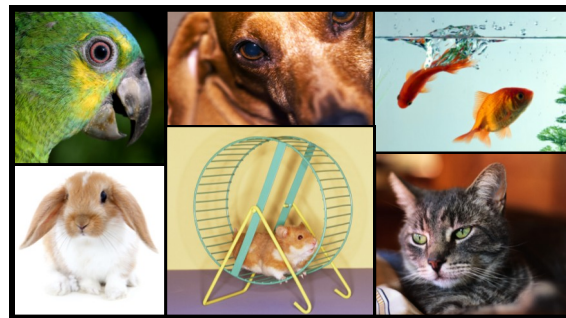
## Pets and Child Care

Rule Reminder: Minnesota  
 Rule 9502.0435, sub. 12

Pets can be a wonderful  
 addition to your child  
 care. Children can learn  
 great lessons in respect-  
 ing other living things  
 and how to treat others.  
 Shy children can form  
 bonds with the animal  
 and help them gain confi-  
 dence in making friends.  
 There are guidelines to  
 follow when you have a  
 pet in your home:

- Make sure that your pet  
 is on the list of accept-  
 able animals (dogs,

cats, fish, guinea pigs,  
 gerbils, rabbits, ham-  
 sters, rates, mice,  
 and birds). If you are  
 interested in an animal



not on the list, you need  
 to request and get  
 approved for a variance.  
 • If you have a bird,  
 make sure that they

are tested for Chlamydia  
 Psittaci and are clear of  
 this disease.

- Have up-to-date rabies  
 vaccinations for dogs  
 and cats.
- Parents  
 need to be  
 notified of any  
 pets  
 prior to admission. It is  
 a good idea to list any  
 pets you might own in  
 your provider policies.
- Supervise all interac-

tions with the pet.

- Play areas need to be  
 free of animal excre-  
 ment. Clean up after  
 your pet daily.
- Pet cages must be  
 located and cleaned  
 away from food  
 preparation, storage,  
 and serving areas.
- If there is an incident  
 with a pet where the  
 child’s skin is broken,  
 parents must be notified  
 on the day of the injury.  
 If the incident is a pet  
 bite; the local board of  
 health and your licens-  
 ing worker must be  
 notified immediately.

## Time Flies (When you are having fun)

It is time to check your training certificates! In 2006, the state legislature passed the law about training in SIDS and Shaken Baby for childcare providers. This means that many of you took this class 5 years ago when this requirement went into place. This training is required every 5 years for all providers, 2nd adults, substitutes and helpers who care for children under school age.

Do you transport children under age 9? If so, training in child passenger restraint systems is also a requirement. This law also went into effect in 2006, so please check your training certificate to see when you last took this class. This class is also required every five years.

### Upcoming SIDS/ Shaken Baby Classes:

Washington County Community Services

Date/Time/Location:

- **Monday, Jan. 10**  
**1:00—3:00 p.m.**  
Washington Co. Gov. Ctr.  
14949 62nd St. N.,  
LL Rm. 21, Stillwater
- **Thursday, March 10**  
**6:30—8:30 p.m.**  
Cottage Grove Svc. Ctr.  
13000 Ravine Parkway S.  
Rm. 149/150
- **Monday, May 9**  
**6:30—8:30 p.m.**  
Washington Co. Gov. Ctr.  
14949 62nd St. N.,  
LL Rm. 21, Stillwater

Fee:  
\$10.00  
Registration (required):  
form available at  
[www.co.washington.mn.us/info\\_for\\_residents/community\\_services/child\\_care\\_services/training/](http://www.co.washington.mn.us/info_for_residents/community_services/child_care_services/training/)

### Resources for Child Care

Date/Time:

- **Thursday, Jan. 13**  
**7:00—9:00 p.m.**
- **Monday, Feb. 7**  
**7:00—9:00 p.m.**
- **Tuesday, March 15**  
**7:00—9:00 p.m.**

Fee:  
\$25.00

Location:

**Resources for Child Caring**, St. Paul  
Registration (required):  
(651) 641-3549 or  
[www.resourcesforchildcare.org](http://www.resourcesforchildcare.org)

### Upcoming Child Passenger Restraint Systems Classes:

Washington County Community Services

Date/Time:

- **Tuesday, Feb. 22**  
**6:00—9:00 p.m.**
- **Tuesday, April 26**  
**6:00—9:00 p.m.**

Fee:

\$30.00

Location:

**Washington Co. Gov. Ctr.**  
14949 62nd St. N.,  
LL Rm. 21, Stillwater  
Registration (required):  
form available at  
[www.co.washington.mn.us/info\\_for\\_residents/community\\_services/child\\_care\\_services/training/](http://www.co.washington.mn.us/info_for_residents/community_services/child_care_services/training/)

### Resources for Child Care

Date/Time:

- **Saturday, Jan. 15**  
**9:00 a.m.—Noon**
- **Thursday, Feb. 24**  
**6:30—9:30 p.m.**
- **Tuesday, March 15**  
**6:30—9:30 p.m.**

Fee:

\$40.00

Location:

**Resources for Child Caring**, St. Paul  
Registration (required):  
(651) 641-3549 or  
[www.resourcesforchildcare.org](http://www.resourcesforchildcare.org)



## Cook Up Some Snowflakes

Mom or Dad may have to help when you are ready to put your special snowflakes in the oven, but you get to design, make, and EAT your own creation with this easy recipe.

### Baked Snowflakes

You'll need:

- 12 flour tortillas
- 1 tablespoon melted butter
- Sugar, colored or plain

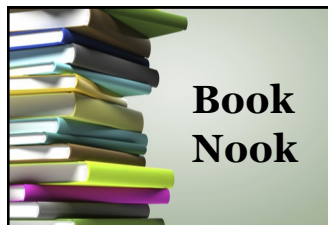
- Cinnamon (optional)
- 3/4 cup powdered sugar
- whipped cream (optional)
- cooking spray

1. Preheat oven to 350 degrees.
2. Individually fold the tortillas in half once and then in half again, so that you end up with a shape that resembles a wedge of pie; it will be thick.
3. Using a clean scissors,

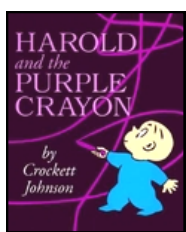
- cut triangle, circles, or squares out of the edges, as if you are making paper snowflakes.
4. Unfold the tortillas and place them on a cookie sheet that has been coated with cooking spray.
5. Brush with melted butter and sprinkle each with sugar and cinnamon.
6. Bake 5 minutes.

7. Remove from oven and let cool at room temperature.
8. Dust with powdered sugar or top with whipped cream and serve.





### Harold and the Purple Crayon by Crockett Johnson



One night, young Harold, armed with his purple crayon, draws himself an amazing adventure. His creativity runs free as he sketches mountains and oceans, boats, and, of course, a purple pie picnic when he gets hungry. This is a great book about imagination. It helps children see that possibilities can be endless.

If you like this book, there are sequels where Harold gets to go on more adventures. This book can lead to projects such as: mixing paints to achieve the color purple, an art project with only purple shapes where children use their imagination to create a work of art, or conversations about what you would draw if you had a magic purple crayon and anything you drew came to life?

Written by:  
Becky Knighton

## Holly's Happenings

Happy New Year! I'm excited to start a new year working with all of you.

I have a New Year's Resolution - *Goal Setting*. I took a training this fall from Ask Francis ([www.askfrancis.org](http://www.askfrancis.org)), an organization from Kansas City, Missouri who works with child care providers and their business. I received information on how to set and accomplish my goals in a simple way. Think of goals as SMART Goals (S - Specific, M - Measurable, A - Accountable, R - Resources Needed, T - Time-Bound).

Here are some simple questions to ask to help with goals:

What will you do? What are the steps to get there? What time frame will you do it in? What resources/materials do you need?

*Provider of the Year/Caregiver of the Year* (Deadline is approaching)

Here is a reminder to tell your families about Provider of the Year/Caregiver of the Year. Simple ways to let families know about it:

- Add it to your newsletter
- Make a sign; hang it on the door or bulletin board where parents can see it
- Send this newsletter to them
- Print information and put in cubbies/backpacks

[www.co.washington.mn.us/client\\_files/documents/css/Child\\_Care\\_Forms/FCC\\_Provider\\_of\\_Yr\\_2011-fillable.pdf](http://www.co.washington.mn.us/client_files/documents/css/Child_Care_Forms/FCC_Provider_of_Yr_2011-fillable.pdf)

[www.co.washington.mn.us/client\\_files/documents/css/Child\\_Care\\_Forms/CaregiverPre-Sch-Center-SACNomination.pdf](http://www.co.washington.mn.us/client_files/documents/css/Child_Care_Forms/CaregiverPre-Sch-Center-SACNomination.pdf)

### *Tailoring Your Training*

Need special training? Whether you are a center director looking to train new staff or the leader of a family child care provider group, we can help. Resources for Child Caring's experienced trainers will present workshops at your site on a wide variety of topics. Contact the Professional Development at (651) 641-6613.

### *Resources and Support*

Are you curious how the other providers are doing in your area, how many providers are in your area, or if they are all full? I've been busy running reports on statistics of areas and am willing to share the information. I have been collecting more information on various curricula, assessments, and evaluations, so if you are curious, contact me. I also enjoy assisting in rearranging child care environments. Please contact me if you need any assistance at (651) 788-0425 or [holly.weisert@accap.org](mailto:holly.weisert@accap.org).

Holly Weisert, CFLE  
CCR&R Washington County Coordinator  
Anoka County Community Action Program



## Kitchen Fire Safety

a one size fits all lid to cover a fire in a pan!

This is a dramatic video (30-second, very short) about how to deal with a common kitchen fire....oil in a frying pan.

At the Fire Fighting Training school they demonstrate this with a deep fat fryer set on the fire field. An instructor dons a fire suit and using an 8 oz. cup at the end of a 10-foot pole tosses water onto the grease fire.

The results get the attention of the students. The water, being heavier than oil, sinks to the bottom where it instantly becomes superheated.

The explosive force of the steam blows the burning oil up and out. On the open field, it becomes a thirty foot high fireball that resembles a nuclear blast.

Inside the confines of a kitchen, the fire ball hits the ceiling and fills

the entire room. Also, do not throw sugar or flour on a grease fire. **One cup of either creates the explosive force of two sticks of dynamite.**

This is a powerful message----watch the video and don't forget what you see.

Link to the video:  
[www.intlbarrier.com/fire\\_safety/KitchenOilFire.wmv](http://www.intlbarrier.com/fire_safety/KitchenOilFire.wmv)

Fact: Most fires in MN happen in the home; approximately 74%.

Fact: 51% of fires start in the kitchen due to cooking.

This is very stunning - please read first and then watch the very short clip. A damp dishcloth can be



## Fare For All

the customers. Fare For All strives to offer quality and nutritional food packages. The exact content of the packages changes each month while the value remains the same.

There are two different ways of ordering: traditional and express. When pre-paying for your traditional package, orders must be submitted five business days before pick-up to make sure they have your order by distribution, usually the 3rd weekend of the month (sometimes the weekend changes so please check the specific 2011 dates). When you pick up your

package you have the opportunity to order for the following month with cash, check, or EBT. Otherwise you can continue to order through the Fare For All phone line using your credit or debit card.

Traditional Fare For All accepts the following forms of payment: cash, checks, credit cards, debit cards, and food support funds (EBT). The Express Fare for all has no need to sign up in advance; come to any location and bring your food home that day. Express Fare For All accepts cash, credit/debit cards, and EBT cards.

The variety of packages available is different than the traditional Fare for All.

There are many locations throughout the metro area including Stillwater.

There are no qualifications or income restrictions; the program is open to everyone.

For more information go to [www.fareforall.org](http://www.fareforall.org) or call 1-800-582-4291.



Looking for a way to save on grocery bills?

Fare For All offers packages of fresh produce and frozen meat at up to 40% savings. All of the food is purchased in bulk directly from wholesalers. Utilizing bulk purchasing power allows them to get products at a good value and pass on the savings to

## MLFCCA Mentoring

Attention all providers involved with the Building Quality Program! Did you know that you can use your improvement dollars towards mentoring? A credentialed MLFCCA

mentor can provide support in the following areas:

- Curriculum Implementation and Design
- Contracts and Policies
- Environment Design

and Materials

- Child Assessment and Planning
- Parent and Provider Relationships
- Professional Development

Contact Barb Wagner, MLFCCA Project Coordinator to find out how a Mentor can help you!

[Barb.wagner@mlfcca.org](mailto:Barb.wagner@mlfcca.org)

## 2011 MN Child Care Provider Business Update

Every year, the State of Minnesota in partnership with Resources for Child Caring (RCC) conducts the Minnesota Child Care Provider Business Update. Every licensed child care program will be contacted by the Referral Department between January and April regarding the business update.

**Your participation is important! The business update will:**

- Provide accurate and current information about your business for families seeking referrals. In 2009, we provided over 15,600 referrals for families with this personalized information.
- Help the MN Department of Human Services identify changes and trends related to rates and other business practices
- Provide market rate data for help in determining future Child

Care Assistance Program maximum rates

- Provide updated statistics that will be available to you through RCC

Please take a few minutes to complete the form if you have not already done so. The business update must be to us no later than **March 25, 2011**. We offer a variety of options:



**Resources for Child Caring**

*Raising the standard of care for children*

**Online** – starting January 10, go to [www.mnchildcare.org](http://www.mnchildcare.org), click on Providers. The online option will only be available until March 27, 2011.  
**Mail** - download a paper copy from our website at [www.resourcesforchildcare.org](http://www.resourcesforchildcare.org), and mail the completed form to: Referral Department, Resources for Child

Caring, 2021 E Hennepin Ave, Suite 250, Minneapolis, MN 55413.

**Call us at (651)641-0332** to complete your information over the phone. The Referral Department will be experiencing a high volume of calls during this time, please be patient with us. If you leave a message, please let us know that you are

calling to complete the Business Update with your name, phone number, and the best time to return your call.

**YOU COULD WIN!!** If your business update is received by **January 31, 2011**, your name will be entered into a drawing to possibly win one of many great prizes. Winners will

be notified by mail on March 1, 2011. Prizes include:

- The recently published Go Green Rating Scale for Early Childhood Settings and Handbooks donated by Redleaf Press. For more information about the Go Green products, visit [www.gogreenratingscale.org](http://www.gogreenratingscale.org)
- Training vouchers to attend a 2 hour class for free donated by Professional Development Department at RCC
- Gift cards donated by Lakeshore Learning Materials
- Early childhood materials donated by Kaplan Early Learning Company
- Gift certificates donated by Constructive Playthings

Thank you for your quick response to the 2011 Child Care Provider Business Update!



## 2011 Immunization Clinics

Low cost vaccinations are available through the Minnesota Vaccines for Children (MnVFC) Program. Only people who meet MnVFC eligibility guidelines can get MnVFC vaccine. There is a \$12 administration fee for each MnVFC vaccination, but no one who qualifies for MnVFC vaccinations will be turned away if they are unable to pay the cost.

Persons who have private insurance or are on a Minnesota Health Care Program that covers vaccinations must receive vaccinations from their private medical provider.

### **Mn VFC Eligibility Guidelines**

- Children (18 years of age and younger) who **do not** have health insurance
- Children on a Minnesota Health Care Program - MA, GAMC, MnCare, or PMAP
- Children who are American Indian or Alaskan Native
- Children who have health insurance that does not cover vaccinations
- Children who have health insurance with an **unmet** deductible
- Adults (19 and older) may qualify for some vaccinations; call (651) 430-6655 for eligibility guidelines

If you have questions about the reduced fee

immunization eligibility or need assistance due to disability or a language barrier, please call (651) 430-6655 (TTY (651) 430-6246). Immunization services given at public clinics should not be substituted for your child's usual well-child visit with his or her physician. **All minors under the age of 18 years must be accompanied by their parent or legal guardian.**



### Public Health Immunization Clinic Locations and Schedule

<p><b>Stillwater</b></p>	<p><b>Washington County Government Center</b> 14949 62nd Street North - 4th Floor - Room 429</p> <p><b>Dates:</b> January 4, February 1, March 1, April 5, May 3, June 7, July 5, August 2, September 6, October 4, November 1, December 6</p> <p><b>Time:</b> <b>Walk-in</b> from 2:00–5:00 p.m.</p>
<p><b>Cottage Grove</b></p>	<p><b>Washington County South Service Center</b> 13000 Ravine Parkway, Public Health Immunization Clinic</p> <p><b>Dates:</b> January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20</p> <p><b>Time:</b> <b>Appointments only</b> from 3:00–5:00 p.m. <b>Call (651) 430-4036 to schedule an appointment.</b> Interpreters may be available if requested in advance.</p>
<p><b>Forest Lake</b></p>	<p><b>Washington County Headwaters Service Center</b> 19955 Forest Road North, Public Health Immunization Clinic</p> <p><b>Dates:</b> January 19, February 16, March 16, April 20, May 18, June 15, July 20, August 17, September 21, October 19, November 16, December 21</p> <p><b>Time:</b> <b>Appointments only</b> from 11:00 a.m.–1:00 p.m. <b>Call (651) 275-7270 to schedule an appointment.</b> Interpreters may be available if requested in advance.</p>



**Washington County  
Community Services  
Child Care Licensing Program**

Government Center  
14949 62nd St. N., P.O. Box 30  
Stillwater, MN 55082-0030

RETURN SERVICE  
REQUESTED

*The county offices  
will be closed on  
Jan. 17 & Feb. 21*

**Washington County Child Care Licensors**

**Nadine Groven**.....(651) 430-4164  
[nadine.groven@co.washington.mn.us](mailto:nadine.groven@co.washington.mn.us)

**Becky Knighton**..... (651) 430-6574  
[rebecca.knighton@co.washington.mn.us](mailto:rebecca.knighton@co.washington.mn.us)

**Annie Walton**..... (651) 430-6539  
[ann.walton@co.washington.mn.us](mailto:ann.walton@co.washington.mn.us)

**Carole Zabell**.....(651) 430-6577  
[carole.zabell@co.washington.mn.us](mailto:carole.zabell@co.washington.mn.us)

*Resource Unit Supervisor:*

**Suzanne Pollack**..... (651) 430-6476  
[suzanne.pollack@co.washington.mn.us](mailto:suzanne.pollack@co.washington.mn.us)

**Key Contacts in the East Metro CCR&R Service District**

Language Line—Hmong, Spanish, Somali .....(651) 665-0150

Resources for Child Caring:

Program/Vacancy Update .....(651) 641-0332

Training Information ..... (651) 641-6613

To Register for Classes

[www.mnstreams.org](http://www.mnstreams.org) or.....(651) 641-3549

Grants.....(651) 287-6919

**Baseline Coordinator, Holly Weisert**..... (651) 788-0425  
**(Anoka County Community Action Program)**

*\*Visit our website at: [www.co.washington.mn.us/info\\_for\\_residents/  
community\\_services/child\\_care\\_services/child\\_care\\_licensing/](http://www.co.washington.mn.us/info_for_residents/community_services/child_care_services/child_care_licensing/)*

**Inside  
This Issue:**

- Spring Conference
- Carbon Monoxide
- Immunization Clinics
- Autism

The Child Care Licensing Program of Washington County Community Services publishes this newsletter bi-monthly. Comments or ideas for articles should be directed to Becky Knighton at (651) 430-6574 or [rebecca.knighton@co.washington.mn.us](mailto:rebecca.knighton@co.washington.mn.us).