



Infant sleeping location, crib environment, and checking on infants during their sleeping time is an intensely concerning area for the state (DHS) and county staff. The number of SIDS deaths and related sleeping deaths still happens in family child care settings, and we want to do everything we can to reduce your risk. Please do a self-assessment on your

Infant Sleeping Alert!!!

infant sleeping habits and ask yourself:

1. Where do I sleep infants? Are they as close to me as possible? Are they all in the same area so one can monitor more closely?
2. What kind of crib do I sleep them in? Does it meet crib guidelines? Am I up-to-date on my crib checks? Is the mattress firm and tight to the bed? Is there nothing else in the crib but a tightly fitted
3. How often do I check on infants when they are sleeping? Good practice is to actively check every 15 minutes.

sheet? If there is a blanket or any other layer between the tight fitting sheet and mattress (no mattress pad), please remove immediately. (Staff will be checking this as they come on visits.)

We will be more cautiously approving children under 2 and

infant variances in the future, as infants are the most vulnerable children you care for. We will be citing with a Correction Order or consider a more serious sanction if you are over capacity or have a pattern of over capacity. Please call your licensor with any questions you may have regarding safe sleep for infants or capacity questions.

Written by
Suzanne Pollack

On the Move...

Not that we get many visitors, but just in case you were thinking of dropping in; we've moved! Due to a remodeling project at the Government Center in Stillwater, all the licensors are now in other offices. **This is a temporary move for the next 10 months.** All phone numbers and email addresses remain the same! Here are the new locations:

• **Cottage Grove Service Center:**
Nadine Groven and

Becky Knighton
13000 Ravine Parkway
Cottage Grove, MN 55016
Fax: (651) 430-4193

• **Forest Lake Service Center:**
Carole Zabell and Suzanne Pollack
(supervisor)
19955 Forest Road N.
Forest Lake, MN 55025
Fax: (651) 275-7263

• **Woodbury Service Center:**
Annie Walton
2150 Radio Drive
Woodbury, MN 55125
Fax: (651) 275-8682

Spring Child Care Seminar

This is a great opportunity to attend some fun, interesting training close to home! The seminar will be held on **Saturday, April 2nd** from 7:15 a.m.—4:15 p.m. at the Prom Center in Oakdale, MN.

Included in the cost will be a continental breakfast and lunch. *Register by March 11, 2011 to save!* Early bird registration is \$50.00 and regular registration

(after March 11) will be \$60.00.

The seminar brochure is available on the Washington County website by either visiting the Child Care Licensing section of the website or by clicking on the link to the brochure below:

www.co.washington.mn.us/asset/783qo4/CC-Spring-2011-Seminar-Brochure.pdf

Hope to see you there!



New Providers

December 2010

- Margorie Lapinski, Woodbury
- Amber Tassler, Forest Lake
- Alia Tobin, Woodbury
- Lindsay Wittrock, Forest Lake

January 2011

- Gloria Deziel, Woodbury
- Shamso Hussein, Woodbury
- Ashanta Jones, Woodbury
- Annie King, Stillwater
- Lisa Rychly, Cottage Grove
- Jennifer Swedzinski, Cottage Grove
- Kristin Walters, Woodbury

Provider Milestones

5 Years

- Geejetta Bell
- Bobbi Duncan
- Nicole LeMay
- Shelley Lettner
- Deborah Mazur
- Maureen Scharffbillig
- Lisa Schmitz

10 Years

- Barb Ledo

15 Years

- Mary Kast
- Michelle Schwartz

20 Years

- Mary Ann Anacker
- Janet Curley
- Jane Luke
- RuthAnn Schwietz

25 Years

- Mary Jaworski



Reported outbreaks of norovirus illness in Washington County and surrounding areas are on the increase. Noroviruses causes a self-limited gastrointestinal illness. Many people may not be familiar with the term norovirus, but it's actually a relatively new term for an old disease often called "winter vomiting illness" or "stomach flu". Norovirus is not related to the flu, which is a common respiratory illness caused by the influenza virus. Childcare facilities, schools, nursing homes, and restaurants are often vulnerable to norovirus outbreaks.

After an individual becomes infected with norovirus, symptoms typically appear within 1 or 2 days. The sudden onset of nausea and vomiting, watery diarrhea, and abdominal cramping are the most common symptoms of norovirus infections. Less common symptoms are low-grade fever or chills, headache, and muscle aches. The illness typically resolves on its own within 24 to 60 hours without serious long-term effects. However, dehydration is a potential complication, especially among children and the elderly, possibly requiring medical treatment.

Increase in Norovirus

Norovirus infections are extremely contagious, resulting in rapidly moving outbreaks in various community settings where many people are confined to relatively small areas (i.e., childcare center, assisted living facility, and school). It is estimated that norovirus is responsible for over 50% of food-borne illness cases each year.

The virus is found in the stool (feces) or vomit of infected people. From there, norovirus is transferred to food, water, or surfaces by the hands of infected people who have not washed



adequately after using the bathroom. People become infected with norovirus by:

- Eating food, ice, or drinking liquids contaminated by an infected person.
- Touching contaminated surfaces or objects and then touching their mouth or eating without washing their hands first.

If a person has norovirus symptoms they should:

- Drink plenty of fluids so they don't become dehydrated.
- Wash their hands often and do not prepare food for others.

- Contact their health care provider if they have dehydration concerns or have underlying health issues.

Norovirus is able to survive freezing temperatures and temperatures as high as 140°F (60°C). The virus can also survive chlorine levels greater than those normally present in public water systems. You can prevent norovirus infections by:

- Wash your hands with warm, soapy water for 20 seconds
 - After using the bathroom
 - After changing diapers
 - Before preparing foods
 - Before eating
- Wash your hands more often when someone in your household is sick.
- Clean and disinfect surfaces with a household bleach solution immediately after vomiting or diarrheal accidents.
- Avoid preparing food for others while you have symptoms and for at least 3 days after you recover.

To report a suspected food-borne illness, call the Washington County Department of Public and Environment at (651) 430-6655 or the Minnesota Department of Health Food-Borne Illness Hotline at (651) 201-5655.



Today’s children live in a society where eating fast food, pre-packaged meals, and high amounts of fat, sugar, and sodium are everyday occurrences. The effects of this lifestyle are taking a toll on their health. In May of last year, the White House Task Force on Childhood Obesity found that one third of all children are overweight or obese and most of these children will become diabetic.

When highly processed foods are a staple in a child’s diet, their body is not able to use all the sugar for energy. This results in the storage of excess fat and an increased risk of diabetes, high blood pressure, and other chronic diseases normally not seen before adulthood – not to mention the social stigma that comes with being overweight (*Arch Pediatr Adolesc Med.* 2003;157:746-752).

The Role of Child Care Providers
 Child care providers have the ability to make a great impact on the health of children. There are nutrition initiatives across the country targeting the child care setting because it has such a huge potential for helping kids.

Childhood Obesity: You Can Make A Difference

In Washington County, the issue of childhood obesity and the role that child care providers can play is not being overlooked. Through the assistance of the Statewide Health Improvement Program (SHIP) grant, *Living Healthy in Washington County* is creating opportunities for child care providers to get support in making improvements to nutrition practices and policies.

Improving nutrition in child care does not have to be complicated; start with some simple steps. Every positive change moves the health of children in the right direction.



- It starts with their role models! One of the best ways to encourage kids to eat healthy is by having the adults around them modeling it.
- Encourage children to eat a variety of colorful unprocessed foods.
- Never force children to eat, but encourage them to try all foods.
- Offer nutritional snacks such as fresh fruit and vegetables, and yogurt.
- Avoid serving foods with excess sugar, sodium, and fat.
- Offer plenty of water throughout the day.

- Do not use food as a reward.
- Involve children as much as possible in food preparation.
- Eat with children whenever possible.

Healthy Snack



- Kermit’s Dip**
- 1 ripe avocado
 - 1/2 cup yogurt
 - 2 teaspoons lemon juice or vinegar
 - 1/2 teaspoon Mexican spices, cumin, or oregano or 1-2 tablespoons mild salsa

Cut avocado in half, remove pit, spoon out pulp from skin, and place in a medium bowl. Add yogurt, lemon juice or vinegar, and spice or salsa. Mash avocado mixture with a fork or potato masher. Cover with plastic wrap and refrigerate for 1 hour so that flavors meld.

Serve with fresh vegetables such as sliced cucumbers, bell peppers, carrots, and jicama sticks.

This recipe is from Whole Foods Market.

Further Training

You have an opportunity, through *Living Healthy in Washington County*, to receive free training and materials on improving nutrition at your site. The Learning About Nutrition through Activities (LANA) curriculum is a fun and interactive tool for child care settings (including materials for families) that has been shown to increase acceptance and consumption of fruits and vegetables in 2–5-year-olds. There will be a breakout workshop that includes an introduction to this curriculum at the Child Care Seminar on April 2nd. A full training will be scheduled in the near future so stay tuned.

The Statewide Health Improvement Program (SHIP), an integral part of Minnesota’s nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition, and physical inactivity. *Living Healthy in Washington County* is part of SHIP from the Minnesota Department of Health. For more information, visit:

www.health.state.mn.us/healthreform/ship



CLASSES

March-April
2011

SPONSORED BY:

Resources for Child Caring (RCC)

Registration:
Call (651) 641-3549
or go online at
www.mnstreams.org

Behaviors - Super Nanny

A different approach is needed in dealing with behavior. All of this while ensuring that our techniques are developmentally appropriate for the children in our care.

Date/Time:
Tuesday, March 15
6:30–8:30 p.m.
Fee/Credit:
\$20.00/2 in-service hrs.

Location:
Kidz Place Learning Center, Hugo
Instructor:
Brenda Lowe

Digging, Splashing, and Beyond!

For children, their first water table is the bathtub and a sand box is a glorified sand table. Taking these first experiences, bringing them into the classroom, and utilizing successful management can be obstacles to some teachers. In this session there is the opportunity to learn ways to manage this important activity and provide an abundance of suggestions that

make this learning tool stretch far beyond sand and water!

Date/Time:
Wednesday, March 16
6:30–8:30 p.m.
Fee/Credit:
\$20.00/2 in-service hrs.
Location:
KinderCare,
Cottage Grove
Instructor:
Sara Mulso

ABCs of CDA

Do you want to increase your professionalism? Learn more about the Child Development Associate (CDA) credential. Class includes: how to obtain the credential, classes required, the process, evaluation, and scholarship possibilities. For people who do not have formal education in early childhood.

Date/Time:
Wednesday, March 23
6:30–8:30 p.m.
Fee/Credit:
FREE/2 in-service hrs.
Location:
Oakdale Discovery Center, Oakdale
Instructor:
Claudia Freund

When It Hurts: Fostering Life Skills through Reading and Play

If you have ever struggled to help children understand some of life's more difficult challenges, such

as a death in the family, divorce, moving, or the arrival of a new sibling, you are not alone. Discover how children's books that are carefully crafted to speak a child's language through words and pictures help young kids learn, grow, or heal in a safe, comforting way. New and classic children's books will be presented, as well as activities to enhance the fun and learning.

Date/Time:
Monday, March 28
6:30–8:30 p.m.
Fee/Credit:
\$20.00/2 in-service hrs.
Location:
Family Means,
Stillwater
Instructor:
Shelley Butler

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 Building Quality participants.

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

Health and Safety 101

Healthy child care is everyone's business! This training will brush up your skills on proper hand washing, correct diapering techniques, and sanitation practices. These techniques will help to keep your environment healthy for you and your children.

Date/Time:
Monday, April 4
6:30–8:30 p.m.
Fee/Credit:
\$20.00/2 in-service hrs.
Location:
Family Means,
Stillwater
Instructor:
Bev Herr

Opening the Magic Doors of Children's Literature

It's all about wonderful, inspiring, colorful, and fun new picture, board, lift-the-flap, and non-fiction children's books! With approximately 5,000 new kids' books each year, how can one parent, librarian, or child care provider find the

Continued on next page

gems? Come find out about the many kinds of literature for children, and how to evaluate the quality and appropriateness for your children.

Date/Time:
**Monday, April 11
6:30–8:30 p.m.**

Fee/Credit:
\$20.00/2 in-service hrs.
Location:
Kidz Place Learning Center, Hugo
Instructor:
Shelley Butler

Anger & Aggression in Young Children

Anger and aggression can cause anxiety for children, caregivers, and parents. This class is designed to develop techniques and strategies to help children express themselves in appropriate ways. We will discuss different options in programming as well as different ideas on how to support the parent in parenting their child.

Date/Time:
**Thursday, April 14
6:30–8:30 p.m.**

Fee/Credit:
\$20.00/2 in-service hrs.
Location:
KinderCare, Cottage Grove
Instructor:
Judy Davis

How Many Times Do I Have to Tell You?

Do you find yourself yelling, threatening, and pleading with your children and they still won't

listen to you? This class will explore common barriers often used which discourage communication. Replace the barriers with builders which will promote communication and cooperation.

Date/Time:
**Tuesday, April 19
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:
**Wednesday, April 27
6:30–8:30 p.m.**

Fee/Credit:
\$20.00/2 in-service hrs.

Location:
Peace of Mind, Woodbury
Instructor:
Kim Woehl

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

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

Raising Empowered Children

Children require several skills in order to cultivate a sense of confidence and self-esteem. We will discuss strategies you can add to your tool box that will foster accountability, respect, and relationship-building in children of all ages and how these skills affect the atmosphere in your classroom. You will understand how mastery of these skills generates self-advocacy and more positive behaviors and rewards, thus empowering each child so gifted by his caregivers.

Date/Time:
**Tuesday, March 7
6:30–8:45 p.m.**

Fee:
\$17.00
Location:
Dunn Bros. Grill 2751 East Co. Rd. E. White Bear Lake, MN

Establishing Partnerships with Parents

When parents and caregivers see themselves as partners, the quality of infant/toddler care is enhanced. Partners can share their special understanding of the child to better meet the child's needs. This class will help you build successful parent-caregiver partnerships that are a model for mutually beneficial relationships.

Date/Time:
**Monday, March 14
6:30–8:45 p.m.**

Fee:
\$17.00
Location:
Dunn Bros. Grill 14775 Victor Hugo Blvd. N. Hugo, MN 55038

Supporting Minnesota's "Suddenly Military" Children and Families During a Military Deployment

Learn about the unique needs of children and families who are experiencing a military deployment. The stages of deployment will be outlined alongside the related effects on children. Tips and techniques to assist the children who are dealing with separation will also be shared.

Date/Time:
**Monday, April 4
6:30–8:45 p.m.**

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Continued from CLASSES on page 5

Fee:
\$17.00
Location:
Dunn Bros. Grill
14775 Victor Hugo Blvd. N.
Hugo, MN 55038

Fostering Resilience in Children & Youth

We will define the concept of resilience while identifying risk and protective factors, developmental assets, and the four basic steps involved in fostering resilience in children and youth.

Date/Time:
Monday, April 18
6:30–8:45 p.m.

Fee:
\$17.00
Location:
Dunn Bros. Grill
14775 Victor Hugo Blvd. N.
Hugo, MN 55038

Impact of Grief, Loss, & Trauma

Participants in this seminar will come to identify the unique issues impacting National Guard and Reserve families, particularly children and youth. This seminar offers an understanding of loss and trauma and the potential academic behavioral changes related to these experiences. Participants will also gain strategies to support these children and youth.

Date/Time:
Tuesday, April 26
6:30–8:45 p.m.

Fee:
\$17.00
Location:
Dunn Bros. Grill
14775 Victor Hugo Blvd. N.
Hugo, MN 55038

Washington County Licensed Family Child Care Association (WCLFCCA)

CENTRAL AREA

Fun with Fairy Tales

Rediscover the joy and learning potential of familiar fairy tales with a new twist. Fairy tales are wonderful for use as a starting point for creative writing, artistic expression, math, and more. Develop a curriculum from these stories for preschool and school-age children.

Date/Time:
Monday, March 21
6:30–8:30 p.m.

Fee:
FREE-WCLFCCA members/
\$15.00 for non-members.

Location:
Woodbury Lutheran Church
7380 Afton Road
Woodbury, MN

Registration:
Ruth at (651) 779-7718
Instructor:
Gloria Deziel

The Sandbox Scientist

Young children are naturally scientists at play.

While they bake mud pies, pour and measure water, or construct worm play-grounds, they are observing, theorizing, developing lab science skills, and having great fun. This class brings real science experiences to children. You will learn how to assemble Explorer Kits that will send children off on their own investigations, in groups or individually. Little scientists will thrive on the open-ended experiences, with adults providing safety and sometimes a question to spur further discovery and fun.

Date/Time:
Monday, April 18
6:30–8:30 p.m.

Fee:
FREE-WCLFCCA members/
\$15.00 for non-members.

Location:
Woodbury Lutheran Church
7380 Afton Road
Woodbury, MN

Registration:
Ruth at (651) 779-7718
Instructor:
Bev Herr

FOREST LAKE AREA

101 Snack Ideas

Are you looking for new recipes, activities, and ideas that support snack time? The ideas and recipes in this class will have you as excited for snack

time as the children you care for.

Date/Time:
Thursday, March 17
6:30–8:30 p.m.

Fee:
FREE-WCLFCCA members/
\$10.00 for non-members.

Location:
Hosanna Lutheran Church
9300 Scandia Trail N.
Forest Lake, MN

Instructor:
Bev Herr
Registration:
Peggy at (651) 653-1797/
danpeggy0820@msn.com

Creative-Imaginative-Fun-Art

Are you looking for art ideas to boost your daily activities in your early childhood learning environment? Come discover and learn how you can provide a stimulating art environment that will spark children's creative energy and joy for art.

Date/Time:
Thursday, April 21
6:30–8:30 p.m.

Fee:
FREE-WCLFCCA members/
\$10.00 for non-members.

Location:
Hosanna Lutheran Church
9300 Scandia Trail N.
Forest Lake, MN

Instructor:
Bev Herr
Registration:
Peggy at (651) 653-1797/
danpeggy0820@msn.com

April is National Child Abuse Prevention Month

In the early 1980s, the U.S. Senate and House of Representatives made a commitment to identifying and implementing solutions to child abuse by proclaiming April to be National Child Abuse Prevention Month. Since then, child abuse and neglect awareness activities have been promoted across the country.

In 2009, 4,742 MN children were abused and neglected. Child abuse and neglect affect children of every age, race, and income level. Children who

have been abused and neglected are more likely to perform poorly in school, get involved in criminal activities, and abuse or neglect their own children. Minnesota law requires child care professionals to make a child protection report if they know of or have reason to believe:

- A child is being neglected or abused, or
- A child has been neglected or abused within the preceding three years.



Anyone who reports child abuse or neglect in good faith is immune from civil liability. The reporter's name is confidential. It is accessible only if the reporter consents, by court order, or by court procedure. If you are required to report known or suspected abuse or neglect and fail

to do so, you are guilty of a misdemeanor. Verbal reports must be made immediately (no longer than 24 hours). Written reports must be submitted

within 72 hours (weekends and holidays are excluded).

Our children are future leaders, parents, and workers. Our state's future prosperity depends on their healthy development and growth. With the support of engaged communities and nurturing families, all of our children can thrive and have the opportunity to grow into caring, contributing, and healthy adults. For more information, see a Resource Guide for Mandated Reporters at:

<https://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-2917-ENG>.



Bed Bugs

Bed bug infestations are increasing. Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, range from 1mm to 7mm (roughly the size of Lincoln's head on a penny), and can live several months without a blood meal.

Where are bed bugs found?

Although the presence of bed bugs has traditionally been seen as a problem in developing countries, it has recently been spreading rapidly in parts of the United States, Canada,

the United Kingdom, and other parts of Europe. Bed bugs have been found in five-star hotels and resorts and their presence is not determined by the cleanliness of the living conditions where they are found.

Bed bug infestations usually occur around or near the areas where people sleep. They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed.

What are the signs and symptoms of a bed bug infestation?

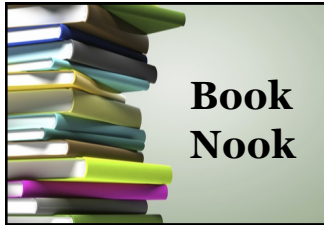
One of the easiest ways to identify a bed bug infestation is by the tell-tale bite marks on the face, neck, arms, hands, or any other body parts while sleeping. However, these bite marks may take as long as 14 days to develop in some people so it is important to look for other clues when determining if bed bugs have infested an area. These signs include:

- the bed bugs' exoskeletons after molting,
- bed bugs in the fold of mattresses and sheets,
- rusty-colored blood spots due to their blood-filled fecal material that they excrete on the mattress or nearby furniture, and
- a sweet, musty odor.

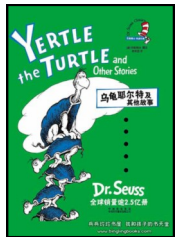
How are bed bugs treated and prevented?

Bed bug bites usually do not pose a serious medical threat. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine. Bed bug infestations are commonly treated by insecticide spraying. If you suspect that you have an infestation, contact your landlord or professional pest control company that is experienced with treating bed bugs. The best way to prevent bed bugs is regular inspection for the signs of an infestation.

Article by the Centers for Disease Control and Prevention



Yertle the Turtle by Dr. Seuss



Since March 2 is Dr. Seuss's birthday, it seemed appropriate to list one of his books this month.

Yertle the Turtle is a typical Dr. Seuss book with lots of rhyming words and plenty of colorful characters. The book was published in 1958, but is still a great story today. Yertle thinks that he should be king and wants to have a good view so he demands all the turtles pile up underneath him so he can see far and wide. The turtles beneath Yertle start to complain because having many turtles on your back is not a comfortable thing. Yertle eventually ends up in the mud when the bottom turtle has to burp. A good story to get across the moral of "treat others as you want to be treated".

Written by:
Becky Knighton

Holly's Happenings

Hello Child Care Professionals! Spring is on the way! March is National Craft Month, National Women's History Month, and the 2nd Week of March is National Bubble Week. April is Lawn and Garden Month, Keep America Beautiful Month, the 1st Week of April is Library Week, the 2nd Week of April is Garden Week, and the 4th Week of April is National Karaoke Week.

Ideas for March:

www.holidayinsights.com/moreholidays/march.htm

Ideas for April:

www.holidayinsights.com/moreholidays/april.htm

Caregiver of the Year

I am accepting Caregiver of the Year nominations. Caregiver of the Year is for center providers, preschool program providers, and school-age program providers who have done an outstanding job with children. **Nominations are due March 15, 2011.** Child Care Provider of the Year is also accepting nominations for the 2012 Provider of the Year. Please let parents know about this option. Here is the direct link to the website with the details: www.co.washington.mn.us/client_files/documents/css/Child_Care_Forms/CaregiverPre-Sch-Center-SACNomination.pdf

Military Respite Care Providers Needed:

Minnesota Army Respite Child Care (SURGE) Project provides funding for 16 hours of free child care per month for families of **deployed Army National Guard or deployed Army Reserve**. Family child care and center providers are reimbursed \$10 per hour/per child for up to 16 hours per month. The funding for respite care goes beyond the full time child care reimbursement that is available through other projects. Family child care and centers for this project need only be licensed. This project is coordinated through the Minnesota Child Care Resource & Referral Network office and is currently only available in Minnesota. Contact Julie Wasiluk at (651) 290-9704 or juliew@mnchildcare.org.

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.

Happy Spring to you!

Holly Weisert, CFLE

CCR&R Washington County Coordinator

Anoka County Community Action Program

(651) 788-0425

holly.weisert@accap.org

Upcoming Programs at The Library



Sing, Play, Learn! with MacPhail Center for Music

Join MacPhail Center for Music's early childhood music specialists as you and your child explore the magic of music and play. Through hands-on musical play activities families will experience music's impact on learning and reading readiness. These programs are suitable for children birth to age 5. Each session has a limit of 20 children. Registration is required. A MN Arts and Cultural Heritage program.

- **Saturday, March 5 - 10:30 a.m.** at the Oakdale Library
- **Friday, March 11, 10:30 a.m.** at the Rosalie E. Wahl Library in Lake Elmo
- **Wednesday, March 30 - 10:30 a.m.** at the Hardwood Creek Library in Forest Lake
- **Wednesday, March 30 - 1:30 p.m.** At the Park Grove Library in Cottage Grove



Electricity and Simple Circuits

A 3M Visiting Wizard will present this program. Learn about the sources of electricity, complete circuits, conductors and

insulators, mechanical switches, electromagnets, simple DC electric motor, and more.

- **Saturday, March 26 - 11:00 a.m.** at the R. H. Stafford Library in Woodbury



"Click, Clack, Clunk" with the Minnesota Percussion Trio

A 5 gallon bucket. Some old tin cans. Spoons. Sheets of paper. These everyday objects are just a sampling of the instruments used in this fascinating "found percussion" program, performed by the well known Minnesota Percussion Trio. Families of all ages will love this fun and educational journey into the world of contemporary percussion. A MN Arts and Cultural Heritage program.

- **Saturday, April 2 - 1:30 p.m.** at Oakdale Library

Paul Bunyan and Other Minne-Tales with the Youth Performance Company

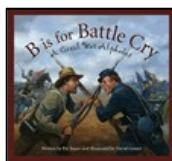
A whirligig of fables from the Northstar State! Paul Bunyan's and Babe's story leads the line-up; the irrepressible Pilly Flapjack cooks up a

special tale; and the Minnesota Mosquito buzzes in for a bite. Uff da! Perfect for families and kids of all ages. A MN Arts and Cultural Heritage program.

- **Sunday, April 3 - 1:00 p.m.** at the R.H. Stafford Library in Woodbury

One County One Book
Join family, friends, neighbors, and colleagues in learning more about The First Minnesota and the Civil War by reading a One County, One Book selection.

Children's Selection



B is for Battle Cry: A Civil War Alphabet

by Patricia Bauer & David Geister (ages 8-12)
Bauer presents multiple points of view, listing the many names the war has been called, discussing how battle names varied in the North and the South, and providing a succinct but instructive explanation of why the war began. The information is realistic but not harsh, and it maintains an age-appropriate tone.

Student Selection



Soldier's Heart: A Novel of the Civil War

by Gary Paulsen (ages 11

and older, grades 5-8)
Addressing the most fundamental themes of life and death, the versatile Paulsen produces a searing antiwar story. He bases his protagonist, Charley Goddard, on an actual Civil War soldier, a 15-year-old from Minnesota who lied about his age and ended up participating in most of the war's major battles.

Adult Selection



Pale Horse at Plum Run: The First Minnesota at Gettysburg

by Brian Leehan
The smoke had just cleared from the last volley of musketry at Gettysburg. Nearly 70 percent of the First Minnesota regiment lay dead or dying on the field --one of the greatest losses of any unit engaged in the Civil War. Pale Horse at Plum Run is the study of this single regiment at this crucial moment in American history. Through painstaking research of firsthand accounts, eyewitness reports, and official records, Brian Leehan constructs a narrative remarkable for its attention to detail and careful reportage.

Meet the author Thursday, March 31 - 7:00 p.m. at the R. H. Stafford Branch in Woodbury



**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

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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 or.....(651) 641-3549
 - Grants.....(651) 287-6919
- Baseline Coordinator, Holly Weisert**..... (651) 788-0425
(Anoka County Community Action Program) holly.weisert@accap.org

***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/)**

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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.