



## Following the Rules

As a childcare provider, you are dealing with rules on a daily basis with the children. Wash your hands before eating, no hitting, no pulling the cat's tail, no drawing on the wall, etc. As licensed childcare providers, you too are responsible to follow the rules set forth by the State of Minnesota. The rules governing childcares can be found here: <https://www.revisor.mn.gov/rules/?id=9502>. One of the jobs of a childcare licensor is to ensure that providers are following the rules. The rules are created to help protect the health and safety of the children in care. Licensors expect providers to know the rules and to follow the rules.

If you have questions or don't fully understand a part of the rule, please call your licensor for clarification. Licensors will expect that when we conduct our yearly

visit that providers will have everything complete for that visit. For example: training is up to date, fire extinguisher is tagged, and crib inspection forms are complete. If not, the licensor will issue a correction order if there is a rule violation. Correction orders are public information and need to be posted for two years in a space that is conspicuous to families receiving care. If a correction order is issued, the provider needs to correct whatever was wrong and return the order stating how the issue was corrected. If a provider feels the correction order was issued in error, a reconsideration can be requested by the Minnesota Department of Human Services within 20 days of the issue date.

Thanks for all your help in keeping children safe and healthy!

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## When are Children Considered "School Age"

This is the time of year when providers are gearing up for summer and there may be changes in enrollment during the summer months. A child is considered in the "School Age" category on May 10, 2011 for children who are eligible to start Kindergarten in the Fall of 2011.

**Question:** Susie won't be turning 5 until July and she will start Kindergarten in September 2011. When is she school-age?

**Answer:** May 10, 2011.



**Question:** Johnny turned 5 in April 2011 but his parents don't feel he is ready for school in September so they are holding him back for a year. When is he school-age?

**Answer:** May 10, 2011 (he is eligible to attend in the Fall due to his age).

If anyone has questions about capacity or age groups, please call your licensor for clarification. We would much rather answer your questions than have a provider who is operating over their capacity numbers. Overcapacity will result in a correction order.

*Children are the world's most valuable resource and its best hope for the future.*

*-John F. Kennedy*



## New Providers

### February 2011

- Jessica Yung-Woodbury
- Melissa Miller and Nicole Smith, Stillwater

### March 2011

- Kim Bagatino, Stillwater
- Cassie Johnson, Cottage Grove



## Provider Milestones

### 5 Years

- Rina Shamayev
- Bonnie Hansen
- Lisa McCarthy
- Peggy Babcock

### 10 Years

- Susan Gannucci
- Sarah Stadler
- Trina Heim

### 15 Years

- Kimberly Smith
- Susan Rinker
- Linda Crowson
- Kerri Lonetti

### 20 Years

- Marily Lockie

### 30 Years

- Jane Luke  
(correction, as last newsletter indicated 20 years—sorry!)

## Provider Appreciation Day

May 6, 2011 is Provider Appreciation Day! Child care providers instill positive values through role modeling and by offering families and children understanding, acceptance, nurturing, and guidance. They play a key role in preparing children for school and for life. Washington County child care licensing staff joins the community in recognizing providers' dedication and thanks them for all they do to make a difference in the lives of children and families!

## Severe Weather

Last year was one of Minnesota's most active years for natural disasters. Many communities saw both spring and fall floods, and there were a record 113 tornadoes between March and September – the most in the United States. Washington County also saw eight severe storms between June and August, with one minor tornado.

May-August are the most common months in MN for tornadoes. During this time, along with a monthly fire drill, you should also practice a storm drill with the children. Make sure that you have a workable flashlight and a battery operated television or radio. You may want to create a stash of water, snacks, and books in your safety area in case you have to stay there any length of time.

**Where to go...**In a home or building, move to a pre-designated shelter, such as a basement. If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Stay away from windows.

**STAY INFORMED ABOUT THE STORM** by listening to [NOAA](#) Weather Radio, commercial radio, and television for the latest tornado **WATCHES** and **WARNINGS**.

**What To Listen For...****TORNADO WATCH:** Tornadoes are possible in your area. Remain alert for approaching storms. **TORNADO WARNING:** A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your pre-designated place of safety.

**SEVERE THUNDERSTORM WATCH:** Severe thunderstorms are possible in your area. **SEVERE THUNDERSTORM WARNING:** Severe thunderstorms are occurring.

**Good to know...**Washington County does not issue an "all-clear" tone from the outdoor sirens. Such a signal may be confusing to residents in the event of additional warnings.

**Outdoor warning sirens are meant to be heard outside.** When sirens sound, residents should always seek shelter and tune to local weather information on radio, television, or NOAA weather radio for more information.

The threat of severe weather does not stop when the sirens stop! Residents should continue to shelter and stay tuned to local weather information on radio, television or NOAA Weather radios for the duration of the warning period.

Many TV stations and internet sites also have tools that can send warnings to your computer and cell phone. NOAA weather radios are also a good tool to warn residents of severe weather.

# Library Programs

## Get Creative with Leonardo's Basement



The library will be offering workshops by Leonardo's Basement for children during the month of May. Each workshop will begin with a theme – based upon a concept or use of certain materials – that encourages children to explore creativity and problem solving while learning valuable technical skills as they design and build one-of-a-kind projects to take home. Workshop themes will include: Larvae Love, Beginning Sculpture, and Wild Wings.

Registration required and limited to 15 participants. Call or visit the library for more information.

Workshops will be held at the following libraries:

### Sunday May 15

RH Stafford Library in Woodbury:  
2-4 p.m.  
“Larva Love” for ages 6-11

Park Grove Library in Cottage Grove:  
2-4 p.m.  
“Wild Wings” for ages 6-11

### Saturday May 21

Wildwood Library in Mahtomedi: 11-1 p.m.  
“Beginning Sculpture” for ages 6-11

Hardwood creek library in Forest Lake: 2:30-4:30 p.m.  
“Flying Things” for ages 8-12

### Sunday May 22

Oakdale Library: 2-4 p.m.  
“Wild Wings” for ages 6-11

## Sing, Play, Learn! with MacPhail Center for Music

Explore the magic of music and play and experience music's impact on learning and reading readiness when MacPhail Center for Music's early childhood music specialists visit Washington County

Library branches. Suitable for children birth to age 5. Each session has a limit of 20 children. Registration required.

### Wednesday, May 11

10:30 a.m. at the Hardwood Creek Library in Forest Lake

### Thursday, May 19

1 p.m. at the Park Grove Library in Cottage Grove

### Wednesday, May 25

11 a.m. at the RH Stafford Library in Woodbury

## Summer Fun at the Library

It's never too early to start thinking about summer! Kids, teens, and adults are invited to celebrate reading this summer by joining *Bookawocky: A Celebration of Summer Reading* at the Washington County Library. The annual Summer Reading program kicks off on June 6<sup>th</sup> and will run through August 19<sup>th</sup>.

Starting June 6<sup>th</sup> kids can visit the library, get a library card, and join the summer reading program. Log 20 hours of reading time to earn a completion reward and have your name displayed on the Library's "Wall of Fame."

The library also has a full lineup of exciting programs planned for kids, teens, and families this summer.

A separate reading program will be offered for teens and adults.

Stay tuned for more details on the [library website](#) and in the next issue of Caring and Sharing.





# CLASSES

May-June

2011

## SPONSORED BY:

**Washington County Licensed Family Child Care Association (WCLFCCA)**

### Out of a Box!

**Monday, May 16—6:30-8:30 p.m.**

Build dramatic play items, educational toys, and engaging art projects all from recycled boxes, paper bags, newspapers, and paper rolls. The creative potential is endless, and so are the free supplies! Bring a collection of various sized boxes, paper bags, and cardboard tubes, along with scissors, glue, and tape for a fun “make-it-take-it”.

**Trainer:** Gloria Deziel **Fee:** Free for WCLFCCA members/\$15.00 for non-members

**Location:** Woodbury Lutheran Church, 7380 Afton Road, Woodbury, MN **Registration:** Ruth at 651-779-7718

### Creating a Fun-Filled Summer Curriculum

**Thursday, May 19—6:30-8:30 p.m.**

Come and create a developmentally appropriate summer program that incorporates multi ages. This class will give you the inspiration to get your summer off to a great start and will bring you enthusiasm for those sometimes long summer days. Participants will leave with ideas that can be used in child care the next day.

**Trainer:** Miranda Oliver

**Fee:** Free for WCLFCCA members/\$10.00 for non-members **Location:** Hosanna Lutheran Church, 9300 Scandia Trail N, Forest Lake, MN

**Registration:** Peggy at 651-653-1797

### Reading Games for Young Children

**Thursday, June 16—6:30-8:30 p.m.**

Come and learn a variety of reading games that will build the important skills necessary for children to become successful readers. These developmentally appropriate games will help young children learn to read. They include games of alliteration, oral blending, writing, alphabet recognition, letter sounds, word play, and rhyming.

**Trainer:** Bev Herr **Fee:** Free for WCLFCCA members/\$10.00 for non-members

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

**Registration:** Peggy at 651-653-1797

## Child Passenger Restraint Training

Required every 5 years for providers who drive children under age 9.

**June 23—6:00-9:00 p.m. Fee:** \$30.00

Washington County Community Services, Cottage Grove Service Center, 13000 Ravine Parkway, Cottage Grove, MN—**Registration:** Annie Walton 651-430-6539 ([registration form](#))

### AAA

**May 21—9:00am-noon & June 25-9:00am-noon**

600 West Travelers Trail, Burnsville, MN

**Fee:** \$25.00 **Registration:** Shannon Swanson, 612-9590 or [Shannon.swanson@charter.net](mailto:Shannon.swanson@charter.net)

## SIDS and Shaken Baby

This class is required for all childcare providers who care for children under school age. This class is required every 5 years. Washington County Community Services

**Tuesday, July 12—6:30-8:30 p.m. Fee:** \$10.00  
Washington County Government Center, 14949 62<sup>nd</sup> St. N, Stillwater, MN **Registration:** Annie Walton 651-430-6539 ([registration form](#))

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



**Resources for Child Caring (RCC)**  
**Registration: 651-641-3549 or**  
**www.mnstreams.org**

**Center for Inclusive Child Care (CICC):  
 Inclusion: Developmentally Appropriate  
 Practice (DAP) for All Children!**

**Wednesday, May 4, 6:30–8:30 p.m.**

In this training, participants will examine key concepts of developmentally appropriate inclusive care, including the important role of the caregiver in the creation of an encouraging environment. The primary focus of this training is enhancing the participant's skills in observation and in encouraging and fostering positive social interaction as well as learning to promote productive play within child care settings. The benefits and challenges of including children with special needs in community care will be explored thoroughly in this training. **Instructor:** Kim Woehl

**Fee:** \$20.00, **Location:** Peace of Mind, Woodbury

**The Joy of Food: Activities & Books to  
 Promote Healthy Eating**

**Thursday, May 12, 6:30–8:30 p.m.**

How do kids learn that healthy eating can be tasty and fun? Like Paula Deen says, "It ain't all about the cookin'." Come and explore activities, recipes, and children's books that help you share the joy of food through play and reading.

**Instructor:** Shelley Butler

**Fee:** \$20.00, **Location:** Kidz Place, Hugo

**Health and Safety 101**

**Monday, May 16, 7:00–9:00 p.m.**

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.

**Instructor:** Bev Herr

**Fee:** \$20.00, **Location:** Kindercare, Cottage Grove

**Nature's Playground-Revisited**

**Tuesday, May 24, 7:00–9:00 p.m.**

Time playing in natural settings isn't just for fun but also essential for children's health and learning. Examine current trends that inhibit children's interaction with nature. Discover ways to promote natural experiences for children.

**Instructor:** Gloria Deziel

**Fee:** \$20.00 **Location:** Family Means, Stillwater

**How Many Times Do I Have to Tell You?**

**Thursday, May 26, 6:30–8:30 p.m.**

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 to promote communication and cooperation. **Instructor:** Joyce Flynn **Fee:** \$20.00, **Location:** HSI, Oakdale

**Asthma and Severe Allergies: Meeting  
 Children's Health Needs**

**Tuesday, June 7, 6:30–8:30 p.m.**

The number of children diagnosed with asthma, chronic respiratory disease and severe allergies continues to grow. Providers will learn how to meet the special needs of these children and how to protect themselves from liability issues, meet state requirements and provide a safe environment. Hands-on Epi-Pen training will also be provided. **Instructor:** Barb Stoll **Fee:** \$20.00, **Location:** Kidz Place, Hugo

**Center for Inclusive Child Care (CICC): The  
 Nurtured Heart Approach**

**Wednesdays, June 8 and 15, 6:30–9:00 p.m.**

Children with high intensity temperaments are often seen as children who are challenging in school/child care. The "Nurtured Heart Approach", based on the work of Howard Glasser, is a unique approach for working with children who have challenging behaviors. This course combines four effective strategies for helping caregivers transform the way they see children who have high energy/intensity from a challenge to a gift. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit. Instructor:** Carrie Johnson **Fee:** \$50.00, 5 in-service hours **Location:** Oakdale Discovery Center, Oakdale

**Welcome to the Profession Training**

**June 9, 6:30–9:30 p.m.**

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.

**Fee:** \$15.00, 3 in-service hours **Location:** Room for Growing, Forest Lake

*Continued from CLASSES on page 5*

### **Six Steps to Responsibility**

**Thursday, June 23, 6:30–8:30 p.m.**

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 problems solving skills. **Instructor:** Joyce Flynn **Fee:** \$20.00, **Location:** HSI, Oakdale

### **101 Snack Time Ideas**

**Monday, June 27, 7:00–9:00 p.m.**

Snack time! The words are magic to a child's ear. But to a child care provider they can present a challenge. 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.

**Instructor:** Bev Herr

**Fee:** \$20.00, **Location:** Family Means, Stillwater

### **Tricks of the Trade**

**Thursday, June 30, 7:00–9:00 p.m.**

An experienced provider shares tips for saving time and money on fun learning activities and essential supplies. From the kitchen to the car, you will be able to share ideas to help organize your paperwork and daily routines. Make your own foam soap, glitter paint, and ice-cream cake! Participants will learn ways to be more professional with their business and paperwork, as well as learn new songs to help with transitions, and learn ways to be more professional with their business and paperwork. **Instructor:** Gloria Deziel

**Fee:** \$20.00, **Location:** Peace of Mind, Woodbury

**Professional Learning Alternatives, Inc.**  
**Registration 651-651-8777 or**  
**www.pla-inc.org**

### **SIDS and Shaken Baby Syndrome**

**Monday, May 9—7:00–9:00 p.m.**

SIDS is the leading cause of death in infants under age one. Learn the facts about SIDS and learn how to reduce the risk of SIDS in the child care setting. Important information on Shaken Baby Syndrome will also be covered.

**Fee:** \$25.00 **Location:** Kinder Korner Child Care Center, 932 – 2nd Street, Forest Lake, MN 55025

### **How Do We Give Children A Strong Start?: Know the Key Emotional Milestones**

**Tuesday, May 17 - 6:30–8:45 p.m.**

This seminar focuses on the important emotional milestones caregivers can help children achieve as the foundation for positive mental health. This class will discuss how to use social and emotional development

checklists to identify where children are in their development and look at strategies to support them as they progress to the next social/emotional milestone.

**Cost:** \$17.00 **Location:** Dunn Bros Grill, 14775 Victor Hugo Blvd. N., Hugo, MN 55038. No outside food or beverages allowed.

### **Why Do Children Act the Way They Do? Understanding How a Child is Wired**

**Tuesday, May 24—6:30–8:45 p.m.**

This seminar will examine how children are genetically "wired" with temperament traits that make each child's reactions to the world unique and how these reactions impact their emotional development. Participants will also discuss their own temperaments and examine strategies for applying a "goodness of fit" model that fosters positive mental health for all children.

**Fee:** \$17.00 **Location:** Dunn Bros Grill, 14775 Victor Hugo Blvd. N., Hugo, MN 55038. No outside food or beverages allowed.

### **Teaching Children to Know Their Own Engines: A Look at Your Environment**

**Tuesday, May 31—6:30–8:45 p.m.**

Do you see children who struggle with their emotions? This seminar will examine specific strategies for promoting self-regulation skills in young children through environmental supports in the early childhood setting and how impulse-control relates to their positive mental health. Participants will have the opportunity to explore key characteristics of the physical and emotional environment that can encourage children to learn to identify and express their feelings through everyday activities.

**Fee:** \$17.00 **Location:** Dunn Bros Grill, 14775 Victor Hugo Blvd. N., Hugo, MN 55038. No outside food or beverages allowed.

### **Supporting Resilience in Children: The Little Engine that Could!**

**Tuesday, June 7 -6:30–8:45 p.m.**

Examine characteristics of resiliency and its key relationship to children's mental health. Explore the role resiliency plays as a critical factor in how children who are at risk will handle stress, react or adapt to negative situations, and overcome obstacles in their emotional growth. Develop practical strategies for improving their environment and programming to enhance and support resiliency in young children.

**Fee:** \$17.00 **Location:** Dunn Bros Grill, 14775 Victor Hugo Blvd. N., Hugo, MN 55038. No outside food or beverages allowed.

*Continued on next page*

Continued from CLASSES on page 6

**Coming Together to Support Babies and Toddlers During a Deployment**

**Wednesday, June 15 - 6:30–8:45 p.m.**

Deployment can take a heavy toll on military families. As parents of young children cope with their own feelings, it is easy for them to lose sight of what their babies and toddlers may be experiencing. Although often unable to express themselves well, babies and toddlers do miss the active duty parent and need help getting through this difficult period. This course will identify common challenges that babies and toddlers experience during a deployment, describe the cycle of deployment, the deployment spiral, behaviors that babies and toddlers may exhibit, and define strategies for supporting babies, toddlers, and families during a deployment.

**Fee:** \$17.00 **Location:** TBA **Contact:** 651-651-8777

**Making and Keeping Friends: The Importance of Friendship Skills**

**Tuesday, June 21—6:30–8:45 p.m.**

Examine the important relationship between mental health and social development. Explore key 'friendship

skills' and social competencies needed for children to be successful in their social relationships. Strategies will include how to use activities to promote pro-social skills to avoid aggression and build self-esteem in all children.

**Fee:** \$17.00 **Location:** Dunn Bros Grill, 14775 Victor Hugo Blvd. N., Hugo, MN 55038. No outside food or beverages allowed.

**Coming Together to Support Babies and Toddlers During a Homecoming**

**Wednesday, June 22—6:30–8:45 p.m.**

A military homecoming is a paradox. It can be a wonderfully joyous occasion and it can also be an extremely frustrating and challenging experience. This course will examine the factors that can make homecomings challenging, define the invisible injuries of war, describe typical reactions of babies, toddlers, and families to invisible injuries of war, examine the risk of emotional trauma for babies and toddlers when a military parent dies, and identify the emotion of grief. **Fee:** \$17.00 **Location:** TBA

**New Safety Standards in Family Child Care**

As many of you have heard, the Consumer Product Safety Commission (CPSC) approved new federal crib regulations. The new standards affect drop-side cribs but also a crib's mattress supports, slats, and hardware. These new standards will affect most full and non-full sized cribs currently in use by child care providers.

Beginning June 28, 2011, all cribs sold in the United States must meet the new federal requirements. Beginning December 28, 2012, all child care facilities and family child care homes will have to ensure the cribs used in their facilities are compliant and MUST use cribs that meet the new federal standards after that time.

The Department of Human Services is reviewing how these federal standards will impact child care providers. Further information will be sent as soon as it is available. In the meantime, continue to check your cribs monthly on the safety inspection form and at least yearly for possible recalls.

**Neighborhood Events:**



**Explore Your Parks Day**

Saturday, June 4<sup>th</sup> Free admission to all Washington County Parks this Day! There will be many activities at the Lake Elmo Park Preserve including a Fun Run in the morning and family activities from 12:00-3:00 p.m. Check out the [flyer!](#)

**Big Truck Event**

Saturday, June 11 from 10-12 at the Stillwater Area High School Parking Lot. Cost is \$5.00 per car. See all kind of trucks including many work vehicles. Great for kids who love vehicles that go!

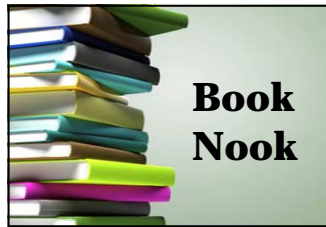
**Kiddie Carnival**

Celebrate Manitou Days in White Bear Lake. There will be a kiddie Carnival on Friday, June 17<sup>th</sup> from 12-3 at Podvin Park in White Bear Lake.

**FREE FAMILY FUN!**

Oakdale's Outdoor Amphitheater—4444 Hadley Avenue

May 21: Como Zoo Presents: "Save Our Species" 1:00-2:00 p.m. Meet plants and animals that will give you good reason to make "earth-friendly" choices.



### **Good Night Gorilla** by Peggy Rathmann

This is a great book for very young children because there are not many words. It is a board book for those little toddler hands to hold (and they won't rip the pages!).

The story is about a zookeeper putting the animals to bed at night time. However, the mischievous gorilla takes the keys and starts letting the animals back out. All the animals follow the zookeeper home and settle down in his bedroom for sleeping. It is the zookeeper's wife who gets up and puts the animals back in the zoo (except the gorilla who escapes again).

Older kids can look at the pictures and pick out different details to discuss. Young children can spot objects that show up on each page like the moon or a balloon. It is a fun book to ask questions to give the children an opportunity to interact with the book.

*Written by:  
Becky Knighton*

## **Holly's Happenings**

Hello Child Care Professionals! Finally, SUNNY WEATHER! This is a great time to look at your policies on sunscreen, bug repellent, transportation and field trips. Here are some great ideas for May and June:

### **May is National Photograph Month**

Go out and take some silly and unique pictures of the kids and their families!

### **May 21<sup>st</sup> is Armed Forces Day**

### **June is Aquarium Month**

Think of all the fun you can have living in an aquarium!

### **June 14<sup>th</sup> is Flag Day**

#### **Ideas for May:**

<http://www.holidayinsights.com/moreholidays/may.htm>

#### **Ideas for June:**

<http://www.holidayinsights.com/moreholidays/june.htm>

### **Providers Needed for Military Families!**

I am looking for help to assist with military families, especially due to the recent deployment. We have families that are in need of some extra assistance in this time of change; some are looking for child care due to a move or having to take on a new role in the family, some are only looking for temporary/drop in care, some are just looking for something new. If you have any interest, please contact me.

### **Tailoring Your Training**

Need special training? Whether you are a center director looking to train new staff or 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 Professional Development at 651-641-6613.

### **Resources and Support**

As a reminder, I'm available if you need any resources or assistance, such as knowing how many times your name has gone out to families looking for child care, new ideas for activities, or assistance in rearranging the child care environment to provide a safe and happy learning setting. Please contact me if you need any assistance. Or if you speak Hmong, Spanish or Somali, you can call 651-665-0150 and someone can help you contact me.

*Holly Weisert, CFLE*

*CCR&R Washington County Coordinator*

*Anoka County Community Action Program*

*(651) 788-0425*

*[holly.weisert@accap.org](mailto:holly.weisert@accap.org)*

# Measles

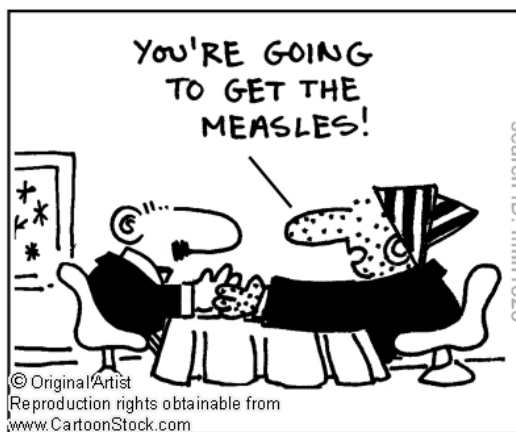
Recently measles has increased in the Twin Cities. It is important to know the vaccination status of children and staff. It is also important to be able to recognize signs and symptoms of measles disease. A fact sheet on measles disease can be found at the Minnesota Department of Health website at: <http://www.health.state.mn.us/divs/idepc/diseases/measles/measlesfacts.html>

Some important reminders about measles:

- Measles, also called rubeola, is a very contagious disease caused by a virus. In the U.S. cases of measles is kept low by immunizing children with MMR vaccine. Keeping our measles immunization levels high is critical to preventing measles outbreaks.
- Symptoms of measles are rash AND fever AND cough OR runny nose OR watery/mattering eyes. Symptoms appear about eight to 12 days after a person is exposed to measles. **The first symptom is usually fever.** The rash usually appears two to three days after the fever begins and lasts five to six days. The rash begins at the hairline, moves to the face and upper neck and then down the body.
- Measles is spread through the air when people who have it breathe and cough. It is highly contagious. A person with measles can pass it to

others from four days before their rash appears to four days after it appears and should be excluded from daycare during this time.

- There is no specific treatment for measles. People with measles need bed rest, fluids, and control of fever. They may also need treatment for complications such as diarrhea, ear infection, or pneumonia.



- Measles is best controlled by preventing it with vaccine. Children should receive two doses of MMR vaccine: the first at 12 to 15 months of age and the second at 4 to 6 years of age. (During a measles outbreak, children may receive the second dose as soon as four weeks after the first dose, no matter how old they are.)

Vaccines are safe and effective at preventing deadly diseases. MMR specific vaccine safety study information can be found at [Center for Disease Control and Prevention](http://www.cdc.gov). Signs of autism may appear around the same time children receive the MMR vaccine and some parents worry the two are connected. Many studies have found no association between the MMR vaccine and autism and continue to demonstrate the safety of MMR vaccine.

**Contact Washington County Public Health and Environment for more information at 651-430-6655.**

*Source: Gretchen Heinen, PHN, Washington County Public Health, Minnesota Department of Health, Centers for Disease Control*



## Bubble Recipe

- 12 cups water
- 1 cup Joy or Dawn dishwashing soap
- 3 tablespoons glycerin (in lotion aisle of store)

Mix together and create bubbles galore!

## Living Healthy in Washington County

### A Colorful Diet Leads to Good Health!



The American Dietetic Association is encouraging everyone to “eat right with color” and they say “Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan.” ([ADA Press Release, Feb. 1, 2011, eatright.org](#))

Kids need to be included in this effort to increase color and diversity in their diets. Too often children are not eating or even being exposed to the many fruits and vegetables that will add color to their plate. Child care providers can take advantage of the times they are providing meals and snacks for kids and make a commitment to add some color. Even if snacks are the only foods provided, color can still be added! It’s a great opportunity to teach children that fruits and vegetables are not just for meals, but can also be a part of a healthy, fun, and tasty snack as well!

If you are looking for some ideas, Karen Ansel, Registered Dietitian and ADA spokesperson offers ways to brighten up your plate in every season with this quick color guide.

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables:* artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange** and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- *Fruits:* apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

- *Vegetables:* carrots, yellow pepper, yellow corn and sweet potatoes

**Purple** and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- *Fruits:* blackberries, blueberries, plums, raisins
- *Vegetables:* eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- *Fruits:* cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- *Vegetables:* beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan** and **brown** produce may contain nutrients that may promote heart health and reduce cancer risks.

- *Fruits:* banana, brown pear, dates and white peaches
- *Vegetables:* cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

If actually putting this into practice seems impossible, there is help available. Through Minnesota’s Statewide Health Improvement Program ([SHIP](#)), *Living Healthy in Washington County* is offering free training and a free curriculum that is aimed at increasing kids’ exposure to and consumption of fruits and vegetables. [Learning About Nutrition through Activities \(LANA\)](#) is a curriculum developed for childcare providers and is full of activities, recipes, and parent materials. Providers who are using this curriculum are having great success as children are eating fruits and vegetables and decreasing their fears of new foods. If you are interested in attending a free training and receiving the curriculum contact Christina Swigart at 651-335-2334 or [christina@practical-nutrition.net](mailto:christina@practical-nutrition.net).

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

## Media and Children



Many childcare programs tend to have more school-age children enrolled in the summer months. These older children may want to bring their gaming system to childcare (Example: Nintendo DS) or play the gaming system at childcare (Example: Wii or PlayStation 3). It may

be a good idea to create your policy/guideline now about what type and how much media will be allowed.

The American Academy of Pediatrics recommends that children have less than 2 hours of screen time per day and viewing should be avoided for children under age 2. Excessive media time takes away from other creative, active or social activities. Studies have associated high levels of media use with school problems, attention difficulties, sleep and eating disorders, and obesity. Also, the Internet and cell phones have become important new sources and platforms for illicit and risky behaviors.

Remember that younger children watch what the older children are doing especially if it appears to be an exciting video game. A game that may be okay for a 10 year old to play on his Nintendo DS may not be appropriate for a 5 year old to watch him play. Playing games together is also better than playing alone so they can get that social interaction in. Wii bowling or Mario Kart where four can play would be a better choice than a solo game like Super Mario Galaxy. For more information visit: [www.aap.org](http://www.aap.org).

It is important to know how games are rated. The Entertainment Software Ratings Board (ESRB) is the organization that rates video games.

- Titles rated “early childhood” (EC) have content suitable for children ages 3 and older and do not contain any material that parents would find inappropriate.
- Games rated “everyone” (E) have content suitable for persons ages 6 and older. These titles will appeal to people of many ages and tastes. They may contain minimal violence, some comic mischief, or crude language.
- The “everyone 10 and older” (EC10) rating is given to games that have content that may be suitable for ages 10 and older. Titles in this category may contain more cartoon, fantasy, or mild violence, mild language, and/or minimal suggestive themes.

It’s important to note that the ESRB is owned and operated by the industry that it is supposed to regulate. Another source to check on what games may be appropriate for a certain age would be [www.common sense media.org](http://www.common sense media.org).

## Child Care Resource & Referral Update

The 2011 MN Child Care Business Update is completed for this year! In Washington County, 88% of the Family Child Care and 85% of Child Care Centers completed the Business Update. Resources for Child Caring wants to thank all of the providers that participated! The prize drawing winners that submitted their Business Update prior to January 31, 2011 were Room for Growing – Scandia Trail, Forest Lake; Laurie



Barron, Oakdale; and Renee Johnson, Woodbury. Check RCC’s website for the 2011 average child care rates after July 1!

Summer is right around the corner! Between April and May, the Referral Services gets calls from parents looking for summer care. Please update your summer vacancies at

[www.resourcesforchildcare.org](http://www.resourcesforchildcare.org) or call the referral line at (651) 641-0332.



**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  
Monday, May 30  
& Monday, July 4*

**PRSTD STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 286  
Stillwater, MN 55082**

**Washington County Child Care Licensors**

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- Becky Knighton**..... (651) 430-6574  
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- 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:**

- Severe Weather
- Measles
- School-Age
- Children & Media

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).