

# Washington County, Minnesota, USA Child Care Resource Book

This Resource Book is a collection of information that is useful to families and child care givers.  
*Special thanks and appreciation to Dakota County Community Services Child Care Licensing Unit for their ideas and information and to Anne Stark, Washington County Community Services.*

|  |  |
|--|--|
| <ul style="list-style-type: none"> <li>▪ Emergency Numbers</li> <li>▪ Resource Organizations</li> <li>▪ Training</li> <li>▪ Food Program Sponsors</li> <li>▪ Early Childhood Family Education</li> <li>▪ Early Childhood Special Education</li> <li>▪ Washington County Libraries</li> <li>▪ Activity Resources</li> <li>▪ Field Trips</li> <li>▪ Newsletters and Magazines</li> <li>▪ Children's Magazines</li> </ul> | <ul style="list-style-type: none"> <li>▪ Book Clubs - Providers</li> <li>▪ Book Clubs - Children</li> <li>▪ Free or Low Cost Publications</li> <li>▪ Equipment/Educational Materials and Services                             <ul style="list-style-type: none"> <li>Fire Equipment</li> <li>Water Testing</li> <li>Infant Formula and Food Inquiries</li> </ul> </li> <li>▪ Referral Services</li> <li>▪ Recordkeeping and Taxes</li> <li>▪ CCR&amp;R Lending Library Resources</li> <li>▪ Resource List: Books for Providers and Children</li> </ul> |
|--|--|

***Please Note the Following Disclaimer***

This information is intended to serve as a resource for Washington County families. It is presented for informational purposes only. It is not a contractual commitment or modification of any contract.

This information may unknowingly contain errors, is subject to change without notice, and is presented "as is". You must bear all risk associated with acting upon this information. No warranty is expressed or implied.

| <b>Emergency and Reporting Numbers</b>             |                |
|--|----------------|
| Police, Fire and Medical                           | 911            |
| Minnesota Poison Control (east metro counties)     | (651) 221-2113 |
| Ask-A-Nurse (sponsored by Health One) Medformation | (612) 863-3333 |
| Washington County Child Abuse and Neglect Intake   | (651) 430-6457 |
| Washington County Adult Intake                     | (651) 430-6484 |
| Washington County Economic Assistance              | (651) 430-6459 |
| Washington County Public Health and Environment    | (651) 430-6655 |
| Washington County Community Social Services        | (651) 439-6901 |
| Washington County Emergency Social Services        | (651) 291-6795 |

|  |  |                |
|--|--|----------------|
| <b>Resource Organizations</b>  |  |                |
| <b>Children's Safety Center Network</b><br>Provides a safe and healthy environment to exchange children between parents for visitation. Provides supervised visitation in situations where children have been placed in foster home due to abuse.  |  | (651) 645-8228 |
| <b>Crisis Nursery</b><br>24 hour phone line counseling available for families in crisis. Emergency/temporary child care and shelter home care for children ages birth to 12.   |  | (651) 439-3613 |
| <b>Washington County Child Care Resource and Referral</b><br>Provides individualized referrals to family child care providers, centers, preschool programs and school age programs. Assists parents in evaluating and choosing quality child care. |  | (651) 430-6488 |

**School Age Child Care**  
The following programs provide child care for children in grades kindergarten through sixth grade, before and after school, all day care during the summer and most non-school days. Full and part time care available. For more information call the school district your child attends:

|             |                |                                 |                |
|-------------|----------------|---------------------------------|----------------|
| Forest Lake | (651) 464-9164 | N. St. Paul, Maplewood, Oakdale | (651) 770-4642 |
| Mahtomedi   | (651) 407-2029 | South Washington County         | (651) 458-6602 |
| Stillwater  | (651) 351-8458 | White Bear Lake                 | (651) 773-6018 |

|  |                |
|--|----------------|
| <b>Early Intervention Network (EIN)</b><br>This service is available to families free of charge who have concerns about the development of their child ages birth - three. | (651) 430-6700 |
|--|----------------|

**Early Childhood Screening**  
Early Childhood Screening is required by state law before children start kindergarten. Children are generally screened at 3 ½ - 4 years old. Children are screened for vision, speech, hearing and development. There is no charge for this service. Parents may also call if they are concerned about their child's development.

|             |                |                                 |                |
|-------------|----------------|---------------------------------|----------------|
| Forest Lake | (651) 464-9315 | N. St. Paul, Maplewood, Oakdale | (651) 773-4508 |
| Mahtomedi   | (651) 407-2263 | South Washington County         | (651) 458-6673 |
| Stillwater  | (651) 351-8358 | White Bear Lake                 | (651) 653-2867 |

|  |                |
|--|----------------|
| <b>Consumer Product Safety Commission</b><br><i>Federal Court Building, Room 182</i><br><i>316 No. Robert Street</i> | (651) 290-3781 |
|--|----------------|

Child Care Resource Book

|   |                |
|---|----------------|
| <p><i>St. Paul, MN 55101</i><br/>Toy and equipment safety information.</p>  |                |
| <p><b>Washington County Child Care Area Groups</b><br/>Regular area meetings, newsletter, training.</p>   | (651) 430-6488 |
| <p><b>Minnesota Licensed Family Child Care Association</b><br/><i>1910 W. County Road B Room 147</i><br/><i>Roseville, MN 55113</i><br/>Technical assistance seminars, newsletters, food program.</p>   | (651) 636-1989 |
| <p><b>Washington County Child Care Assistance</b><br/><i>14949 62nd Street North, PO Box 30</i><br/><i>Stillwater, MN 55082-0030</i><br/>Minnesota's Child Care Assistance Program (CCAP) can help to make quality child care affordable for low income families.</p>   | (651) 430-6459 |
| <p><b>Washington County Public Health and Environment</b><br/><i>14949 62nd Street North, PO Box 3803</i><br/><i>Stillwater, MN 55082-3803</i><br/>Information available on infectious diseases, lice, immunizations, disinfecting methods, well tests, etc.</p>  | (651) 430-6655 |
| <p><b>University of Minnesota Extension Services - Washington County</b><br/><i>Room #202</i><br/><i>1825 Curve Crest Blvd.</i><br/><i>Stillwater, MN 55082</i><br/>Information available on parenting and child development.</p>   | (651) 430-6800 |
| <p><b>University of Minnesota Extension Service</b><br/>Information line on topics of positive parenting and child development.</p>   | (612) 624-2200 |
| <p><b>Minnesota Sudden Infant Death Center</b><br/><i>2525 Chicago Avenue S.</i><br/><i>Minneapolis, MN 55404</i><br/>Information and assistance regarding SIDS; offers support groups to providers who have experienced a SIDS death.</p>  | (612) 813-6285 |
| <p><b>Resources for Child Caring, Inc.</b><br/><i>450 N. Syndicate Street</i><br/><i>St. Paul, MN 55104</i><br/>Training, resource library, child care subsidy program for low income parents, provider support network, family child care publications, advocacy, child care referral service for metro counties, infant equipment loan program, quarterly newsletter.</p> | (651) 641-0305 |
| <p><b>Wilder-Ramsey County Family Child Care Providers</b><br/><i>911 LaFond Avenue</i><br/><i>St. Paul, MN 55104</i><br/>Training, advocacy, discount on materials and equipment, provider network, monthly newsletter, first aid kits, business aids, medical insurance, child enrichment programs, provider recognition awards, technical assistance.</p>                | (651) 642-4090 |
| <p><b>Parent Warm Line</b><br/>A free consultation service providing information and practical advice about child development and behavior.</p>   | (612) 813-6336 |

|  |                |
|--|----------------|
| <b>Training</b>  |                |
| <p><b>Pregnancy and Infant Loss Center</b><br/>                 Non-profit organization providing support, resources and education on miscarriage, stillbirth, and infant death.</p>   | (612) 473-9372 |
| <p><b>Washington County Child Care Resource &amp; Referral</b><br/>                 14949 62nd Street North, PO Box 30<br/>                 Stillwater, MN 55082-0030<br/>                 Classes on infant/toddler topics and Project Exceptional and other child care issues.</p>   | (651) 430-6488 |
| <p><b>Washington County Family Child Care Area Groups</b><br/>                 See Washington County Sharing &amp; Caring Newsletter for Area Coordinators' telephone numbers.</p>   |                |
| <p><b>Minnesota Licensed Family Child Care Association</b><br/>                 1910 W. County Road B<br/>                 Roseville, MN 55113<br/>                 Fall and Spring technical conferences for family child care providers. Competency-based training program sponsored with University of Minnesota's Early Childhood Studies Program.</p> | (651) 636-1989 |
| <p><b>Resources for Child Care</b><br/>                 450 N. Syndicate Street<br/>                 St. Paul, MN 55104<br/>                 Child development, health and safety, personal growth and business management, program curriculum development, nutrition series. Classes offered quarterly.</p>   | (651) 641-0305 |
| <p><b>Family Services of Greater St. Paul</b><br/>                 166 E. 4th Street Suite 200<br/>                 St. Paul, MN 55101-1464<br/>                 Classes on parenting, groups for children of abuse; Children Are People group.</p>  | (651) 222-0311 |
| <p><b>Reflections</b> (Educational Counseling firm)<br/>                 PO Box 57<br/>                 Lone Rock, WI 53556-0057<br/>                 Offers excellent training on a variety of subjects child care providers would find of interest. Contact to see when they will be in Minnesota.</p>   | (608) 583-2412 |
| <p><b>The American Red Cross</b><br/>                 176 S. Robert Street<br/>                 St. Paul, MN 55107<br/>                 Courses offered in Infant and Child First Aid, and CPR. Call to register or for complete list of courses.</p>  | (651) 291-6789 |
| <p><b>Wilder-Ramsey County Family Child Care Providers</b><br/>                 911 LaFond Avenue<br/>                 St. Paul, MN 55104<br/>                 Child development, business concerns, personal growth, health and safety activity, nutrition.</p>   | (651) 642-4090 |

**Greater Minneapolis Day Care Association**

1628 Elliot Avenue South  
Minneapolis, MN 55404

(612) 341-1177

A variety of other classes meet training requirements.

Ask the University of Minnesota extension office or your local college, university, technical college, community center, YMCA or YWCA, children's hospital, church, family service organizations, Red Cross Chapter or community health center and school districts.

If you are not sure if a class meets the licensing requirements, check with your licensing worker.

**Food Program Sponsors**

**Adult and Childrens Alliance**

2885 County Drive Suite 165  
St. Paul, MN 55117-1060

(651) 481-9320

**Minnesota Licensed Family Child Care Association**

1910 W. County Road B #147  
Roseville, MN 55113-9839

(651) 636-1989

**Providers Choice**

7201 W. 78th Street, Suite 200  
Minneapolis, MN 55439-2507

(612) 944-7010

**Resources for Child Caring**

450 No. Syndicate  
St. Paul, MN 55104

(651) 641-0305

**Wilder Family Child Care Network**

911 LaFond Avenue  
St. Paul, MN 55104

(651) 642-2093

**Early Childhood Family Education**

Early Childhood Family Education (ECFE) Classes for parents and their children age birth to kindergarten. Family events, home visits, toy lending and resource libraries. Call for more information.

|             |                |                                 |                |
|-------------|----------------|---------------------------------|----------------|
| Forest Lake | (651) 982-8300 | N. St. Paul, Maplewood, Oakdale | (651) 770-4642 |
| Mahtomedi   | (651) 407-2024 | South Washington County         | (651) 458-6632 |
| Stillwater  | (651) 351-8350 | White Bear Lake                 | (651) 653-3100 |

**Community Resource Center** (Forest Lake)

Books, pamphlets, audio and video tapes and other resource materials of interest to children, youth, adults, grandparents, persons with disabilities and senior citizens. Free.

(651) 464-9343

**Family Resource Center** (Maplewood)

Parenting books, audio and video tapes, toy lending library.  
\$ 5.00 per year membership fee. Call for hours.

(651) 770-4642

|   |                                  |
|---|----------------------------------|
| <b>Fathers Resource Center</b><br>Parent education classes for fathers.<br>Classes located through out the Twin Cities area.  | (612) 874-1509                   |
| <b>LaLeche League</b><br>A peer support and education group for breast feeding women.<br>Training, publications and other U. of MN. resources on parenting, youth development and family development for parents, children and professionals. | (612) 922-4996<br>(651) 430-6800 |
| <b>Parent and Family Education Program</b> ( <i>Maplewood</i> )<br>Offers a variety of parenting classes for parents with children ages kindergarten - high school.   | (651) 770-4642                   |
| <b>Washington County Public Health and Environment</b><br>Large or small groups on self esteem, parenting, or health promotion topics.  | (651) 430-6655                   |

## Early Childhood Special Education

Children's abilities may vary greatly from child to child while still all remaining within the range of average child development. Occasionally, however, a child may experience a delay in developing a skill (e.g., a two-year old who has yet to walk, or a difficulty in the quality of a skill such as a four-year old with many speech articulation errors).

If a child's parents have concerns regarding their child's development, they can approach their child's health care professional about a developmental screening. A screening is a brief test which gives a sense for how the child is progressing. It looks at skills and milestones which are typical for children in an age range. Often screening is done routinely during well-child visits.

More in-depth testing may be sought if the screening raises questions about the child's development. This assessment may focus on one skill area-as in a speech and language assessment-or may review many areas. Assessment helps determine the need for intervention to aid the child's development.

In Minnesota, public schools provide assessment and any needed services to children with serious delays or disabilities which impact learning. These services are available to eligible children from birth through school age. To investigate the possibility of services for children under school age who have serious delays or disabilities affecting learning, parents can call the appropriate number below and ask for information on Early Childhood Special Education.

|   |                |
|---|----------------|
| <b>Washington County School Districts</b>               |                |
| Forest Lake Area - School District #831                 | (651) 464-9100 |
| Hastings - School District #200                         | (651) 437-6111 |
| Mahtomedi - School District #832                        | (651) 407-2000 |
| No. St. Paul, Maplewood, Oakdale - School District #622 | (651) 770-4624 |
| Stillwater - School District #834                       | (651) 351-8340 |
| So. Washington County - School District #833            | (651) 458-6300 |

|  |                |
|--|----------------|
| Valley Crossing Community School - part of Northeast Metro School District # 916 | (651) 702-5700 |
| White Bear Lake Area - School District #624                                      | (651) 773-6000 |

|                            |                |                                 |                |
|----------------------------|----------------|---------------------------------|----------------|
| <b>Community Education</b> |                |                                 |                |
| Forest Lake                | (651) 464-9110 | N. St. Paul, Maplewood, Oakdale | (651) 770-4745 |
| Mahtomedi                  | (651) 407-2037 | South Washington County         | (651) 458-6600 |
| Stillwater                 | (651) 351-8300 | White Bear Lake                 | (651) 773-6077 |

|  |                |                                 |                |
|--|----------------|---------------------------------|----------------|
| <b>Early Childhood Special Education ( ECSE )</b>  |                |                                 |                |
| Coordination of all appropriate special education services and related services for special needs for children birth through school entry. |                |                                 |                |
| Forest Lake  | (651) 464-9332 | N. St. Paul, Maplewood, Oakdale | (651) 770-4750 |
| Mahtomedi  | (651) 407-2017 | South Washington County         | (651) 458-6673 |
| Stillwater   | (651) 351-8360 | White Bear Lake                 | (651) 653-3100 |

|   |                |                                 |                |
|---|----------------|---------------------------------|----------------|
| <b>Learning Readiness</b>   |                |                                 |                |
| A program for children ages 3 ½ to 5 which helps children prepare for kindergarten. |                |                                 |                |
| Forest Lake   | (651) 464-9300 | N. St. Paul, Maplewood, Oakdale | (651) 773-4642 |
| Mahtomedi   | (651) 407-2036 | South Washington County         | (651) 458-6603 |
| Stillwater  | (651) 351-8352 | White Bear Lake                 | (651) 653-3100 |

|   |                |
|---|----------------|
| <b>Head Start</b>   | (651) 769-0384 |
| A comprehensive child development program primarily for children ages 3-5 serving families with low incomes. There is no cost for eligible families. Programs in Forest Lake, Stillwater and Cottage Grove. |                |
| <b>Homework Hotline</b>   | (612) 529-9622 |
| Teachers are available to help children grades K - 8 with homework assignments Mon. - Thurs. 4:30 - 8:30 p.m. Math help available for high school students.   |                |
| <b>PACER</b>  | (612) 827-2966 |
| Education Advocates and lots of resources for children of all abilities.  |                |
| <b>University of Minnesota Extension</b>  | (651) 430-6800 |
| Programs and publications available on a variety of home and family topics.   |                |

|  |
|--|
| <b>Washington County Libraries</b>   |
| Ask the librarian to help you find books on topics for children. Some ideas you may want to work on with your child care children are: |

Child Care Resource Book

|                            |               |                       |
|----------------------------|---------------|-----------------------|
| Manners                    | Sex education | Insects               |
| Self-esteem                | Cultures      | Animals               |
| Getting along with friends | Human body    | Nature habitat        |
| Sibling relationships      | Dinosaurs     | Properties of science |
| Feelings                   | Rocks         | (floating/weight)     |
| Personal Safety            | Weather       |                       |

Services include print and audio visual materials including paperbacks, newspapers, cassettes, large print books, compact discs, books on tape. Many libraries have computers for use in their facilities. Special programs for children such as "Story Hours". Services to the homebound. Community resources available. Call for hours and services.

|             |                |            |                |
|-------------|----------------|------------|----------------|
| Bayport     | (651) 439-7454 | Park Grove | (651) 459-2040 |
| Forest Lake | (651) 464-4088 | Stillwater | (651) 439-1675 |
| Lake Elmo   | (651) 777-5002 | Valley     | (651) 436-5882 |
| Marine      | (651) 433-2820 | Wildwood   | (651) 426-2042 |
| Newport     | (651) 459-9631 | Woodbury   | (651) 731-1320 |
| Oakdale     | (651) 730-0504 |            |                |

Dial in access to online modem (651) 739-9647

The Washington County Library Web Site is located at: <http://www.washington.lib.mn.us>

|  |                |
|--|----------------|
| <b>Activity Resources</b>  |                |
| <b>Carol's Affordable Curriculum</b><br>40263 155th Avenue, Avon, MN 56310   | (320) 746-8128 |
| <b>Early World of Learning by World Book</b><br>Division of World Book, Inc.<br>Merchandise Mart Plaza, Chicago, IL 60654                      |                |
| <b>Fun Learning - Early Start</b><br>PO Box 350187, Jacksonville, FL 32235   | (904) 744-8140 |
| <b>High Reach Learning, Inc.</b><br>901 Center Park Drive, Suite 101, Charlotte, NC 28217  | 1-800-729-9988 |
| <b>Home Preschool Program</b><br>26211 Dimension Drive, Lake Forest CA 92630-7805  | 1-800-367-4338 |
| <b>Kapers for Kids</b><br>1005 SE 10th Avenue, Minneapolis, MN 55414<br>Total month program including cut-outs, crafts, music, materials, etc. | (612) 379-0880 |
| <b>Kidcrafters</b><br>P.O. Box 375, Summit, NY 12075   | 1-800-849-3459 |
| <b>Kids 'n Fun Crafts</b><br>684 131st Avenue, Blaine, MN 55434  | (612) 767-3209 |

|  |                |
|--|----------------|
| <b>Learning Gear Publications</b><br><i>PO Box 127, Eminence, KY 40019</i>   | 1-800-626-1554 |
| <b>Little County School</b><br><i>PO Box 240482, Apple Valley, MN 55124</i><br>Monthly Early Childhood Program; includes materials.  | (612) 891-9370 |
| <b>MacMillan Early Skills Program &amp; MacMillan Seasonal Activity Packets</b><br><i>6 Commercial Street, Hicksville, NY 11801</i><br>Packets of ideas and concepts; geared from preschool and school age. Many other MacMillan series are available. | 1-800-347-7829 |
| <b>Mother Goose Time</b><br><i>PO Box 225, Interlochen, MI 49643</i>   | 1-800-523-6933 |
| <b>Packet Playtime</b><br><i>10635 Old County Road 15, Plymouth, MN 55441</i>  | (612) 542-9581 |
| <b>Playcare Associates</b><br><i>10 Pauline Street, Randolph, MA 02368</i>   | 1-800-370-5229 |
| <b>Early Beginnings Preschool Program</b><br><i>10434 Sara Toga Drive, Stanwood, WA 98292</i>  | 1-800-387-4156 |

|   |                |
|---|----------------|
| <b>Field Trips</b>  |                |
| <b>Cottage Grove Parks and Recreation</b>   | (651) 458-2801 |
| <b>Forest Lake Community Services and Recreation</b>  | (651) 464-9110 |
| <b>Lake Elmo Park Reserve</b>   | (651) 430-8370 |
| <b>Mahtomedi Community Education</b>  | (651) 407-2037 |
| <b>Maplewood Park and Recreation</b>  | (651) 779-3555 |
| <b>Newport Parks and Recreation</b>   | (651) 459-5677 |
| <b>North St. Paul Park and Recreation</b>   | (651) 770-4471 |
| <b>Oakdale Park and Recreation</b>  | (651) 730-2700 |
| <b>St. Croix Bluffs Regional Park</b>   | (651) 430-8240 |
| <b>St. Paul Park and Recreation</b>   | (651) 459-9785 |
| <b>Stillwater Community Education</b>   | (651) 351-8300 |
| <b>White Bear Lake Community Services and Recreation</b>  | (651) 773-6077 |
| <b>Woodbury Parks and Recreation</b>  | (651) 731-5788 |
| <b>Maplewood Nature Center</b><br>Wild Life Preserve, interpretive center and education programs.<br>No entrance fees, some program fees.<br>Some trails are wheelchair accessible. | (651) 738-9383 |
| <b>Maplewood Community Center</b><br>Recreational and educational programs for children, teens and adults.<br>Swim programs.  | (651) 779-3555 |

|   |                |
|---|----------------|
| <b>North St. Paul Community Center</b><br>Recreational and educational programs for children, teens and adults.   | (651) 770-4471 |
| <b>YMCA (Woodbury)</b><br>Programs include fitness classes for all age levels, parent-child programs, day camp, summer daytime baseball, and youth programs such as Youth in Government and Junior Leaders. | (651) 731-9507 |
| <b>Park Boards</b>  |                |
| <b>Dakota County Parks Administration</b><br>8500 E. 127th Street, Hastings, MN 55033   | (651) 438-4660 |
| <b>Hennepin County Parks General Information:</b>   | (612) 559-9000 |
| <b>Minneapolis Park/Recreation Programs</b><br>200 Grain Exchange Bldg., 400 S. 4th Street, Minneapolis, MN 55415-1400  | (612) 661-4875 |
| <b>Ramsey County Parks &amp; Recreation</b><br>2015 N. VanDyke Street, Maplewood, MN 55109  | (651) 777-1707 |
| <b>Other Suggested Field Trips</b> (call for prices)  |                |
| <b>Carpenter St. Croix Valley Nature Center</b><br>12805 St. Croix Trail, Hastings, MN 55033  | (651) 437-4359 |
| <b>Chutes and Ladders</b><br>Hyland Lake Park Reserve<br>8737 E. Bush Lake Road, Bloomington, MN 55438  | (612) 944-9882 |
| <b>Dakota County Historical Society</b><br>130 Third Avenue, South St. Paul, MN 55075<br>Historical museum and education on important Dakota County events and historical figures.                          | (651) 451-6260 |
| <b>Dodge Nature Center</b><br>1795 Charlton, West St. Paul, MN 55118  | (651) 455-4531 |
| <b>Fire Departments</b> (local).<br>Call your local fire department to see what they offer for children.  |                |
| <b>Gibbs Farm Museum</b><br>2097 Larpenteur Avenue, Falcon Heights, MN 55113  | (651) 646-8629 |
| <b>Maplewood Nature Center</b><br>2659 E. 7th Street, Maplewood, MN 55109   | (651) 738-9383 |
| <b>Minnesota Zoo General Informtion:</b><br>13000 Zoo Blvd., Apple Valley, MN 55124   | (612) 432-9000 |
| <b>Administration:</b>  | (612) 431-9200 |
| <b>Pig, Pony and a Party</b><br>Eureka Farm<br>23738 Cedar Avenue So., Farmington, MN 55024   | (507) 645-6107 |
| <b>Shoreview Community Center</b><br>4600 N. Victoria Street, Shoreview, MN 55126<br>Inside pool and water slide.   | (651) 490-4700 |

|  |                |
|--|----------------|
| <p><b>Skyland</b><br/>                 Call Burnsville Park and Recreation for information.<br/>                 For trip, located at <i>Nicollet and Cliff Road, Burnsville, MN 55337</i><br/>                 Nature events.</p> | (612) 895-4500 |
| <p><b>Tamarack Nature Center</b><br/>                 5287 Otter Lake Road, White Bear Lake, MN 55110</p>  | (651) 429-7787 |
| <p><b>Edinborough Park in Edina</b><br/>                 7700 York Ave., Edina, MN 55410</p>   | (612) 893-9890 |

|  |                |
|--|----------------|
| <b>Newsletters and Magazines</b>   |                |
| <p>Beginnings. <i>The magazine for teachers of young children.</i><br/>                 PO Box 2890, Redmond, WA 98073</p>   |                |
| <p><b>Building Blocks (Child Care Edition)</b><br/>                 38 W. 567 Brindlewood, Elgin, IL 60123</p>   | 1-800-233-2448 |
| <p><b>Caring &amp; Sharing Newsletter</b><br/>                 Washington County Child Care Resource &amp; Referral<br/>                 14949 62nd Street North, PO Box 30<br/>                 Stillwater, MN 55082-0030</p>   | (651) 430-6488 |
| <p><b>Day Care / Early Childhood Education (Quarterly: \$10.50/yr)</b><br/>                 92 Fifth Avenue, New York NY 10011</p>   |                |
| <p><b>Early Childhood Today (Scholastic, Inc.)</b><br/>                 PO Box 54814, Boulder, CO 80322</p>  | 1-800-631-1586 |
| <p><b>Family Day Caring (12-year)</b><br/>                 c/o Resources for Child Care, 450 N. Syndicate Avenue<br/>                 St. Paul, MN 55104</p>   | (651) 641-0305 |
| <p><b>First Teacher</b><br/>                 PO Box 6781, Syracuse, NY 13217-7915</p>  |                |
| <p><b>Minnesota Parent (subscription \$25/yr.)</b><br/>                 401 North Third, Suite 550<br/>                 Minneapolis, MN 55401<br/> <i>(Subscription is mailed to your home; available free when picked up at libraries, day care centers, malls, etc.)</i></p> | (612)375-1203  |
| <p><b>Parent's Magazine</b><br/>                 PO Box 3042 (subscriptions)<br/>                 Harlan, IA 51537</p>   | 1-800-727-3682 |
| <p><b>Practical Parenting</b><br/>                 15245 Minnetonka Blvd., Minnetonka, MN 55334-1510</p>   | (612)912-0036  |
| <p><b>Pre-K (Scholastic, Inc.)</b><br/>                 PO Box 2075, Mahopac, NY 10541</p>   |                |
| <p><b>Preschool Perspectives</b><br/>                 951 Pershing Drive, Silver Springs, MD 20910-9973</p>  |                |

**Raising Minnesota / MN Directory.**

*Booklet available free at libraries and malls.*

*Has resources and activities for children in twin cities area.*

*Great resource for activities and resources for children; educational articles.*

**Redbook**

Box 10702, Des Moines, IA 50340

**Today's Provider** (*Solo Publications*)

Chicago, IL 60614

**Totline** (*merged with Frank Shaver Publications*)

Customer Services:

23740 Hawthorne, Torrance CA 90505 1-800-773-7240

1-800-421-5533

1-800-773-7240

**Working Mother**

PO Box 10169, Des Moines, IA 50347

1-800-627-0609

**Working Parents**

Box 279, Bronxville, NY 10708

**Children's Magazines**

**Highlights for Children**

2300 W. 5th Avenue, PO Box 269

Columbus, OH 43272-2002

1-800-255-9517

**Kids City**

Dept. S-13 North Rd., Poughkeepsie, NY 12601

**Lady Bug Cricket Country Lane** (*2-7 year olds*)

Box 58347 Boulder, CO 80321-8347

**Mickey Mouse Magazine**

300 Madison Avenue New York, NY 10017

**Sesame Street Magazine**

Dept. S-13 North Rd., Poughkeepsie, NY 12601

**Your Big Backyard** (*National Wildlife Federation*)

8925 Leesburg Pike, Vienna VA 22180

**Zoo Books**

PO Box 85384, San Diego, CA 92186

1-800-992-5034

**Book Clubs - Providers**

**Providers.**

**Early Learning Book Club.**

Riverside, NJ 08075

**Fearon Teachers Aids** (*A Division of David S. Lake Publishers*)

19 Davis Drive, Belmont, CA 94001

*This is not a book club, but a catalog of books on teaching ideas and activities*

for early learning.

**Instructors Preschool Book Club** (Also have Instructor Book Club for school age)  
 Dept. N, 40 Guernsey Street, PO Box 10339 (Preschool Club)  
 Box 1452 (School age Club)  
 Stanford, CT 06904-2339

**Book Clubs - Children**

**Books of My Very Own**  
 Camp Hill, PA 17012-0001 1-800-233-1066

**Children's Library Guild** (Bantam Books)  
 PO Box 946, Hicksville, NY 11802-9856 1-800-347-7828

Gateway to Imagination (Customer Services)  
 c/o Discovery Toys, PO Box 5023  
 Livermore, CA 94450 1-800-426-4777

**Just Ask Series** (A Service of Weekly Reader Books)  
 4343 Equity Drive, PO Box 16656  
 Columbus OH 43228 1-800-456-8220

**MacMillan Book Club**  
 6 Commercial Street, PO Box 984  
 Hicksville NY 11801 1-800-347-7829

**Reader's Digest Young Family**  
 PO Box 7503, Jefferson City MO 65102  
*Book orders for children can be sent to providers.* 1-800-724-2424

**Sesame Street Book Club**  
 Golden Press, 120 Brighton Road, PO Box 5218  
 Clifton NY 07012-9805 1-800-537-1517

**Troll Book Club**  
 100 Corporate Drive, Mahwah NJ 07430 1-800-631-3576

**Weekly Reader Books**  
 PO Box 3001, Cindel Drive  
 Dellran NJ 08370 1-800-446-3355

**Young Children** (NAEYC)  
 1509 NW 16th Street  
 Washington DC 20036-1426  
 Official journal of NAEYC. *Non-member subscription \$30.*  
 1-800-424-2460  
 (202) 232-8777  
 FAX: (202)328-1846

**Free or Low-Cost Publications**

**American Red Cross / St. Paul Chapter** (651) 291-6789

Child Care Resource Book

|  |         |
|--|---------|
| 100 So. Robert Street, St. Paul MN 55107<br>Posters and brochures on choking, artificial respiration for children and infants.<br>Pocket guide for first aid (\$5.35) for first aid kit; range in price up to \$10-25.   |         |
| <b>Bicycle With Safety and Bicycling Is Great Fun</b><br>Available to members of the American Automobile Association (AAA)   | FREE    |
| <b>Infectious Diseases in Child Care Settings</b><br>Information for directors, caregivers and parents/guardians.<br>Published by Hennepin County Community Health.<br>This booklet describes a number of symptoms, their causes, how disease is spread as well as prevention control.<br>For order blanks call Washington County Public Health & Environment (651) 430-6655. Family child care providers may receive one copy free of charge.   | \$17.00 |
| <b>Minnesota Department of Health Publications</b><br>7171 Delaware Street SE, PO Box 9441<br>Minneapolis MN 55440<br>The Minnesota Department of Health has a wide variety of pamphlets on health and safety issues. Publications are free to Minnesota residents. Some concerns related to child care include handwashing for children, immunization information, fire safety, lead abatement, abandoned wells, appropriate toys, child development, nutrition, a range of disease information and much more. For a catalog of available pamphlets, call (651) 623-5274 and request a copy of the pamphlet catalog, item A-02. | FREE    |
| <b>Preschool Children in Traffic</b><br>This is a series of four booklets about traffic safety.<br>The booklets are written for the preschooler with a parent's guide included.<br>Available to members of AAA.  | \$0.75  |
| <b>Raising Minnesota/MN Directory</b><br>Booklet available free at libraries and malls.<br>Has resources and activities for children in the twin cities area.<br>Great resource for activities and resources for children; educational articles.   | FREE    |
| <b>Teach Water Safety in Your Home</b><br>The American Red Cross has a course that can help you teach water safety to the children in your care.<br>The Longfellow's Whale Tales Kit features a blue whale in a lifeguard's hat who talks in rhyme while educating. The kit includes lesson plans, worksheets and colorful posters.<br>For more information or to purchase a Longfellow Whale Tales Kit, contact your local Red Cross Chapter (Health Services).   | \$8.00  |

**Equipment/Educational Materials and Services**

**Educational materials and supplies.**

**Central Purchasing Services**

629 N. Fairview Avenue, St. Paul MN 55104

A purchasing co-op; complete supplies for day care providers.

(651) 645-4449

|   |                                       |
|---|---------------------------------------|
| Also offers insurance.  |                                       |
| <b>Classroom Connections</b><br>7089 Tenth Street No., Oakdale, MN 55128<br>Books, puzzles, games and educational items.  | (651) 892-7666                        |
| <b>Creative Kidstuff</b><br>1074 Grand Avenue, St. Paul, MN 55104   | (651) 222-2472                        |
| <b>Feature Films for Families</b><br>PO Box 572410, Murray, UT 84157-2410<br>Berenstein Bears and others.<br>All movies come with parent discussion questions.  | 1-800-347-2833                        |
| <b>Folkman's Inc. (Puppet catalog)</b><br>1219 Park Avenue, Emeryville, CA 94608  | (510) 658-7678<br>FAX: (510) 654-7756 |
| <b>Heritage Key Catalog. (Multi-cultural toys, books, etc.)</b><br>10116 Scoville Avenue, Sunland, CA 94040   |                                       |
| <b>Kaplan School Supply Corp</b><br>1310 Lewisville-clemmons Road, PO Box 609<br>Louisville, NC 27023   | 1-800-334-2014                        |
| <b>Perfectly Safe.</b> The Catalog for Parents Who Care.<br>7245 Whipple Ave NW, North Canton, OH 44720<br>This is a catalog that carries all types of devices to child-proof a home.   |                                       |
| <b>Right Start Catalog (The)</b><br>Right Start Plaza, 5334 Sterling Center Dr. (Corporate Headquarters)<br>West Lake Village, CA 91361   | 1-800-548-8531                        |
| <b>Safety Zone</b><br>Hanover, PA 17333-0019  | 1-800-999-3030                        |
| <b>Scholastic Early Childhood Books</b><br>PO Box 7502, Jefferson City, MO 65102<br>Videos and teacher resources.<br>Catalog of books for children, teacher resources, learning activities and videos.  | 1-800-631-1586                        |
| <b>Resources for Child Caring (infant equipment)</b><br>450 N. Syndicate Street, St. Paul, MN 55104   | (651) 641-0305                        |
| <b>Photos. - Vernon May Studio</b><br>Your Little Rascals. 2575 N.Hamline Avenue, Roseville, MN 55113<br>Offers parents opportunity to purchase photos of their children through home day care providers.<br>Portrait packages. Taken in provider's home. | (651) 633-3040                        |

|  |  |
|--|--|
| <b>Fire Equipment</b>  |  |
| <i>All Fire Extinguishers must be tagged annually by a licensed, bonded fire extinguisher company</i><br><i>MN Rule 9502.0335, Subpart 2-B</i><br><i>1988 National Fire Code 4-1.2 through 4-4.3.1</i> |  |

Some companies that service and sell fire extinguishers:

|   |                       |
|---|-----------------------|
| <b>Minnesota Conway Fire and Safety</b><br>2476 University Avenue (University & Franklin)<br>St. Paul, MN | (651) 893-0798        |
| <b>Nardini Fire Equipment Company</b><br>405 West County Road E<br>St. Paul, MN                           | (651) 483-6631        |
| <b>Fire Watch, Inc.</b><br>2490 University Avenue (at Highways 280 and 94)<br>St. Paul, MN                | (651) 646-2821        |
| <b>Twin City Fire Extinguisher Company</b><br>1902 University Avenue<br>St. Paul, MN                      | (651) 644-1880        |
| <b>Weber and Troseth, Inc.</b><br>1902 University Avenue<br>St. Paul, MN                                  | (651) 645-1034        |
| <b>Gerry's Fire and Safety</b><br>Newport, MN   | (651) 459-1324        |
| <b>All Fire Test</b><br>915 Washington Avenue North<br>Minneapolis, MN                                    | (612) 332-FIRE (3473) |

## Water Testing

|   |                |
|---|----------------|
| <b>Braun Environmental Lab</b><br>245 E. Roselawn Avenue, St. Paul, MN 55117                          | (651) 487-3245 |
| <b>Ingman Lab, Inc.</b><br>2945 S. 34th Avenue, Minneapolis, MN 55406                                 | (612) 724-0121 |
| <b>Markley Lab, Inc.</b><br>1853 Old Hwy. 8, New Brighton, MN 55112                                   | (651) 633-5477 |
| <b>Red Wing City Laboratory</b><br>229 Tyler Road N., Red Wing, MN 55066                              | (651) 385-3641 |
| <b>SERCO Laboratories</b><br>1931 W. County Road C-2, St. Paul, MN 55113                              | (651) 636-7173 |
| <b>Washington County Public Health and Environment</b><br>14900 61st Street No., Stillwater, MN 55082 | (651) 430-6655 |

## Infant Formula and Food Inquiries

*Coupons on baby food, formula, label savings programs, telephone inquiries, etc.*

|  |                |
|--|----------------|
| <b>Isomi/Similac</b>   | 1-800-227-5767 |
| <b>Beach Nut</b> baby food ( <i>occasional coupons &amp; label savings program</i> ) | 1-800-523-6633 |
| <b>Gerber</b> telephone inquiry specialists  | 1-800-4-GERBER |

|   |                |
|---|----------------|
| <b>Referral Services</b>  |                |
| Washington County   | (651) 430-6488 |
| Dakota County   | (651) 431-7752 |
| Ramsey County   | (651) 641-0332 |
| Greater Minneapolis Day Care Association (Child Care Information Network) | (612) 341-2066 |
| Scott and Carver County   | (612) 496-2321 |

These Child Care Referral Services help parents find an appropriate child care provider. Parent needs are matched with information on file for all licensed family day care providers, day care centers, nursery schools, sick child care providers and in-home providers. The information that is used to make referrals includes available openings by age, home locations, special needs care, available hours as well as information on smokers, pets and toilet training.

The Referral Services benefit family day care providers by referring potential customers at NO CHARGE to the providers. This is an important way to advertise your program. Family day care providers are encouraged to contact the Referral Services regularly to update their program's information. This is especially important for changes in enrollment. Providers should contact the Referral Service whenever a child leaves, a child begins or a child moves up to a new age category. By keeping the referral service up to date providers will receive the most appropriate parent referrals.

The Referral Services benefit parents by offering phone counseling and written materials to help them choose a provider. The Referral Service does not make recommendations. It is the responsibility of the parent to choose the provider. Parents are given assistance in areas such as what kinds of questions to ask providers, when to begin searching for child care and what neighborhoods have the greatest shortage of openings.

---

## Recordkeeping and Taxes

As a family day care provider you are a self-employed person running a business from your home. The Internal Revenue Service requires that nearly all providers report the income they receive in their business and pay taxes on any profit. It is important that you understand the tax laws that affect your business so that you file accurate tax returns.

You must keep accurate records of your business including canceled checks, expense receipts, attendance records and mileage records. Below is a list of some of the most common expenses that may be deducted in your business. When the items are used for both personal and business reasons only a portion of the cost of the item may be deducted for a business expense.

| <b>Business expenses that may be deducted each year.</b>       |                             |
|--|-----------------------------|
| Advertising costs  | Office supplies and postage |
| Bank charges   | Publications/magazines      |
| Car mileage  | Repairs of household items  |
| Food   | Substitute help             |
| Household maintenance items                                    | Supplies                    |
| Insurance (car/house/liability/medical/disability)             | Tax preparer fees           |
| Interest on loans  | House mortgage interest     |
| Laundry and cleaning   | Training class fees         |
| <b>Business items that may be expensed over several years.</b> |                             |
| Appliances   | Personal computer           |
| Furniture  | Television                  |
| House mortgage   | VCR                         |
| Major home improvements  |                             |

Note: These are only suggestions, consult with your tax advisor, The IRS, or your State Revenue Department with questions on up-to-date legal references.

Use a consistent system for writing down your expenses and keep your business records together in one place. Open a separate checking account for your business purchases. Keep all food receipts.

**IRS forms you will need to do your federal taxes:**

- Schedule "C" Profit (or loss) from Business and Profession
- Schedule SE Computation of (Social Security) Self-Employment Tax
- Form 4562 Depreciation and Amortization
- Schedule ES (1040) Estimated Tax

**IRS Instruction Publications that may be helpful:**

- 1040 Instructions: Instructions for Form 1040, *Schedule SE and Schedule C*
- Publication 587: *Business use of your home*
- Publication 534: *Depreciation*
- Publication 533: *Information on Self-Employment Tax*

Your business expenses are recorded on IRS Schedule "C" Profit (or loss) from Business or Profession (see attached form for 1986). Any profit or loss from your business is calculated on this form and then entered onto your 1040 form. There are no special forms to fill out in calculating your Minnesota taxes.

If you use a tax preparer, choose him/her carefully. Look for someone who has experience in doing family day care taxes. Ask providers for recommendations. Ask for references and call them to see if they were satisfied with how their taxes were done. Bring along a family day care guide such as "Basic Guide to Recordkeeping

and Taxes", to the tax preparer to make sure they are aware of all the laws related to your business.

|  |                |
|--|----------------|
| IRS Taxpayer Education ( <i>for questions about filling out any form</i> ) | 1-800-829-1040 |
| IRS forms ( <i>to receive any form in the mail</i> )                       | 1-800-829-3676 |
| State Taxpayer Assistance  | (651) 296-3781 |

|  |                |
|--|----------------|
| <b>Recordkeeping and Tax Publications</b>  |                |
| Basic Guide to Recordkeeping and Taxes   |                |
| Calendar Keeper: <i>A recordkeeping system for child care providers.</i>                     |                |
| Tax Workbook. ( <i>updated yearly</i> )  |                |
| The above publications can be obtained from:   |                |
| RED LEAF PRESS (Resources for Child Caring)<br>450 N. Syndicate Street<br>St. Paul, MN 55104 | (651) 641-0305 |

## CCRR Lending Library Resources

The following is a list of books and videos available for providers at the Washington County Resource and Referral library.

To borrow one of the following items call (651) 430-6488.

### Books

- Business Books
- Family Day Care Tax Workbook by Tom Copeland 1990
- Family Child Care Contracts and Policies by Tom Copeland - How to be Businesslike in a Caring Profession
- Sharing in the Caring - Family Day Care Parent Provider Agreement Packet
- Family Day Care Business Resource Kit - Prepared by the St. Paul Area Chamber of Commerce Child Care Task Force compiled by Tom Copeland, RCC

### Special Needs Books

- Why Kids Lie - How Parents Can Encourage Truthfulness by Paul Ekman, PH.D.
- Your Hyperactive Child - A Parents Guide to Coping with Attention Deficit Disorder by Barbara Ingersoll, PH.D.
- Why Johnny Can't Concentrate - Coping with Attention Deficit Problems by Robert A. Moss, M.D., with Helen Huff Dunlap
- Eagle Eyes - A Child's Guide to Paying Attention by Jeanne Gehret, M.A.
- At Daddy's on Saturdays by Linda Walvoord Girary
- The Difficult Child by Stanley Turecki, M.D.

- Raising Your Spirited Child by MarySheedy Kurcinka
- Creative Play Activities for Children with Disabilities - A Resource Book for Teachers and Parents by Lisa Rappaport Moris and Linda Schulz
- Serving Children with HIV Infection in Child Day Care - A Guide for Center Based and Family Day Care Providers, Child Welfare League of America

### **Behavior Guidance Books**

- A Practical Guide to Solving Preschool Behavior Problems Second Ed. by EvaEssa
- Without Spanking or Spoiling - A Practical Approach to Toddler and Preschool Guidance by Elizabeth Crary
- Practical Solutions to Practically Every Problem - The Early Childhood Teacher's Manual by Steffen Saifer
- Pick up Your Socks... and Other Skills Growing Children Need: A Practical Guide to Raising Responsible Children by ElizabethGrary
- Character Development: Encouraging Self-Esteem and Self-Discipline in Infants, Toddlers, and Two-Year-Olds by Polly Greenberg
- A Guide to Discipline by JeanetteGalambos Stone Revised Edition

### **Cultural Diversity Books**

- Roots and Wings: Affirming Culture in Early Childhood Programs by Stacey York
- Anit-Bias Curriculum: Tools for Empowering Young Children by LouiseDerman-Sparks and the A.B.C. Task Force

### **Activity Books - Infant/Toddler**

- Infant/Toddler Care and Education by MargaretWeiser (2nd Edition)
- Baby Games - The Joyful Guide to Child's Play From Birth to Three Years by Elaine Martin
- Active Learning for Infants byCryer, Harms, Bourland
- Active Learning for Ones byCryer, Harms, Bourland
- Active Learning for Twos byCryer, Harms, Bourland
- Infants, Toddlers and Caregivers by Janet GonzalezMena and Dianne Widmeyer Eyer
- Infant/Toddler - Introducing Your Child to the Joy of Learning byEarladeen Badger
- Things to do With Toddlers and Twos by Karen Miller
- More Things to do With Toddlers and Twos by Karen Miller
- Toddler Day Care A Guide to Responsive Caregiving by Robin Lynn Leavitt and Brenda Krause Eheart

### **Activity Books - Preschool**

- Everybody Wins - 393 Non-Competitive Games for Young Children by JeffreySoble
- Active Learning for Threes byCryer, Harms and Bourland

### **Activity Books - School Age**

- Cloverbuds - Program for 6-8 Year Olds by MN Extension Service
- Ready-to-use Activities for Before and After School Programs by VernStassevitch, Patricia Stemmler,

Rita Shotwell and Marian Wirth

- Activities for School-age Child Care Playing and Learning by Barbara Blakley
- School-age Ideas and Activities for After School Programs by Karen Haas Foletta and Michele Cogley

## Activity Books - General

- Mudpies to Magnets: A Preschool Science Curriculum by Robert A. Williams, Robert E. Rockwell and Elizabeth A. Sherwood
- More Mudpies to Magnets: Science for Young Children by Robert A. Williams, Robert E. Rockwell and Elizabeth A. Sherwood
- The Instant Curriculum - 500 Developmental Appropriate Learning Activities for Busy Teachers of Young Children by Pam Schiller and Joan Rossano
- The Creative Curriculum for Family Child Care by Diane Trister Dodge and Laura J. Colker (video also)
- Teachables from Trashables - Homemade Toys That Teach by C. Emma Linderman
- Teachables II - Homemade Toys That Teach by Rhonda Redleaf
- Do Touch: Instant, Easy, Hands-on Learning Experiences for Young Children by Labritta Gilbert
- Heart to Heart Caregiving - A Sourcebook of Family Day Care Activities, Projects and Practical Provider Support by E. Sandy Powell
- The Outside Play and Learning Book - Activities for Young Children by Karen Miller
- Making and Using Creative Play Equipment by Jim Stillwell
- Resources for Dramatic Play by Lois Brokering
- Teachers Manual by Steffen Saifer

## Miscellaneous Books

- Self-Esteem: A Family Affair by Jean Illsey Clarke
- Children: The Challenge - The Classic Work on Improving Parent - Child Relations by Rudolf Dreikurs, M.D. with Vicki Stoltz, R.N.
- Choosing Books for Kids - Choosing the Right Book for the Right Child at the Right Time (over 1,500 book reviews) by Joanne Oppenheim, Barbara Brenner and Betty D. Boegehold
- The Complete Guide to Choosing Child Care by Judith Berezin
- Infectious Diseases in Child Care Settings - Information for Directors, Caregivers and Parent or Guardians (Public Health)
- Teaching Kids to Love the Earth by Marina Lachecki Herman, Joseph F. Passineau, Ann L. Schimpf and Paul Treuer
- I Had A Friend Named Peter - Talking to Children About the Death of A Friend
- Play in the Lives of Children by Cosby S. Richards and Janet K. Sawyers
- Separation: Strategies for helping 2 to 4 year olds by Kathe Jervis NAEYC

## Videos

- Anti-Bias Curriculum 30 min.
- My Kind of Place 24 min.
- Techniques in Child Care 48:35 min. - Planning and Operating a Quality Family Day Care
- Healthy Child Care: Is it Really Magic? (Health Ed.) 38:08 min.
- Choosing Child Care: Are You an Informed Consumer?
- Got a Question: Get an Answer 23 min. - A Guide to Your Child's First Five Years

- Family Child: Health and Safety 18:20 min. - Includes packet/workbook
  - Caring and Learning 23 min. - Creative Curriculum for Family Child Care
  - MN SACC Initiative: Children in Good Company 14:47 min. - Includes book
  - Infancy: Self and Social World 14:53 min.
  - Infancy: Early Relationships 18:36 min.
  - Toddlerhood: Emotional Development 28:56 min.
  - Toddlerhood: Physical and Cognitive Development 25:58 min. By Janice Cohn, DSW
  - Culture and Education of Young Children 16 min. NAEYC
  - Discipline: Appropriate Guidance of Young Children 28 min. NAEYC
- 
- 

## Resource List: Books for Providers and Children

*The following is a list of the books we feel would be beneficial to child care providers.*

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>▪ Behavior Guidance</li><li>▪ Child Development and Self-Esteem</li><li>▪ For the "Active", "High-Spirited" Child</li><li>▪ Gifted Children</li><li>▪ Personal Development</li><li>▪ Medical</li><li>▪ Crafts and Activities</li><li>▪ Day Care Resources</li></ul> | <ul style="list-style-type: none"><li>▪ Infant/Toddler Day Care</li><li>▪ Nutrition</li><li>▪ Books for Children</li><li>▪ Book Clubs - Children</li><li>▪ Book Clubs - Providers</li><li>▪ Newsletters and Magazines</li><li>▪ Children's Magazines</li></ul> |
|---|--|
- 

### Behavior Guidance

#### Positive Discipline

by Jane Nelson, Ed.D. (Ballantine Books, New York, 1987)

Good description of the reasons for misbehavior and specific ways to promote positive behavior.

#### How To Talk So Children Listen, and Listen So Children Talk

by Adele Faber and Elaine Mazlish. (Rawson Waide Publishers, 1980)

This is an excellent resource for anyone dealing with children.

The authors take a look at how talking and listening affects a child's self-esteem, cooperation, and discipline.

This is a must for child care providers.

#### Raising Good Kids: A Developmental Approach to Discipline

by Louise Bates Ames (Modern Learning Press, 1992)

This book looks at developmental stages and how they affect behavior guidance.

**Practical Solutions to Practically Every Problem; The early Childhood Teachers Manual**

by Steffen Saifer (Red Leaf Press, 1990)

This book deals with all kinds of situations you encounter in child care.

It gives lots of solutions to existing problems as well as prevention techniques.

Almost anything you encounter in child care is dealt with in this book.

**Without Spanking or Spoiling**

by Elizabeth Crary. (Parenting Press Inc., 1987)

Same topic as above; geared to younger preschoolers and toddlers.

Very readable.

**Kids Can Cooperate; A Practical Guide To Teaching/Problem Solving**

by Elizabeth Crary. (Parenting Press Inc., 1984)

Problem-solving for children and adults.

Good for older preschool age and school age children.

**Liberated Parents, Liberated Children**

by Adele Faber and Elaine Mazlish. (Grosset, 1974)

This is an excellent resource that discusses the ideas and philosophy of Dr. Haim Ginott.

Dr. Ginott was a famous child psychologist who ran parenting workshops throughout the country.

His philosophy was one of respect towards children and parents.

**Parent Effectiveness Training**

by Dr. Thomas Gordon. (New American Library, 1975)

A common sense system for the settlement of conflicts between parents and youngsters.

Its payoff is democratic discipline that literally enforces itself because the family rules become satisfactory to parents and children alike.

**A Very Practical Guide to Discipline With Young Children**

by Grace Mitchell. (Telshare Publishing, 1982)

This is a book that discusses practical, positive discipline.

The author received her PhD at the age of 70, and is a co-founder of a national chain of child care centers.

Her concepts are based on a premise of listening to the children and trying to understand what they are telling us through their behavior, which is their second language.

**Solving Child Behavior Problems at Home and at School**

by Elaine Blechman. (Research Press, 1985)

This book gives you ideas and various alternatives to helping children gain control of themselves as well as handle situations that arise.

---

**Child Development and Self-Esteem**

- Your One-Year Old; by Ames and Ilg, Gesell Institute. (Dell Publishing, 1976)
- Your Two-Year Old; by Ames and Ilg, Gesell Institute. (Dell Publishing, 1976)
- Your Three-Year Old; by Ames and Ilg, Gesell Institute. (Dell Publishing, 1976)
- Your Four-Year Old; by Ames and Ilg, Gesell Institute. (Dell Publishing, 1976)
- Your Five-Year Old; by Ames and Ilg, Gesell Institute. (Dell Publishing, 1976)
- Your Six-Year Old; by Ames and Ilg, Gesell Institute. (Dell Publishing, 1976)
- Your Seven-Year Old; by Louise Bates Ames and Carol ChaseHaber, Gesell Institute, (Delacour Press, 1985)
- Your Eight-Year Old; by Ames and Haber, Gesell Institute.

These books describe behaviors and characteristics of each age group. They help one understand the various stages of childhood and what part adults play in helping children develop. They give practical suggestions for dealing with each age group. These books are recommended for anyone who deals with children; parent, child care provider, teacher. A valuable resource.

### **Your Baby and Child**

by Penelope Leach. (Alfred A. Knopf, New York, 1981)

A good basic reference for child development, behavior guidance, common problems, and illnesses.

### **Self-Esteem: A Family Affair**

by Jean Illsley Clarke. (Harper and Row, 1978)

This book deals with people's self-esteem from young to old.

The author helps you evaluate your own style and learn how one may hinder one's self-esteem without realizing it, as well as how you can develop good self-esteem in people.

The author demonstrates ways in which you can practice building self-esteem in self and others.

### **101 Ways to Boost Your Child's Self-Esteem**

by Dr. Alvin H. Price and Jay A. Parry. (American Baby Books, Wauwatosa, WI 53226)

How to raise a happy child.

### **Teaching Children Joy**

by Linda and Richard Eyre. (Ballantine Books, NY, 1986)

This is an excellent book for anyone in child care.

The authors see happiness as a main goal parents want for preschoolers and looks at keeping joy in the various ways children learn and develop.

The book has some good examples of how to create joy while obtaining those characteristics children need in order to grow.

### **The Preschool Years**

by Ellen Galinsky and Judy David. (Times Books, 1988)

This is a book that combines parent's findings and conclusions of the leading experts in the development of children between two and five years old.

This book is based on hundreds of questions that have come up in numerous seminars throughout the country.

This is an excellent resource.

### **The New Extended Family; Day Care that Works**

by Ellen Galinsky, William H. Hooks, (Houghton, 1977)

### **Love and Anger: The Parental Dilemma**

by Nancy Samalin (Penquin Books, 1991)

This book discusses constructive alternatives for anger driven words and actions that don't hurt children. It looks at anger as natural and necessary and gives suggestions on how to cope.

**Pick Up Your Socks; and Other Skills Growing Children Need!**

By Elizabeth Crary (Parenting Press, 1990)

---

**For the "Active", "High-Spirited" Child**

Books about differences in temperament are helpful in learning what motivates children's behavior. Understanding temperamental differences are essential with some children since their behavior is often a challenge. For further help, suggestions and support, watch for presentations by Mary Sheedy Kurcinka, **The Spirited Child**; and Linda Budd, **Living with the Active/Alert Child**, Prentice Hall Publishers.

**Raising Your Spirited Child**

by Mary Sheedy Kurcinka. (Harper Collins, 1991)

14445 Diamond Path, Rosemount MN 55068; TEL: 431-8341

**Living With the Active Alert**

by Linda Budd, PhD. (Prentice Hall, 1990)

2301 Como Ave., Suite 204, St. Paul MN 55108; TEL: 644-8235

Linda puts out an "Active Alerter" newsletter three times per year for \$5.00.

Support groups are also held monthly at two locations; for locations, subjects and times, contact the phone number listed above.

**The Difficult Child**

by Stanley Turecki and Leslie Tonner. (Bantam, 1985)

A helpful book describing constellations of the behaviors and temperament of the child who is hard to manage.

Although the title uses a negative label, the content helpfully and positively describes characteristics so that the child's needs are better understood.

**Solving the Puzzle of Your Hard-To-Raise Child**

by William G. Crook, MD; and Laura Stevens. (Random House, 1987)

Recommended by Pat Gardner of the Tender Years column in the Star Tribune.

**In Their Own Way**

by Thomas Armstrong. (New York, Jeremy Tarcher 1987)

**Know Your Child**

by Stella Chess and Alexander Thomas. (New York Basic Book, 1987)

---

## Gifted Children

The following three books take a look at what giftedness refers to in looking at children's behavior, development, needs, etc. They help us take a thorough look at the gifted child and what needs he/she may have.

### **Guiding the Gifted Child**

by James T. Webb, PhD.; Elizabeth Meckstroth, M.S.; Stephanie Tolar, MD. (Ohio Psychology Publishing Company, 1982)

### **Parenting the Gifted; Developing the Promise**

by Sheila C. Perino and Joseph Perino. (Bowker, 1981)

### **The World of the Gifted Child**

by Priscilla Vail. (Walker, 1979)

---

## Personal Development

### **The Six Stages of Parenthood**

by Ellen Galinsky (Addison-Wesley Publishing Co., 1987)

A look at how parents change or develop as their children enter different developmental stages. Excellent look at how parents may be responding to these various stages.

---

## Medical

### **A to Z: Baby and Child Medical Handbook**

by Dr. Miriam Stoppard.

This is an excellent source to help one understand your child's body, care for a sick child, help in understanding diagnoses, respond to accidents, help prevent accidents, and First Aid.

### **Childhood Emergencies; What To Do** (1989; \$12.95)

Bull Publishing, PO Box 208, Palo Alto CA 94302-0208; TEL: 415/322-2855

### **Emergency Medical Treatment - Infants**

by Stephen Vogel, M.D., and David Manhoff  
(EMT Inc., PO Box 983, Wilmette IL 60091)

Distributed by RPM, Inc., PO Box 616, Oshgosh WI 54902 TEL: 414/233-4263

### **Emergency Medical Treatment - Children**

by Stephen Vogel, M.D., and David Manhoff  
(EMT Inc., PO Box 983, Wilmette IL 60091)

Distributed by RPM Inc., PO Box 616, Oshgosh WI 54902 TEL: 414/233-4263

## **Crafts and Activities**

### **We Care: A Preschool Curriculum for Children Ages 2-5**

by Bertie W. Kingore and Glenda M. Highbee (Scoll, Foreman & Co., 1988)

Can be obtained from Goodyear Books, Dept. GYB, 1900 E. Lake Ave., Glenview IL 60025.

### **Home Style Learning: Activities for Young Children and Their Parents**

by Philip S. Morse and Lillian B. Brand. (Prentice Hall Inc., New Jersey, 1981)

Activities for children to enhance child development skills.

Very simple and easy to include in your daily routine.

### **Parentips**

by Bonnie Burgess Neely. (Pocket Books, 1987)

Activities for children; lots of fun, inexpensive ideas to do with children.

### **Super Tot**

by Jean Marzollo. (Harper Colophon Books, 1977, Harper & Row)

Creative learning activities for children ages 1-3, and advice for their parents.

### **Read Aloud Handbook**

by Jim Trelease. (Penguin books, 1989)

### **Prime Time Together...With Kids**

by Donna Erickson (Augsburg Fortress; Box 1209, Minneapolis MN 55440)

Creative ideas, activities, games and projects

---

## **Day Care Resources**

### **Family Day Care: How to Provide It In Your Home**

by Betsy Squibb. (Harvard Common Press, Harvard and Boston, Massachusetts, 1986)

This book covers all aspects of running a child care business in your home.

Some ideas discussed are safety, development, activities, your family, and taxes.

It gives a good list of books on the various subjects as well as other resources child care providers use.

### **The Child Proofing Checklist; A Parent's Guide to Accident Prevention**

by Mary Metzger and Cinthya P. Whittaker. (Doubleday, 1988)

A great book that deals with all aspects of safety for children.

### **Practical Solutions to Practically Every Problem; The Early Childhood Teachers Manual**

by Steffen Saifer (Red Leaf Press, 1990)

This book deals with all kinds of situations encountered in child care.

It gives lots of solutions to existing problems as well as prevention techniques.

**Caring Spaces, Learning Places; Children's Environments That Work**

by Jim Greesman. (Exchange Press, 1988); PO Box 2890, Redmond WA 98073

This is an excellent resource about how a setting affects children's learning and how to set up a child care to stimulate children's learning.

**Room for Loving, Room for Living**

by Hazel Osborne (Red Leaf Press)

This book helps providers set up child care in a family setting, looking at needs of family and children in care.

**The Special Child**

by Siegfried M. Pueschel, M.D.; Bernier, MSW; Weideman, Ph.D.

RJ135.P84; 1988. Paul H. Brookes Publishing; Minneapolis Public Library.

A source book for parents of children with developmental disabilities.

A good source book that discusses a multiple of disabilities.

This book looks at all aspects from parental reaction to legal issues.

---

**Infant/Toddler Day Care**

**Toddler Day Care: A Guide to Responsive Caregiving**

by Robin Lynn Leavitt, Brenda KrauseEheart. (Lexington Books; DC Heath & Co., Lexington MA/Town to 1985)

This book takes a look at the special needs of toddlers in child care.

It delves into theories on personalities, development, guiding behavior, family, community and environment, and looks at how these influences can be applied to creating child care programs that are safe, healthy, happy, and promote the development of the whole child.

**Guide for the Care of Infants in Groups**

by Sally Provence, MD. (Child Welfare League of American Inc., 1979)

This book is written for child care workers and others responsible for providing care for infants not in family settings.

It goes into the whys of child care in that it explains how babies grow and develop and why they need what they need.

**Infant, Toddlers and Caregivers**

by Janet Gonzalez-Mena and Diane Widmeyer Eyer. (Mayfield Publishing Co., 1989)

This is an excellent book for anyone providing child care to infants and toddlers.

The authors discuss the roles of the caregiver to the children as well as to the parents.

They discuss all aspects of child care, including the development of infants and toddlers, guidance and limits, the physical and social environment, and development of feelings.

## Nutrition

### **Child of Mine: Feeding With Love and Good Sense**

by Ellyn Satter. (Bull Publishing Co., PO Box 208, Palo Alto CA 94302-0208; TEL: 415/322-2855; \$12.95)  
An informative, reassuring book about feeding from infancy to school age.

---

## Books for Children

*The following is a list of books that help children express feelings.*

**Friendship: Sharing and Taking Turns** (preschool)

**My Feelings About Me** (preschool)

**Friendship: Making Friends**

**Friendship: Keeping Friends**

**The Feeling Fun House**

**Self-esteem: Being a Friend to Myself**

**Kidskills** produced by Family Skills, Dallas TX.

Obtained through Minnesota Curriculum Services Center  
3554 White Bear Ave., White Bear Lake, MN 55110.

**My Name is Not Dummy:** by Elizabeth Crary. (Parenting Press Inc.)

**I Want It;** by Elizabeth Crary. (Parenting Press Inc.)

**I Can't Wait;** by Elizabeth Crary. (Parenting Press Inc.)

**I Want to Play;** by Elizabeth Crary. (Parenting Press Inc.)

**My Book About Me**

by Dr. Suess and Roy McKie. (Random House, 1969)

**Surviving Fights With Your Brothers and Sisters**

**A Kid's Guide to Making Friends**

**You're One of a Kind**

**Handling Your Ups and Downs**

by Joy Wilt (Educational Products Division of Weekly Reader, 1978)

---

*This list is not exhaustive, but is representative of the positive, nurturing style of interaction with children which encourages behaviors in them that reflect the same. Please call your licensing worker if you run across a specific behavior or problem that you would like to discuss. We will be continuing to revise this list to add new resources, and will also have xeroxed articles on specific topics such as toilet training, biting, etc.*

---