October 2014

Child Care Newsletter

WRIGHT COUNTY

Data Privacy Issues –Social Media and the Internet Reminder

While the general use of social media is not prohibited, disclosing records or pictures of children served in licensed programs without permission is prohibited.

MN Rule 9502.0345, Subp 2, requires that the provider **shall not disclose any records** on children in care to any persons other than the parents of the child, the agency, the department, the persons required by part 9502.0375, subp 1, and medical or public safety persons if information is necessary to protect the health and safety of the child. (*emphasis added)*

The only acceptable way for a licensed provider to post **any** information and/or pictures regarding persons served by their program, is to obtain WRITTEN permission from a parent or guardian, even if the provider uses "assumed" names to attempt to avoid others from recognizing the individual.

Crib Inspection Form Reminder

With the many requirements of our jobs, some items become mundane. We understand that we are required to do certain things, and we do them to meet the letter of the law and to make our employers, or licensors happy. We also know, that most providers take great pride in doing what is required not only because it is required, but because they know it is keeping children safe, and it is reducing the provider's liability.

One such requirement is the crib inspection form. The form was recently updated and sent out with a previous mailing. It can also be found on the Wright County website. With the new revision, mesh sided play yards/pack and plays or play pen cribs are separated from cribs or portable cribs. The new form makes it clear what items need to be checked monthly for each type of crib. Please take a few minutes each month to closely read the questions and accurately complete the crib inspection for all cribs in use. If you have any questions, please contact your licensor.

A Fond Farewell

Although she is not leaving Wright County Human Services, Kris Carlson, licensor for last names M &N, is leaving the world of child care licensing. For the last 6 years, Kris has licensed both family child care providers and relative foster care providers. Due to some recent legislative changes, there is a greater need for relative foster care providers, causing Kris' caseload of foster homes to skyrocket. Providers with the last names beginning with M or N will now be licensed by Kathy DeMars who will have all providers with last names A-N.

Thanks Kris! We will miss you in child care!

Upcoming Training

SUID/AHT (Sudden Unexpected Infant Death and Abusive Head Trauma)

Dates: Oct. 8th, Nov. 19th and Dec. 10th

Time: 6:00 PM-8:00 PM

Location: Wright County Human Services
1004 Commercial Drive
Buffalo, MN 55313

Cost: The total for both classes is $10.00

Please register by calling or emailing Terri Burkhart

At 763-682-7516 or terri.burkhart@co.wright.mn.us

If you are not familiar with the training location, please ask for directions and plan extra travel time. Training does not have to be taken in the county in which you are licensed. Registration is required in order to make sure that enough materials and space are available. Payment can be made over the phone. Class fees are non-refundable unless you reschedule. A minimum of 10 participants need to be registered in order to hold class. Class will be canceled one week prior to class if the minimum is not met. There is no admittance to class after 6:05 pm for the evening classes. Note: These trainings are approved on the MNCPD Registry

I am Moving, I am Learning (IMIL) & Learning about Nutrition through Activities (LANA)

Date: Oct. 11th Time: 8:15 AM ~ 3:30 PM

Location: Monticello Community Center
505 Walnut St
Monticello, MN 55362

OR

Date: Nov. 1st Time: 8:15 AM ~ 3:30 PM

Location: Knights of Columbus Hall
305 North 5th St
Waverly, MN 55390

Cost: $30 non refundable
Limited to 30 participants

To register, contact Terri Burkhart at

763-682-7516 or terri.burkhart@co.wright.mn.us

I am Moving, I am Learning (IMIL) and Learning about Nutrition through Activities (LANA) training for licensed child care providers, foster care providers and individuals that work with children in an educational environment. The goal is to encourage an environment that models healthy lifestyles and nutrition by promoting physical activity and exploring creative ways to integrate fruits and vegetables into daily routines. This training will provide participants with information and activities to increase moderate to vigorous physical activity for children and promote healthy nutrition. We will participate in movement activities and discuss ways to incorporate healthy nutrition and physical activity into your daily routine. Participants will receive certificates for attendance, This training meets Parent Aware requirements. Participants receive an activity kit to jump start IMIL & LANA activities, training credit for 7 hours, and a light lunch. Registration is required.

C.A.R.S. (Children and Restraint Systems)

Dates: Oct. 22nd OR Nov. 12th

Time: 5:00 PM- 8:00 PM

Location: Wright County Human Services
1004 Commercial Drive
Buffalo, MN 55313

To register, contact Terri Burkhart at 763-682-7516 or terri.burkhart@co.wright.mn.us

To make sure there is available space in each class, you must pre-register by calling Terri Burkhart or emailing. Class fees are non-refundable unless you reschedule. A minimum of ten participants need to be registered in order to hold class. Class will be canceled one week prior to class if the minimum is not met. No admittance after class has started. Note: These trainings are approved on the MNCPD Registry. $15.00 for Wright County residents and $20.00 for providers outside of Wright County

Do You Need a Refresher on the Licensing Rule?

If you have been licensed for a number of years, you most likely have felt overwhelmed with all of the changes to licensing requirements that have bombarded us within the last few years. If you would like a refresher, and some free training hours, current providers are always welcome to attend an orientation session. Orientation is held at the Human Services Center in Buffalo on the 3rd Tuesday of odd months, from 1:00 PM to 4:00 PM. Registration is not required. A full orientation schedule is available on the Wright County website.

Another way to ensure that you are up to date on the most current laws and rule is to thoroughly read the quarterly newsletters, and annual legislative updates that are sent to providers. Newsletters and legislative updates are posted on the Wright County website after they are sent out to providers.

Finally, read through the licensing rules and statutes. Links to MN Rule 9502 (Family Child Care), MN Statute 245A (Human Services Licensing Act) and 245C (Human Services Background Studies Act) can be found on the Wright County website. As licensed providers and business owners, it is your responsibility to be aware of the laws that affect your business. As always, if you have questions, please contact your licensor.

COATS FOR KIDS

The Salvation Army for Wright/Sherbune County

Where: Buffalo Community Center
206 Central Ave., Buffalo, MN

When: Thursday, October 30th from 10am-6:30pm*

Who: Families with children ages 0-17 living in Wright & Sherburne Counties.

The adult picking up coats must bring his/her picture ID, a current piece of mail and a form of ID for each child (medical card, social security card, birth certificate, etc.).

*Coats will be distributed based on availability.

MEAN KIDS

I had been working with Jenny at the preschool for twenty minutes or so when she looked up at me and said quietly, “Sometimes Gia and Hayley are mean to me.” The sadness in her voice was heavy; this was a painful thing in her four-year-old life.

We all recognize that socialization skills are just emerging in preschool, as kids learn how to be friends with one another, and make many mistakes along the way.

But there is a difference when the negative behavior is persistent and deliberate, such as the way the other two girls excluded Jenny from their play, telling her that they wouldn’t let her join them, and almost seeming to delight in her discomfort.

We generally think of the school-aged years as the time when bullying is rampant, but a visit to most preschool classrooms can find instances of such meanness.

It is difficult for teachers and parents to accept the idea that some young children can be consciously mean to other children, but this is a fact.

So what to do? The most important concept is for adults to indicate clearly that bullying is not acceptable at any age. This is not just kids being kids, or something they will grow out of. It may just be experimentation, but this behavior needs active adult responses.

Comfortable environments and social relationships allow children to share their distress with adults, as Jenny did, and then adults have responsibilities to help both the mean kids and the targeted kids.

If preschoolers who use aggressive behaviors with others are not helped to learn more positive behaviors, they are likely to continue.

It is vital that they learn that bullying behavior is not acceptable and will not be allowed. Adults must encourage all children, families, and teachers to report bullying behavior.

Preschool classrooms should have discussions to define what bullying looks and feels like to children, and rules about treating others with kindness in an environment of respect for all.

Teachers and parents can model perspective taking, helping children develop insights about the results of their words and actions.

Children who have been targeted by mean kids also need assistance from caring adults. Helping kids develop the skills to stand up against bullying is the most important adult strategy, rather than adults continually intervening to protect the child.

Such continual intervention reinforces the notion that the child is weak and helpless, with resulting low self-esteem. Instead, teaching young children to be assertive on their own behalf, such as saying “Stop it” or “I don’t like that” empowers them to stand up for themselves.

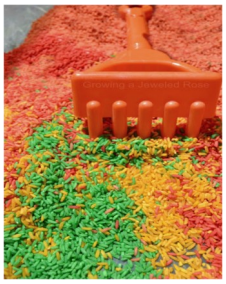
Children who feel confident that an adult is aware of the situation and will back them up if need be will be more likely to tell others how they feel in a bullying situation.

Sometimes just standing nearby gives children the support they need to voice their needs. It is also important that children know how to get adult help if they need it.

No child should have to feel the sadness that Jenny expressed about mean kids.
Growingchild.com

Fall Scented Rice Play Recipes

Are you looking for a new sensory activity while enjoying the colors and scents of fall? You might want to give scented rice a try. As the kids enjoy mixing and sorting the colors, you can enjoy the scents of the season.



Ingredients:

Rice

Food coloring

Zip lock bags

Scent (apple pie spice, pumpkin pie spice, coffee extract, cranberry oil and clove spice)

Fill each zip lock bag with rice; add a bit of scent along with several drops of food coloring and a bit of water. The water will help the food coloring color the rice. You want to add enough water to make the rice damp but not too wet. Then seal the bags, and let the kids mix them up. Leave the rice in the bag to dry.

Once dry, get out the scoops and shovels and enjoy!

www.growingajeweledrose.com

Wright County Family Child Care Association (WCFCCA)

Hi There! My name is Lisa Braegelman and I am a licensed childcare provider in St. Michael and I work with Membership and Referral for the Wright County Family Childcare Association. WCFCCA is an independent, non-profit organization of licensed family child care providers providing opportunities for growth, training, networking, and peer support to providers. Helping members deal with the many issues we face as childcare providers, from licensing regulations to understanding the legislative changes that impact the way we do our jobs, we help providers focus on what we care about most: providing children with the best care possible.

On behalf of WCFCCA, I would like to invite you to join our association. With an annual membership fee of $35.00, you will have access to 18 hours of FREE training. If you attend only 2 trainings this year, you have paid for your membership! We have also taken into account the most recent changes to our training requirements when deciding on what trainings to offer. For instance, you can look forward to fulfilling the SUIDS, AHT, Supervision and Child Development requirements this year! To find out more about us and how to register, please visit us at www.wcfcca.org or email me membership@wcfcca.org.

Thank you!

Lisa Braegelman

Membership flyer attached

Providers Talking with Parents About Divorce

Authors: Nithyakala Karuppaswamy with Judith A. Myers-Walls, Ph.D., CFLE

Talking with parents about divorce can be a delicate matter for a childcare provider. At the same time, it is important for you and the parents to have open communication about this topic, if possible. Working together, you and the parents can focus on the child's needs. You also can work together to help the children find coping skills that will work for them. Such open communication will help you figure out what your role should be with the child and with the custodial and the noncustodial parent. It also is important for you to follow the custody and legal decisions connected to the divorce.

Some parents may be open about their divorce and talk with you about it. They may let you know as soon as their husband or wife has moved out, or they may tell you that they recently went through a divorce. They may even ask you to be on the lookout for signs that their child is upset. They may share their concerns with you about some behavior changes they have noticed in their child. Some of those changes might be bed-wetting, temper tantrums, withdrawn behavior, or thumb-sucking. Parents may even ask you how to help the child, or may ask for suggestions about how to talk to their child about the divorce.

Other parents may not talk with you about their divorce at all. They may be so caught up in the stress of the situation that they are not ready to talk about it. Still others might think that the divorce is a "personal family matter." Some may not understand how childcare is related to the divorce. If you see changes in the child's behavior or the child lets you know that he is upset, you may need to bring up the topic with the parent. This might not be easy. If the parent has not talked about divorce or marriage problems, you do not want to assume you know what is happening.

Sometimes the child may the first one who tells you that the parents are getting a divorce. You may then want to report to the parents what the child has said about this. You could say, "Jenny was telling me and the other kids that you were getting a divorce. Is that true? I was wondering if there is something I need to be aware of so I could help Jenny." Or you may ask directly, "Are there any changes that I should know about? Are there schedule changes or changes in who will pick up Jenny?"

As a childcare provider you may begin the discussion by telling the parent that you have noticed changes in the child. You may say something like, "Tommy seems very quiet recently. He used to love to play with the other kids. Now he seems to stay by himself. Sometimes I even see him get very angry if kids want to play with him." Or you may say, "Jennifer has been crying a lot. She cries when something doesn't work right, and she cries when the other children don't agree with her. She also is sucking her thumb, and she didn't used to do that." Starting the conversation this way can do two things:

1. This opening will help the parent know that the child was showing some changes in behavior. When parents are getting a divorce, they may not have the time or energy to notice the changes in their children. Sometimes parents have wrongly assumed that the child was too young to even be aware of what was happening at home.

2. Such an opening also can open the door for the parents to talk to you about the divorce. It does this without putting them on the spot.

No matter who brings up the discussion between you and the parents, it is helpful to have some idea about how to communicate with parents. Use effective communication techniques when you talk with them, and consider the tips below.

Tips for communicating about divorce to parents:

• Choose a good time to talk, especially the first time. Make sure you can talk in a private place. Choose a time when you will not be in a hurry.

• If both parents are involved with the child, try to talk to both of them. Talk with them together if they are comfortable with working together. Talk with them separately if they are not comfortable.

• Listen. Give parents your full attention when they are talking to you. Listen to them without trying to fix, judge, criticize, or change their feelings.

• Try to understand the parent's feelings and perspectives. Repeat what you understand. Make statements such as "I can understand why you would feel that way," "It sounds like you are..." or "That must be really difficult when...." Remember that understanding does not mean you agree with another person's perspective; it only means you understand.

• Let parents know how you can help them with the child. Help parents feel that you are a "team." Be a helpful resource or support system during this stressful period.

• Avoid being judgmental. Parents might do some things that seem very unreasonable during a divorce. You do not need to correct them. You need to work together for the child, though.

• Avoid taking sides or forming alliances with one parent against the other. Avoid joining with the child against the parent or parents. Be available to all family members as much as you can.

• Keep a focus on the child's feelings and issues. Don't worry about the details of the divorce.

• Check with parents before you reassure the child. For example, don't say "Papa will come back home" unless you know that is really happening.

• Check often with parents what you should tell their child about the divorce. Help them understand that you are trying to match what you tell the child with what parents are telling the children.

• Think ahead about some of the changes that may come up. For example, a parent who has moved out may not remember to tell you about the change in address for emergency contacts. You may have to remind them and ask that they keep you informed.

• Review your agency policies regarding family information and changes in information. Make sure you know about custody arrangements and any restraining orders.

• When necessary, get help or find information and resources that will help you help the parent.

www.extension.purdue.edu

Child Growth and Development and Behavior Guidance

The following was sent to licensors from the Department of Human Services on 9/18/14:

We have received several questions from licensors about in-service trainings that will fulfill this in-service requirement:

In-Service Requirement	Training Options	Training Format
Child Growth & Development / Behavior Guidance (repeated annually) Must be approved by the Department of Human Services through the Minnesota Center for Professional Development.	Any child growth and development and behavior guidance training approved by the Department of Human Services through the Minnesota Center for Professional Development.	In person *(classroom)* Eager-to-Learn *(online)*

We have consulted with the Child Development Services (CDS) Division within DHS. Based on the classes that are currently available and the current core competencies identified with many training classes, we have determined the following:

- If a provider takes a training class that is identified as meeting Core Competency IV (Interactions with Children) for two hours, that class will meet the requirement for BOTH Child Growth & Development/Behavior Guidance. The provider will have then met the requirement for these topics.

- However, if a provider takes a training class that is identified as meeting only Core Competency I (Child Growth and Development) for two hours, that class will meet the requirement for Child Growth and Development ONLY. The provider then would also be required to take another class that is identified as meeting Core Competency IV (Interactions with Children) for two more hours. **Then** the provider will have met the requirement for these topics.

Either option may be accepted for completion of this requirement and provide either two or four hours of the annual 16 hours of required training.

As stated above, these courses can be in person or online as long as the training is approved by DHS through the MN Center for Professional Development (MNCPD).

Infectious Diseases in Childcare Settings and Schools Manual

Is it just me, or are we hearing about new illnesses every day? Within the last week I have either received emails from Public Heath or questions from providers about Enteroviruses, Hand Foot and Mouth, Shingles and Ebola! Lucky for me and for providers, Hennepin County has a wonderful resource where we can turn to get information about how illnesses spread, incubation periods and suggestions for exclusion from care. Many illnesses listed in the manual have a parent fact sheet that can be given to parents, or posted in your child care as well as a technical fact sheet for providers. Providers can use the fact sheets to help you decide how long you would like children excluded from care.

The manual also has information regarding reporting illness, guidelines for prevention and control of illness and information regarding communicable diseases that are of special concern for pregnant women. Please use this great resource. Below is a link to the manual and it can also be found on our website under helpful resources. http://www.hennepin.us/childcaremanual

WCFCCA

Wright County Family Child Care Association

www.wcfcca.org • info@wcfcca.org

Wright County Family Child Care Association

We are a professional association for licensed family child care providers. We provide opportunities for growth, training, networking, and peer support to providers in Wright County.

Benefits of Membership Include...

- 18 hours of approved classes each year,
- Get to know providers in the area,
- Mentoring available,
- Referrals,
- Kickoff Potluck,
- And much more!

For more information visit www.wcfcca.org!

2014-2015 WCFCCA Membership Form

Name: _____

Address: _____

Phone: _____

Alternate Phone: _____

E-mail: _____

Business Name: _____

Website: _____

WCFCCA's membership year runs August 1-July 31 and is $35.00.

To Register:

- You may register online at www.wcfcca.org,
- Bring the membership fee and applicationto the Kickoff Potluck (details on reverse),
- Or, mail membership fee and application to:
  Lisa Braegelman, 3110 Kagen Ave NE, St. Michael, MN 55376

WCFCCA

Wright County Family Child Care Association

www.wcfcca.org • info@wcfcca.org

2014-2015 Membership Year Calendar

August 19: Kickoff Potluck*
September 16: No one Likes a Bully
September 30: Supporting Breastfeeding
October 21: Literacy and Little Ones
November 18: Active Supervision: A Developmental Perspective

*6-8:00 pm at Jessica Bjokne's home:
5472 Kahl Ave NE, Albertville
Bring a salad or desert to share.
RSVP to jbjokne@gmail.com by August 5.

Board of Directors

Justine Folkestad, President - 763-497-3878
Michele Anderson, Treasurer - 763-595-1012
Lisa Braegelman, Membership/Referral - 763-497-2266
Tanya Woeffel, Training Coordinator - 651-338-1567
Jaime Geyen, Secretary - 320-963-2126
Jessica Bjokne, Sunshine Committee - 763-258-6255
Hollee Saville, MLFCCA Rep - 763-515-6402

December 16: Discovery Bottles (Additional $5 fee for all attendees due at class)
January 20: TBD
February 17: TBD
March 17: TBD
April 21: TBD
May 19: TBD or End of the Year Banquet

Training Information

Trainings are held 6:30-8:30 at the STMA Community Education Building located at 60 Central Ave W., St. Michael, MN 55376.

Registrations are accepted up to 14 days prior to the class date. No registrations or cancellations will be accepted within the 14 days leading up to the class date. No-shows will be assessed a $20.00 fee.

Everyone is welcome to attend. Unless stated otherwise, the Non-Member rate is $20.00.