

# Wright County Family Child Care Newsletter

## January 2016

### Snow Window-Window Activity for Kids

From [www.notimeforflashcards.com](http://www.notimeforflashcards.com)

With the lack of snow this winter, we all might need some more inside activities to get us in the winter mood. Gather some supplies from around the house, and let the kids create a winter wonderland of their own!

Take some clear contact paper (sticky side out) and tape it to your window with painter's tape. Give the kids some q-tips, cotton balls, cotton pads and whatever else you think would make a beautiful display and then let the kids be creative!



### Congratulations, You Have a Teenager!

Parents and children experience a number of changes during the teenage years. For Family Child Care providers, having a teenager means running a new background study! When your child, or any household member, turns 13, you are required to send in a background study on the 13 year old. The study must be signed by a parent or guardian.

There is no additional fee for the study. Please send in the study as soon as your child, or household member turns 13. The background study form can be found on the Wright County website.

[www.mn-wrightcounty.civicplus.com](http://www.mn-wrightcounty.civicplus.com)

Happy Birthday!

### 245C.03 Background Study; Individual To Be Studied.

Subdivision 1. **Licensed programs.** (a) The commissioner shall conduct a background study on:

1. The person or persons applying for a license;
2. An individual age 13 and over living in the household where the licensed program will be provided who is not receiving licensed services from the program;
3. Current or prospective employees or contractors of the applicant who will have direct contact with persons served by the facility, agency, or program;
4. Volunteers or student volunteers who will have direct contact with persons served by the program to provide program services if the contact is not under the continuous, direct supervision by an individual listed in clause (1) or (3);
5. An individual age ten to 12 living in the household where the licensed services will be provided when the commissioner has reasonable c
6. An individual who, without providing direct contact services at a licensed program, may have unsupervised access to children or vulnerable adults receiving services from a program, when the commissioner has reasonable cause; and
7. All managerial officials as defined under section 245A.02, subdivision 5a.

### Frequently Used Phone Numbers

New providers are often overwhelmed with all of the information they have just learned through the licensing process, and all of the information they are required to keep track of as licensed providers. This is one of the reasons we created the Provider Handbook, and put a variety of information on the county website. Hopefully providers are able to find what they need, or can call their licenser for assistance.

Below is a link to one of the resources in Chapter 17 of the Provider Handbook. It is a list of frequently used phone numbers. Everything from places where providers can get their fire extinguishers serviced, to who to call for a well water test kit, to where to refer a family who would like to apply for WIC.

[www.co.wright.mn.us/DocumentCenter](http://www.co.wright.mn.us/DocumentCenter)

## Upcoming Trainings:

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

Please register by calling or emailing Terri Burkhart. 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. Note: These trainings are approved on the MNCPD Registry

Date:	January 11 or March 21
Time:	6:00 PM to 8:00 PM
Location:	Wright County Health & Human Services 1004 Commercial Drive Buffalo, MN 55313
Contact:	763-682-7516 or <a href="mailto:terri.burkhart@co.wright.mn.us">terri.burkhart@co.wright.mn.us</a>
Cost:	\$10.00

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

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.

Date:	February 1 or April 18
Time:	5:00 PM to 8:00 PM
Location:	Wright County Health & Human Services 1004 Commercial Drive Buffalo, MN 55313
Contact:	763-682-7516 or <a href="mailto:terri.burkhart@co.wright.mn.us">terri.burkhart@co.wright.mn.us</a>
Cost:	\$15.00 for Wright County residents; \$20.00 for providers outside of Wright County

### Other Training Sources:

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

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

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





## Physical Activity Training

Sponsored by:  
Wright County  
Public Health  
and



- ✧ Catch Early Childhood (CEC) is an evidenced-based program for preschool-aged children.
- ✧ Participants will gain the knowledge and tools needed to plan and lead structured physical activities.
- ✧ Participants will then practice leading group activities, adapting them for their specific ECE setting.

Thursday, January 28, 2016  
5:30-8:30 PM  
Wright County  
Human Services Building  
1004 Commercial Drive  
Buffalo, MN 55313

MNCPD Approved  
Training Hours: 3 hours  
Parent Aware Topic Area: 6  
MN Core Competency Area: VI

- Cost: \$10 non-refundable; limited to 20 participants**
- Pre-registration is required in order to make sure that enough materials and space are available.
  - Registration deadline: January 21, 2016
  - **Dress Comfortably! Active Participation is Encouraged!**

Please register by calling or emailing Patty Malecek: 763-682-8931 or [patty.malecek@co.wright.mn.us](mailto:patty.malecek@co.wright.mn.us)  
Payment can be made over the phone. **No Refunds**  
If you are not familiar with the training location, please ask for directions and plan extra travel time.  
There will be no admittance after 5:40 as the front doors to the Human Service building will be locked at 5:40 PM.



## Tip Sheets

### Developmental Delay

Every child goes through a process of growth and change referred to as *child development*. This process involves a child learning and mastering such skills as sitting, pulling to stand, walking, talking and learning



to write his own name. These skills are referred to as *developmental milestones*. Children generally attain these milestones during a specific time frame or window of

development. For example, most infants learn to sit up independently sometime between the ages of 4 to 7 months. Milestones develop in sequence and each new milestone that a child attains builds on the previous milestone.

The six primary domains or areas in which children develop are:

1. Cognitive Development
  - Ability to learn and solve problems
2. Social and Emotional Development
  - Ability to interact with others and control one's emotions and impulses
3. Speech and Language Development
  - Ability to understand and use language
4. Fine Motor Skill Development
  - Ability to use small muscles specifically in the hands and fingers
5. Gross Motor Skills Development
  - Ability to use large muscles for movement and other activities
6. Adaptive Skill Development
  - Self-care and daily living skills

Developmental milestones enable us to be able to predict when most children will attain certain skills. It is important to keep in mind that although children tend to follow a fairly predictable course of development, each child is a unique individual and may reach a developmental milestone a little sooner or later than peers of the same age. If a child is not learning a skill that other children of the same age are learning it is possible that this might be a *red flag* or signal of *developmental delay*.

#### **What is *developmental delay*?**

IDEA (The Individuals with Disabilities Education Act) is an entitlement law that makes early intervention and special education services available to children with developmental delays and/or disabilities.

Developmental delay is defined by IDEA as:

- A child who is experiencing developmental delays as defined by the state and as measured by appropriate diagnostic instruments and procedures in one or more of the following areas: physical development, cognitive development, communication development, social or emotional development or adaptive development; and
- Who, by reason thereof, needs special education and related services

The state of Minnesota's definition of developmental delay is when a child up to age

seven is experiencing a measurable delay in development according to diagnostic instruments and procedure and fits the Developmental Delay disability category.

### **When Concerns Arise**

If a child has not reached a developmental milestone or a skill has not begun to emerge during the expected range of time, parents and caregivers may become concerned. For early care and education professionals who have concerns it is important to do the following:

- Observe and document your concerns
- Talk with parents/family members and share your concerns
- Encourage parents/family members to talk with their pediatrician.
- Refer parents/family members to Help Me Grow ([www.helpmegrowmn.org](http://www.helpmegrowmn.org)). Offer to assist them through the referral process or make the referral process

For more information on sharing concerns with families and making referrals go to these CICC Tip Sheets:

Sharing Concerns with Families

<http://www.inclusivechildcare.org/pdf/Sharing%20Concerns%20Tip%20Sheet.pdf>

When Parents Know, Children Grow

<http://www.inclusivechildcare.org/pdf/Help%20Me%20Grow%20Tip%20Sheet.pdf>

IDEA Part C Primary Referral Source: Child Care

[http://www.inclusivechildcare.org/pdf/Part\\_C\\_Mandate\\_Tip\\_Sheet.pdf](http://www.inclusivechildcare.org/pdf/Part_C_Mandate_Tip_Sheet.pdf)

### **Identification of Developmental Delay**

There are two types of play-based assessments that can be used to identify developmental delay.

#### **1. Developmental Screening**

- Quick and general measurement of skills to identify children who are in need of further evaluation
- May be a questionnaire related to developmental milestones given to parents and other caregivers
- Or may be a test given to the child by a health or education professional

#### **2. Developmental Evaluation**

- In-depth assessment of child's skills administered by a professional trained in the use of the assessment instrument being utilized
- Results in a profile of areas of strength and areas of need in each developmental domain
- Used to determine need for early intervention services and/or development of a treatment plan

#### **Additional Resources for Development Delay:**

Zero to Three

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

Centers for Disease Control and Prevention

<http://www.cdc.gov/ncbddd/actearly/milestones/>

**For more information on child development and developmental delay visit [www.inclusivechildcare.org](http://www.inclusivechildcare.org).**

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Information in this tip sheet has been modified from multiple sources.

# Wright County Public Health Resources

For more information contact Sheri at 763-682-7468 or visit our website at <http://www.co.wright.mn.us/>

Eligibility	Incentives
 <p><b><u>Nurse Family Partnership</u></b>            *Is pregnant with her first child            *Is 0-28 weeks pregnant            *Meets income guidelines            *Live in Wright County</p>	<ul style="list-style-type: none"> <li>*FREE to all eligible women</li> <li>*Have a healthy pregnancy and baby</li> <li>*Set and reach goals for your family's future</li> <li>*Make your home a safe place for baby to live and play</li> <li>*Get referrals for healthcare, childcare, job training and other support services</li> <li>*Receive breastfeeding education and support</li> </ul>
 <p><b><u>Family Home Visiting</u></b>  <i>(Healthy Families America, Traditional Home Visiting)</i>            *Pregnant women            *Parents with young children            *Live in Wright County</p>	<ul style="list-style-type: none"> <li>*FREE to everyone</li> <li>*Learn essential parenting skills</li> <li>*Families will have healthier habits</li> <li>*Receive breastfeeding education and support</li> <li>*Children do better in school</li> <li>*Discipline is easier for parents</li> <li>*Parents have less stress and more fun</li> <li>*Parents meet their goals</li> </ul>
 <p><b><u>Follow Along Program</u></b>            *Families who have children 0-3 years            *Live in Wright County</p>	<ul style="list-style-type: none"> <li>*FREE to everyone</li> <li>*Learn about your child and follow their health and development</li> <li>*Get ideas about "what to teach" and "at what age" to teach it</li> <li>*Find out about other services you may want for your child and family</li> <li>*If there is developmental concerns, someone will get in touch with you and your child will receive help to catch up with their cohorts before school</li> </ul>
 <p><b><u>Family Planning Program</u></b>            *Women and Men            *All Ages            *Uninsured            *Under-Insured            *Live in Wright County</p>	<ul style="list-style-type: none"> <li>*Services are low cost or no cost</li> <li>*Clients pay a fee based on income</li> <li>*No one is turned away for inability to pay</li> <li>*Free pregnancy testing</li> <li>*Access to full range of birth control methods</li> <li>*STD screening</li> <li>*Breast, cervical and testicular cancer screening</li> <li>*Medical exam at a local clinic</li> <li>*Education and counseling</li> <li>*Referrals for social and medical issues</li> </ul>
 <p><b><u>Child Car Seat Checks</u></b>            *Anyone transporting children &lt;13            *Live in Wright County  <i>(Fact: In MN 85% of child safety seats are installed or used improperly)</i></p>	<ul style="list-style-type: none"> <li>*Learn how to properly install your car seats</li> <li>*Get help transporting a child with special needs</li> <li>*Learn where to recycle old car seats</li> <li>*Call to see if your insurance offers a FREE seat or money towards a new seat</li> <li>*\$10 training fee-no one is turned away for inability to pay</li> </ul>
 <p><b><u>Wellness Done Wright Clinic</u></b>            *For children 6 months-21 years            *Uninsured            *Underinsured            *On a Minnesota Health Care Program (MA, MnCare, PMAP)</p>	<ul style="list-style-type: none"> <li>*Children receive a full physical exam</li> <li>*Hearing and vision screening</li> <li>*Social/emotional and cognitive screening</li> <li>*Lab testing: lead testing, hemoglobin, cholesterol, glucose</li> <li>*Dental screening and fluoride application</li> <li>*Children get referred to medical or social resources as needed</li> </ul>
 <p><b><u>Wellness on Wheels (Wow Van)</u></b>            *Uninsured            *Underinsured            *Everyone Welcome</p>	<ul style="list-style-type: none"> <li>*Health screenings for minimal costs (blood pressure, A1C/glucose, pregnancy test, mantoux test, hemoglobin, lead, cholesterol, fluoride applications)</li> <li>*Reduced costs for immunizations for those who are eligible</li> <li>*No one is turned away for inability to pay</li> <li>*Health education and community resources available</li> <li>*Car seat checks</li> <li>*Purchase radon kits and well testing kits</li> </ul>