



Minnesota

Child Care Provider Information Network

We **SUPPORT, PROMOTE** and **STRENGTHEN** the family child care profession.

Summer 2019 / Volume 3, Number 2

CONTENTS

- 01 Provider Appreciation Day
- 02 Eating Outdoors
- 03 The Spectacular Science Behind Puddle Stomping
- 04 How Much Sleep? More than You May Realize
- 05 How to Enforce Child Care Policies Even if You're an Introvert
- 06 FACEBOOK
NAFCC Affiliation
Easy Ways to Support MCCPIN
- 07 The Incredible Importance of
- 08 Developing the Vestibular Senses
- 09 LegalShield
MCCPIN Board Meetings
County Association Corner
- 10 MCCPIN Membership Form
- 11 Our Favorite Neighbor Mr. Rogers
- 12 Red Leaf Press 2020 Calendar
Parent Resources
Benefits of Family Mealtime in Family Child Care
- 13 Login Directions for Member Benefits
- 14 A Renewable Resource for Play
- 15 How to Make Cloud Dough Recipe
- 16 Another First for MCCPIN
Chicken BLT Salads
- 17 MCCPIN Board of Directors
Newsletter Submission Deadlines
Newsletter Contributors
Mission Statement
Disclaimer
Outreach Removal
Newsletter Submissions
- 18 Provider Appreciation Day Printout

Provider Appreciation Day

MAY 10, 2019

A special day to recognize child care providers.

Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this event has grown each year and recognition presently includes individuals and government organizations throughout the United States. It's important that we recognize the value of our child care providers year round.

Ideas to do as a Local Group:

- Call local restaurants, retail stores, and grocery stores to request gift certificates for the child care providers you work with
- Plan a luncheon or dinner honoring child care providers. Many County Associations in Minnesota are planning a provider appreciation event!
- Nominate an outstanding provider for Provider of the Month in your newsletter
- Hang banners or posters
- Ask government officials to sign a proclamation. MCCPIN requests the governor of Minnesota to declare the first week of May as Provider Appreciation Week.
- Purchase a new piece of equipment in honor of Provider Appreciation Day
- Provide a scholarship for an early care education conference or workshop
- Pay for a day off so a provider may attend a conference or workshop
- Organize a spa day
- Plan a parent/provider picnic
- Have a parade or dedicate a park
- Send a press release to your local newspaper
- Invite parents to partner with you to plan a program-wide event
- Invite neighboring early childhood organizations to join you in your celebration

CONTINUED ON NEXT PAGE

Ideas for Parents:

- Get together with other parents to create a surprise
- Nominate an outstanding provider for Provider of the Month
- Send flowers, cards or a handwritten note of appreciation
- Work with your child to create a special remembrance
- Buy something for your provider's play area
- Give your provider a paid day off, a raise, or a bonus
- Key in on your provider's hobby and buy an appropriate gift
- Check to see if your employer provides scholarships for toys, equipment or training that you can sponsor as a parent
- Send your provider a thank you card



Watch your email for the Governor's proclamation for the Week of the Family Child Care Provider, recognized May 5 - 11, 2019. See Page 18 for a printable Provider Appreciation Day handout to share. This was created by a MCCPIN board member.

Source: <http://providerappreciationday.org/>

Eating Outdoors

As the weather warms up, you may be looking forward to spending more time outdoors. Unfortunately, warm weather is also an opportunity for foodborne bacteria to thrive. When planning a picnic, here are some food safety guidelines to keep in mind.



- Keep cold food cold at all times. Place food in a cooler with ice or ice packs to prevent bacterial growth.
- Limit the number of times the cooler is opened—consider placing beverages in a separate cooler to cut down on perishable food being exposed to warm air.
- If planning to grill, separate raw meat, poultry, and seafood from other foods that will be eaten raw, such as fruits and vegetables.
- Rinse fresh produce under running tap water before packing in the cooler, including those with skins and rinds (watermelon) that will not be eaten.
- Most importantly, before setting out your picnic, wash hands and the serving surface with soap and water.

Source:
Food and Drug Administration
www.fda.gov/downloads/Food/FoodbornellnessContaminants/UCM239489.pdf

The **Spectacular** Science Behind **Puddle Stomping**

Have you heard that some schools have banned the good ol' fashioned game of tag? Unknowingly, and certainly not on purpose, children are "tagging" each other with too much force, causing playmates to get hurt during the game.

It's easy to forget about the little things kids need to learn in childhood beyond book work. There's so much focus on the ABCs and the 123s that sometimes the developmental things, like how much force to use during certain activities, slip by us. These untestable skills hold their merit. As adults we need to know how much force is acceptable in a hand-shake and how that force differs from what's needed to use a hammer. These are not things we innately know. They must be learned!

But how do we learn how much force to use anyways? Throughout childhood, kids will become adept at using their bodies correctly through interaction with the environment. Through the push and pull and the give and the take children experience out in nature, they will naturally develop all of their EIGHT senses. Eight you say? Aren't there only five? I know I only learned about five in school, but it turns out there are three more and they all have super cool names.

The vestibular sense, or balance sense, helps us know where our bodies are in space. Proprioception helps us know where our limbs and body parts are without looking at them. And interoception is the sense we have that tells us what is going on inside of our bodies.



When children splash in puddles they are doing grand experimentation and developing their proprioception sense, which regulates how much force is needed. Watching children play in puddles is fascinating! Through sensory feedback they are answering question after question. What happens if I swoop my legs through this puddle slowly? What if I move my legs faster? If I stomp lightly, how high will the water splash? What if I stomp harder? What will happen if I jump with both feet from a small curb? Toddler science is remarkably impactful on sensory development!



Children are naturally inclined toward the things in nature that are helpful for their development. Puddles are readily available! Nature doesn't skimp! Get a pair of tall rain boots or go barefoot! Bring a towel and some extra pants and underwear along. Clothes are wash-

able. Don't miss the chance for your child to learn, through experience and experimentation, the delicate balance of how much force to use! Maybe in time, we can bring that good ol' fashioned game of tag back!

Source: <https://1000hoursoutside.com/blog/the-spectacular-science-behind-puddle-stomping>



HOW MUCH SLEEP? MORE THAN YOU MAY REALIZE

Every Parent Wants Their Child to Sleep

Sleep is as important to a child’s growth and development as healthy meals, physical activity, and loving caregivers. It is not uncommon for parents to think that a child who struggles to go to sleep is not tired. Often the exact opposite is true. When children are over-tired, they present as “wired” and bedtime may be challenging. Shift starting the bedtime routine to earlier to prevent your child from getting over-tired. Make sure that your child naps or has a quiet rest time EVERY DAY until they start Kindergarten.

Your family is not the only family with sleep and bedtime challenges, but you can make changes to set your child up for sleep success.

Changing habits regarding sleep is not easy but it is worth it.

AGE	TOTAL	NIGHT	NAPS
0 - 2 MO	16 - 18 HRS	8 - 9 HRS	3 - 5 NAPS
2 - 4 MO	14 - 16 HRS	9 - 10 HRS	3 NAPS
4 - 6 MO	14 - 15 HRS	10 HRS	2- 3 NAPS
6 - 9 MO	14 HRS	10 - 11 HRS	2 NAPS
9 - 12 MO	14 HRS	10 - 12 HRS	2 NAPS
12 - 18 MO	13 - 14 HRS	11 - 12 HRS	1 - 2 NAPS
18 - 24 MO	13 - 14 HRS	11 HRS	1 NAP
2 - 3 YRS	12 - 14 HRS	10 - 11 HRS	1 NAP
3 - 5 YRS	11 - 13 HRS	10 - 11 HRS	1 NAP
5 - 12 YRS	10 - 11 HRS	10 - 11 HRS	N/A

Missing sleep leads to misbehavior

Making sleep a priority is part of a healthy lifestyle

Limit screen time, especially before bed

Well rested children are better able to learn and remember

Always lay your infant down in a safe sleep environment

RESOURCES:

- HEALTHYCHILDREN.ORG
- MARCHOFDIMES.ORG
- ZEROTOTHREE.ORG
- COMMONSENSEMEDIA.ORG
- PUBLICGOODPROJECTS.ORG
- SLEEPFOUNDATION.ORG
- SIDS.ORG



Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of providers, children, families, and communities.

How to Enforce Child Care Policies Even if You're an Introvert

An introvert's guide to sticking to child care policies.

By: Elyssa McGegor



This particular blog post is especially important to all the child care providers to make sure they have their policies in place and stick to them. Unfortunately, there are people there that will take advantage of your kindness. Know how to handle them in advance and prepare yourself for what's to come. Always be one step ahead. It will help you especially in times where you find yourself burned out. Remember you're not just a child care provider, you are an entrepreneur, you are a business owner, and you...you matter!

PUT IT IN WRITING.

Put your child care policies in writing. This will make things easier in the long run. Having a written parent provider contract in place keeps "you in charge". Less hassle verbally explaining the policies and procedures you have in place within your child care.

Add a policies page to your child care's website or even a FAQ page. A FAQ page on your child care's website allows for you to keep a digital copy of your rules at your fingertips for both the provider and the parents. If parents have misplaced their written copy of the handbook simply refer them to your website. Another plus for a digital copy is you can copy and paste certain policies and send them as text messages to your parents. Think of it as your online toolbox, a go to place, when you need to reference the policies you have set forth.

STAY ON TOPIC.

Don't find yourself wandering off topic or being pulled off topic. This is done quite often to throw you off course, whether intentionally or not. Listen to your child care parents but make sure their responses to your policies don't take you off course as excuses for you to bend your own rules.

It's okay to be nice, but stay strong, be firm. "I'm sorry that happened to you, but again, my policy is..." By doing this, you are acknowledging their circumstance whatever that may be but then standing firm and closing with your own stance.

I know as an introvert, this doesn't come easily, but with practice you'll get there. Know what to do before you're caught off guard. Practice in front of the mirror. Practice with a family member. Have your responses available ahead of time.

HANG NOTICES.

Hang notices right at the entrance of your child care. Make sure to use bright colored paper. Introverts use visuals whenever possible.

SEND REMINDERS.

It is a good idea to send reminders to your child care parents from time to time. Copy your vacation policy from your website and paste it in a text message. "Just a friendly reminder, payment is still due even though your child will not be attending. Please refer to the vacation policy for any questions you might have."

Post group messages using social media. Send reminders to them using your Facebook business page.

Don't let anyone ever tell you that texting is a cop-out. It is a lifeline for the introverted. Texting puts things in writing. Texting can be done at a later time and not when you are caught off guard and easily persuaded to break your own rules.

KEEP IT PROFESSIONAL.

Even though providers have a "No Pay, No Stay" policy it is important to be professional.

USE A RECURRING ELECTRONIC PAYMENT SYSTEM.

Parents don't have to worry about remembering to make the weekly payments. Collecting payments every week is not only a headache for you but a headache for the child care families as well. Most people don't have access to cash or use their checkbooks any more, so this solves that problem. Google "Recurring Electronic Payments" for options.

Source: <https://www.hellodaycare.com>

MCCPIN

Is on Facebook.

Like us on Facebook to receive the latest information from MCCPIN.

The MCCPIN Facebook group is designed to support all licensed child care providers in the State of Minnesota. Supporting providers to provide professional, quality child care is our forum. Keeping providers aware of breaking news in the profession and best practices is our goal. Join the Facebook group today and support the profession of family child care through your membership with the Minnesota Child Care Provider Information Network, the new State Association for family child care providers. Your membership is a business deduction and is important for professionalism!



NAFCC Affiliation

MCCPIN applied and has been granted Affiliate Status with the National Association for Family Child Care. MCCPIN reviewed the requirements to apply for affiliate status with Bill Hudson, CEO of NAFCC, and it was determined MCCPIN had met all the requirements.

Family Child Care Providers can be accredited by a program offered through NAFCC. Sheryl Warner is the contact person for NAFCC accreditation. Call 651-636-1989 and Linda will facilitate the support Sheryl has to offer those going through the accreditation process.



Easy Ways to Support MCCPIN

Assure Child Care

Purchase liability insurance for your business from Assure Child Care and note MCCPIN as the recipient of the donation.



Thrivent Choice® program

By directing Choice Dollars®, eligible Thrivent members can recommend that MCCPIN receive charitable grant funding from Thrivent. If you have Choice Dollars available to direct, please consider directing to MCCPIN.



Amazon Smile

Just log into your Amazon Smile account designate MCCPIN.

<https://smile.amazon.com/>

Amazon will donate 0.5% of eligible purchases to MCCPIN. This is a very easy way to donate to MCCPIN.



Raddish

A cooking kit and curriculum for kids. Get cooking lessons and educational projects delivered to your door. Inside each kit you will receive recipe guides, Quality Kitchen Tool, Creative Kitchen Project, Culinary Skill Lessons and a Complete Grocery List. Subscribe Today and Raddish will donate part of your purchase back to MCCPIN GROUP PROMO CODE: MCCPIN *valid only on 6 or 12 month membership. Use code at checkout.



Thank you for supporting MCCPIN!

The Incredible Importance of Developing the Vestibular Senses

I vividly remember learning about the five senses when I was child. I remember doing worksheets that seemed extremely silly because the five senses seemed so intuitive. The worksheet might've said something like, "Which sense are you using when you inhale the scent of a rose?" I think because it was all so obvious, I have distinct memories of learning about it in school.

To my surprise, within the last few years I learned there are actually seven senses. Who knew? These are the ones we should've learned about in school. Their names are nothing straightforward like touch, smell, sight, taste and hearing. The sixth and seventh senses are the vestibular sense and proprioception. Even just the sounds of the words make them intriguing to learn about!

This post will be mainly about the vestibular sense and why developing a child's vestibular sense should be a primary motivator for getting your kids in nature more often. I'll write about proprioception another time but just so I don't leave you hanging, proprioception deals with sensing what your different body parts are doing without looking at them.

The vestibular sense, also known as the balance sense, is the awareness of your body in space. The name comes from the word vestibule. This sense is quite literally a hallway to the brain. This hallway begins to develop in utero at just two months after conception. The vestibular sense is completely formed around five months after conception and movement in the womb will contribute to its development! The vestibular sense is the first fully functioning sensory system to develop!

I really loved learning about this sense because it immediately explained why kids are drawn to certain activities.



Each one of these activities is strengthening the balance sense and helping children learn where their body is in space.

Children love to swing. They love to twist the ropes of the swing and then spin as fast as they can. Kids will roll down hills over and over again. They love to play rough and tumble, hang upside down on monkey bars, dance, do somersaults, play leap frog and wheelbarrow race. I loved doing the crab walk as a kid. Youngsters love thrill rides at amusement parks and they even love to spin just for fun.

The vestibular sense goes back to the incredibly small hairs inside the inner ear. When we move, the fluid in our ears moves and stimulates those hairs, sending the brain information about where our body is in space. The more a child is out of an upright position, the more the fluid will move over the hairs, and the stronger the vestibular sense will become. Children need to put their bodies in all different positions and move them in all different directions in order to get that fluid moving.



The vestibular sense is a cornerstone sense because it affects the incorporation of all of the other senses. What does this look like? Children with a strong vestibular sense are more coordinated and better balanced. Kids who haven't fully developed their vestibular sense tend to be clumsy and run into things. They may not have a good understanding of personal space.

The progression of sitting to crawling to toddling to running during the first 15 months is a crucial time for developing the balance sense. It is vitally important that children are able to practice these skills on all different types of terrain so that their movements are not always linear. The variation of the outside surfaces will lend tremendously to sensory development. Children who are always on flat surfaces do not get the stimulation their bodies need. Add an extra layer of depth here by spending some time outside in bare feet. Learning foot flexibility will aid in sensory development as well.

Anytime we move the body or the head we activate vestibular sense. This activation sends signals to eyes telling them that they need to respond. I have written in other posts about the importance of strong eye muscles for academic success. Strong eye muscles help with both for reading and writing. We need to have eye muscles that are individually strong but also muscles that track well together. The retina has 137 million nerve endings that take in sensory information.

Playground equipment has changed over the decades. We no longer have the fast merry-go-rounds or the uneven metal bars for hanging upside down. We took our kids to a

CONTINUED ON NEXT PAGE

brand new playground a few months ago. It's a huge playground that's absolutely gorgeous and has one of those squishy floors all around it. There is no merry-go-round but there was this huge bird-cage like apparatus that fit tons of children inside. All our kids ran to it and climbed inside. It spun... but hardly. It barely moved. In a sense, I'm sure it was safer but it definitely wasn't contributing to the development of the vestibular sense!

Without even knowing what it was called, we have seen great sensory growth in our own children over the years. They jump from rock to rock like nimble cats. I'm astonished when I see the things they can do physically.

From an adult perspective, it's okay if you just want to watch. When you go through puberty the fluid in the ear canals will thicken, lengthening the amount of time it takes for the little ear hairs to return to their original position. This is why teens and adults tend to get motion sick more often than children. I remember trying to do a somersault when my kids were little and feeling absolutely awful afterward.

Adults do not need to spin but children do. It's okay and beneficial for them to become dizzy. In time, as they get used to all that fluid moving around in their inner ears, they will become more adept at navigating their surroundings. Spinning activities



lead to increased alertness, increased attention, and increased calmness. This must be why children are so drawn to them!

Movement during the day and throughout childhood is crucial. The importance here is monumental. Childhood is when children develop the vestibular sense and it's not happening while they sit still. Circle time, seat work, and computer lab sessions do not contribute to this type of sensory development. This is one reason why recess is so good for academics. Recess helps with brain development. It wakes the brain up so that the student is ready to learn more in the classroom setting.

Another time when children are keeping their bodies and heads almost completely still is when they are watching screens. Our toddlers have always had a hard time sitting through a movie and I think it's because their bodies are telling them to get up and move. Their brain needs to be stimulated by movement. Comparing and contrasting body and head movement between a child who is outside in na-

ture and a child who is inside in front of a television screen, clearly displays why there can be such vast developmental differences between children.

The great thing is that children are resilient! Any time during childhood you choose to increase movement, especially movements that stimulate balancing, you will assist your child in his or her ability to pay attention. Balancing activities help immensely with reading skills.

So what can you do? Head outside and utilize the uneven terrains. Roll down hills. Balance on logs. Skip over branches. Take whatever skill your child is working on right now and transfer it outdoors. Are they crawling, toddling, jumping, climbing, spinning, or skipping? Great! Now let them enhance those skills in the woods. Try out snow shoes, cross-country skiing, climbing a rope ladder, navigating around large rocks, using monkey bars, and walking through deep snow. All of these movements require significant balance skills.

In "Smart Moves, Why Learning is Not All in Your Head", Carla Hannaford writes, "In Denmark, fifty percent of the children spend between ages two and a half and six in Forest Kindergartens where they climb rocks, trees, hills, roll, jump, balance and play at least four hours a day no matter the weather. These children's vestibular systems are so well developed that learning difficulties and dyslexia are rare."

Whether we figure out how to fit nature into our schedules or not, childhood marches on. The time component is a big deal. We all want to feel good about the choices we are making, but the fact remains that if three or four hours a day is a benchmark that is coming up time and again, then four hours a week probably isn't going to cut it. Whereas 200 hours of outside time a year may seem like a lot from a pure numbers perspective, it really isn't anywhere close to what children need in order to develop properly.



The more we understand about the development of children, the more we can be confident in our choices to choose nature time! It's always worth our time to play outside.

Source: 1000 Hours Outside Blog
<https://1000hoursoutside.com/blog/the-incredible-importance-of-developing-the-vestibular-sense>

LegalShield:

From the trivial to the traumatic, and everything in between. Ever have that question “what am I supposed to do?” regarding your child care business (immunization exclusions, Rule 2 interpretation, etc.), your home or personal life (will, taxes, insurance, car accidents, etc.)? You can obtain advice from friends, family members and other providers but rarely do they have true legal knowledge. LegalShield is a pre-paid program which gives you access to legal advice and representation at an affordable (\$19.95/mo. family + \$9.95/mo. business) rate. Have a lawyer at your finger tips! As a MCCPIN member you have access to this plan with a slight discount.

Contact Cyndi Cunningham:
cyndisday@comcast.net or
651-470-4857 for more information and to sign up!

MCCPIN BOARD MEETINGS

Board meetings are the *third* Saturday of the month.

When: May 18, 2019
10:15am - 12:30pm

Location: Shakopee Public Library
Shakopee, MN

Meeting via conference call: 1-218-339-7800
access code: 3809643.

You may attend the meetings in person.
(Does not apply to online meetings.)

Future Meeting Dates:

June 15, 2019

Site to be determined.

July 20, 2019

No Meeting.



County Association Corner*

Your Association's activities, such as conferences, can be noted in this section in the future. When your association is a member of MCCPIN, your web site and contact information will be posted on the web site under Networking: County Association.

Join Today and Be Listed Here:

County Associations / Neighborhood Groups

- Carver County Licensed Childcare Association
- Dakota County Family Child Care Association
- Dodge County Family Child Care Association
- Goodhue County Licensed Child Care Association
- Pope County Family Child Care Association
- Provider's Pride - Champlin, MN
- Ramsey County Family Child Care Association
- Scott County Licensed Family Child Care Association
- Wright County Family Child Care Association



Check out our links to their web sites at:
www.mccpin.org/networking/CountyAssociations.

***New Association Benefit:** Access to a Trainer's Directory to assist in setting up trainings for your Association/ Group.

Minnesota Child Care Provider Information Network



MCCPIN

Membership Application

Send to: MCCPIN Membership
PO Box 1136
Prior Lake, MN 55372

Member Information

- Individual Membership**
- Provider Initial License Year _____
 - Advocate
 - County Association or Support Group
 - Agency or Organization Advocate
 - Renewal New Member

First name (County Association, Agency, Organization Name) Last Name

Business Name

Address

City

State

Zipcode

County

()

Telephone

()

Cell Phone

Email address (will not be shared or sold)

- Check here to receive information, newsletters, updates by email.
- I would prefer information sent through the U.S. Postal Service

- Accreditation/Education**
- NAFCC Accreditation CDA MLFCCA Credential
 - College Degree/Early Childhood Other _____ Not Applicable

Membership Options (Check or Cash Please do not send cash via mail)

MCCPIN \$48.00 1 year \$90.00 2 years

MCCPIN & NAFCC \$88.00 1 year

Note: NAFCC membership is discounted from \$45.00 to \$40.00 per year

On-Line payment: www.mccpin.org (Membership)

Payment Method: Credit Visa MasterCard

_____-_____-_____/_____
Credit Card Number CSC Code Expiration Date

Check Enclosed _____ (Check Number)

Cash _____ (Amount) _____

Receipt requested No Yes

For Office Use:

Total _____

Check # _____

Received _____

Initials _____

Date Added _____

Our Favorite Neighbor

FRED ROGERS

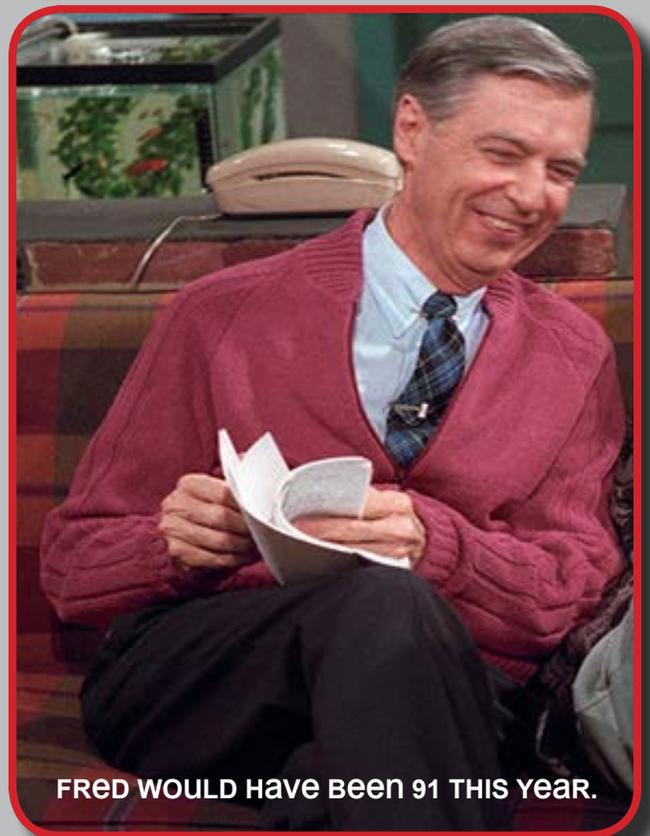
When someone turned the spotlight on Fred Rogers, he always turned it around and made it shine on others. So as a nod to Fred, I am turning the spotlight back to shine on you. You, too, make a lasting impact on the children and their families because there are things about your care...your eyes and your voice...that make it “feel like home.” And there’s a lot of evidence that tells us that’s the best environment for children to grow and learn.

There’s something in your eyes...

- when your eyes have a warm welcoming look that lets each child know, “I’m glad you’re here”;
- when your eyes say to a grownup who has a child in your care, “I know you’re doing the best you can”;
- when your eyes tell a child, “I’m really interested in what you’re doing”;
- when your eyes convey empathy as you listen to a child’s (or parent’s) concerns;
- when your eyes light up to let a child know you noticed that moment of finding self-control or sharing or helping another child.

There’s something in your voice...

- when your voice sounds like it’s really fun to sing together (whether or not you can carry a tune);
- when your voice sounds firm, but kind, to help a child stay in control;
- when your voice joins in a delightful laugh with a child;
- when your voice lets children know you love reading to them as you open a book at circle time;
- when your voice is respectful and caring when a child or parent shares a concern;
- when your voice is silent and you don’t say anything at all until you’ve really listened to children or their family tell you about something, whether it’s a big thing or a little thing.



FRED WOULD HAVE BEEN 91 THIS YEAR.

Thanks for all you do for and on behalf of children...and thanks for being our neighbor.

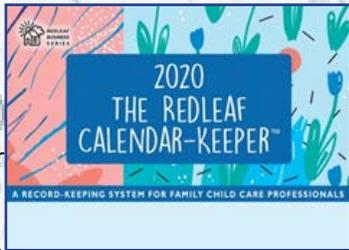
Fred Rogers Center

Source: Hedda Sharapan
M.S. Child Development
PNC Grow Up Great Senior Fellow
hedda.sharapan@stvincent.edu
<https://vimeo.com/user24645136/review/158636717/3b8951a784>

Red Leaf Press 2020 Calendar

Is your Association or local group interested in purchasing 2020 Redleaf Press Calendars?

If you are interested and have not been participating in the program with the Scott County Licensed Family Child Care Association, you can pre-order calendars in May from Deloris Friske for your group. Contact: 952-492-3827 or friske@frontiernet.net and put 2020 Calendar Keeper in the subject line.



The cost will be \$12.50 plus shipping and handling if you are not on the delivery route. The cost of a calendar from Redleaf Press next year will be \$18.95. The calendars arrive the last week of August or first week of September.

Parent Resources

Coming soon on the Member Only page of the MCCPIN's web site (www.mccpin.org) will be a tab for Parent Handouts. (Do you remember how to log into the Member only page? If not, see page 13 for directions.) Theresa Peplinski, the South East Regional Representative for MCCPIN, is working on her degree in Child Development and for her course work is creating a series of informational sheets for parents. Members are welcome to download and print the handouts for parents in your child care. Thank you, Theresa, for sharing your talents with the MCCPIN membership. Theresa is planning to develop many handouts on topics of common concern to parents and that promote family child care as a parent child care choice. If a member has a subject they would like researched and developed into educational materials they should contact Theresa with the request.

Theresa Peplinski
507-254-6984
theresapep@gmail.com

BENEFITS OF FAMILY MEALTIME IN FAMILY CHILD CARE

Our child cares fit the picture of a family. Studies indicate that families who eat together are healthier and happier. The meals we serve will create a safe and stable environment for your children to connect and talk about their day. Family mealtime allows children to learn and practice social skills, table manners, and conversation skills. Studies have also shown that children benefit academically from family mealtime. They have increased focus on homework and read for pleasure, and they develop better language skills and vocabulary.

If you participate in the Child and Adult Care Food Program or preparing meals as outlined in Rule 2, our meals are probably healthier than the children receive in their home setting. Parents often have meals eaten away from their home which contain more fat, sodium, and calories. Several studies support that regular family meals are linked to increased consumption of fruits, vegetables, grains, and other healthy food choices. These choices are also associated with a decreased risk of obesity in children. Parent's and provider's busy lifestyles make it a challenge to get the family together. Family meals can include quick and easy options using the crock pot or pairing carryout (pizza or chicken) with a salad or other side dish at home. The more frequently family meals occur, the greater the benefit.



Researchers recommend making family mealtime a priority at least four times a week. Providers often have this opportunity five times a week and maybe several times a day! Share with parents to keep meals simple and involve children in mealtime preparation. It's the time spent together with no distractions (TV, phone, etc.)—not a complicated, gourmet meal—that is important!

Sources: Purdue Extension (www.eatgathergo.org/gather/benefits-of-family-mealtime).
North Dakota State University Extension (www.ag.ndsu.edu/food/health-and-nutrition/eatsmart/eat-smart-play-hard-magazines-1/2009-eat-smart-play-hard-magazine). University of Florida Extension (edis.ifas.ufl.edu/pdf/files/FY/FY1362).



Minnesota Child Care Provider Information Network MCCPIN.org

- Membership Benefits
- Membership Form
- 2019 MCCPIN Elections
- Universal Discounts
- Training Fees for Members
- Member Page - Member Login Required
- Parent Handouts - Member Login Required
- Association Benefits - Trainer Directory
- In The NEWS !

ed by family child care
y child care providers.

Home Education Provider Resources **Membership** Public Policy and Advocacy More

Membership

Login Directions for Member Benefits

To access the Member Benefits Page on the MCCPIN website:

1. Go to the MCCPIN website: MCCPIN.org.
2. Mouseover the Membership option on the Home page (see screen shot above).
3. Click on the page you wish to visit:
 - Training Fees for Members
 - Member Page - Member Login Required
 - Parent Handouts - Member Login Required.
4. When the Guest Area box appears, type in the password: mccpinmember (all one word with lower case letters. See diagram to the right).
 - If you are an Association logging into the Association Benefits page the password is: trainers (all lower case letters).

Guest Area

Please enter the password below.

Password

TYPE:
mccpinmember
here.

←

A R E N E W A B L E Resource For Play

Did you know that in 2005 the cardboard box was inducted into the National Toy Hall of Fame?

From the beginning of cardboard packaging late in the nineteenth century, children have delighted in the creative possibilities embedded in the open-ended cardboard box. As toys become increasingly complex, expensive, and computer-chip driven, it seems a good time to consider the virtues of the cardboard box.

Even in 2019, with all the manufactured goodies that surround them, the opportunity to imagine and create that a cardboard box provides is irresistible. Many rueful parents note that their little ones often prefer the box that the toy came in over the toy itself, often more limited in its uses.

Cardboard boxes fall into the category of "loose parts", a phrase coined by architect Simon Nicholson, as he carefully considered landscapes and environments.

Nicholson believed that we are all creative, and "loose parts" in the



environment stimulate and enhance that creativity. Think of loose parts as just stuff, either natural or man-made, that can be used in any way that the child's imagination and creativity decides.

Loose parts can be used alone or along with other materials. They are materials that can be moved, carried, combined, redesigned, taken apart or put back together in endless numbers of ways. They can be used without any directions. Children provide the directions.

When you think of loose parts, think open-ended. Open-ended allows for real exploration and learning, with

Source: www.growingchild.com

kids' ideas providing the engine. Nothing has been pre-determined or suggested, by either the manufacturer or the marketer. The loose part, like the box, is a blank slate waiting for the child's thoughtful imprint.

Why are loose parts so important for children? The early years are all about creating what Erikson called a sense of initiative, a belief that a child is capable of developing good ideas.

To foster this confidence, kids need plenty of occasions and opportunities when they are in the driver's seat, the ones who have the thoughts and can carry them out.

When materials are open-ended, there is no possibility of failure. One idea that doesn't work may morph into another that does. Loose parts offer unlimited possibilities for success.

Boxes, of course, are not the only loose parts around your home. Consider the items that go into your recycling bin weekly,

always with an eye for safety.

All those plastic containers, paper towel or toilet paper tubes, food boxes of various sizes - consider keeping a plastic bin of them near your child's play area, along with supplies of duct tape and glue, and see what happens.

Natural items, such as rocks, shells, branches, pinecones could go in another basket.

And save those big packing boxes!

How to Make Cloud Dough Recipe

(Colorful & Taste Safe)

Learn how to make a colorful cloud dough recipe that is taste safe to enjoy with your toddler. With only 3 ingredients the cloud dough recipe is just what you may be looking for and great for sensory play! Cloud dough is also known as fairy dough.

This sensory dough is traditionally made with flour and baby oil. Cloud dough is fluffy, dry and does not stick to your hands like the oil it is made of. The cloud dough uses vegetable oil to make it edible and ultimately taste safe. Edible does not mean eat it by the spoon full! Edible means that if your toddler were to take a taste, the toddler would be perfectly fine. Making the cloud dough is also very easy and does not take much time. Children love the feel of cloud dough.

HOW TO MAKE CLOUD DOUGH

To make cloud dough mix in the 1:8 ratio. That is 1 cup of oil to 8 cups of flour.

You will need:

- All purpose flour (8 cups)
- Vegetable oil (1 cup)
- Oil based food coloring or powder food coloring
- a bowl for mixing
- a sensory tub for playing in



For a variety of colors use 2 cups of flour per color with 1/4 cup vegetable oil. Please use your kitchen measuring cups and don't guesstimate or your cloud dough recipe will be too wet. Let the older children practice measuring.



HOW TO COLOR CLOUD DOUGH

For the coloring there are two options. You can use powdered coloring and mix it in the flour before adding the oil or you can use oil based food coloring and pre-mix it in the oil before adding it to the flour. You can use the tip of a teaspoon to add more color resulting in a deeper and darker color.

Next, mix your ingredients in a bowl. You will have to get your hands into the mix to pinch the flour to distribute the oils and coloring.

Once mixed, line the colors up in your sensory bin and provide various items to play with such as a kitchen measuring set. Ideas for other items to use in the cloud dough sensory bin included a wooden train set, cars, animals and a tea set. If you do this activity indoors, a large bed sheet is recommended for under the sensory tub to catch those little messes.

The author loved how the colors turned out although noted that she might not make the green as it turned the entire bin a grey washed out purple when everything was mixed together.

Author Nicolette Roux

Extensions: Talk about clouds and the sky. Read books about clouds and the sky. Watch the clouds in the sky.

Another First for MCCPIN!

MCCPIN collaborated with the Ramsey County Family Child Care Association to sponsor a four hour training held following the MCCPIN annual meeting. The event was facilitated by the Ramsey County Association who selected the site and the speaker, Jessica Rogers. Coordination by Brenda Hruza and Kate Bridgeman from the Association resulted in a very successful event. Topics for training were selected focusing on the needs of Ramsey County Family Child Care Association members. Sixty-five providers attended. Thank you, Ramsey County Family Child Care Association for this venture with MCCPIN!



MCCPIN Officers and RCFCCA Facilitators

Left to Right: Brenda Novack, Deloris Friske, Cyndi Cunningham, Angelique Bruggeman, Lisa Lindboe, Linda Schesso, Kate Bridgeman, Brenda Hruza.

Chicken BLT Salads

Serving Size: 1 salad | Serves: 4

Ingredients:

- 4 turkey bacon strips
- 8 cups lettuce (washed and torn into bite-sized pieces) (green leaf, iceberg, red leaf, or romaine)
- 2 cups tomatoes, chopped
- 2 cups boneless and skinless chicken breast (cooked and chopped)
- 4 tablespoons light salad dressing

Instructions:

1. Cook bacon according to package directions. Crumble or cut up into small pieces.
2. Put two cups of lettuce on each plate.
3. Top each plate of lettuce with 1 strip of bacon (about 2 tablespoons) and 1/2 cup tomatoes. Add 1/2 cup chicken and 1 tablespoon salad dressing.

Nutrition information per serving:

200 calories, 7g total fat, 1.5g saturated fat, 0g trans fat, 75mg cholesterol, 370mg sodium, 8g total carbohydrate, 3g fiber, 5g sugar.

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.



Board of Directors

Officers and Chairs

- President**
Linda Schesso
952-445-2240 schesso77@yahoo.com
- Treasurer**
Deloris Friske
952-492-3827 mccpintreasurer@gmail.com
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Brenda Novack
507-330-3110 mccpinmarketing@gmail.com
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210-374-4062 mccpineducation@gmail.com
- Membership Chair**
Angelique Bruggeman
952-237-7351 mccpinmembership@gmail.com
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Cyndi Cunningham
651-470-4857 mccpinpublicpolicy@gmail.com

Regional Representatives

- SE Regional Representative**
Theresa Peplinski
507-254-6984 theresapep@gmail.com
- SW Regional Representative**
Open Position
If you're interested contact MCCPIN.
- NE Regional Representative**
Rita Craiglow
218-259-2580 mothergoose4us@yahoo.com
- NW Regional Representative**
Open Position
If you're interested contact MCCPIN.
- East Metro Regional Representative**
Lisa Lindboe
612-618-2900 happyheartsrock@gmail.com
- West Metro Regional Representative**
Open position.
If you're interested contact MCCPIN.



NEWSLETTER SUBMISSION DEADLINES:

- Summer** - MayDeadline April 1
- Fall** - AugustDeadline July 1
- Winter** - November.....Deadline October 1
- Spring** - FebruaryDeadline January 1

NEWSLETTER CONTRIBUTORS:

- Deloris Friske | Family Child Care Provider
- Brenda Novak | Family Child Care Provider
- Linda Schesso | Family Child Care Provider

Community Playthings, Food and Drug Administration, Iowa State Extension, Elyssa McGregor, Nicolette Roux, Hedda Sharapan, Ginny Yurich

MISSION STATEMENT:

The Mission of the Minnesota Child Care Provider Information Network (MCCPIN) is to support, promote, and strengthen the profession of family child care, thereby enriching the lives of providers, children, families, and communities.

DISCLAIMER:

Minnesota Child Care Provider Information Network (MCCPIN) does not recommend or endorse any specific products or services in this newsletter, nor do the leadership and editors always agree with all viewpoints expressed by authors of articles.

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Newsletter submissions can be emailed to Deloris Friske at: mccpintreasurer@gmail.com.



Provider Appreciation Day®

**PROVIDER APPRECIATION
DAY® IS MAY 10, 2019**

**PROVIDER APPRECIATION DAY® IS A
SPECIAL DAY IN MAY TO RECOGNIZE CHILD
CARE PROVIDERS, TEACHERS AND OTHER
EDUCATORS OF YOUNG CHILDREN
EVERYWHERE.**

www.providerappreciationday.org

Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this even has grown each year and recognition presently includes individuals and government organizations throughout the United States. It's important that we recognize the value of our child care providers year-round.

**Plan a
parent/provider
picnic**

**Hang banners or
posters**

**Purchase a new
piece of equipment
for your child's
provider**

**Give a gift certificate
to a child care
provider**

**Send a Press
Release to your local
Newspaper**

**TELL YOUR CHILD
CARE PROVIDER**

**THANK
YOU!**



Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of providers, children, families, and communities.