



# Minnesota

# Child Care Provider Information Network

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

Spring 2020 / Volume 4, Number 1

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## Strategic Planning... Listen, Envision, Plan, Execute, Evaluate

By: Deloris Friske

Your MCCPIN board gathered on January 11th for a strategic planning session. A strategic planning session involves listening to our members through the surveys MCCPIN has used to gather information and legislative ideas you want MCCPIN to support. MCCPIN also took into account those agencies that support licensed family child care providers and what they are currently doing. From this information and feedback that board members took from you directly, MCCPIN did a SWOT exercise listing the current Strengths of MCCPIN, Weakness, Opportunities and Challenges or Threats.



The next step in the process was to envision. The board first looked at the mission statement and a motion was made to add the word "licensed" to the mission statement. The mission statement now reads:

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

A vision statement projecting the organizations goals for 2020 and beyond was created based on the SWOT analysis and revised mission statement.

**Licensed family child care providers will be empowered to be successful early childhood educators and business owners. Families and communities will have access to quality early childhood education settings to be able to accomplish their individual and collective goals.**

The next step in the strategic planning process was to plan how to achieve the mission and the vision for the future. Board members listed ideas on how to reach the mission and vision with fifteen ideas. Through a voting process this was narrowed to three concepts to work on for the next three to five years.

1. Engaging providers
2. Promote accomplishments and explain value
3. Conferences and Trainings

CONTINUED ON NEXT PAGE

The final step of our day was to put some steps in place for each plan.

If you are interested in becoming part of this dynamic process or have an interest in becoming a board member, contact Linda Schesso at 651-636-1989, MCCPIN's telephone number or email Linda at [schesso77@yahoo.com](mailto:schesso77@yahoo.com).



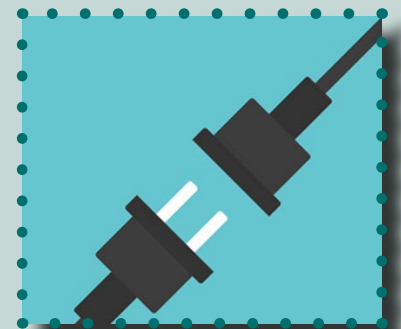
Left to right: Lisa Lindboe, Brenda Novack, Angelique Bruggeman, Theresa Peplinski, Deloris Friske, Cyndi Cunningham, Linda Schesso

# Personal Provider Care Tips

## How to Get Your Life Back! Ideas to Unplug

With endless movies, TV shows and video games available to us 24/7, it's become too easy to spend all our free time on electronic devices. If you and your family are looking for ways to unplug, consider these ideas:

- **Turn off notifications.** Hey! Guess what? Bill just posted a photo of his dinner! And look at this! Minneapolis just set the world record for the largest pillow fight! Let's be honest. Most alerts you get on your phone are meaningless, yet we allow them to steal our attention several times a day. Review your phone settings and turn off all non-essential notifications to keep you focused on the things that are important to you.
- **Ration your screen time.** Limiting time in front of a screen is important for both you and your kids. Setting daily screen limits is a good way to keep your media consumption under control and allow for guilt-free time when you just want to scroll through social media or watch a movie.
- **Make a reading goal.** Set a goal (with prizes at the end!) for yourself and your children to read a certain number of books before summer begins. According to the Chicago Tribune, because reading is an active activity (not passive, like watching TV), "it reduces stress, promotes comprehension and imagination, alleviates depression, helps you sleep, and may contribute to preventing Alzheimer's." These are great results!
- **Schedule phone-free activities.** Plan a get-together with friends or family but with a catch — phones need to be checked at the door. That way you and your guests can focus on each other without the constant distraction of a phone.
- **Plan to start a new outdoor hobby....as soon as the winter gets done!** Getting outside is a great way to separate yourself from your electronics. By finding an outdoor hobby that interests you, like hiking, walking, gardening and camping when the season cooperates, you'll have an activity that takes your attention away from your phone and provides added benefits, like exercise and vitamin D.



By getting your electronic habits to a manageable level, you'll free up more time and energy to live to the fullest.

Source: <https://www.beliveaulaw.net/2019/06/get-your-life-back-ideas-to-unplug/>

# Fail-Proof Your New Year's Resolutions



**N**ew Year's resolutions get a bad rap — and for good reason. They are wildly unsuccessful. Actually by the time you receive this newsletter, most resolutions have failed to become enacted.. Millions of people have well-intentioned aspirations for the new year, but only about one in 10 actually accomplish their goal, according to the Statistic Brain Research Center.

If you dig a little deeper into the reasons why they fail, you find it's usually not the resolution itself, it's in the execution. Here are four popular resolutions and how to avoid messing them up:

1. **Resolution #1: Becoming healthier.** The most popular resolution can take on many forms — losing weight, getting in better shape, eating healthier, and so on. This resolution usually fails because to be successful, it takes a major lifestyle change. You're fighting against months or maybe years of poor behaviors, so expecting wholesale changes right out of the gate is not reasonable.

**Make it fail-proof:** Start with smaller, simpler goals like not eating after 8 p.m., or exercising for 20 minutes a day for three times a week. Hitting manageable goals will build momentum and create good habits.

2. **Resolution #2: Spending less money.** Depending on how much you spent on Christmas, this one might take care of itself for a few weeks. But if you don't have a spending plan or budget, old spending habits will re-emerge.

**Make it fail-proof:** Take some time at the beginning of the year to jot down some long-term spending and savings goals and then work backwards to figure out how those goals will affect your weekly purchases. As the year goes on, continue to track your progress and evaluate your purchases.

3. **Resolution #3: Getting more organized.** Going from being disorganized to organized is not a quick fix. To make the switch, it takes an evaluation of your entire environment. Most people don't have the time for such an extensive process so they buy some bins, stuff them full and call it good. That's not going to work and it'll cost you money.

**Make it fail-proof:** Instead, start small. Pick one room in your house or one aspect of your life to focus on, like health care bills or your tax documents. Once you get some traction, you can apply the methods you learned to other things. Incremental improvement is the best long-term approach.

4. **Resolution #4: Spending less time on electronics.** If this is a resolution that's important to you, odds are you've had some trouble keeping electronic usage under control. With so many games, social media and streaming options at our fingertips, our brains are now conditioned to be engaged electronically at all times.

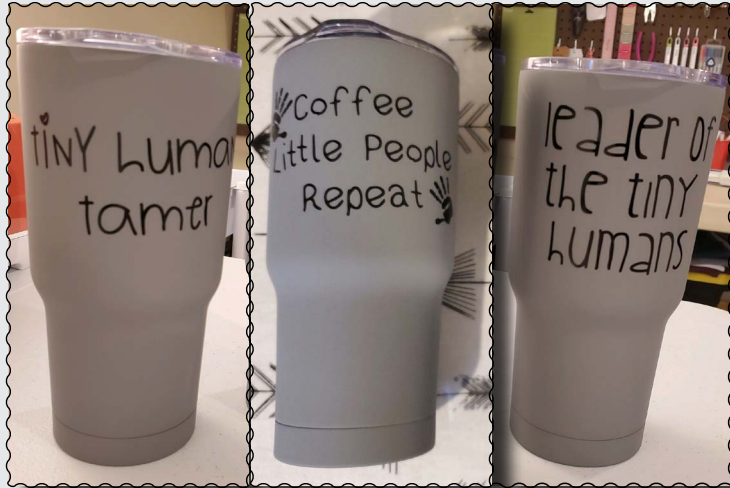
**Make it fail-proof:** One way to start to break this habit is to change the accessibility you have to your devices. Remove apps from your phone and keep your devices out of reach when you don't need them. Another way to curb electronic usage is to form a different habit, such as reading.

Resolutions, whether at New Year's or any other time, are a good thing. To be successful, more planning and attention are required than most people think. And if you slip up, don't quit! Learn from your mistakes and keep going.

Source: Sue Weller, S & K Income Tax and Accounting, [www.sk-incometax.com](http://www.sk-incometax.com), Phone: 651-455-0797

# ITEMS FOR SALE

Look for MCCPIN at conferences this spring. Beverage containers with two short sayings will be for sale.



Thank you to providers who purchased the t-shirt with the logo "Child Care Providers Inspire, Teach, Love. The future of Minnesota is in our care". Look for a new design this spring.

# Parent Resources

On the **Member Only** page of MCCPIN's website is a tab for Parent Handouts. You will need to log in as a member to access the pages and print them. Here are the topics available to date prepared for MCCPIN by Theresa Peplinski from Rochester:

- Biting
- Pacifiers
- Sleep
- Screen Time
- Toilet Training
- Play
- Tantrums (See page 11 for this article.)
- Teething

Click here to go to our website: [www.mccpin.org](http://www.mccpin.org)  
Member code to access articles: mccpinmember.

# NEW

## New Business Services and Products Page on Our Website

**MCCPIN** is offering to businesses the opportunity to share their services and products as a business member of MCCPIN. You will see information each quarter on Constant Contact memos from these businesses as well as being able to locate their contact information on MCCPIN's web site on the Business Services and Products page. Invitations were recently sent out and the following businesses are participating.

- Affiliated Insurance Services
- Funshine Express
- Preferred Insurance Services
- Linen and Leah - Fitted sheets for port-a-cribs.

<https://www.mccpin.org/business-services-products>



The following article is from New York but may be an eye opener for policy makers in Minnesota regarding the crisis of family child care providers leaving the field.

# HOW UNIVERSAL PRE-K DRIVES UP FAMILIES' INFANT-CARE COSTS

**An unintended consequence of free school programs for three- and four-year-olds is a reduction in the supply of affordable child care for kids younger than two.**

Bronx daycare owner Angela Salas suspects it's no coincidence that ever since New York City's free preschool program for three-year-olds arrived in her borough, her popular home-based child-care program has struggled.

It's not for a lack of demand, says Salas: Her family day-care is as sought after as ever, with parents paying up to \$385 a week. But with new, free public preschool available for three- and four-year-olds less than two miles away, the kids enrolling in Salas's home-based program are now almost all very young. This makes for a costly business, as state regulation requires much heavier staffing for babies and toddlers than it does for older children. "I need to keep the three-year-olds in order to survive," says Salas.

Salas used to hire two women at her daycare; now she needs four to meet licensing requirements. She's raised tuition by \$10 a week. It's still not enough to make up for the cost of added staffing, she says. But if tuition goes any higher, few neighborhood parents will be able to afford it. "I don't think I can sustain my business one more year if it continues this way," says Salas.

The road to such unintended consequences is rooted in simple economics: Caring for an infant costs far more than caring for a preschooler.

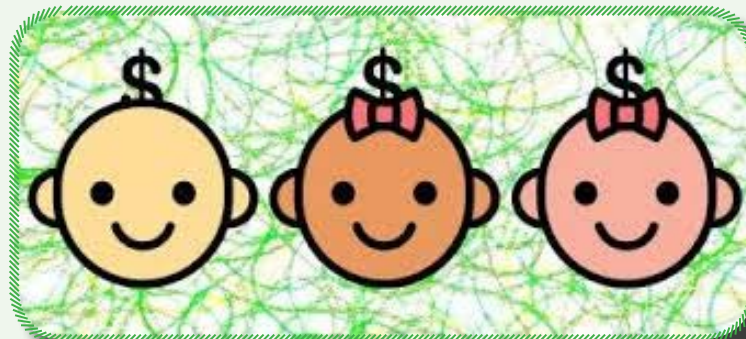
All across the country, public preschool programs have been proliferating, to great fanfare. Washington, D.C.'s universal program is applauded for boosting labor-force participation of low-income mothers with young kids. And New York City's Mayor Bill de Blasio credits his Pre-K for All program for higher test scores and a smaller ethnic and racial test-score gap among elementary school children who participated in the program.

But a seldom-discussed unintended consequence of these free programs for three- and four-year-olds is the toll they take on the already limited supply of affordable child care for children younger than two, especially babies. It's a strain that can have far-reaching consequences for families.

The problem is rooted in simple economics. Caring for an infant costs far more than caring for a preschooler—in some places three times as much. But differences in tuition between the two age groups rarely cover the difference. It's the tuition for the three- and four-year-old preschoolers that make it possible for most child-care programs to look after babies. So when programs lose their preschoolers, they're losing their "most profitable children, and they potentially

have trouble staying viable," says Jessica Brown, an economist at the University of South Carolina.

Because of their small size, family child-care programs like Salas's, which are run out of providers' own homes, are likely the hardest hit of all.



"Because they have so few kids in the first place, family child-care providers have limited ways to recover from that and to keep serving families," says University of Virginia doctoral student Justin Doromal, whose data regarding the spate of family child care closings in North Carolina recently made the rounds on early-education Twitter.

Doromal and Brown are among a small but growing group of researchers who study what providers like Salas have been living, and are working to quantify just how much of a toll public preschool programs may (or may not) be taking on infant and toddler care. While many of their findings are still emerging, taken collectively, they suggest that the very pre-K programs that are the pride of so many cities and states can squeeze the supply of affordable infant and toddler care, forcing some programs to close and others to raise their prices so high they render them unaffordable.

Pre-K initiatives that lack strong ties to the child-care in-

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dustry can lead to higher child-care costs, reduced employment, and lower parental lifetime earnings.

In Illinois, for example, the advocacy group Illinois Action for Children attributed 16 percent of 610 child-care center closings during a five-year-period to competition with public pre-K. In California, research by the Child Care Resource Center identified the growth of public preschool as a key factor for thousands of shuttered family child-care businesses across the state between 2008 and 2017, adding up to a 30 percent decline in the number of these programs.

And Brown estimates that New York City would have 20 percent more seats in child-care centers for children younger than two were it not for the city's popular Pre-K for All program. Poor neighborhoods suffered the biggest blow, according to Brown's analysis.

Perhaps recognizing this issue, in New York City, in what some in the field regard as a grand experiment, family child-care programs will soon be eligible to participate in the city's 3-K for All program that offers free programs to three-year olds in many of the city's school districts. Key to preserving child care for babies, home-based 3-K programs will be encouraged to continue enrolling infants and toddlers alongside the three-year-olds receiving free public preschool.

It's a move considered controversial by some—unlike 3-K for All teachers in schools, family child-care 3-K teachers will not need to have a teaching credential and will continue to make far less money, leaving some concerned that the small, mixed-age 3-K programs will be of lesser quality. But it's a compromise that could help to expand the city's 3-K program while also protecting some of the infant and toddler child-care slots that so many working families, and their employers, depend on.

Loss of any form of affordable child care affects many families with young kids, but when a community loses slots for babies, it leaves families with scarce options, nudging some parents out of the workforce, and others towards providers who may cut costs by reducing quality, or caring for more children than is legally permitted, or safe.

"Pre-K initiatives that lack strong ties to the child-care industry can lead to higher child-care costs, reduced employment, and lower lifetime earnings for parents with young children," wrote economist Lori Taylor of the Bush School of Government and Public Service at Texas A&M University in 2014. "Many of the near-term gains to the parents of four-year-olds could be offset by losses to the parents of children three-years-old or younger."

Cutting back on quality is a bad idea for kids of all ages, says Brown, but perhaps especially for babies and toddlers, whose brains are developing at a rapid clip. "There's a lot of research showing that the earlier that you are able to intervene, the larger an impact it has on later life, so your environment at two might even have a larger impact than your environment at four," she says.

Sumon Chin, director of Asian child-care resource and referral at the Chinese-American Planning Council says that parents who are new to the country often seek out home-based providers who speak their language and "provide food and a home environment" culturally similar to their own. Many work low-wage jobs at nights and on weekends, and family child care is a lot more flexible than centers in terms of hours and pay, says Chin. "Families have a lot less options now, especially those who have young children under the age of three."



One thing is certain—no one is suggesting that cities or states roll back their public preschool programs to protect infant and toddler care. On the contrary, the case for high-quality public preschool continues to gather evidence and momentum. Many of the Democratic presidential candidates have embraced universal child-care policy plans that could help accomplish this, so long as compensation for infant care reflects its

true cost. Advocates say the goal should be to continue to grow public preschool, but to do it in a way that strengthens all early education settings, for all kids, from birth to their fifth birthdays.

Also, areas that offer public preschool not only in schools, but in a wide range of child-care settings help child-care programs hold onto preschoolers. Several states and cities, including New York City, have taken this route by offering public preschool in child-care centers, but few have meaningfully partnered with family child care: New York's move to do so may be the bellwether.

For Salas, who has the credentials needed to enlist in 3-K for All, the decision to participate in New York's program when it opens to family-child care centers like hers in the coming year is a no-brainer. Of course she will, says Salas. The math is simple: "I cannot sustain this business with only babies and twos."

#### ABOUT THE AUTHOR Kendra Hurley

• @KENDRAHURLEYNYC • FEED

Kendra Hurley is a New York City-based writer and researcher. Her work has helped fuel reform and shape policy in areas including early education, homeless services, and child welfare.

Source: <https://www.citylab.com/life/2019/12/daycare-cost-toddler-prek-school-infant-affordable-childcare/603601/>

**Required  
Supervision Class  
Offered**



Send to: MCCPIN  
P.O. Box 1136  
Prior Lake, MN 55372  
  
651-636-1989



**Chapter  
9502**

## **In the Know: Navigating Family Child Care Licensing Roads & Rules**

**&**

### **Active Supervision: Self-Care & Privacy**

**March 14, 2020**

**8:00 a.m. – 12:15p.m.**

**Portland Avenue United Methodist Church  
8000 Portland Avenue South  
Bloomington, MN 55420**

**Trainer: Cyndi Cunningham**

**ACTIVE  
SUPERVISION**

**DEVELOP approved. In the Know: Navigating Family child Care Licensing Roads & Rules KCF: VI Professionalism (2 hours) Active Supervision: Self-Care & Privacy KCF: VII.B Ensuring Safety See back side or page two for course descriptions.**

**Providers  
Working for  
Providers**

**MCCPIN\***  
**Minnesota Child Care  
Provider Information  
Network** State Association  
for Family Child Care  
Providers. Check \_\_\_\_\_  
Credit Card: Name on the Card \_\_\_\_\_

Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Exp. Date: \_\_\_\_\_ - \_\_\_\_\_ CVS:  
(3 numbers on back) \_\_\_\_\_

Name \_\_\_\_\_ DEVELOP # \_\_\_\_\_

Address \_\_\_\_\_ County \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_

Fee: \_\_\_\_\_ MCCPIN **Member** \$25.00 March 14th Class (4 hours)

\_\_\_\_\_ **Non-Member** fee \$40.00 for March 14th class (4 hours)

\_\_\_\_\_ MCCPIN Membership & Course fee \$58.00 (4 hours) Membership is \$48.00 per year with \$10.00 for the 4 hours of training.

Register on-line at [mccpin.org](http://mccpin.org) No Refunds. Add \$5.00 for walk-ins. Limited to the first 30 who register.

## **In the Know: Navigating Family Child Care Licensing Roads & Rules**

**&**

## **Active Supervision: Self-Care & Privacy**

### **In the Know: Navigating Family Child Care Licensing Roads & Rules**

**KCF:** VI Professionalism; **CDA:** VI

2.00 Hours

**Description:** Empower yourself to be a more effective and confident licensed provider. Explore the licensing system for DHS, county licensing units and licensors. Discover how to clearly navigate licensing rules and laws. Strengthen your understanding of the Family Childcare licensing system and recognize how to navigate it.

#### **Learning Objectives:**

- 1) The participant will be able to identify which governing body can assist them in resolving a question or challenge regarding their Family Childcare license.
- 2) The participant will be able to access Rule 2 topics to ensure compliance with specific situations.

‘Interpretation’ of Licensing Rules will not be provided. Participants will be instructed on reading & understanding the rules and where to go for finding clarification/interpretation, i.e. to licensor & DHS.

### **Active Supervision: Provider Self-care and Privacy**

**KCF:** VII.B Ensuring Safety; **CDA:** I

2.00 Hours

**Description:** Meets the Family Child Care provider annual supervision training requirement. This training curriculum will define MN DHS Rule 2 Licensing standards and best practices regarding supervision in family child care settings; identify the effects of provider stress/depression on supervision of and interaction with children; and identify appropriate self-care and privacy strategies that promote effective supervision and safety in child care.

#### **Learning Objectives:**

- 1) Define MN DHS Rule 2 Licensing standards and best practices regarding supervision in family child care settings what’s expected
- 2) Identify the effects of provider stress/depression on the supervision of and interaction with children, what’s the challenge
- 3) Identify appropriate self-care and privacy strategies that support safety and supervision when working with children Solutions



# 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!



# Minnesota Child Care Provider Information Network

## MCCPIN

### Membership Application

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

#### Share With a Peer

#### 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](http://www.mccpin.org) (Membership)

For Office Use:

Total \_\_\_\_\_

Check # \_\_\_\_\_

Received \_\_\_\_\_

Initials \_\_\_\_\_

Date Added \_\_\_\_\_

Payment Method: Credit ☐ Visa ☐ MasterCard

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_/\_\_\_\_\_  
Credit Card Number CSC Code Expiration Date

Check Enclosed \_\_\_\_\_ (Check Number)

Cash \_\_\_\_\_ (Amount) \_\_\_\_\_

Receipt requested ☐ No ☐ Yes



# TANTRUMS

**ALL CHILDREN HAVE THEM, MANY PARENTS FEAR THEM**

**Pick your tantrum type. Respond appropriately.**

During a **Non-Distress Tantrum**, the child may act distressed, but they are not desperate or panicked. They want control of the situation. Children use this type of tantrum because they have learned that it will get them what they want. The more this type of tantrum is rewarded with attention, the more the child will use this behavior. Parents need to make sure the tantrum is not a **Distress Tantrum** and do not reward your child by giving in to their demands.

**Parent role:** Walk away - Do not attempt to reason, argue, or persuade - Say NO. And mean it - Be firm and clear - Use humor and play when appropriate.

**Distress Tantrums** mean your child's internal alarm systems have been activated. It may be over something simple, but they are not able to regulate their emotions. They may: scream, fall down, kick. All they can to do is express huge emotions. These tantrums happen because children have not developed the ability to manage big feelings, like disappointment, frustration, or anger and when children are over-tired.

**Parent role:** Soothe and comfort the child  
You may choose to: Use a calming tone of voice - Distract your child - Hold your child - Remember their distress is genuine.

**Tantrums cannot be prevented**

**Consistency, routine, and adequate sleep will reduce tantrums**

**Know your tantrum types**

**This too shall pass**

**Less talking is often better**

## RESOURCES

[Zerothreeto.org](http://Zerothreeto.org)

[The Science of Parenting by Margo Sunderland](#)

[123 Magic – Effective Discipline for Children ages 2-12 by Thomas Phelan](#)

[Sleepfoundation.org](http://Sleepfoundation.org)



Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of providers, children, families, and communities.  
[www.mccpin.org](http://www.mccpin.org)

# SLIPS, Trips and FALLS



Family Child Care Liability Insurance companies send tips to providers on various topics relating to keeping children safe and accident free. The following suggestions were in a recent newsletter from Assure Child Care.

According to the National Safety Council (NSC), “falls are one of the leading causes of unintentional injury in the United States [leading to] 8.9 million visits to the emergency department.” Slips, trips and falls (STF) are costly and often have hidden costs associated with them, such as lost productivity and goodwill, need for repairs, and client turnover. The good news about STFs is that they are preventable and there are solutions available.

There are 4 main causes of STFs:

## 1. Walking Surface Conditions

- Slippery surfaces, changes in friction (from smooth to rough or from carpet to smooth surfaces)
- Poorly maintained surfaces (raised spots and low spots)

## 2. Level Changes

- Ramps, steps, curbs
- Lack of handrails
- Non-uniform or too steep steps

## 3. External Conditions

- Poor Lighting
- Weather related hazards (rain, snow, ice)
- Substances that reduce friction (oil, water, mud, cleaning agents)
- Cluttering of objects (obstructing walking paths)

## 4. Human Conditions

- Physical capabilities of different people
- Footwear (heels, worn out shoes, flip-flops)
- Distractions (texting, talking, not looking where you are walking)

## Simple solutions

- Put a doormat/walk mat at entrances
- Note where elevation changes suddenly and mark them (paint, distinguishable colors)
- Clean up cluttered areas on floors and pathways and remove cables in walking areas
- Plan for substance removal (spills, ice, snow) – it is recommended to keep a log of work as well
- Repair cracks, carpet snags and uneven spots
- Use good handrails anywhere elevation changes more than 3 steps or 3 feet
- Maintain good lighting inside and outside (check light bulbs at night)
- Routinely look for and identify STF hazards, record them, and repair/remediate them

STFs can happen to everyone at/in your child care facility, including the caregiver themselves, the parents while on the premises (dropping kids off or picking them up), and the children while playing. Being proactive and quickly remediating the STF hazards will greatly reduce the likelihood of an accident.

Source: <https://www.safety.af.mil>



# Spectacular Saturday Training Event

4 Hours Training.

Sponsored By:  
**RCFCCA & MCCPIN**

**Saturday, April 18, 2020, 8:00 am to 1:00 pm**

4 hours of training will be offered after the meeting.

**Location:** Messiah Lutheran Church  
2848 County Road H2  
Mounds View, MN 55112

**Registration:** Registration deadline is April 11.

<b>Cost:</b> RCFCCA Member	\$30.00
MCCPIN Member	\$30.00
Non-Member of Both Associations	\$50.00



See page 19 for registration form and details.

# MCCPIN BOARD MEETINGS

Board meetings are the 3rd  
Saturday of the month.

**When:** February 8, 2020

**Location:** Rochester  
Site to be determined.

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

## Future Meeting Dates:

**March 21, 2020**

Site to be determined.

**April 18, 2020**

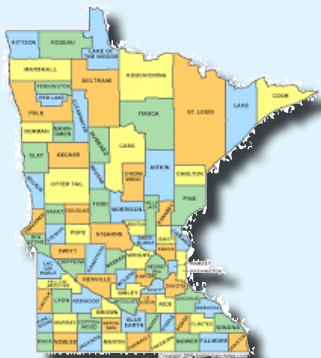
**Annual Meeting**

Mounds View



## 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  
Dodge County Family Child Care Association  
Provider's Pride - Champlin, MN  
Ramsey County Family Child Care Association  
Scott County Licensed Family Child Care Association

Check out our links to their web sites at: [www.mccpin.org/networking/CountyAssociations](http://www.mccpin.org/networking/CountyAssociations).

#### **\*New Association Benefits:**

- Access to a Trainer's Directory to assist in setting up trainings for your Association/ Group.
- Partner with MCCPIN to offer a training in your area. For details contact MCCPIN at: [info@mccpin.org](mailto:info@mccpin.org).

# Home Grown: A Solution to America's Child Care Crises

*Ten funders announce the creation of Home Grown, a new collaborative that will increase access and quality of home-based child care for one million children*

**P**HILADELPHIA – A group of 10 funders today announced a new collaborative, Home Grown, to improve home-based child care in the United States. Home Grown will increase access to and the quality of home-based child care for one million young children and their families.

Many families across the country rely on licensed home-based providers, family members, neighbors, and community members for child care. High-quality home-based child care can substantially improve children's cognitive, language, social-emotional, and physical growth; offer job opportunities for providers; and provide more flexible and convenient care options for families. Home-based child care is especially valuable to rural communities and employees with nontraditional work hours and is often a trusted option for families with infants, toddlers, and children with special needs. Home Grown will increase attention to and invest in home-based child care to improve the long-term outcomes for millions of children and their families by helping to

close the achievement gap before children enter formal schooling.

According to the National Survey of Early Care and Education, nearly 4 million providers and caregivers currently care for over 7 million children from birth to age 5 in a home-based setting, far exceeding the

of color, face barriers to offering quality care, including cost-prohibitive training and complex regulatory systems.

With 83 percent of families reporting that they struggle to find affordable, accessible, quality child care, and more than half of all Americans living in neighbor-

hoods with more than three children for every licensed child care slot, the current child care market is unsustainable and underserves children, their families and caregivers.

the support they need to provide quality care to the young children who are in their care every day. "Launching Home Grown is an important step towards that goal," said Joan Lombardi, a leading expert on early childhood development.

Home Grown will fund, champion and promote programs and initiatives that stabilize and expand home-based child care services; deliver resources and learning supports to children and their caregivers; improve the capabilities of caregivers to deliver effective home-based services; promote the value and importance of home-based child care; and support the adoption of model policies that enhance the sector.

The collaborative is backed by the Buffet Early Childhood Fund, Gary Community Investments, Heinz Endowments, Heising-Simons Foundation, Klingenstein Philanthropies, MAEVA Social Capital, Merage Foundations, Omidyar Network, the David and Lucile Packard Foundation, and the Pritzker Children's Initiative.



number of children cared for in center-based settings (3.8 million). Despite the demand for home-based child care, families often face barriers to accessing quality care in home-based settings and often lack credible information about care standards to inform their decisions. Providers of home-based child care, often low-income women

hoods with more than three children for every licensed child care slot, the current child care market is unsustainable and underserves children, their families and caregivers.

"Millions of parents rely on home-based child care while they are working. We have to assure that home-based providers receive

CONTINUED ON NEXT PAGE

The volume, caliber, and commitment of the funders joining together in this work speaks to the urgency of the issue. Ensuring that all families have access to appropriate, affordable, and high-quality care for their young children is an issue that cuts across many systemic goals—education, economic opportunity, mobility from poverty, and increasing equity of opportunity.

"I am thrilled to join this incredible group of funders

in harnessing the potential of home-based child care as a solution to America's child care crisis. By investing in dedicated providers to build quality practices and enabling families to have access to care they need, we can ensure that children thrive," said Natalie Renew, director of Home Grown.

Natalie also shared in a recent article in Child Care Exchange the following response to a question, "In five years, how will you know you have been

successful?" Her response was, "If in five years we see home-based child care represented in every important conversation about early care and education, I will know we have made a difference. If home-based child care gains the respect, acknowledgement and the compensation it deserves, that will be a success. And if home-based providers have access to more resources that improve the lives of the children and families that they serve, we will have been successful. There is

so much work to be done, but I am looking forward to it, and I would welcome conversations with providers, experts, funders and others in the field interested in discussing or engaging in this work."

Source:

Contact Information:

Natalie Renew, Director  
[natalie@homegrownchild-care.org](mailto:natalie@homegrownchild-care.org)

## MCCPIN Elections

Be part of the leadership of providers with a vision.

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

### Board Openings for the April 2020 Election

(Half the board is elected every two years. The following terms are open for candidates in 2020.)

President 2 year term  
 Treasurer 2 year term  
 Membership Chair 2 year term  
 Public Policy Chair 2 year term

Regional Representatives 2 year term  
 Northeast Minnesota (St. Louis County and the eastern half of northern Minnesota)  
 Southwest Minnesota – Central (From Wright County west of the metro, to St. Cloud and all of Southwest Minnesota)  
 East Metro (Representing Anoka, Washington, Ramsey Counties)



Ballots will be emailed to members March 11th. Ballots are due back April 1st. Board members will be announced and begin their offices at the April 18, 2020 annual meeting.



# Can't I Just Take my Kids to Daycare Sick?

When your child is sick, you still have responsibilities, and you need to be at work. But why does the daycare have such a strict daycare sick policy?



**W**hen kids get sick, why can't you just send them to daycare? You need to be consistent at your job. It's hard to call in sick at work every time your kids aren't feeling well, but there are several reasons you should keep your child home when he or she is really sick.

## CAN'T I JUST TAKE MY KIDS TO DAYCARE SICK?

I'm not talking about keeping your kids out of childcare when they have the sniffles or a little tummy ache. You can't keep them home for everything. Cold and flu season is upon us, so first of all, let's define WHEN a child is sick.

### When should I keep my child home from daycare or school?

- Diarrhea or vomiting
- Fever: 100 degrees or greater
- Unknown rash, bumps, or sores
- Mucus or pink color in the eye
- Difficulty breathing
- Green mucus from the ears, nose, or throat
- Persistent, deep sounding cough
- Parasites, such as lice in the hair or scabies on the skin

You can also check out [this list](#) just to be sure. Click here.

## DAYCARE SICK POLICY

**O**ne reason is children need their parents when they are sick. No one can cuddle like mom and dad. Kids need extra

love and attention when they are feeling under the weather. Your children are a gift to YOU! They need you.

**A**nother reason children shouldn't be at daycare when they are sick is because the childcare provider can't give the kids as much extra attention as they need when they are sick. You might have one or two kids at home and when one is sick you can be there for them.

**A** provider has maybe 6 other kids. They still have to take care of those 6. When kids are sick they want to be loved on and your provider wants to do that, but there is only so much they can do with a house full of children.

## DAYCARE FEVER POLICY

**W**hen kids have been having diarrhea or vomiting, why can't they go to daycare when they no longer show signs? Kids should be kept home for 24 hours AFTER signs of vomiting, diarrhea, or fever are gone. Many things that cause these symptoms are contagious. You don't want your child to spread those illnesses to the other children in care.

**Y**ou may think, oh, it's just a childhood illness, it's part of being a kid, but how would you feel if someone sent their kid to daycare with your child, that child vomited at daycare, and then your child became ill and vomited all over your house? Sometimes it's hard to think about it. Cleaning up vomit and diarrhea is not fun for anyone.



**I**f you see a rash or bumps on your child, and you don't know what it is, get it checked by a doctor. Many things are super contagious and hard to get rid of such as impetigo, ringworm, scabies, staph and so many other things. Again, sending your child with an unknown condition can put many children at risk.

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## DAYCARE SICK CHILD POLICY

**S**o what's the big deal if the other kids get sick? My child is sick. Some conditions are very dangerous for very young children. Your provider may care for children who are very young. Take RSV for instance. It's going around all over my town right now. Some of my children have had it.

**I** have had a young child in the past get RSV, and they spent two weeks in the hospital very dangerously ill! Not every child has the immunity your child has. Not every child is old enough to cough up mucus. Not every child is strong. You never know what could harm someone else.

**D**oes your provider keep very young infants? Are any of your provider's daycare moms pregnant? Is there an elderly person in the home, or a special needs child, or a child with a compromised immune system? Your provider is considering all of these things when she decides who is too sick to stay.

### Too sick for school or daycare?

**H**ere's something else you may not have thought of. If you expose your PROVIDER to an illness and they become ill, they either have to work sick or close and you can't go to work anyway. Not only can you not go to work, but 6 other families cannot either.

**W**orking with a house full of kids when you are sick is MISERABLE! I do everything I can to work for my families. I know they need a reliable provider and I don't want to let them down. If at all possible I don't close for illness. There are a few exceptions of course, but I do what I can.

**I**t's so frustrating when a parent tries to bring a child who is ill. Providers don't want to upset their parents and they don't tell them they can't stay to make their lives miserable. They have to consider ALL the kids and families in their care, not just yours. It's your provider's job to keep everyone's best interest at heart. She loves your kids and she loves your family.

**T**hink about everyone when you are deciding if your kids should go to daycare or if they really need to stay home. Please don't just give them Tylenol and drop them off. We know you want to be a reliable employee, but your family comes first.

## WHEN TO KEEP YOUR SICK KIDS HOME FROM SCHOOL OR DAYCARE

**I**f you're in doubt about whether you should take your child to daycare, or if they are too sick, either give your provider a call and ask what she thinks or keep them home to be safe. I hope your kids stay well.

**I**f you're a provider, and you feel uneasy about a parent bringing a child because they may get the other kids sick, try to do what you would want as another parent in your childcare. You aren't going to build a successful daycare business by letting sick kids come and get the other kids sick. It's super hard to tell parents no, but sometimes it's best for everyone else. Think about that too.



## DAYCARE POLICIES

Here's a reminder you can use.

### I need to stay home if...



I'VE HAD  
FEVER  
OVER 100  
IN THE  
LAST 24  
HOURS  
WITHOUT  
TYLENOL  
OR  
MOTRIN



I'VE  
VOMITED  
IN THE  
LAST 24  
HOURS



I'VE HAD  
DIARRHEA  
IN THE  
PAST 24  
HOURS



I HAVE  
ANY KIND  
OF RASH  
ON MY  
BODY



I HAVE  
LICE OR  
NITS IN  
MY HAIR



I HAVE  
RED,  
ITCHY OR  
CRUSTY  
EYES OR  
DRAINAGE  
FROM MY  
EYE

You might want to revisit and revise your own Child Care Sick Care Policy in your contract. If you don't have a Sick Care Policy, you can use these ideas to guide you as you create one.

Source: Facebook

# Board of Directors

## Officers and Chairs

### President

Linda Schesso  
952-445-2240 [schesso77@yahoo.com](mailto:schesso77@yahoo.com)

### Treasurer

Deloris Friske  
952-492-3827 [mccpintreasurer@gmail.com](mailto:mccpintreasurer@gmail.com)

### Communications/Marketing Chair

Brenda Novack  
507-330-3110 [mccpinmarketing@gmail.com](mailto:mccpinmarketing@gmail.com)

### Education Chair

Open position.  
If you're interested contact MCCPIN.

### Membership Chair

Angelique Bruggeman  
952-237-7351 [mccpinmembership@gmail.com](mailto:mccpinmembership@gmail.com)

### Public Policy Chair

Cyndi Cunningham  
651-470-4857 [mccpinpublicpolicy@gmail.com](mailto:mccpinpublicpolicy@gmail.com)

## Regional Representatives

### SE Regional Representative

Theresa Peplinski  
507-254-6984 [theresapep@gmail.com](mailto: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](mailto: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](mailto:happyheartsrock@gmail.com)

### West Metro Regional Representative

Open position.  
If you're interested contact MCCPIN.



## NEWSLETTER SUBMISSION DEADLINES:

**Summer** - May .....Deadline April 1  
**Fall** - August .....Deadline July 1  
**Winter** - November.....Deadline October 1  
**Spring** - February .....Deadline January 1

## NEWSLETTER CONTRIBUTORS:

Deloris Friske	Family Child Care Provider
Brenda Novak	Family Child Care Provider
Linda Schesso	Family Child Care Provider
Theresa Peplinski	Family Child Care Provider
Brenda Hruza	Family Child Care Provider

S & K Income Tax and Accounting, Assure Child Care,  
Kendra Hurley - New York writer and researcher.

## 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.

## OUTREACH REMOVAL:

You are receiving this electronic newsletter because you are a member of MCCPIN or you requested to join the MCCPIN mailing list. If you would like to be removed from this e-mail list, please "Reply" to this e-mail and put "Remove from list" in the subject line and we will remove you.

**Newsletter submissions** can be emailed to Deloris Friske at: [mccpintreasurer@gmail.com](mailto:mccpintreasurer@gmail.com).

# Spectacular Saturday Training Event

(4 Hours of Training)



**Sponsored by:**  
**RCFCCA & MCCPIN**



**Saturday, April 18, 2020, 8:00 am to 1:00 pm**

**Messiah Lutheran Church**

**2848 County Road H2  
Mounds View, MN 55112**

- Agenda:** 8:00 to 8:30 MCCPIN Annual Meeting with light breakfast  
8:45 to 10:45 Infant and Toddlers: Targeted Strategies to Building Social Emotional Skills  
(KCF IIC, CDA 3) 2 Hours  
11:00 to 1:00 Learning Through Play  
(KCF IIC, CDA 3) 2 Hours

## **Training by Sharyl Kalal & Sarah Fritsch**

Both Classes are MNCPD Approved and Meet Child Development & Learning and Behavior Guidance Required Training Criteria

### **Cost of Training:**

(Check Box for Option Below)

- |   |                |
|---|----------------|
| <input type="checkbox"/> <b>RCFCCA Member.....</b>                    | <b>\$30.00</b> |
| <input type="checkbox"/> <b>MCCPIN Member .....</b>                   | <b>\$30.00</b> |
| <input type="checkbox"/> <b>Non-Member of Both Associations .....</b> | <b>\$50.00</b> |

Registration will only be accepted by mail.  
Registration deadline for this Training Event is April 11, 2020.

**Name:** \_\_\_\_\_ **Develop ID** \_\_\_\_\_

**Address-City-State-Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **County** \_\_\_\_\_

**I will be attending the Annual Meeting ~ YES or NO (circle one)**

**Any Questions? Call Brenda at 763-785-0314 or email at [rcfccaboard@gmail.com](mailto:rcfccaboard@gmail.com).**

Mail Registration with Check (to RCFCCA) to: Brenda Hruza, 7917 Eastwood Road, Mounds View, MN 55112