

# Clark County Family Childcare

## Association Newsletter

Printed April 2010

### Meeting Times

Association meetings are held on the first Tuesday of each month

Social time is 5:30 to 6:30 p.m.

Meetings begin at 6:30 p.m.

**STARS** classes begin at 8 p.m.

Meetings are held at Pied Piper Pizza

12300 N.E. Fourth Plain Blvd. Vancouver 98682

### Upcoming Events

April 10<sup>th</sup> WAC meeting @ ESD 112

April 17<sup>th</sup> Tour of Homes

April 20<sup>th</sup> Board Meeting (Rosser)

May 4<sup>th</sup> Provider Appreciation Day

At Pied Piper from 6:30 until 9:00pm

Theme: 50's Hop- Our own Happy Days



### *Letter from the President*

Dear Provider Friends,

This is a glorious time of year. Flowers are blooming, trees are filling out and sometimes the sun is shining. April is one of the months I love best. Our family celebrates several birthdays this month. It's always fun to get together as a family to celebrate Easter and enjoy a delicious meal together.

I am so thankful for the bounty in my life. We have a large family that too is blooming. My baby girl, Emily, a member of CCFCCA, and the youngest of the Halgren clan will be getting married this July. We will add another son-in-law to our family. Remember Peggy the Peppy Pink Cheerleader for our Race for the Cure Team? That was Emily.

Our children grow up and move on with their lives. The same thing happens with our daycare kids. The other day, I had a former daycare boy come by to visit me. I had not seen him in five years. He still has the picture book that I gave him when he left. That book was filled with many memories of things we did together in daycare. He was 11 years old then and now he stood before me as a handsome 6-foot tall, 16-year old. He still cherishes that picture book and remembers the other daycare kids and my own children. I thought right then and there that this is one of the best parts of doing daycare—to have one of

my former kids come back to tell me how much he still thinks about us.

I have enjoyed being a daycare provider for the past 26 years. I have thoroughly enjoyed being a part of this great association, CCFCCA. At our last CCFCCA meeting, every chair was filled with 33 providers in attendance. We just keep growing and blooming. I hope that each of you will continue to join our association family. We have some great events coming up. Have a wonderful April!

Sincerely,

--Melba Halgren

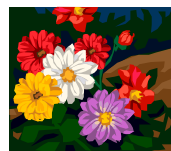


On February 16<sup>th</sup> of last year, we shared in the joy as our own Terri Lehman gave birth to her third daughter, Aliva. Last Tuesday, 14 month old Aliva was a visitor at our April meeting. Notice that she is already learning how to use a cell phone. I think this must be her Aunt Robin's influence. LOL.

Happy Birthday Aliva.

### Spring Plant Sale

A once yearly plant sale is underway and you may want to take advantage of the low prices and high quality plants that are offered. This annual plant sale is a fund raiser for a local Boy Scout troop. Provider, Kim Pearson is the scout mom that is taking the orders. You can buy a full flat of annual flowers @ \$17.50 (36 plants) or the half flat @ \$8.75 (18 plants)



They also offer unique annual sampler trays for \$19.00 for a flat of 32 plants or a half flat of 16 plants for \$9.50.

There are hanging baskets that range from 9" to 20" for sun or shade, ranging in price from \$9.00 to \$21.00. These are but a few examples of the large selection of plants they have for sale.

For more information or to place an order, call Kim @ 694-9374 or email her @ Kekipe@hotmail.com All orders must be in by Thursday, April 15<sup>th</sup> I have some order forms so call 693-5245 if you want one. Judy

# March Meeting Report

by Judy Peters

The April 6<sup>th</sup> CCFCCA meeting was filled with interesting information, free toys and supplies, sweet treats, and lots of laughs shared by the 34 Providers that gathered together at Pied Piper Pizza. Thank you to the decorating crew of [Sandi Brinley](#), [Deborah Rosser](#), [Melba Halgren](#) and [Judy Peters](#) for setting up the room and decorating it for this spring meeting. [Carol Chandler](#) was not able to attend the meeting so [Cindy Layman](#) assisted Sandi at the welcome table. Cindy did a great job.



In recognition of “Earth Day” CCFCCA hosted our second annual Toy exchange meeting. Two tables and part of the floor were filled with a wide variety of toys, games, puzzles and teaching aids. Many of the items taken home by Providers were donated by retired Provider, [Cynthia Lyons](#). Thank you Cynthia for your generosity.

Before the meeting started, Provider [Melissa Melhorn](#) and her family stopped by to return her Discover Kit and visit for a while. Provider [Alisa Berger](#) also came by but was not able to stay because her son, [Ross](#), was home for a visit from his duty in Afghanistan. New CCFCCA member, [Lisa Cremeen](#), also stopped by the meeting to ask some questions but could not stay this time. We hope that all of these Providers will be able to join us for our next meeting.



Reports were made by President [Melba Halgren](#) (see union report, pg#9) and Treasurer, [Nancy Lycklama](#). STARS coordinator, [Leasa Ripplinger](#) reported that the June STARS training will be “Beyond Stranger

Danger” There will be no STARS training in May. [Nancy Dickinson](#) announced that this year’s Provider Appreciation Day Event will be celebrated on May 4<sup>th</sup> at Pied Piper Pizza. The theme of the event is “A 50’s Hop-Our Own Happy Days.” Read more about Provider Appreciation Day on page #5.

The Discover Kit exchange gave 12 Providers the opportunity to take home a chest full of theme based teaching supplies that will enhance their daycare for another month. Thank you to [Wendy Patterson](#).

[Terri Lehman](#) gave a report on the SCRIP fundraiser, encouraging Providers to consider purchasing the SCRIP cards for personal use or as gifts. Read more about SCRIP on page #5.

[Wendy Patterson](#) reminded Providers that the Spring Tour of Homes will be on Saturday, April 17<sup>th</sup>. So far, 32 Providers have signed up to attend the tour.

The 50/50 raffle jackpot of \$37.00 was won by a very surprised, [Debra Gault](#). Providers winning gifts were: [Helene Padget](#), [Wendy Patterson](#), [Terri Lehman](#), [Cheryl Zeller](#), [Judy Kusler](#) and [Cindy Layman](#). Birthdays celebrated this month were: [Melba Halgren](#), [Lari Piel](#) and [Debra Gault](#). [Peggy Corcoran](#) brought liquid hand soap and toilet paper that she donated to Providers. Thank you to [Peggy](#) and her husband [Ed](#) for the useful gift.

About 26 Providers stayed for the “Ages and Stages” STARS training class. Some Providers reported that this was one of the best trainings we have had. Thank you to trainer [Karen Peterson](#) for sharing so much valuable information and hand-outs.



We are happy to report that our Association continues to grow with our latest membership count now at 63. We welcome our newest



members, [Terri Bruhn](#) and [Jeanna Wardell](#) to CCFCCA.

The Board and Committees of CCFCCA are committed to offering all of our members’ information, support and high quality training. We believe that Child Care Providers are better when they are connected.

In addition to attending our monthly meetings, we encourage Providers to stay connected through one of the local email support groups. To join the ccfprovidersupport group, call 693-5245 or email your request to join to [boogiepeters@aol.com](mailto:boogiepeters@aol.com)

# Provider Showcase

By Sue Pederson



This month, I thought I would tell you a little about myself. Born in Aberdeen, I am a Washington State native. My family moved to Vancouver when I was almost 5 years old. The trip to Vancouver is still embedded into my mind. We lived in the Walnut Grove area, next to the Kunze Farms. I can still

remember walking the \$100.00 house payment to our neighbor's home, who built our house. When I was 12 years old, we moved to the Lakeshore area. My parents worried about how they would make their \$300.00 house payment! When we moved to Vancouver, my father (a jack of all trades) got a job repairing the refrigeration units in local grocery stores. This career led to his buying, repairing and selling damaged, but new appliances, and selling them out of our garage. Soon, he had a small storefront across from the Crosley Bowling alley. Dad opened his store on Friday evening and Saturdays only. This is where I had my very first job, polishing the appliances, and later furniture was added to the stock. I was paid all of twenty-five cents per hour. At about age 8, that seemed like a fortune! That "career" lasted until I had my first child, at age 25, though I did get a raise or two through the years. Any of you who lived here during the 70's and 80's may remember our store, "Ohman Sales." To this day, I still see former clients who remember the wheeling and dealing they could carry out at our store. Over the years, the store grew, evolved and moved to several locations throughout Clark County. My father retired and closed his store in 1988.

By that time I had another child and enjoyed the privilege of being a "stay at home" mom for several years afterward. In 1992 I had a third child and by then I needed to add to our family income. A neighbor down the street had a licensed daycare and that seemed a natural fit to me. I was licensed in 1994 and obtained my license on the first visit from my licenser. Boy, how times have changed! In 1996 we had the opportunity to move to our home in Ridgefield which was a perfect fit for daycare. Our home has a daylight basement which faces the street and has a separate kitchen and playroom for the daycare

children. By 1999 I decided to hire an assistant. My first helper was my niece who helped with the after school crowd. A few assistants later I found Kathy Brown, who has been with me since 2001! My husband Larry and daughter Caitlin also fill in as assistants from time to time.

Outside of daycare many of you know that I have a huge love of cooking. This has led to a small side business doing catering which our entire family works at together. We do not do many jobs as of yet but are in the beginning process of working with a local restaurant to do some of the catering for them. We have done everything from dinner parties for a group of 4 to wedding receptions for up to 300 people. Every event brings a new challenge which is what I love about this hobby.

I found CCFCCA in about 2006. Before that time I always felt that I had a great support system in my family. I still do have that support system, however, as you all know the daycare world has changed drastically since I first obtained my license. My first encounter with the outside "daycare world" was when Kathy Viers and others formed a group to stand up for our rights with licensing and the state. What an impact that had on our career. We now have a Union and we have rights, albeit ones we still have to fight for, that we never had before. CCFCCA has made me more aware of the goings on in our county, state, and union. I don't know how I lived without this wonderful group of women who support each other in ways beyond compare.

## Happy Birthday to You....



### April Birthdays:

Melba Halgren	4/10
Emily Halgren	4/18
Lari Piel	4/21
Debra Gault	4/29
Jessica Snyder	4/29

### May Birthdays:

Leasa Ripplinger	5/8
Tina Mann	5/12
Jeanna Wardell	5/15
Kathy Ramey	5/24
Deborah Rosser	5/26

# From the Desk of APRE

*About the April 10<sup>th</sup>, 2010 Vancouver Forum on the Proposed WAC Rewrites  
From the Advocate*

DEL held a forum in Vancouver on Saturday April 10<sup>th</sup>, giving Clark County Providers the opportunity to comment on the proposed WACs. Twelve CCFCCA members attended the forum. The audience also consisted of two other Providers and one SEIU staff person. There were no parents represented. The Department of Early Learning forum facilitators were Andy Fernando and Judy Jaramillo. Two additional DEL staff persons were in attendance for a total of nineteen attendees.

Our Providers were prepared to participate and were able to address all of the concerns we had identified through these past couple of weeks.



It was announced that the forums, which will be scheduled for comments on the second draft, will likely not include Vancouver. If you want the 2nd round of WAC comments to be made in a public forum, I encourage you to contact Andy Fernando via DEL's web site @ <http://www.del.wa.gov/>

I also encourage as many of you as possible to submit your comments directly on the DEL's comment page. <https://apps.del.wa.gov/PolicyProposalComment/Detail.aspx>

If you have not received APRE's eight-page review just email [advocate@apreweb.com](mailto:advocate@apreweb.com) or call me @ 574-7678 and I'll see that you receive a copy.

All in all, the forum was respectful and I left "hopeful". The meeting started on time and was comment-saturated. Very little of the Provider's time was wasted.

I hope to see all of you at the next forum.

Deborah

## It's A Girl!

Congratulations to Carol Chandler on the birth of her newest Great Granddaughter.

Taegan Elizabeth Wardle was born on March 15<sup>th</sup>. She was 5 lb 10 oz and was 19 ½ inches long.

Carol said "Teagan was born to my granddaughter Cara and her sweet husband Mark Wardle. They were high school sweethearts and still are. Big brother Kannon (almost 2 1/2) was so excited. That makes a total of 5 great grandchildren and 10 grandchildren. Teagan and my 25 year old grandson, Joey, were both born on my birthday. Who could ask for better presents?" Teagan's family lives in Boise, Idaho



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## It's A Boy!



Congratulations to Nancy Dickinson on the birth of her 8<sup>th</sup> grandchild.

Jack Michael Dickinson was born on March 19<sup>th</sup> to Nancy's son Michael and his wife, Chrissy.

Little Jack weighed in at 7 lb, 13 oz and was 20 ½ inches long.

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## With Sympathy



The CCFCCA sends our sympathy to Kathy Viers and her family. Kathy's mother passed away on March 16<sup>th</sup> after a long battle with ill health.

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**Disclaimer:** Any views or opinions presented in articles are solely those of the author of that article and do not necessarily represent those of CCFCCA

# ORDER YOUR SCRIP NOW

By Terri Lehman



Order a gift card to a participating company for the denomination posted and a % will go to CCFCCA!! If you shop at a particular place or someone you know does, just order a gift card. It's just prepaying for a place you frequent.

Check out [www.shopwithscrip.com](http://www.shopwithscrip.com) and I guarantee you will find "something" that you could use. Online is the list of companies and the denominations that are available with the % for you to see that goes to CCFCCA. You will need to set up an account, find what you want, print it out, send it with a check to me made out to CCFCCA. Once I have placed the order and have all of the money, it should take less than a week to receive your cards. For CCFCCA to get the %, you will need to use this code: [LFBF445424118](#). If you have any questions, please feel free to call Terri @ 260-9884.

Checks made out to: CCFCCA

Please mail to: Terri Lehman  
13203 NE 91st St.  
Vancouver, WA 98682

Please double check that a department store allows paying a balance with a gift card.



## Blessings to the Fletch Family

Our prayers and support go out to Dianne and Larry Fletch and their family, and to the family of the child that died of e-coli on April 8<sup>th</sup> 2010. This is a horrible tragedy that could strike any family or daycare at any time. But for the Grace of God, this could have happened in any of our homes. Our hope is that the Fletch Daycare will be back up and running soon.



## Non Standard Hours

The Department of Early Learning has suspended the Non-Standard Hour Bonus (NSHB) for licensed family home child care providers receiving Working Connections Child Care and Seasonal Child Care subsidies effective March 1, 2010. These providers are covered by the SEIU Local 925. The NSHB has exceeded its allowable budget for the first fiscal year of the contract. Payment for NSHB will resume starting July 1, 2010.



## Provider Appreciation Day

On Tuesday, May 4<sup>th</sup>, CCFCCA members will be treated to an evening of good food, good fun, and celebration.

This year, the Provider Appreciation Day Event will be in the theme of "A 50's Hop/ Our Own Happy Days" Providers may want to roll up their genes and pony up their hair or just come in regular cloths.

The goal of the evening is to relax and enjoy as we honor Child Care Providers for the contribution they make to the community.

The evening will begin at 6:30pm and end at 9:00. The Provider guests will be treated to dinner, door prizes and fun, fun, fun.

If you are a CCFCCA member, your personal invitation will be arriving soon. Don't forget to RSVP and join us for this special Provider Appreciation Day Event.



## Music for Your Kids



Download this free music for your kids. We love to do our yoga/streamers/dance or relax for our naps to music like this.

[http://www.munchkin.com/information\\_station/downloads.html](http://www.munchkin.com/information_station/downloads.html)

Wendy



**Chore Chart:** I've been using these to help me get more organized. I am giving copies of the chore chart to some parents to use at home. I also LOVE this site.

<http://simplemom.net/tools/downloads/>

Wendy

# Spring Tour of Homes



The date for the Spring Tour of Homes has been changed to Saturday, April 17<sup>th</sup>.

This bi-annual event is a way for Providers to view the daycare homes of two Providers members. The Tour of Homes gives Providers the opportunity to glean ideas for ways to make use of space and design while also making a valuable social connection with fellow Providers.

This tour will feature the homes of Terri Lehman and Wendy Patterson. The tour will begin at 9:00am at Terri's home @ 13203 NE 91<sup>st</sup> Street. 98682.

We will leave Terri's home at about 10:00am and drive to Wendy's home @ 9405 NE Woodridge Street, 98664. Lunch will be served at Wendy's home. During lunch there will be time for a Q &A session and a discussion about the use of indoor and outdoor space.

Certificates for 3 STARS will be handed out at the end of the tour. To ensure enough space and food and certificates, this is a RSVP tour. The sign-up deadline is set for Tuesday, April 13<sup>th</sup>

The Tour is free to CCFCCA members and \$30.00 to non members. RSVP to 693-5245

Anyone wishing to car pool to the tour homes can meet at the Pied Piper parking lot at 8:40am.

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## Newsletter Staff

Editor/Writer	Judy Peters
Proofreader	Kathy Viers
President letter/Union news	Melba Halgren
Provider Showcase	Sue Pederson
Health News	Anne Johnston
Writer	Terri Lehman
APRE	Deborah Rosser

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To search for predators on your neighborhood, go to:

[http://www.sheriffalerts.com/cap\\_mai\\_n.php?office=54528](http://www.sheriffalerts.com/cap_mai_n.php?office=54528)

# National Autism and Awareness Month



Autism is a complex developmental disability that typically appears in the first three years of life and affects a person's ability to communicate and interact with others. Professionals think of autism as a "spectrum disorder". This spectrum means a group of disorders with similar features. A child or an adult with autism may have a range of symptoms ranging from mild to severe. This spectrum disorder category includes Autistic Disorder, Asperger Syndrome, and Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS).

According to the Autism Society of America, the prevalence of autism has risen to approximately 1 in every 110 births in the United States and almost 1 in 70 boys. There is no single cause of autism. There is no cure for autism but the condition is treatable. Early diagnosis and intervention can significantly improve the outcome and reduce the cost of lifelong care.

## Early Signs of Autism:

- Lack of or delay in spoken language
- Repetition of language or actions
- Little or no eye contact
- Persistent fixation on parts of objects
- Little interest in interaction with other children
- No interest in "pretend" play
- Aversion to being held/cuddled

You can learn more about ASD (Autism Spectrum Disorder) from:

- Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)
- National Institute of Neurological Disorders and Stroke, [www.ninds.nih.gov](http://www.ninds.nih.gov)
- Autism and PPD Support Network, [www.autism-pdd.net](http://www.autism-pdd.net)
- Autism Society of Washington, [www.autismsocietyofwa.org](http://www.autismsocietyofwa.org)

## From The Advocate

What are the WAC Requirements regarding ground cover under play equipment?

**WAC 170-296-1220 (10)** *The ground cover under climbing equipment must be soft enough to absorb falls and prevent injury.*



*Examples of ground cover that will absorb a fall include cedar chips, pea gravel and rubber-like materials.*

**FYI:** The proposed WACs are bringing grass back to our children.

If your licensor is requiring you to have a specific amount (inches deep) of a specific material and you challenge what the licensor is requiring ask for the WAC which supports the licensor's demand. If you still believe the request being made of you is not covered by the intent of the WAC, you can further challenge the licensor's interpretation of the WAC through a supervisory review request. If you are unsure how to request a supervisory review contact APRE at [advocate@apreweb.com](mailto:advocate@apreweb.com)

When in doubt of a request or demand being made of you, ask to see the WAC. Remember that anyone can ask you to do anything...if it is not a WAC requirement you do not have to comply.

### CCFCCA Board and Committees:

**President:**

**Melba Halgren**      [melbahalgren@aol.com](mailto:melbahalgren@aol.com)

**Vice President:**

**Wendy Patterson**      [Wpatterson320@hotmail.com](mailto:Wpatterson320@hotmail.com)

**Secretary:**

**Sue Pederson**      [susanpederson@comcast.net](mailto:susanpederson@comcast.net)

**Treasurer:**

**Nancy Lycklama**      [NTLDC97@aol.com](mailto:NTLDC97@aol.com)

**STARS Training Coordinators:**

**Leasa Ripplinger & Sue Pederson**

**Welcome Committee:**

**Sandi Brinley & Carol Chandler**

**Historian/Scrapbook Committee:**

**Tina VanBuskirk & Peggy Corcoran**

**CCFCCA Consultant: Deborah Rosser**

**Newsletter Editor: Judy Peters**

## Sunflower Pin Cushion Craft for Mother's Day

What a pretty way to keep pins handy!

**You'll need:**

A yogurt container

Felt

Fabric

Glue

Rubber band

Styrofoam ball



Glue green felt onto an empty yogurt container to cover it completely.

Cut the flower petals from any color felt you choose.

Glue them around

the inside edge of the container, so that they are sticking out.

Now you'll need a foam ball that is slightly larger than the

yogurt container. Cover the ball with fabric, leaving

and secure with a rubber band. Insert the ball into

the cup and you are all done! Add a few pins for

starter. By the way, the top of a liquid detergent bottle

will work for a base as well.

## Dairy Days

Dairy Days at the Clark County Fair Grounds is

coming on May 6th and

7th. This is a great

opportunity to take your

kids on a wonderful and

well planned field trip.

This tour is designed

especially for children

Kindergarten through 2nd grade but preschool

children are welcome. Tour groups must have at least

10 people, but larger groups are encouraged. Tours

are scheduled by appointment by contacting Gary

Fredricks @ 577-3014 or email him @ [garyf@wsu.edu](mailto:garyf@wsu.edu)

The field trip are set up to teach children everything

there is to know about cows in a interesting and fun

way. There are stations along the way so the children

are moving along from interest point to interest point

as they go through this one hour tour.

The treat at the end is ice cream for all. This is a free

field trip. If you are interested in taking your children,

make your reservation ASAP to ensure a time to go.

Having several day cares go together might be the best

way to do it to make sure that you have more then 10

in your group. Have fun ladies, Judy



# Sand Castles and Mud Pies

## The Sandbox as a Learning Environment

Opportunities for learning through sand play are endless. By providing a variety of inexpensive containers and tools, some sandbox toys, and some water, you'll open the window to a wide variety of learning opportunities.

The sandbox is often one of the favorite places for your children to play. It provides a great place for sensory experience. Children love the feel of fine sand running through their fingers or of wet sand being molded into castles or other sculptures. They love to pour, scoop, shovel, and dig sand. And the sandbox is a great place to enjoy creating and exploring.

The sandbox is a neat place for children to play independently, but it also is a place where children learn to work together to create projects jointly. They can work independently, too, to create a joint project.

## Setting Up Your Sand Play Environment

Plan the size of your sandbox according to the number of children you expect to use it. The larger it is, the more space there'll be for road building projects, etc.

Choose the location for your sandbox carefully. You'll want it in an out of the way corner so that it won't be in the middle of your game or ball playing area. You'll also want it visible from a window if your own children will be using it, and you want to be able to see them if you aren't able to be outside with them every minute.

Another consideration is providing shade. If you have some big trees, consider putting the sandbox under one of them, or perhaps it can go under a deck. Or, choose a side of the house where the sandbox will receive shade for a large portion of the day. Commercial sandboxes can be purchased with canopies attached to them, or perhaps a clever parent can help you fashion a canopy for your homemade sandbox.

You can make a simple sandbox by filling a small plastic wading pool or a commercial plastic sandbox with sand. It's nice to have a cover for your sandbox to keep cats and small animals from using it as a litter box, and many of the commercial sandboxes come with lids.

For an outside sandbox where there's room, dig a 12" to 18" hole in the shape that you want and then line it

with railroad ties from your local lumberyard. The top tie should be above ground level so that it becomes a seat for the children. Then order a load of sand from local sand and gravel company and you're ready for fun. If you need smaller amounts of sand, you can usually purchase bags of sand from a local discount hardware/lumber store.

## Equipping Your Sandbox

You'll want to provide some sturdy road building toys, such as diggers, bulldozers, and dump trucks. Choose some large ones and some small ones. There are some great molded plastic construction toys available that are sturdy and easy for young children to manipulate.

You'll also want to provide buckets, small shovels, rakes, scoops, spoons, castle and block molds, and some sifters. Plastic is better than metal in most cases because metal tends to bend or rust. Metal tools can also have sharp edges if they are broken. Visit the kitchen section of your local discount store to look for some interesting sandbox toys and containers. Again, try to provide some large containers as well as some small ones.

## Setting up Rules for Sand Play

Whether you're using an indoor sandbox or an outdoor one, you'll want to have specific rules for sand play. Make sure that the children understand the rules and that you enforce them. Here are some rules that you might want to include on your list.

1. Decide on the number of children that can play in your sandbox at any given time.
2. You may not throw sand.
3. You may not destroy another person's castle or other construction project.
4. The sand stays in the sandbox.

## Examples of Some Sand Play Activities:

Using Molds, Building Towns, Create a Zoo or Farm, Baking Cakes and Mud Pies, Building Rivers and Dams, Create a Desert Scene Or A Dinosaur, Digging For Treasure, Planting A Garden, Building A Beach.

As you can see, the Opportunities for fun and learning with sandbox play are endless.

For the full article on this subject, see the April Funsteps Program.

# SEIU 925 News



**LOCAL UNION MEETINGS:** On March 17<sup>th</sup> we held a regional union meeting at our local union hall at 505 E. 22<sup>nd</sup> Street. Providers who attended earned two-hours of STARS training. Lots of information was presented along with several handouts including copies of the latest WACS draft. It was

the consensus of the group that our local union meetings will be held quarterly on the 3<sup>rd</sup> Thursday night beginning in June.

**LEGISLATIVE UPDATES:** The legislative session lasted for 60 days. The governor had to call a special additional 30-day session to find revenue to plug up the \$2.8 billion budget deficient. Our union-led statewide campaign of calls, letters to the legislators, press events around the state in every media market resulted in every legislator understanding how Working Connections plays a critical role in keeping mothers in the workforce, and making it possible for them to stay off the TANF rolls. Nancy Gerber, Kim Cook, Adair Dammon, Amanda, Shawn Harris all testified before committees about how many of us would be laid off, how many homes and centers might be closed, how many families--WCCC and private pay alike—would lose safe affordable care for children. The Senate responded. The Senate budget fully restored the \$89 million cut to Working Connections.

**BILLS THAT PASSED THIS LEGISLATIVE SESSION:** If you want to see these bills in their entirety go on [www.leg.gov.wa](http://www.leg.gov.wa) and type in the bill number. I will give you some highlights of six different bills that passed that are very important to the childcare community and may affect you directly.

**HB 3141:** This bill establishes a **12-month authorization period** under the Working Connections (WCCC) unless a change in circumstances requires reauthorization sooner. Currently reauthorization is every 3-6 months. It begins in the fiscal year 2011 and will start in ECEAP, Head Start first. DEL will report to the Legislature by September 1, 2011 with an analysis of the impact of the 12-month authorization period.

**HB 3040:**

This bill directs DEL to report to the legislature by December 1, 2010 how it will accomplish reforms and savings by converting to a **Perpetual License** (instead of every three years re-licensing).

DEL will prepare recommendations for developing **Weighted WACS** by February 1, 2011

**HB 2731:** Pre-K bill

Beginning September 1, 2011, preschool opportunities for children 3 and 4 years of age will be provided according to the funding and implementation plan. On a space available basis, the program may allow enrollment of children who are not otherwise eligible by assessing a fee. Minimum program standards, include a lead teacher, assistant teacher, and staff qualifications.

Providers who wish to do **preschool in their daycare, must be approved and contracted with DEL**

This program shall be implemented in phases, with full implementation and funding achieved in the 2018-2019 school year

**HB 6759:**

This bill creates a plan to **implement PreK into the education system**. The planning will include things like criteria for eligible children, program standards, number of hours per school year, teacher qualifications, transportation requirements for 3-4 year olds to and from school with a beginning no later than September 1, 2013.

**HB 2867:**

This bill is about developing and implementing a continuum of services for children **birth to three** to prepare them for academic and social success. This bill would **provide parents with access to information about childcare providers** through the Internet and other means about things like licensing action histories and inspections.

**HB 6517:**

This bill states that the legislature intends to make available early learning preschool opportunities to every 3 and 4 year old child in the state.

This bill includes this language: “to establish **certification** for preschool programs serving three and four year old children, including a timeline for **requiring all preschools to become certified.**”

This bill would establish criteria for the program: program hours, length of program year, class size, and ratios of children to early childhood educators. It establishes criteria for **credentialing**, background screening and professional development.

This bill gives the school districts the power to establish and maintain preschools and to provide **before and after school** and **vacation care** in connection with the common schools of said district and **choose the location.**

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# Best Practices for Serving Foods to Groups of Children

From Janice Fletcher and Laurel Branen  
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## PROVIDE SPACE

Young children are learning to control their muscles, especially their hand muscles. They need plenty of space to balance food, drink, and eating utensils. Make sure there is adequate “personal space” for each of the children as they eat.

## PROVIDE PRACTICE WITH CHILD SIZED UTENSILS

Fine motor control is a major developmental task of young children. Strength, endurance, and control are minimally developed for using eating utensils. Help children increase skills by giving them plenty of practice with spoons, forks, knives, and serving utensils. Use child-sized eating utensils and equipment.

## PROVIDE FOODS THAT CHALLENGE EATING SKILLS

Offer foods to spread, cut, break, spear, or spoon from a bowl. This variety allows children to gain skills. Caution: expect children to have varying degrees of ability. Children should have lots of time and opportunity to PRACTICE these skills before competence is expected.

## MAKE SURE ADULTS EAT WITH CHILDREN

Adults are role models for using utensils, choosing and eating foods, and behaving in socially acceptable ways at the table. They help shape children’s eating behavior. Adults elaborate and embellish on children’s “food” vocabularies. Adults help children trust the eating environment by making sure they are safe both physically and psychologically.

## HELP CHILDREN LEARN ABOUT FOOD BY ASSISTING THEM AS THEY PARTICIPATE IN PREPARING IT

Children can participate in preparing food. They enjoy eating what they prepare. Children gain a sense of autonomy (self control) as a part of food preparation. This results in children feeling healthy control in their relationships with food and eating.

## HELP CHILDREN LISTEN TO THEIR INTERNAL CONTROLS ON HOW MUCH OR WHETHER TO EAT

Let children eat until they are full or satisfied, rather than setting limits about how much they eat. Sometimes we feed children in groups by using a principle of equality. This translates to the rule that each child gets an equal amount. Such equality is not fair. Fairness in feeding children should be based on

letting the children’s natural body cues tell them when they are full. What is fair is to trust that children will eat as much as they need.

## TRUST CHILDREN TO EAT AS MUCH AS THEY NEED

Resist forcing children to clean their plates. When people are forced to eat beyond what their brains tell them is enough, they learn to overcome their bodies’ hunger and satiety cues. Be careful of subtle forcing, no matter how gentle or kind-hearted.

## LET CHILDREN SERVE THEMSELVES

Children waste less when they are given the opportunity to choose how much they will have. Let them serve themselves rather than depend on adults (who may heap food on unwilling children’s plates). As children first serve themselves in family style service, they begin to use skills for passing bowls and selecting amounts. Support children as the LEARN how to pass bowls without accidents and how to choose portion sizes that match how much they can eat.

## FEED CHILDREN OFTEN

Young children need to eat about six times a day. Schedule meals and snacks. The length of time that children may continue to eat should be flexible. Remember that some children, in certain days, take longer to eat than the group. In addition, remember that some foods take longer to eat than others. A ham sandwich takes longer to eat than a half cup of pudding!

## SET THE ENVIRONMENT SO CHILDREN DO NOT WAIT TOO LONG

Since young children are learning to delay gratification, they have greater difficulty than older children in waiting their turns. They are working on the social skills of taking turns and sharing, as well as the omnipresent “table manners” so discussed in middle class families. In group settings where children serve themselves, be alert to how long children must wait to eat. Delay putting food and drink on the table until you are ready for the children to begin serving themselves. Offer enough bowls of food or pitchers of drink so that children have limited waiting periods.

## PRESENT FOOD THAT IS COMMONLY KNOWN TO CHILDREN. RELATE NEW FOODS TO THOSE THE CHILDREN ALREADY KNOW.

Prepare foods so they are recognizable to children. Avoid trying to be “cute.” Some recipes for children inappropriately suggest making food into clown sandwiches or vegetable monsters in a misguided effort to attract children’s attention. Children want routine and familiarity in their foods.