

Clark County Family Child Care Association

JANUARY 2012

A UNITED VOICE, RESOURCES, & SUPPORT

CCFCCAWEB.ORG

Meetings

Association meetings: First Tuesday
of each month Social time is 5:30 to 6:30p.m.

Meetings begin at 6:30 p.m.

STARS class 7:30 p.m. to 9:00 p.m.

Upcoming Events

February 7th CCFCCA Member Meeting
Rosemary Café Restaurant
1001 Main Street Vancouver, WA 98660

STARS TRAINING

“Disaster Drills/Supplies and the new WACs”
with Kate Griffith and Marcie Maynes



Letter from the President Wendy Patterson

We should be looking forward to the New Year with conviction of purpose, yet licensed family child care providers are looking ahead with uncertainty and anxiety about changes coming our way. With the new WACs, QRIS, and heightened requirements for our MERIT trainers, significant adjustments are forthcoming for all family-home providers here in Washington State. CCFCCA's board and committees will be diligently working together with our members to ensure that we are correctly interpreting the WACs to ready our businesses by the March 31st implementation date.

(See "The WAC Attack" article on page 2 in this newsletter)

I am concerned about how we are losing control over how we run our own businesses. In the future we will all be rated in an evaluation process with the Quality Rating and Improvement System (QRIS) now that Washington State was one of the winners of the Race to the Top-Early Learning Challenge federal grant. It feels like we are being slowly pushed to becoming like childcare centers. I feel like the State has its own goals and is forgetting that a family childcare home is deliberately not a center.

I am all the more grateful for the camaraderie of our Association members that will help assist and guide each other through these adjustments. I know how busy all of you wonderful ladies are, raising your families and tending to your demanding businesses. I need to say how much I appreciate all of our members and each of you who work to help make CCFCCA a supportive and strong organization.

With all of these changes, I am reminded how I always tell my day care parents as their child is having a meltdown at pick-up-time that, "Transition is hard for everyone, even adults". We have to adjust to this transition; we just don't have the freedom, as they do, to publicly throw ourselves to the ground and cry about it (although I might when you're not looking).

President: **Wendy Patterson** wpatter320@hotmail.com

Vice President & SEIU Representative: **Melba Halgren** melbahalgren@aol.com

Secretary: **Nancy Lycklama** NTLDC97@aol.com

Treasurer: **Lari Piel** laripiel@comcast.net

CCFCCA Consultants: **Deborah Rosser & Cindy Perez**

STARS Training Coordinators: **Sue Pederson & Leasa Ripplinger**

Welcome Committee **Sandi Brinley & Carol Chandler**

Historian/Scrapbook Committee: **Tina VanBuskirk & Peggy Corcoran**

The WAC Attack

New WAC rules take effect. on March 31, 2012

Will You Be Prepared?

Your visit will go more quickly, if you are organized and have everything on hand.

Some New WAC Highlights

Providers are required to:

- have 3 handbooks; parent, facility, and a staff handbook (if applicable)
- obtain a state food handler's permit
- have a high school diploma. Current licensees must obtain their diploma prior to March 31, 2017
- not leave assistants unsupervised until they complete the 20 hour basic STARS training
- have any chimney, fireplace, wood stove in use in the licensed home be inspected yearly
- perform quarterly earthquake drills and annual lockdown/shelter-in-place drills
- clean carpets at least once each year
- not have any bare light bulbs in any play space unless they are shatter-resistant

Need More Information? Just click on the links below!

- [Read the final WACs here](#)
- [Rules webpage](#)
- [DEL blog post about the rules](#)
- [Bette Hyde video of new rules here](#)
- [DEL on Facebook](#)
- [DEL on Twitter](#)



FREE
Copy of WACs
for each
CCFCCA member
\$10 for non-members

"Disaster Drills/Supplies and the New WAC" is our STARS training on Feb. 7th

A free potluck dinner, socializing and networking will begin at 6PM

Our meeting will be from 6:30 - 7:20pm

1 1/2 hour Disaster Preparedness class from 7:30 - 9pm

Certificates Available directly after training

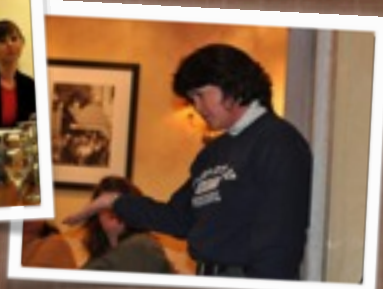
STARS training FREE to members

ONLY \$10 for non-members - Center/preschool staff welcome

Rosemary Café Restaurant

1001 Main Street Vancouver, WA 98660

January CCFCCA Meeting



Connect with other providers
Check out books and DVD's from
our professional lending library
**Learn about what is happening
in the daycare community**
Earn STARS credit
And much more!

Great Provider Friends, Training, and Food

Melba Halgren

The New Year brings some new changes for the Clark County Family Childcare Association. January's meeting was held at the Olive Garden Restaurant on Thurston Way, instead of Pied Piper Pizza.

We met in a beautiful rustic-colored side room with beautiful tables and very comfortable chairs. Twenty-five members attended and enjoyed catching up after the holidays. Many of us enjoyed the delicious Italian cuisine.

We welcomed our newest member, Tracie Stout. Members were given free handouts including a new "Fire Safety Record & Evacuation Plan", a fun form to fill out with our children titled "What A Year It's Been", and a free copy of the new WACs in a labeled binder.

Treasure, Lari Piel reported on a healthy treasury. Melba Halgren gave the union report

and passed out a paper showing pictures of the newly elected officers of our Early Learning Division of SEIU 925.

Wendy reported on the three families that CCFCCA helped for Christmas. Each of the eight children received \$50 to help brighten their Holiday. Hannele LaFrance was thanked again for allowing us to have our very successful Christmas Party in her home.

Leasa Ripplinger won the 50/50 raffle and took home \$24.50 as her winnings. Other raffle prizes were won by four of our members. Amy Fullerton and Nancy Lycklama both won an oil warmer gift set. Tina VanBuskirk and Leasa Ripplinger both won a photo album. Terri Bruhn won the bonus prize, a beautiful picture frame with the word "Love" on it. We sang Happy Birthday to four birthday

Britton Reardon filled our membership request with a training called "Helping Children Get in Touch with Their Feelings".

ladies: Helene Padgett, Barbara Dixon, Kali Branin and Nancy Dickinson. Each birthday lady was served a delicious piece of cheesecake in honor of her January birthday.

Britton Reardon is a Special Needs teacher at the Evergreen Early Learning Center and did an excellent job. She provided many visuals as well as a follow-up email with useful downloads.

Now we look forward to this New Year in anticipation of some great trainings and fun events. We are looking for ways to support each other better and we welcome any suggestions our members may have to make CCFCCA even better than it is now.

New MERIT Training System

DEL has finalized a new trainer approval process for our instructors. Prospective trainers will apply through the Managed Education Registry and Information Tool (MERIT) for a given trainer level. There are four trainer levels: apprentice, intermediate, advanced and specialist all based on varying education and experience.

To complete an application, prospective trainers will also submit a workshop/training example, professional references and official documents to verify education and credentials. All state-approved trainers will also complete online courses. In addition to a formal application process, DEL will be conducting on-site visits.

We are certain that the expense and rigorous process for trainers to be approved will ultimately result in a huge lack of affordable as well as interesting trainings.

It is also concerning that associations will no longer be able to be an approved training organization that can offer their membership monthly STARS trainings.

The availability of monthly classes at association meetings is extremely important in ensuring that providers receive high quality trainings on a variety of subjects that interest and benefit members at an affordable price.

We are convinced that this will leave providers with no choice but to receive trainings through outside agencies, preventing associations from holding trainings more relevant to their needs. See the

[New MERIT Trainer Requirements](#) here.

Caring for the Kids of Loved Ones: Is it a Good Idea?

When you do business with friends and relatives, the lines between personal and business interactions can get blurred. Loved ones may feel entitled to preferential treatment, and feel they're exempt from the rules. Dealing with attitudes of entitlement from friends and family can get old . . . fast. This is why some people refuse to do business with loved ones. However, if you have a friend or relative who's willing to pay for your childcare services, why not give her a chance. Just be sure to take measures to keep your relationship in tact.

Get it in writing. The old "handshake and smile" way of doing business is overrated. If you rely on this method, especially with your loved ones, you might get burned. Make your friends and family sign the same contract you give all your other clients. When you do this, they'll know you mean business, and they're less likely to break the rules.

Nip it in the bud. When your loved ones break the rules, address it immediately. Don't sit on your thumbs hoping the situation will get better. If your friend is 45 minutes late picking up her child, refer her back to the agreement she signed, charge her the late fee, and explain to her that it can't happen again. Your bud may be a little bent out of shape at first, but if she's a true friend, she'll get over it.

Talk it out. In addition to your signed contract, reiterate to your loved ones that you expect them to give you the same respect they would give a provider they don't know. This means adhering to the rules, picking their kids up on time, and making timely payments. If you sense any hesitance on the part of your loved ones, refer them to another provider.

Don't play favorites. No matter how tempting it is to pull your niece out of the classroom and let her eat ice cream in your office, don't do it. Parents and children notice when things like this happen. Giving a child preferential treatment will cause the other kids to feel inadequate, and make their parents angry enough to withdraw them. Save yourself the drama and treat all of the children the same.

If you aren't careful, doing business with friends and relatives can get sticky. However, if you let loved ones know from the start what you expect; you can minimize problems and keep your relationships in tact.

SEIU 925 NEWS

FAMILY CHILDCARE CHAPTER ELECTION RESULTS: The votes were counted in December for new officers. The winners are: Sandra VanDoren, Chapter President; Martha Moreno, Chapter Vice President; Marie Keller, Chapter Secretary. Southwest Region Lead Activists: Shawn Harris, Tacoma; Dora Herrera, Olympia; and Maryjane Shearer, Vancouver. MPO Chair: Melba Halgren. Congratulations!

IMPORTANT DATES:

If you can attend any of the following events, please contact Sherry Schleufer at 1-509-710-7904 (or your organizer if you live out of the SW Washington area).

January 12th: 1:00 - 3:00 p.m., Olympia. Working Connections House Work session. If your daycare parents are having problems accessing Working Connections, have been wrongfully denied, or waited so long that they stop trying to access the program, then our legislators need to hear from you. The timing on this is urgent. The legislators are beginning to believe that Working Connections is no longer needed and they are looking for other ways to spend the money they could save by forgoing this program.

Help SAVE WCCC.

January 13th: 8:00 - 9:00 a.m., Senate Work session to discuss Electronic Tracking. DEL believes that using electronic sign-in devices would eliminate overpayments and fraud. Providers have major concerns about this that the legislature needs to hear.

February 20th: Lobby Day in Olympia. We need union members, providers, and parents who would be willing to talk to legislators on this day. All union members are encouraged to wear purple in solidarity with the union. Transportation and lunch will be provided.

Update on MERIT: All trainers for STARS training's must be re-approved through the Merit program. The requirements for Merit trainers have greatly increased. By September 1st, 2012 all Merit trainers will have to meet these new criteria. Organizations will no longer have umbrella approval for STARS training's. Each trainer has to be approved.

SEIU MEMBERS ARE SUPPORTING OCCUPY ACTIONS: Both in Seattle and Vancouver, SEIU 925 members have attended Occupy events and have had wonderful experiences in this amazing grass roots movement.

SEIU HAS ENDORSED PRESIDENT BARRACK OBAMA FOR RE-ELECTION: 2012 is a big political year for SEIU. We will also be working to help elect a new governor and get Senator Maria Cantwell.

OUR NEXT REGIONAL UNION MEETING: Our next regional union meetings will take place in April. Dates, times and locations will be announced as soon as they are known. Meetings will be held in various locations throughout the state. Members will receive a flyer in the mail with all pertinent information.

Melba Halgren, 28-year Provider

Proud SEIU 925 Member

Member Political Organizer for SW Washington



The Need for Physical Activity Guidelines in Child Care

Results from a study involving 144 children
in 31 family child care homes in King County



Issue Brief #5 • 2011

Child care matters for child health

More than 60% of children under age six are in non-parental care on a regular basis, and over one million of these children receive care in licensed family child care homes.¹

Physical activity throughout the day helps children develop, stay well and maintain a healthy weight. The National Association for Sport and Physical Education recommends that children should accumulate at least 120 minutes of physical activity in structured and free play.²

Most children in child care were sedentary

Researchers at the University of Washington Center for Public Health Nutrition used accelerometers—devices that measure vibration caused by movement—to measure the physical activity of 144 preschool children in 31 family child care homes.³ The quantity and quality of physical activity in child care varied, but children were mostly sedentary. Children spent an average of 57% of their time in sedentary activities; in some homes children were sedentary up to 96% of the time.

Physical activity was too brief and not vigorous enough

None of the child care homes met the guidelines for physical activity. Based on an 8-hour day in child care, in one home children were only moderately to vigorously active for about 30 minutes per day. Children in eight homes averaged less than 60 minutes of activity per 8-hour day.

Insufficient physical activity in child care settings increases the risk of childhood obesity in vulnerable children.

Set guidelines for physical activity in child care



- Home child care providers need support and guidance to help them incorporate physical activity into daily routines.
- State and local public health practitioners can provide the needed technical assistance and training.
- Experts and national leaders call on local and state policymakers to establish and strengthen policies to increase physical activity in child care.⁴

References

- ¹ Federal Interagency Forum on Child and Family Statistics. *America's Children: Key National Indicators of Well Being*, 2007.
- ² NASPE. *Appropriate Practices in Movement Programs for Young Children Ages 3-5*, 2000.
- ³ Kirkpatrick S, Monsivais P, Johnson DB. *Physical Activity in Family Child Care Homes*. (Submitted)
- ⁴ National Resource Center for Health and Safety in Child Care and Early Education. *Caring for Our Children*, 2011.

For more information see www.cphn.org



Developed by the University of Washington Center for Public Health Nutrition.
Support for this project was provided by a grant from the Robert Wood Johnson Foundation.

FREE Online STARS Class

"Media Aware Child Care" is a STARS-approved online training course developed and maintained by the University of Washington Center for Public Health Nutrition Washington Active Bodies Active Minds (WAABAM).

This course provides information for early childhood professionals on ways to reduce the amount of time children spend in front of screens.

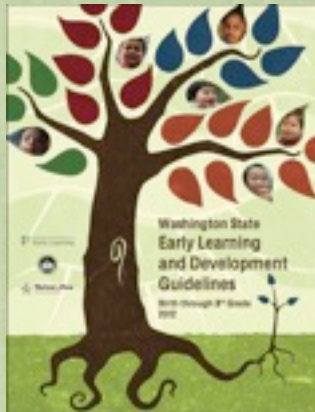
This online training is made freely available to early childhood professionals thanks to the support from the Centers of Disease Control (CDC) and the Washington State Department of Health.

One STARS continuing education hour in Health, Nutrition and Safety can be earned by completing this class.

Follow the link below to take this free STARS training.

[FREE Online STARS Class](#)

Washington State Early Learning Guidelines



As a child care provider, you see lots of different children and become very familiar with normal child growth and development. Based on your expertise and your experiences with children, you are often the first one to notice a developmental delay in the children that you care for.

Formerly called Benchmarks, the Guidelines are a tool that offers useful information about the skills and behaviors in children at different ages and stages.

[Updated 132 page Guidelines here](#)

It covers the general areas of early childhood development:

*Physical well-being, health and motor development
Social and emotional development
Approaches toward learning
Cognition and general knowledge
Language, literacy and communications*

The final draft of these guidelines will be available soon.

If you have concerns about children ages 0 to 3, please refer the family to Early Support for Infants and Toddlers (360) 896-9912 x463. They can arrange for a developmental screening with the parents. They can even come to child care to do the screening if that is more convenient.

Scrip Fundraiser

BUY YOUR GIFT CARDS FROM CCFCCA

You buy them anyway

Purchase your gift cards from your Association and a % comes back to you! This fundraiser helps us offer great STARS trainings, business supplies, and provider events. www.shopwithscrip.com use this code: [LFBF445424118](#).

You'll find something that you can use. There is a list of companies and the denominations that are available with the % that goes to **CCFCCA**.

IT'S EASY

- Set up an account-It's FREE
- Select Card(s)
- Print
- Mail w/check to CCFCCA to

Terri Lehman
13203 NE 91st Street
Vancouver, WA 98682

If you have any questions, please feel free to call me @ 260-9884.



shopwithscrip.com

Why Child Care Matters for Obesity Prevention



Issue Brief #1 ♦ 2009

Child care needs to be part of any strategic plan for obesity prevention.

Healthy child development depends on eating nutritious food and being physically active every day. This is especially important during the preschool years when children are rapidly building their brains and bodies.

Millions of America's children spend hours in out-of-home child care each day. The care environment greatly influences what children eat and do, and can play a key role in preventing childhood obesity. Policies for nutrition, physical activity, screen media, and training for child care providers are important tools for getting children on track for good health.

- Over 80% of children under age 5 spend some time in non-parental care.¹
- 18.4% of 4-year-old US children are obese.²
- Overweight preschool children are 5 times more likely to be overweight at age 12 than those who were never overweight.³

1. Child care impacts children at a critical stage of development.

Obesity prevention must start early in life. Many young children have little opportunity for sustained physical activity during child care and are fed high calorie, low nutrient foods. Child care practices and policies can have widespread and long-term impact.



2. Child care practice is associated with childhood obesity.

A large national study found that the type of child care in the year before kindergarten is linked to obesity. Children cared for by a parent or in licensed child care centers are less likely to start kindergarten obese than children in child care offered by extended family, friends, and neighbors.⁴ In the US, 33 to 53% of children under 5 yrs old with employed parents are cared for in these unlicensed settings.⁵ This underscores the need for education and policies that support good practices in all types of child care.

3. Child care offers opportunities for health promotion.

Obesity prevention efforts must happen both in and out of the home. Guidelines that encourage healthy behaviors for children in child care can also benefit their families. Providing information to parents can increase their understanding of children's nutritional needs and help improve home meals and sack lunches sent to child care.

4. Child care is an investment in tomorrow's students.

Well fed, healthy children are better prepared to focus and learn in the classroom. Quality child care across all settings would help reduce differences in early learning experiences that can lead to gaps in school readiness.

References

- ¹ US Census Bureau. 2005. <http://www.census.gov>
- ² Anderson SE, Whitaker RC. *Archives of Pediatrics & Adolescent Medicine*. 2009 Apr;163(4):344-8.
- ³ Nader PR et al. *Pediatrics*. 2006 Sep;118(3):594-601.
- ⁴ Maher EJ et al. *Pediatrics*. 2008 Aug;122(2):322-30.
- ⁵ National Center for Children in Poverty. 2008. http://www.nccp.org/publications/pub_835.html

For more information see www.cphn.org



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