

Clark County Family Childcare Association Newsletter

Printed June 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

June 15th

Board Meeting-Pederson

June 22nd

Providers in the Park

July 6th

CCFCCA meeting

STARS Training: "Manners" w/trainer Barbara Ross

July 24th

Yard Sale



Letter from the President

Dear Providers & Friends,

Warming up and school will be out soon. Our school-age daycare kids will be around all day in the summer. We all know it can be a challenge to keep kids busy for up to 10 hours a day. We have to plan ahead to keep our environment stimulating so they can have fun while learning.

This past quarter, I have been attending the Bridges class offered through Clark College and taught by Sarah Theberge. In the class, I learned a fun way to come up with a summer curriculum that really gets the kids involved. The concept is called "webbing." It's simple. Draw a large circle on a piece of paper. Draw a small circle in the middle of the large circle. Decide on a topic that the kids are interested in. Inside this smaller circle write the topic. My daycare kids choose a few topics that they like. One topic is "Water." Next we drew five lines extending out from the center like spokes on a bike. On each of the five lines, we wrote a different question that they want to find answers to. For example, one question on our "Water" web is, "What are some fun water games?" Then under each of the five questions, we listed two or more activities to do to answer the question. (Examples: Play water balloons, Play with the water

table, Run through the sprinkler, etc.). Just use your imagination and a whole summer of fun can happen. The great part of this project is that the kids are making up their own summer curriculum and we also got parents involved. Each parent came up with an activity idea for each of the three webs that we made (Water, Bugs, & Dress-up). Now the parents are excited about this curriculum. I highly recommend that you try this simple but very fun way to get your daycare kids and parents involved in what is happening at daycare. When they take ownership, they get more involved.

There are also many fun field trips to add to your summer curriculum. We are looking forward to going to the park, going out for ice cream, going to the free movies at Regal Cinemas and even taking a trip to the Water Resource Center to answer some of the questions in our "Water" web.

Summer can be a really fun and enjoyable time with our daycare kids. However, don't forget about doing something nice for yourself too. We will continue to have our regular CCFCCA meetings on the first Tuesday of every month. It's nice to have an evening out with friends and fellow providers.

I hope you have a happy and joyous June.

--Melba Halgren

Ideas for Summer Activities

1. Vancouver Parks and Rec-100 Days of Play
www.cityofvancouver.us/100days
2. Library events throughout the community.
<http://www.schooloutletsgo.org/>
3. Free movies
<http://www.regmovies.com/novshowing/family/filmfestivalschedule.aspx?state=WA>
4. Water Resources Education Center
5. Oregon Zoo
6. Children's Museum
7. OMSI
8. Clark County Fair
9. Hike on the discovery trails
10. Parks Fun Wagon
<http://www.cityofvancouver.us/parks-recreation/recreation/kids/funwagon.htm>
11. Fort Vancouver-Museum and Fort
12. Pearson Air Museum
13. Pomeroy Farms www.pomeroyfarm.org
14. Café Sip and Play
<http://www.cafesipnplay.com/index.html>



June Meeting Report

On Tuesday June 1st, Providers walked out of the rain and into a room that looked like a picnic/play ground at Pied Piper Pizza. "Welcome to Summer" was the theme of the meeting and at least one Provider seemed to actually feel the summer heat in the room.

It was such a pleasure to look around the room and see some of CCFCCA's newest members at the table. Welcome to members, *Jeanna Wardell, Alisa Berger, Shahna Arrbollo, Terri Bruhn and Samantha Giering*. To see these ladies photos, go to our "Membership Directory" on our web site at www.ccfccaweb.org Many of our regulars missed this meeting and we missed seeing them but for those of us in attendance, it was a very nice evening.



Board members, *Melba Halgren, Wendy Patterson, Sue Pederson and Nancy Lycklama* filled the group in on the latest CCFCCA business.

See Melba's union news on page # 8 of this newsletter.



Nancy Dickinson and Judy Peters thanked all those that helped to put the Provider Appreciation Day event together in

May. Thank you cards were given to committee members; *Lari Piel, Debra Gault, Sandi Brinley, Wendy Patterson, Carol Chandler, Jodie Price, Reiko and Miki Strutz and Denise Hertz*. Thank you cards were also given to those that were not on the committee but contributed to the success of the Provider Appreciation celebration. Those people are; *Mindy Gault, Brandon Brinley, Leasa Ripplinger, Sue Pederson and Hannele LaFrance*. We offer many thanks to all of you for your contribution to this very fun celebration.



During a break in the meeting, the group sang happy birthday to members; *Jeanna Wardell, Leasa Ripplinger* and

Alisa Berger. Each of the ladies was given a birthday gift from CCFCCA.

Helene Padget was the big winner of the evening winning the special drawing of a beautiful Breakfast

Basket (Put together and donated by *Wendy Patterson*) as well as a Starbucks bag and a First Aid kit. Other winners were: *Lari Piel* who won the 50/50 cash prize of \$21.50, *Cindy Perez (Laymen)* won a Starbucks bag and a camp chair, *Sandi Brinley* won a camp chair and *Terri Braun* won a Starbucks bag.

Judy announced that the "Second Mamas" Race for the Cure team is officially registered with the Komen Foundation and encouraged members to JOIN THE TEAM. See more about the September 19th Race for the Cure on page #5 of this newsletter.



The meeting ended with some surprises. *Cindy Perez (Layman)* was given gifts, cards and well wished for a long and happy marriage to her new husband, Art. See *Cindy and Art's*



wedding photo in this newsletter.

Also, our own *Leasa Ripplinger* was given a surprise of baby cloths and diapers for her new grandson that is now living with the Ripplinger family. We wish the best to both of these wonderful ladies.

Our next CCFCCA meeting and STARS training will be on the first Tuesday of July. To read about that STARS training, go to the event calendar on our web site at www.ccfccaweb.org

Thank you to our hard working and devoted welcome committee of *Carol Chandler* and *Sandi Brinley*. You ladies truly make us feel welcome.

Childlife CPR /First Aid

June 21st 7 to 10pm and June 22nd 6 to 10pm
At SWWMC \$25.00 prepayment required. Register at www.swEvents.org or call 360-514-2190

Car Seat Safety Class & Clinic

June 19th at 9:00am. (Arrive by 8:45am) Call 360-450-8997 or email dmgirt@comcast.net to register.

*CPR/First Aid in August

The next CPR/First aid class that is being offered by CCFCCA will be held on August 14th 2010 at Pied Piper Pizza. The cost is \$25.00 for CCFCCA members and \$35.00 for non members. Prepayment required. Register @ boogiepeters@aol.com or call Judy @ 693-5245.



Happy Birthday to You....

June Birthdays:

Melissa Melhorn	6/1
Katherine Adams	6/18
Julie Dupras	6/18
Jodie Price	6/20
Christiana Martin	6/22
Cathy Engelquist	6/22
Amy Fullerton	6/25
Tsai Hsia Spring	6/30

July Birthdays:

Dorothy Muffett	7/5
Denise Hertz	7/14
Alexandra Batman	7/17
Wendy Patterson	7/29

Congratulations Cindy and Art



On Saturday, May 22nd, our own Cindy Layman and the love of her life, Art Perez were married in an afternoon ceremony in Camas. The outdoor wedding was perfectly timed to take place in the beautiful sunshine and between heavy spring showers.



We wish Cindy and Art a lifetime of happiness together.

From The Advocate

Your right to remain silent...

A constitutional right...yes but is it one you have as a childcare Provider licensed in the State of Washington? It is not the Department of Early



Learning's job to advise you of your rights. It is their job to get you to self-incriminate. During an "interview," their objective is to obtain language from your mouth that can be spun to sound as if you "admitted" some wrong doing. Often, if a Provider cooperates with DEL during either an investigation or an

inspection gone bad, the Provider has surrendered any hope of prevailing on the matter.

If you are ever in a stressful situation (one of an accusing tone) with DEL insisting that you agree to an interview while under stress...decline. Request an appointment for the next day after you have had time to gather your wits.

Take care of yourselves.
Deborah

Yard Sale Time



The annual CCFCCA yard sale will happen in July. Contributions are being collected but much more is needed. If you have one item or a truck load of things, please donate.

A lot of help will be needed to prepare for and work at the yard sale. How about donating some of your time and energy? We could sure use your help. There are many of things to do in order that this yard sale will be another success. With the work comes the reward so do us all a favor and join the team of volunteers. You can sign up by calling any of our board members or call Judy @ 693-5245

Provider Showcase

by Sue Pederson



Dubbed the neighborhood “Crazy Daycare Lady,” Kathy Ramey keeps a full daycare of 12 children. Open 7 days a week, Kathy’s first children arrive at 2:30 AM, with the last to leave at 10:15 PM. Asked how she does it, she replies that she has a wonderful, supportive husband who assists her with the daycare. Kathy

was licensed in 1990. The children she currently cares for range in age from infant to her own 10 year old child.

Kathy was married at age 17 and had two children, Joseph, age 25 and Jessica, age 23. Remarried in 2000 to husband Jeff, she then had two more children: Nathan is 10 and Spencer is 7. It took her months to introduce her older children to Jeff as she was cautious in letting her children meet every person she might date. When Nathan was young, Kathy decided to start her child care because Nathan did not adjust well to being left in daycare. He cried 9 hours straight for three days and that was more than Kathy could imagine putting another provider through. Working in management at the time, she quit her job and began caring for other children. Children, especially her own children, are Kathy’s world. It makes her crazy to hear moms who say “I need me time.” To Kathy, children are what keep her going and she eagerly awaits being a grandmother some day.

Scrap booking is a hobby that Kathy incorporates into her daycare. She makes pages of all her daycare children and posts them on the walls of her daycare areas. Camping and hiking are things she loves although hiking is difficult after falling down a set of stairs and breaking her foot 6 years ago. A future goal in the next few years is to work in the VA hospital. Having served in the Army during Desert Storm, she knows that our soldiers and service men and women can be forgotten. She would love the opportunity to let them know how brave they have been for giving so much of themselves. Kathy feels that a wonderful gift that she has been given is that of being able to look at all sides of things and then making a determination. Though describing herself as blunt at times, she tries to be honest, positive, logical and trustworthy.

Kathy has been a loyal member of CCFCCA. She has even helped another provider, Kasey Tanner to become licensed and to benefit from our Association. Kathy, thank you for all that you offer to our community. Whatever you choose to do with your future, you are sure to be a success.

ORDER YOUR SCRIP

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 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 and a check to me made out to CCFCCA. Once I have placed the order and I have all of the money, it should be less than a week to receive. For CCFCCA to get the %, you will need to use this code: [LFBF445424118](https://www.shopwithscrip.com/offer/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



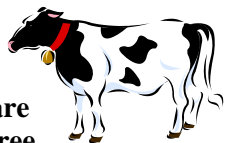
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Dairy Days



On May 7th, several local Child Care Providers took advantage of the Free Dairy Days event at the Clark County Fair Grounds. With the number of local dairy farms shrinking each year, Dairy Days is a good way for children to learn all about the dairy farm and the products that are made from milk.



The children were guided through different stations that demonstrated how cows are milked, how the milk is transported and the general care and feeding of dairy cows.



Some of the Providers that took advantage of this educational field trip were: Leasa Ripplinger, Sandi Brinley, Wendy Patterson and Kim Pearson. At the end of the tour, the children were treated to ice-cream.

How Much Milk Does it Take?

Milk is made into many different dairy foods. Guess how many cups of milk it takes to make each of the products listed below. *Draw a line from the food to your guess.*

- | | |
|-------------------------------|-----------------------|
| A. 1 pound of butter | 12 cups of milk |
| B. 8 oz. of yogurt | 11 cups of milk |
| C. ½ gallon ice cream | 0 not a dairy product |
| D. a dozen eggs | 39 cups of milk |
| E. 1 pound cottage cheese | 19 cups of milk |
| F. 1 pound of American cheese | 1 cup milk |

See answers on page #9 of this newsletter.

2010 Komen Portland Race for the Cure® "Second Mamas"



The CCFCCA "Second Mamas" team has been officially registered in the 2010 Komen Race for the Cure.

From 1997, the "Second Mamas" team has raised a total of \$3,615.00 for the Komen foundation. Our biggest team in the past three walks had 55 members in 2008.

Please join our team this year and help us make a difference. The funds raised from this event are used to offer free cancer screening tests for women that cannot afford them.

The link below will take you to the "Second Mamas" team page where you can join the team or make a donation.

http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure?team_id=52812&pg=team&fr_id=1130

My Personal Care Challenge

by Debra Gault



I don't remember ever being this happy in my whole life. Or at least not for a long, long time. It is the kind of happiness that you think will never go away and that nothing could possibly ruin it.

My hope is that telling my story will help others. I will begin at the beginning of my married life. I have been married one time when I was nearly 21 years old. The marriage lasted for 31 years. My husband and I had four children. Two daughters and twin sons.

In the early years of my marriage I was happy and in love but times were hard. I always had to work but was not happy about leaving my children with others so I started my own daycare.

My husband had some issues that made our life hard. He was not able (or willing) to keep steady work and as he got older, that problem got worse. He was willing to help with my daycare and he tried to be a good husband. We decided to start another family business because I wanted other options to back up my daycare business. At first, my husband did OK in helping set up the new business but as time went by, he began to set up shop at the local bar instead of working.

Being the oldest child, I was the leader of my siblings when we played together. My favorite game was playing house. I would use wooden prune boxes to make chairs, couches and other furniture in our pretend home. Even as a child, I was always trying to improve things and that was my position as a wife, mother and business owner. As a result, I ignored much of what was going on in my marriage and my life.

As time went on, it became clear that it didn't matter how hard I tried, things just got worse. In time, my husband was no longer contributing to our marriage, our home, or to the parenting of our children. I realized that his choice for a life style was not mine and that we were no longer able to make a life together.

I was so low that I pulled the plug on the business phone and started making calls to close everything down, one at a time. Then I just sat back and filed for divorce. Filing for divorce was the hardest and most painful thing that I have ever done. My family has always been very close

and I feared that the divorce would cause me to ruin my family and our closeness. It felt like I may be divorcing my family and not just my husband.

I really didn't do much else at that time. I didn't even take any new clients on in daycare. And I told my daughter that she needed to start looking for another job.

My husband actually thought he could stay, silly boy! My kids were all grown. Now I had filed for divorce and closed the family retirement business, and the credit that I had cherished for many years was going to be ruined and there was little I could do about it. It was the lowest I had ever been. It was especially hard because I had always been the one to preach to others that if you wanted something in life, and you work hard for it, it will happen. I had worked as hard as I knew how and now it was all crumbling away from me.

It was time to try to turn my life around. I had to do a lot of soul searching. Now I was 50 years old, my life had completely changed, and I had to start all over again. The big question was; what do I want in life now?

The turn-around began when I started thinking about how I have always put my own needs behind everyone else. I realized that for years I have denied my own needs behind my husband, my children, my daycare and now my grandchildren. This seems to be a common trend for women and I was no different. At that point, I decided to do something about it. I started to list the things that were important to me in my new life, the life I wanted. I listed the things that I wanted to improve in my life. I was determined that I would not be derailed from this new commitment.

This was basically my list:

***Financial burdens lifted** ***Daily exercise**
***Dental needs taken care of** ***Peace and harmony**
***Someone to share my life with** ***Put me first**

I looked at my list daily, and realized that I could do something about almost all of this.

I had only exercised a few times in my life but...I bought a pair of running shoes, some exercise cloths, and I began working out daily. I enjoy every minute of it.

Now days, after my daily exercise, I shower, put on my make up and then start my work day. Taking time for myself each morning has been like turning the clock back to when I was 17 years old. It feels good. I feel happy again. I have stopped worrying about the things that I cannot change. I keep my list in front of me and I am slowly taking control over my life and my destiny.

I hope my story will help someone else that may be in a similar situation. We are all beautiful people and we deserve more out of life. Debra

Curb Overeating with This Mealtime Trick

To avoid eating too much -- and earning a bigger pants size -- try this mealtime trick: Spend at least 30 minutes enjoying your food. Research shows that scarfing down food as if every meal were your last actually *reduces* levels of key appetite-controlling hormones -- the ones that normally keep you feeling full and satisfied and tell you when to put down that fork.

Slower = Slimmer

In the study, lucky volunteers were served about 2 1/2 scoops of ice cream -- twice. On one day, they wolfed down the treat in 5 minutes flat. Then, on another day, they lingered over the bowl for a full half hour. Blood tests showed that slow eating increased levels of two appetite-lowering chemicals (peptide YY and glucagon-like peptide-1) by 25 to 30 percent. And these satisfaction hormones stayed high for the next 2 1/2 hours.



Satisfaction Secrets

"I'm full" hormones are released by special cells in your gastrointestinal tract. Eating stimulates them, but scientists aren't yet sure why a leisurely meal boosts output and a quick meal stunts it. And you shouldn't wait for the answer. Start harnessing your satisfaction levels now with a lazy, leisurely approach to breakfast, lunch, and dinner. Here are a few more tips on eating less but feeling more satisfied:

Veggie-cize your meals. Adding veggies adds bulk but few calories.



Focus on your food. Paying attention to every bit helps you eat less.

Treat yourself to an appetizer. A healthy premeal nosh helps turn hunger off.

Are you *really* hungry, or just thirsty?

Don't Confuse Hunger with Thirst. The reason people eat is because their satiety centers are begging for attention. But sometimes, those appetite centers want things for quenching thirst, not filling the stomach. Here's how to figure out what your body is really asking for.

Quench or Crunch?

Thirst could be caused by hormones in the gut that produce feelings much like hunger cravings. To figure out

what your body really needs when you feel hungry, drink a glass or two of water. If the craving goes away and you feel more satisfied, you have your answer

Satiety Training

Thirst could also be a chemical response to eating; eating food increases the thickness of your blood, and your body senses the need to dilute it. A great way to avoid confusing your hormonal reaction to food is to make sure that your response to thirst activation doesn't contain empty calories -- like the ones in soft drinks or alcohol. Your thirst center doesn't care whether it's getting zero-calorie water or a mega-calorie frappe.

So What about Those Eight Glasses?

Contrary to popular belief, there is no evidence to suggest that drinking eight 8-ounce glasses of water each day will make you healthier. And relying on the eight-glass rule may not be enough to avoid dehydration in certain circumstances.

Avoiding Dehydration.

Mild dehydration, if it occurs frequently, may increase your risk for health problems such as heartburn, constipation, kidney stones, and even kidney failure. Severe dehydration can cause your body to shut down and go into shock. So make sure you know the early warning signs of dehydration in order to take action and protect your health.

Signs of Mild Dehydration

The following signs are tip-offs that you may be in the early stages of dehydration:

- Dry mouth and lips; mouth may also feel a bit gummy or sticky
- Difficulty concentrating
- Fatigue
- Elevated heart rate
- Headache
- Dizziness



Don't ignore these clues, especially if you experience two or more at the same time.

Benefit

Eating a diverse diet that includes 5 servings of vegetables per day can make your RealAge as much as 4 years younger.

SEIU 925 News



REGIONAL MEETINGS IN VANCOUVER: Family Child Care Provider Regional Meetings and STARS training are set for Monday, June 14th from 6:30 p.m. – 8:30 p.m. at our Local SEIU 925 office at 505 E. 22nd St., Vancouver, 98663. We will be covering topics like bargaining updates, new member benefits, and new WAC rules. Copies of

the new WACS draft available. STARS hours earned. Everyone bring some type of finger food so we can enjoy some light refreshments. Soda provided. A second meeting will be held for Russian speaking providers on Tuesday June 15th, same time, and same location. Bring a member friend or someone interested in joining the union. See you all there!

SEIU HAS A NEW PRESIDENT: Andy Stern has retired after 14 years as the President of Service Employees International Union. In early May, Mary Kay Henry became the new president and first woman to head this politically influential union. Henry pledges to “restore relations with the American Labor Movement.” Her election comes after an explosive growth in SEIU membership worldwide. Henry voted to continue the union’s role as a political force and said she hoped to meet soon with President Obama, whose campaign the SEIU supported with tens of millions of dollars and thousands of volunteers. Henry will serve the final two years of Stern’s term and elections are scheduled for 2012.

MPO’s ARE BUSY AROUND THE STATE: Member political organizers are now interviewing candidates running for office and seeking an endorsement from SEIU. Recently, Dino Rossi announced he would be running against Senator Patty Murray. This will be a very competitive race. This is a race where SEIU can make a big difference. When an SEIU endorsement is sought, the candidate fills out a questionnaire, and goes through an interview process so we can assess if he/she would fight for working families and our issues. Once a candidate is endorsed by local SEIU members, it goes to the Executive Board for a final decision. SEIU endorses both Democrat and Republican candidates. An endorsement is very valuable because it means that SEIU volunteers will do phone banking and door knocking for that candidate and even a \$ contribution.

COPE CONTRIBUTIONS: COPE stands for Committee on Political Empowerment. SEIU members can sign up to make a **voluntary** contribution of \$7 per month for political purposes only. These funds cover expenses related to phone banking, door knocking, lobbying or even direct contributions to endorsed candidates. Your voluntary contribution would be automatically deducted from your state subsidized check. SEIU does not use regular dues to pay for political activities. If you would like to make a monthly COPE contribution, please call me at 573-9656 and I will bring you a form to sign.

DUES: Dues continue to be only 2% of the amount of your subsidized check (with a cap of \$50). I only have one subsidized child and my dues were only \$3.91 last month. A provider would have to make \$2500 to even pay \$50. The new computer system is in place now, so even if a provider earned \$3,000 for providing state subsidized childcare, she would never pay over \$50. A private pay member would pay \$35 per month. But if you are like me and only have one subsidized child in care, your union dues are very low.

THE EMPLOYEE FREE CHOICE ACT: A bipartisan coalition of policymakers supports the Employee Free Choice Act. This act would provide federal legislation that would ensure workers have a free choice and a fair chance to form a union at their workplace. This legislation would give workers a fair and direct path to form unions through majority sign-up, help employees secure a contract with their employer in a reasonable period of time, and toughen penalties against employers who violate their workers’ rights. Workers are struggling in this country. Today’s workplaces are tilted in favor of lavishly paid CEO’s who get golden parachutes while middle-class families struggle to get by. The Employee Free Choice Act can restore the balance, giving more workers a chance to form unions and get better health care, job security, and benefits. Corporate interests are fighting this legislation with everything they’ve got. They’re protecting the status quo—a rigged system, which allows employers to intimidate, harasses, and even fire workers who try to form a union. This is really all about maintaining the American middle class. More than half of U.S. workers—60 million—say they would join a union right now if they could. Workers who belong to unions earn 30% more than nonunion workers, and are 63% more likely to have employer-provided health care. Please support SEIU in voting for the Employee’s Free Choice Act.

Melba Halgren
26-year Provider
Proud SEIU Member
SW Washington Lead Activist, & MPO

Puppet Play

Puppets as Tools and For Fun



Puppets stimulate children to explore a variety of kinds of expression. They can make their puppets talk in high or low voices; gruff voices, angry voices, gentle voices, etc. They can make their puppets give hugs or hang their heads in sadness.

Puppets help children to build social skills as they speak to each other and to adults through their puppets. Using puppets helps children to learn to listen and to participate in two-way conversations.

Puppets allow children to act out different ways that new situations might go. They can use puppets to try out various daily happenings or experiences that might be presented in real life.

Puppets allow children to express feelings in a healthy non-threatening way. They can express anger, sadness, fears, and joy through their puppets and not put themselves at risk. Puppets allow children to participate in imaginative play and to fantasize events that they've seen or heard about.



Puppets as a Tool for the Provider-

Providers can use puppets just as a fun way to present a new idea or tell a story. They allow the children to see you as someone who likes to have fun and can get involved in the kind of imaginative play that they like.

Providers can also use puppets as a means of talking with and learning about a child or group of children. You can learn a lot about how a child views a particular situation or subject by listening to the child's expression of feelings, concerns, fears, and desires during puppet play. You can learn about happenings in the child's life by encouraging expression through puppets.

Providers can learn to be more expressive themselves, to enjoy being silly, to let go and use their creativity, and to participate in a performance. As you learn to create puppets for a variety of uses, you learn to think creatively. Creating a "Trash Monster" to help the children pick up toys, or a "Sandwich Monster" to encourage them to eat nutritious foods, are fun ways

to encourage children to participate in useful everyday activities.

How Can I Use Puppets In My Family Child Care?

Puppets can be used in many different ways and can help children develop a variety of skills. Most importantly, puppet play stimulates language development and encourages imagination.

Some of the ways in which puppets can be used in family child care include the following:

Puppet Play Initiated by the Child- This kind of puppet play occurs spontaneously during the course of a child's independent play. It can occur when one child talks to a puppet or when two or more children interact with each other through puppets.

Puppet Play Initiated by the Provider- This kind of puppet play occurs when the provider uses a puppet as a means of encouraging conversation with a child or several children. The Provider may also use a puppet or puppets to help tell a story, present an idea, or teach a concept such as up and down or in and out.

You can use a puppet to greet a shy child at the door and to help ease the separation trauma that some children experience when parent leave. A hug and a friendly greeting from a furry puppet who asks the child to come and read a story or play will help ease this kind of transition.

Puppet Play as a Dramatic Presentation by Children- This kind of puppet play occurs when a provider helps a group of children to create a presentation of a story through the use of puppets.

You can stimulate and encourage puppet play and expression through puppets by creating an environment in which children are encouraged to create and experiment, in which there is no right or wrong way, and in which children can try things out without fear of failure. Any kind of puppet that the



children can relate to or manipulate is suitable. Try to purchase washable, durable puppets. You can make your own puppets with glue and fabric, paper, paper plates, paper cups, etc.

This information is from the Funsteps, Inc. Preschool Program at www.funsteps.com

Mandatory Child Care Subsidy Billing Training



Why Take Child Care Subsidy Training?

This free training is REQUIRED if you get child care subsidy payments from the state as a Licensed Family Child Care Provider or In-home Relative Provider.

- Learn about subsidy billing, including recent changes to the rules.
- Find out what you can bill for and how to make sure your payments are correct.
- Two convenient options:
 - Available in person from your local child care [resource and referral program](#). (Note: you will need your zip code to find your local office.)
 - Online: (Note: you will need your provider number to register for the online class; start by clicking, "I am a new student and need a user name and password".)

To get more information on child care subsidies, and to download a copy of the subsidy training booklet, go to the Department of Early Learning website: <http://www.del.wa.gov/publications/subsidy/>

<http://www.childcarenet.org/>

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

From Page # 5

Answer key: How much milk does it take?
 Butter (39) Yogurt (1) Ice Cream (11) Eggs (0)
 Cottage cheese (12) American cheese (19)

22nd Annual Fort Vancouver Lions

Strawberry Sale!

LOCALLY GROWN, FRESH, CLEAN,
 SLICED STRAWBERRIES

No Sugar Added—Ready to Preserve

28 lb. ECONOMY SIZE ONLY \$46

14 lb. SIZE ONLY \$26

Taking orders until June 16th, 2010

All Orders Paid in Advance

PICK UP ON JUNE 19TH 2010

10:00 a.m. – 1p.m.

QUESTIONS? CALL Walt

360-883-0840

Proceeds used for Sight & Hearing Conservation, Washington Elementary and other Community projects.

Please make check payable to Fort Vancouver Lions

ALL ORDERS MUST BE PREPAID

Please cut & send the order form below.

A confirmation of your order & pick-up location will be mailed to you.

Please Print Information Below

Name _____ Date _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

14lb. @26X _____=\$_____ 28lb. @ \$46X _____=\$_____ TOTAL _____

Please indicate below which pick up location you prefer:

- | | |
|---|--|
| <input type="checkbox"/> 1. Battle Ground
1 st independent Bank, 601 W. Main St.
Dr. | <input type="checkbox"/> 4. Vancouver Mall
Red Lobster, 8219 NE Van.Mall |
| <input type="checkbox"/> 2. Salmon Creek
Kaiser 14406 NE 20 th Ave. | <input type="checkbox"/> 5. Fishers Landing
Nautilus Headquarters, 16400 Nautilus Dr. |
| <input type="checkbox"/> 3. Hazel Dell
1 st Independent Bank 8015 NE HWY 99 | <input type="checkbox"/> 6. Camas
Bank of Amer. Parking lot on 3 rd |

Mail Check & Order Form To: Ft Vancouver Lions*7103 NE Fairway Ave, Vancouver, WA 98662

Berries not picked up at the time and place listed above will be donated to a local charity.

CCFCCA Board and Committees:

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Vice President: Wendy Patterson

Wpatterson320@hotmail.com

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CCFCCA Consultant: Deborah Rosser

Newsletter Editor: Judy Peters

PREPARING FOR SUMMER

From Anne Johnston of the Clark County Health Department

It's that time of year again that gets everyone excited for summer. Soon.....school will be out and the sun will be shining! It is important to get our child care programs ready for summer fun in the sun.

Children love to play in enriched outdoor environments, experiencing a wonderful sense of freedom as they explore their world! They can hear nature sounds or city noises. They can feel the sun on their faces and smell the flowers in the garden. Providing stimulating and inviting outdoor environments will help children discover their world through play.

Children should go outside at least twice a day on most days. We live in the Pacific Northwest and have very few days that we can't play outside. They days that we shouldn't play outside are when the heat index is greater than 90 or if there is poor air quality.

The Ultraviolet (UV) Index measures the intensity of the sun's UV rays on a scale of 1-15+. This indicates a person's risk of possible overexposure on a given day. Child care providers should be aware of the local UV Index before taking children outside. To check the UV Index watch the local weather forecast or go to the Environmental Protection Agency UV Index forecast page, www.epa.gov/sunwise/uvindex.html#map. They can use the guidelines described in the UV Index scale to protect them from over exposure.

Exposure Category	Index Number	Sun Protection Messages
LOW	<2	Safe to be outside. Wear sunglasses on bright days. Cover up and use sunscreen SPF 15+ as needed.
MODERATE	3-5	Wear a hat and sunglasses. Use sunscreen SPF 15+. Seek shade during midday hours.
HIGH	6-7	Wear a wide-brimmed hat, sunglasses, and wear a long-sleeved shirt and pants when practical. Use sunscreen SPF 15+. Seek shade during midday hours.
VERY HIGH	8-10	A shirt, hat, and sunscreen SPF 15+ are a must. Seek shade from 10am – 4pm.
EXTREME	11+	A shirt, hat, and sunscreen SPF 15+ are a must. Seek shade from 10am – 4pm.

Ozone sometimes presents a health risk. When ozone is in the upper atmosphere it protects the earth from ultraviolet rays, but when it is near the ground it is a major component of smog and can cause respiratory difficulties. Children and adults with asthma and other respiratory conditions may need to limit or avoid time spent outdoors. Check your local weather station for air quality conditions and consider staying indoors or limiting time spent outside on Clean Air Action Days.

If you haven't done so already, now is the time to obtain parental permission for sunscreen by having parents fill out a medication authorization form and bringing in a labeled sunscreen that has a sun protection factor (SPF) of at least 15 and that is PABA free.

Here are some tips for enjoying the outdoors and the sun safely:

- Limit time in direct sun between 10 a.m. and 4 p.m. and drink plenty of water.
- Find activities that can be done in the shade.
- Apply sunscreen at least 30 minutes prior to going outside. Reapply every two hours, and after water sports. When applying sunscreen to children, change gloves between each child.
- Encourage children to wear wide brimmed hats and sunglasses that offer both UVA and UVB protection.
- Sunscreen is not recommended for infants under six months of age. Infants should play in the shade only.