

Eastern Washington Family
Child Care Association

Sept / Oct 2015
Special Edition

Connection

To join this Association call William McGunagle @ 489-5230

NEWSLETTER DEADLINE 20TH OF THE MONTH-Debbie Thurber @ 926-6144 or E-mail Debbie@ewfccca.org

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Where has all the FUN gone?

I feel like 'life' has been less fun lately. Since my recent, annual, unannounced licensing visit this past June; the passing of the Early Start Act and I have even seen the holidays decoration in the stores reminding me what is rounding the corner...life gets busier. I have come to the realization that I have traded in some of the "fun", for the "getting it all done."

Since this realization, I have made a conscious effort to be more myself, and have more fun. I want the kids to know that I enjoy being a childcare provider. Because I really do. I love it.

I have to let my guard down and RELAX! I need to stop worrying about looking silly, sounding silly, or being perfect. Relax and smile. They are kids, they are not judging us. They are just looking for us to love them and spend time with them. Living life up-tight, is not really living life.

I am going to use my strengths - Be Myself! I can fold a mean paper airplane and make a perfect cootie catcher. I shared this with the kids and they thought it was the coolest thing ever. It is a secret talent of mine. They thought I was so fun. They were in awe. Yet again, they are easy to please, but still. They thought I was fun. :) I am also pretty good in the kitchen, and can color a mean picture. I like to outline all the pictures and then color lighter inside the outline. The kids think that style is really cool.

It's not about what other providers are doing, or about doing it all. We don't have to be something we are not. Instead, look at your strengths and talents and use them to your advantage. What do/did you like to do? What are you good at? Use your talents, even if they are off the wall, goofy or silly.

As a kid, I had a talent/skill for jumping up on a shopping cart and riding it forever. So every time I push a shopping cart, I want to jump up on the back and take a little ride. Why not? So last week I started to jog with the cart,
... *Continues on page 3*

General Meeting Location: 723 E Jackson Spokane Time: 6:30-8:30pm

General Meeting Dates:

Mon. Sept 21st

Welcome Back Event
FREE Star hour:
"Childcare Hacks"

Lead by Deborah Thurber
(see back page for more information)

Mon. Oct 19th

FREE Star hour:
"Writing Made Fun"
Presenter: Michele Knokey
(see page 4 for more information)

WELCOME to all our members. EWFCCA's calendar year is from July through June. Dues are \$35.00 for licensed providers and \$17.50 for associates, exempt providers and other interested parties, per year. Please feel free to call any of the officers if you have questions.

DISCLAIMER: As an Association, we cannot endorse any products, individuals, or individual's statements within this newsletter.

NEWSLETTER: To submit articles and/or information for publication please contact Debbie Thurber at Debbie@ewfccca.org or call 926-6144 before the 20th of the month.

EWFCCA Committee Chairs

BY LAWS

Sandra VanDoren 534-1940

CARE-A-LOT

Sandra VanDoren 534-1940

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Shayna Presley 926.6144

COMPUTER CONSULTANT

James Thurber 926-6144

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William McGunagle 489-5230

STARS/MERIT REPORTER

James Thurber 926-6144

WEBSITE www.ewfccca.org

James Thurber 926-6144

Food Handler Card Website:
<http://foodworkercard.wa.gov/>

State Pay Providers ONLY Hotline: 1-800-394-4571

Email: providerhelp@dshs.wa.gov Automated Provider Line (24/7) 1-866-218-3244

**Child Care Aware of Eastern Washington
Parent line for childcare referrals 1-800-446-1114**

Aflac For EWFCCA Discounted Prices on Insurance Contact:
Brad Bailey 509-340-3929 brad_bailey@us.aflac.com

MERIT website: <https://apps.del.wa.gov/MERIT> Phone#: 1-866-482-4325

CPR, First Aid & HIV Training:

1st Line, 1st Aid 509.926.0558; Tammy Caruthers, RN 509.863.2269;
Pediatric Heartsaver® First Aid CPR/AED Certification 509-893-1776

SEIU Member Support:

1-877-734-8673 www.seiu925.org

SEIU 925 EXECUTIVE BOARD

Marie Keller (President) 425-257-0133

SEIU Lead Activist

Nancy Gerber 509- 924-6534

SEIU ORGANIZER

Lisa Beaulaurier (866)734-8925 ext: 328
(SEIU Employee)

BARGAINING TEAM (FOR 2015/16 CONTRACT)

Nancy Gerber 509- 924-6534

Payment Grievance Hotline: 888-270-0613

Health Insurance: 866-771-7359

DEL (www.del.wa.gov)

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Chief Administrator—Mary Kay Quinlin
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Kimberly O'Brien — Eastern Wa FCC Licensor
kimberly.o'brien@del.wa.gov 509.789.3830

President's Message Continued.....

jumped up on the back and took a little ride. You should have seen Nathan's (my son's) reaction. My son got in the car and said, "How did you get so good at that." Lot's of practice in the Fry's Parking Lot. Yep, I know how to do lots of fun stuff.

I need to be Spontaneous! Break the Rules! Do something out of the ordinary. Read extra books at nap time, have ice-cream for snack, let the kids stay up to watch a movie during nap (they will fall asleep you know), an unplanned trip to the park, eat dessert before lunch. Say yes when you would normally say no. It's okay. What can you do today, that is unexpected?

I'm going to follow along. Watch what your kids are doing, and follow along. Play house, color, swing, chase around the house. Follow their lead, and not only will they think you are fun, but you will really have fun. Are they acting silly, then act silly.

I'm turning on the tunes – Dance! Want to be more fun? Move. Dance. Jive. Boogie. Unlike our friends in high school, Kids don't judge your dance moves. They don't care. I have made it a secret goal this year to dance with the kids every day. (Guess it's not a secret anymore). When was the last time you danced with the kids?

I need to stop Multitasking. Want to be more fun? Stop trying to do more than one thing at a time. Being with our children becomes frustrating when we are also trying to make lunch, check Pinterest, and fold laundry. All of a sudden, it feels like our kids are hindering us from what we are trying to do and we don't enjoy our time together. That isn't very fun. One thing at a time.

I'm going to say "Yes" As provider's we can find ourselves saying "no" an awful lot. That doesn't make us very fun. "No's" are necessary, but we should try to say "yes" as much as we can. Sometimes I have an agenda, that I feel is the best, and the kids want to do things in a different order, and I want to say "No". Fact of the matter, does the order really matter? Usually it doesn't. What can you say "yes" to today?

I will Laugh! Laughter is great medicine. Want your kids to think you are really fun? Laugh with them. Having trouble laughing? Put a smile on your face for starters. You will be more fun when you smile, and then you will laugh.

I often have the thought, "I can't have fun with you, because then things won't get done around here". Nothing could be farther from the truth. When I have fun with the kids, more gets done, I feel better and so do they. And...they are more likely to help with a willing attitude which lightens my load.

I want to take this moment and invite you to attend EWFCCA next general meeting on Monday, September, 21st. Get connected, be supported and we'll have some FUN. If you are not in town and not able to attend meetings, please join anyways and be connected though newsletters like these! Call or email me anytime! Here's to having fun!!

All the best until next time :) Debbie

I hope you'll have as much fun reading this newsletter as I had creating it for you. I also hope that you will find the information helpful and useful. If you have a question, a tip, a recipe or a story you'd like to share, email it to me (Debbie@ewfcca.org) and I'll include it in a future issue!

Typical General Meeting Agenda

(see back page for more information)

6:30 Social Networking & Food!

6:30—7:00 pm Association Announcements!

7:00-7:15pm Break/Social Networking & Food!

7:15-Pm—8:15pm FREE MERIT/STAR Hour!

8:15– 8:30pm Door Prize Giveaway! ~ STAR hour Registration!

Certificate Handout! ~ Closing!



EWFCCA 2015 / 2016 Year of Events

Monday, September 21st 2015

Welcome Back

MERIT Approved
"Childcare Hacks"

Lead by Deborah Thurber

(see back for more information)

1 free STARS hour

Pot Luck Theme: Finger Foods!

EWFCCA will provide Root Bear Floats!

Highlighted area: Board Members

Saturday, October 3rd

Fall Conference

"Conscious Discipline®"

With Annette Chastain, LCSW

(NO Breakfast offered but there will be a catered Lunch) 6 STAR hours

8 am—3 pm (see article page 13)

Monday, October 19th 2015

"Handwriting Made Fun" (See below)

Presenter: Michelle Knokey

(1 free STARS hour)

Pot Luck Theme: Pasta!

Highlighted area: North East

Monday, November 16th 2015

Speech/Language Presentation

Molly Everson M.S. CCC-SLP

(1 free STARS hour)

Pot Luck Theme: Chili Night!

Highlighted area: Central Valley

Saturday, December 2015

Holiday Party

(No General Meeting)

Monday, January 25th 2016

Topic/STAR hour to be announced.

Pending MERIT approval

Monday, February 22nd 2016

Topic/STAR hour to be announced.

Pending MERIT approval

Saturday, March 19th 2016

'Reach For The STARS'

Lisa Murphy



SAVE THE DATE!!!

More information to come!

Monday, March 21st 2016

Topic/STAR hour to be announced.

Pending MERIT approval

Monday, April 18th 2016

Topic/STAR hour to be announced.

Pending MERIT approval

Monday, May 16th 2016

Topic/STAR hour to be announced.

Pending MERIT approval

Thursday, June 16th 2016

William McGunagle (Host)

June Banquet

July & August 2015

No General Meetings

Each General Meeting is a themed Pot Luck. A dish participation is not mandatory for attendance. If you wish to bring a dish to you may, but NOT required. Thank you

October General FREE Star hour: Michele Wonkey introduces a readiness curriculum full of developmentally appropriate activities that teach children about letters, body awareness, numbers, sequencing, and sharing in a fun, engaging, and informal manner. This easy-to-teach, easy-to-learn curriculum makes handwriting mastery joyful for students and their teachers. Join us as we focus on playful learning to develop coloring, drawing, early math, literacy, and handwriting readiness skills.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		National Wildlife Day: September 4th	Labor Day: September 7th	International Literacy Day: September 8th	Fetal Alcohol Spectrum Disorders Day: September 9th	Swap Ideas Day: September 10th
		Banana Day: September 11th	National Kreme Filled Donut Day: September 14th	International Dot Day: September 15th	<u>EWFCCA Board Meeting: Tuesday, September 15th—Perkins on Olive 6/6:30</u>	
8	9	10	11	12	13	14
		Play-dough Day: September 16th	International Country Music Day: September 17th	National Cheeseburger Day: September 18th	Wife Appreciation Day: Sunday, September 20th	International Day of Peace: September 21st
		<u>EWFCCA General Meeting: Monday, September 21st (see back page for more info)</u>		Ice Cream Cone Day: September 22nd	Fall (Autumn) Equinox: September 23rd	
15	16	17	18	19	20	21
		Love Note Day: September 25th	National Good Neighbor Day: September 28th	International Coffee Day: September 29th	International Music Day: October 1st	World Farm Animals Day: October 2nd
		<u>EWFCCA Conscious Discipline Seminar: Saturday, Oct 3rd (See article page 13)</u>		World Day of Bullying Prevention / Blue Shirt Day: October 5th	Mad Hatter Day: October 6th	Walk To School Day: October 7th
22	23	24	25	26	27	28
		World Octopus Day: October 8th	World Egg Day: October 9th	Native American Day: October 12th	Navy Birthday: October 13th	
		<u>EWFCCA Board Meeting: Tuesday, October 13th—Perkins on Olive 6/6:30</u>		National Bring Your Teddy Bear To Work & School Day: October 14th	Global Handwashing Day: October 15th	Evaluate Your Life Day: October 19th
29	30	31				
		<u>EWFCCA General Meeting: Monday, October 19th (See page 4)</u>		National Nut Day: October 22nd	Howl at The Moon Night: October 26th	National Chocolate Day: October 28th
		National Cat Day: October 29th	National Candy Corn Day: October 30th	Halloween or All Hallows Eve: October 31st		



SAVE THE DATE!
EWFCCA's Fall Conference
Saturday, October 3rd, 2015



8am—3pm
Mirabeau Park Hotel & Convention Center, Spokane Valley, WA

Conscious Discipline®
With Annette Chastain, LCSW



Conscious Discipline® is a comprehensive social and emotional intelligence classroom/childcare management program that empowers both adults and children. Learn the Conscious Discipline® brain model that will help you not only maintain self-control but teach it to all children, even those with special needs. In this workshop you will not only learn how to positively discipline children but literally change their brain chemistry in the process. This yields lasting changes in behavior not temporary fixes. Learn the Seven Powers for Self Control that will help you embrace conflict as a teaching opportunity, and the Seven Basic Skills of Discipline to create a child care/classroom climate that models life values and social skills. www.consciousdiscipline.com

Workshop's like these usually run from \$179.00—\$225.00+....
EWFCCA will be bringing you this training for just only \$75.00 (Thanking SEIU 925 for their generous contribution) **and we will be offering a complimentary catered lunch with your registration!** (Breakfast will NOT be offered)
You don't want to miss this one!!!! Registration forms are online NOW!

2015/2016 Software Promotion

This year, members can receive full versions of



<<<<< **Windows 10** ~ (50 copies available at the non-profit discounted price of \$25);



Window 7 ~ (50 copies available at the non-profit discounted price of \$25); >>>>>>>

<<<<< **Window 8** ~ (50 copies available at the non-profit discounted price of \$25);



Office 2013 >>>>

(*with free upgrade to Office 2016 when released this winter)~
 (50 copies available at the non-profit discounted price of \$60 ~ retails for \$300+) includes Word, PowerPoint, Excel, Outlook, OneNote and Publisher.



<<<<<<< **Comodo Internet Security Pro 8**~ which can be installed on 3 different computers. (100 copies available at the non-profit discounted price of \$20).

(Software promotion is open to Members' family, staff and childcare parents—order early—available on a first come first serve basis)

If you have questions or want to place your order, you can do so by attending our General Meeting or by calling Debbie or James Thurber @926-6144 or email Debbie@ewfccca.org

EWFCCA proudly brings you
 Lisa Murphy aka the.....
Ooey Goey Lady
Saturday, March 19th
here in Spokane!!!!



Garlic Bread Pizza

1 Box Garlic Bread Texas Toast (8 slices)
1 jar Pizza Sauce
Peperoni or other pizza toppings
Shredded Moraxella Cheese



Preheat oven to 375*. Place the garlic bread on a cookie sheet that has been sprayed with non-stick cooking spray.

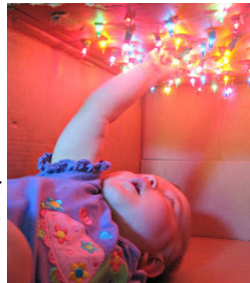
Next, add a little bit of pizza sauce to each slice of bread enough to cover one side of the bread, then top with peperoni or your desired pizza toppings. Lastly, cover with cheese. Continue this process until all slices of bread are done and bake for 5-6 minutes or until cheese is melted.

Star Box Sensory Play for Infants

(Children of all ages would love this too!)

Box
String of lights
Scissors/knife

Start by poking holes in the box, trying to make constellations. Make a small cut in the box with a knife and then insert a set of closed scissor and twist in a circle to make the opening. Older children could help by using scissors and poke some holes. Then stick the lights in the holes. ****Make sure the string of lights are not HOT to the touch!!!!**



Colorful & Bubbly Science Exploration

Baking soda
food color
vinegar



Set out trays for the children to work on.
Set out cups of vinegar with food color added to each cup for the children to share.
Set out one cup of baking Soda per tray.
Set out plastic spoons and droppers.
Each child can scoop out a spoonful of baking soda on their tray.
Then the children can use the droppers to add colored vinegar on top of their scoop of baking soda to create colorful bubbles.
The children can continue to add new scoops of baking soda and new colors of vinegar to make bubbles on the trays...
Before you wrap up your bubble making science process, have each child choose one color of vinegar to set on the tray – Let the children add the remainder of the baking soda into the cups of vinegar and watch the bubbles flow!!

Alphabet Activities

Alphabet Treasure Hunt: Purchase magnetic plastic alphabet letters and hid them in your sandbox or gravel areas outside....Wait for them to be found!!!

Letter Sensory Bag: Cut 1 inch (or smaller) squares from card stock. Write the alphabet (one letter per square) and both sides. Place letters into a large Ziploc bag fill partially with rice or beans and secure the bag. Give the bag and a blank (or list the alphabet) sheet and let the children discover the letters and document what they find.



Pipe Cleaner Letters: Decide what letters you want to create. Talk about how the letter might be formed. You might even want to write the letters down on a piece of paper first so the children can see what the shape looks like and how to match it with a pipe cleaner. Let them crate!

Trash Can Alphabet: use scraps of paper and write the letters of the alphabet your working on. You can include capital, lowercase, or both. Ask the child to find a particular letter (i.e., capital B). After they find it, have them wad it into a ball and shoot it into the trash can! Take the pieces out of the trash, smooth them out, and play again!

Musical Alphabet Game: write the letters of the alphabet on large index cards, card stock or construction paper. Arrange them in a large circle on the floor, in mixed up order. Turn on some music and have the children dance around the circle. When the music stops, child must stop. The have each child identify the letter they stopped near, provide the sound it makes and share at least one word that begins with that sound. Continue until all letters and sounds have been reviewed.

A typewriter is a perfect machine for kids to explore: Find a old typewriter and make it available in your environment. Let the explore the letter they create after they find out how to put the paper in! You won't regret it!

Bake the Alphabet: use a favorite bread dough recipe and let he children create the letter and bake their results. Serve with a bit of marinara sauce (don't worry about the 'rising' rules...it will still taste great.) Enjoy!

Water Painting Letter: Begin by using the chalk to write some letters and numbers on the board. Then let the child 'paint' over each letter.

Photo Alphabet Hunt: let a child use a digital camera to hunt and shoot things around the house that started with a letter.

Professional, Trusted, Reasonable Carpet Installation!

A professional in-home measure is a necessary step for a carpet install. We'll come to your home to evaluate your site, verify measurements and determine any special installation requirements.

You can then visit your local carpet store and make your purchase. Then simply call us and schedule the installation date and we'll pickup your carpet and pad. Then sit back and let us do the work. You can expect your installation team to:

- Remove your old flooring and prepare subfloor surfaces.
- Deliver and lay out your new flooring.
- Clean up installation area and remove project waste.
- Walk through the final inspection with you

Call Rory McManus 509.475.3417 or Josh Mine 509.217.4599

We'll treat you RIGHT

EWFCCA's Care-a-lot Committee

If you know of a provider experiencing a hard time, illness, death in the family or you think they just need a pick-me-up, call or email Sandra VanDoren 509-389-1940 NoahsArkDaycare@qwest.net or Debbie Thurber at 509-926-6144 Debbie@ewfcca.org and the association will send them a small token to brighten their day.



Please visit our website at www.ewfcca.org

*When you receive a call from a parent looking for childcare, please remember your fellow providers that are members of this association and direct parents to check out our website at

www.ewfcca.org



EWFCCA's on Facebook!

Don't miss out on the latest information pertaining to childcare providers... 'like' us on Facebook today!



Fall Wreath

Paper plates
Tissue paper
Glue

Brown construction paper or a paper bag
Artificial leaves and/or flowers



We used paper plates with the centers cut out as the base for our wreaths. Have children tear pieces of brown construction paper into strips. These strips were supposed to look like twigs or branches. Once the "branches" were glued around the wreath, we crumpled 3x3 inch squares of fall colored tissue paper and glued those where-ever they pleased. Next you could use a low-heat glue gun and add a couple of artificial fall leaves and a ribbon for hanging.

Tissue Paper Apple

Paper Plate
Red {or green} Tissue Paper
Glue and Scissors
White Cardstock/construction paper
Brown/Green Paint
Stapler



- * First cut tissue paper into small squares.
- * Slather a good amount of glue all over the paper plate.
- * Have children place the tissue paper on top of the glue until the paper plate is completely covered. Set aside.
- * For the stem/leaf of the apple – make child's hand print on cardstock/construction paper. For this, paint four fingers green and thumb brown. Press down on the paper. Let the paint dry completely.
- * Trim out the handprint and staple/glue to their paper plate, to give the look of an apple.

Debunking the Early Start Act for Providers!

- * If you do not serve young children on subsidy, Early Start Act is encouraging you to engage in Early Achievers, but you are not required to do so.
- * If you serve children age 5 or below on subsidy and you want to continue caring for children with subsidies, you are required to join Early Achievers by August 1, 2016.
- * **If you choose not to join, you will have to let those children that you do care for with subsidies go by July 31, 2016**
- * If you join Early Achievers by August 1, 2016...you have until August 1, 2017 to complete Level 2 Activities or lose the opportunity to care for subsidized children.
- * Providers then have until December 31, 2019 to be RATED at a Level 3 or higher or lose the opportunity to care for subsidized children. (*Providers who fail to reach a level 3 or higher in Early Achievers are expected to work with DEL and Child Care Aware to achieve this mandatory goal. Providers will be given until June 30, 2020 to complete "Remedial Activities" and achieve the Rated Level 3 or higher or lose the opportunity to care for subsidized children.)

If you need more information and/or have questions about the Early Start Act please feel free to contact Luba Bezborodnikova by email at luba.bezborodnikova@del.wa.gov or by phone at 360-725-4404. DEL has also created an Early Start Act email address for your specific inquiries: earlystartact@del.wa.gov

New Requirement for Providers Concerning Safe Sleep

- *Providers and staff will need to include infant Safe Sleep training when licensee is licensed to care for infants to their 10 hours of continued education and it can not be carried over to the next year. And keep this documentation in your/your staff files.
- * Providers will need to update their Staff Handbook to the required Safe Sleep training.
- * Providers will need to update their parent handbooks to reflect the new Safe Sleep practices.
(Reminder...once updated...you will need to submit the changes to your licensor)
- * Providers will not allow blankets, stuffed toys, pillows, crib bumpers and similar items in the infant sleeping equipment, or allow a blanket to cover or drape over the sleeping equipment.
- *When the department finds the licensee in violation of infant safe sleep practices, the licensee must post the notice of violation in the licensed space and within five working days of receiving notice of the violation, provide the parents and guardians of all enrolled children with a letter describing the safe sleep violation; and written information on safe sleep practices for infants.

New DEL Policy

Effective January 1, 2016, Licensors will use the Full Checklist at least once every 3 years. Effective now, All monitoring visits will occur every 12 months—within 90 days prior to the yearly due date. If there are no patterns of non-compliance; no valid complaints since the last visit; a full checklist has been completed within 3 years and all previous FLCAs have been completed and returned; the licensor may use the Family Home Abbreviated Checklist. If during a visit, the licensor finds non-compliance on one of the following, then a full checklist must be used: ratios and/or capacity, supervision or discipline.

Behavioral Analysis

Questions to Ask When Preschool Children Misbehave

When you are trying to manage the behavior of young children in your program, you have two tasks.

First you need to do is determine the cause of the behavior.
Then you need to look at how to respond to the child's behavior.

By answering these questions about a specific behavior, you can begin to understand how to prevent and respond to these troublesome behaviors.

List the Behavior _____

Where there certain children who were repeatedly involved?

Who where they and why do you think this is?

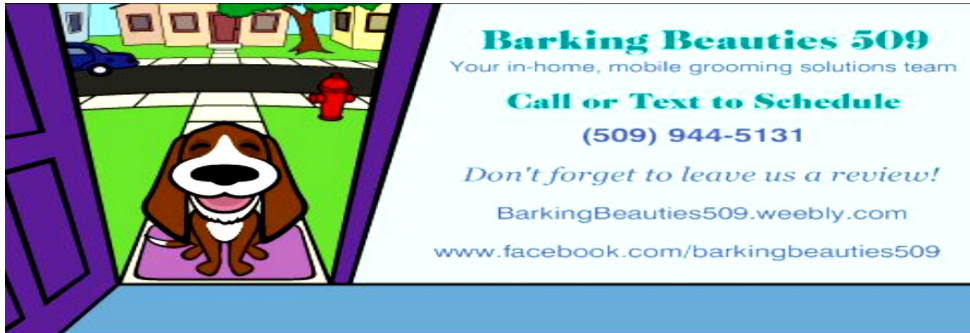
Does the environment or room setup play a role in this behavior?

Is this behavior more common during a certain time of day or activity? Why?

What are other factors, if any, involved in the reasons this behavior occurs?

What is the impact of the teacher's reaction to the behavior?

What are some things that could be done to increase occurrence (if positive behavior) or decrease (if negative)?



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www.facebook.com/barkingbeauties509

It's Membership!

Our new year started July 1st.

EWFCCA is now accepting new members!



Join Today!
Enjoy all the benefits membership offers!

As a reminder all licensed family child care providers dues are \$35.00. Only assistants and exempt providers qualify for the reduced rate of \$17.50.

If you have any questions regarding your membership, call
Debbie Thurber at 509-926-6144 Or William McGunagle at 509-489-5230.

Make your Checks payable to: **EWFCCA**

And mail your dues directly to:

William McGunagle 1727 E Olympic Ave Spokane Wa 99207

Remember! This membership fee is tax deductible!

(This will be your last newsletter and you will be removed from EWFCCA's website member referral list if your membership is not received.)

Paper Plate Pumpkin

Materials:

- Sturdy paper plates
- Craft glue watered down to a paint consistency
- Paintbrush
- Orange tissue paper cut in small squares
- Green construction paper cut into a small rectangle
- Black construction paper and scissors (optional)



1. Paint the wrong side of the paper plate with the watered-down glue.
2. Glue pieces of the orange tissue paper onto the plate.
3. Glue the green construction paper to the top.
4. Optional: let the children cut black construction paper into shapes to make a jack-o-lantern.



Cinnamon Play Dough

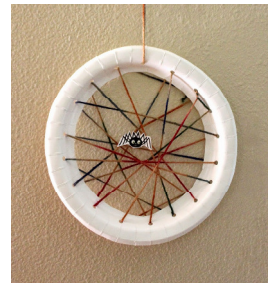
For our dough we used:

- 1 cup flour
- 1/2 cup salt
- 2 teaspoons Cream of Tartar
- 2 Tablespoons Ground Cinnamon
- 2 Tablespoons Canola Oil
- 1 cup water

First, I combined the flour, salt, cream of tartar, and Ground Cinnamon in a medium saucepan. I have a pan that I use just for this purpose, but it wouldn't hurt to use any saucepan. Then, we added the water and oil and stirred it all together. We cooked it over medium heat stirring continually...Until a ball formed. Then, dump it onto the table and kneaded it a bit. Providers usually do this part at first because the dough will be quite warm. Once it's mixed up a bit and cooled off.

Spider Web Creation

- paper plate
- scissors
- yarn
- bobby pin
- hole punch
- clip-art spider printed out or plastic spider
- tape or glue



First cut a circle in the middle of the plate. Then go around the plate and punch some holes. To make the spider web, tie a long piece of yarn to the back of the plate. On the other end of the yarn tie a bobby pin. The bobby pin is just to help the kids sew the yarn through the holes. Have the kids crisscross the yarn from one side of the plate to the other to create the spider web. When each child is done, cut the yarn and tie the end to the back of the plate. Then attach the spider! (you can print out a clip art of a spider and tape it to our web or you can purchase spiders and attach them with some glue) Then threaded another piece of yarn through a hole to hang the spider web.

Household Play Dough Gadgets

Playing with play dough helps develop small muscle control, hand-eye coordination and strengthens the muscles in your child's fingers, hands and wrists, which is important for helping them learn how to write and use scissors.

These are important things, but play dough doesn't stop there! Play dough can also teach children imagination, creativity, problem solving, self-expression and communication. Play dough is amazing stuff!

Offer a few tools for the kids to use while playing with their play dough. The tools can add to the sensory aspect of the play or they can help the children with their creativity. Mostly, they add another level of fun. There are many products you can buy, and they are great, but you probably already have a lot of play dough tools at home.

Flatware: Forks are great for poking, spoons can be a great mold or stamp, and knives are great for carving.

Pipe Cleaners: These fuzzy bendable sticks can be anything the kids can think of, a smile on a face, crazy hair, or flower stems (to name a few).

Popsicle Sticks: Combine play dough and sticks to make some pretty impressive houses and buildings.

Garlic Press: If the kids are looking to make some hair for a new creature a garlic press is perfect.

Potato Masher: There is something so satisfying about smashing a potato masher into the play dough and watching the dough smooch out the top. Its a fun stamp with great texture.

Stamps: Any stamps you have at home can be used in play dough.

Googly Eyes: Make a play dough monster or friend!

Buttons: add texture to the play dough and can be used for many different things.

Safety Scissors: Cutting play dough is great scissor practice!

Straws: These are another fun stamp that's just a little different than skewers.

Markers: You don't normally think about writing on play dough, but it is a lot of fun. If you make your own play dough skip the part where you color it with food coloring so you start with white play dough and then let your kids draw on it and experiment with colors.

Wooden Blocks! Rocks!

Milk lids: can also be used as a cookie cutter or a cool detail item. Milk lids make great wheels for a play dough car.

Silicon Cupcake Liners: These are great if you want to make play dough cupcakes, but they have other uses. You can use them to hold beads, googly eyes, or other small tools.

(Skewers) or Spaghetti noodles: Seems like a weird one, but if you don't have skewers, spaghetti will do the same thing. For small muscle development all you do is stick spaghetti noodles into a blob of play dough and then add beads to the spaghetti.

Beads: have many uses. They are fun to press into the play dough and they can be used for small details like eyes, spots on an animal or sprinkles on a play dough cupcake.



TB Testing....We'll Come to You!

Spokane Mobile Clinic understands that convenience and flexibility are a must for childcare providers and staff. They strive to maximize productivity by bringing TB testing procedures directly to you for only \$15!

Tara Eggart-Nurse - Christine Pratt—Office Administration
Call 509-216-8998 to book your appointment today.

Welcoming New Children in Your Child Care Program

* Be prepared in advance for a child new to your Program. It says a great deal to a parent and to a child if there is a cubby made and ready just for them! This will absolutely set the tone for this families' experience (and with you as a professional). Incorporate that child into your Birthday Board. Have a cot (nap mat, etc.) ready so you don't have to do this at naptime his/her first day. *I put up a welcome sign on my door for new children and I actually had parents save them and put them in their child's Baby Books as a remembrance of their child's first day of School!* (Make sure that you are pronouncing and spelling the child's name correctly. This is a huge thing and it is understandably offensive to a parent when a provider and staff do not take the time to learn their child's name.)

* Welcome this child warmly, on his/her eye level. Think about how scary and intimidating this experience must be for some children. Spend some time with the child .

* Walk the child around the environment, showing them the different areas, while positively stating a few very simple rules and guidelines.

* Introduce the child to the other children, and introduce the group to the new child. Simple and basic - yes, but often overlooked. You will probably need to do this more than once.

* Read through the Child Profile (developmental intake information.) There is often very important &/or insightful information in these, including crucial information on things such as allergies that you need to know. Gather information from the parents. (*I have a Favorite Thing's Form that I have parents fill out...it is most helpful*)

* Pair the child up with a buddy. And we all know the children that serve as our welcoming committees and have the personalities for this!

* Explain the routine and let the child know what will be happening next. Don't assume that children will know this. And remember, a child who has only stayed with Grandma will have no clue about what "walking feet" are, or using an easel.

* Call the parent of a new child mid-morning to let them know that the child is doing okay. *I can't even tell you how many parents were so grateful for this small gesture, and stated to me that they were thinking about their child but didn't want to call and bother us.* Reiterate to the new parent that they can always call! Those first few days are rough, and this is very reassuring to parents. If you will not see this parent when they pick up their child, leave a detailed note for them every day that first week on things their child liked and had fun doing. If possible, take a picture of the child enjoying an activity for the parent. Continue with making your "What We Did Today" notes detailed and interesting, (posted in a highly visible location) to maintain and build upon parent/provider communication.

* If possible, having the child spend small amounts of time in your environment is sometimes helpful as well (with the parent)

* Encourage parents to talk about the upcoming move with the child in advance. This assists in the mental preparation process. For the child new to child care, there are several excellent books on this. ("Mr. Rogers Goes to Day Care" by Fred Rogers, "Debbie Does Day Care" etc.)

* Make efforts to include this child. Many children do not have the social skills to interject themselves into play experiences with other children and will need assistance, with an adult facilitating this process.

As you can see, many of these tips have an underlying common theme - communication. Don't we all just want to know what's going on and what is expected of us in a new situation or environment? Think about how much better you feel about something when you feel prepared for it. Respect children and their feelings enough to let them know what will be happening to them. A child's first experience in a new environment can be frightening and traumatic, or it can be relatively seamless, calm, and fun. With a great deal of communication, and some effort and sensitivity, we can make transitions positive experiences for children and families, and relieve some of the stress and craziness we associate with new enrollment(s).

Why Become a Member?

For those of you that do not know us, we are the Eastern Washington Family Child Care Association (EWFCCA) that meets locally here in Spokane. We are a non-profit organization and our purpose is to promote quality child care throughout Eastern Washington. We wanted to give you some information about us and hope you will become a member of the association. We hold monthly meetings in Spokane and usually meet every 3rd Monday of each month. A one year membership only costs \$35.00 for licensed child care providers and center directors and \$17.50 if you are an assistant or staff to a licensed provider or an exempt provider.

And for that amount you will receive:

- * A free copy of our bi-monthly newsletters (just like this one) that is packed full of useful information, recipes and activities that will help you in your day to day activities with the children in your care.
- * You will also receive 8+ individual hours of FREE STARS training when you attend our monthly meetings and be entered for a chance to win a door prize at each meeting.
- * Members and Associate members can attend our annual 'Reach for the Stars' Conference (6 STAR hours) in March and our Fall Conference (5or 6 STAR hours) at a discounted price.
- * You are invited to attend our Christmas Party as well as our June Banquet.
- * Access to a computer specialist at a discounted price as well as receive software at an extreme discount. This year, members (open to your family, staff and childcare parents) can receive full versions of **Windows 10 (50 copies available at discounted price of \$25); Windows 7 and Windows 8 still available; Office 2013* with free upgrade to Office 2016 when released (50 copies available at discounted price of \$60) Comodo Internet Security Pro 8 ~ Protection for 3 PCs (100 copies available at discounted price of \$20).**
- * We promise to keep you well informed on topic that will affect you as a child care provider and you can socialize and network with other providers while preventing provider burnout.
- * Members will be placed on a data base listed on our website for referrals.
- * There is great food to eat at each general monthly meeting.
- * Get your voice heard—you can help decide what the association does next.
- * Parents and others will see you as more professional if you are a member of an organization.
- * All members have access to AFLAC insurance at a discounted price.
- * Your membership fee is tax deductible.
- * Full Member only benefit! Via Email...receive a personalize-able, monthly parent newsletter to print and pass out to your childcare families. (members must submit a email address to Debbie@ewfcca.org and ask to be placed on the list.)

All this and more for just \$35.00 for licensed Family child care providers and center directors and \$17.50 if you are an assistant to a Family Home Provider/Center staff or an exempt provider.

Don't delay – make your checks payable to EWFCCA and mail it to:

William McGunagle 1727 E. Olympic Ave. Spokane, Wa 99207

Questions? Call Debbie Thurber (509) 926-6144 email Debbie@ewfcca.org

This will be your only complimentary issue or your final issue if membership fees are not received



Monday September 21st

Please join us Monday, September 21st
6:30 pm to 8:30 pm at the Teen Aid Center
located at 723 E Jackson Ave
(one block west off of N. Hamilton St on the
corner of Cincinnati and Jackson—enter
through the Cincinnati St entrance)

It's a Themed Pot Luck! This month theme is Finger Foods!

And we are suppling Root Beer Floats!!

Bring a dish if possible but not necessary!

(1 free STAR hour CC: Professional Development and Leadership)

FREE STAR hour: "Childcare Hacks" Lead by Deborah Thurber

Join us as we walk down memory lane and revisit a day in our lives as a childcare provider. What exactly is a "Childcare Hack"? It's any simple tip you might stumble upon that could change your life or at least some aspect of it. It's basically a trick that will help make life easier as a childcare provider. We will discuss the highs and lows of caring for children and gain knowledge from fellow seasoned providers. Come with your questions and willingness to share your suggestions and advice. Childcare hacks aren't easy to come by and often surface at the most unexpected moments.

Please join us for great food, network with other providers and have a wonderful time while receiving a FREE STAR hour!!