

# Family Child Care Newsletter

January 2018



Wright County Health & Human Services

## Mission Statement

- Strengthen
- Support
- Serve

our  
Community...

## 2017 Legislation Updates and Implementation

**Remember to read and implement the 2017 legislative changes. Below is a copy of the postcard that was mailed to providers by DHS and then emailed to providers in November from Wright County. Please contact your licenser with any questions.**

Greetings:

On November 1, 2017, a postcard was mailed to all licensed family child care providers in Minnesota with the following message:

Attention family child care providers:

The 2017 Legislature enacted several changes for licensed family child care programs. This postcard is to inform you of those changes as required by state law. For information on the changes, please go to the DHS website: <http://www.dhs.state.mn.us/dhs-289073>. In addition, to assist you in complying with these changes, the website includes information on the plan for Implementation of the changes. Also on the website, you may now sign up to receive periodic emails from DHS Licensing about these legislative changes and other family child care information.

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## Reading Resource

[www.readingbrightstart.org](http://www.readingbrightstart.org)

Visit [readingbrightstart.org](http://readingbrightstart.org) for resources regarding reading for children from age birth to 5 years. The site offers a preschool reading screener that parents can complete to help them see how their child is doing in terms of literacy. The site offers an

action plan following the screening tool.

The website also offers age appropriate pre-reading milestones, literacy articles and activities as well as book recommendations for all ages.

## Rule Reminder: 9502.0445 Water, Food, And Nutrition

### *Subp. 3.Meals and snacks.*

*Well-balanced meals and snacks must be offered daily.*



*A. Food served during the day must include servings from each of the basic food groups as defined by the United States Department of Agriculture's Code of Federal Regulations, title 7, section 226.20.*

*B. The provider shall follow written instructions obtained from the parents, at the time of enrollment, on each child's special diet or food needs. Parents shall be consulted about special food preferences.*

*C. Flexible feeding schedules must be provided for infants and toddlers, and the infant or toddler's usual diet and feeding schedule must be followed.*

*D. Food, lunches, and bottles brought from home must be labeled with the child's name and refrigerated when necessary. Bottles must be washed after use.*

Whether or not you choose to use a food program, providers are required to serve well-balanced meals and snacks as defined by the USDA. Please review the link above for what is defined as well-balanced meals and snacks.

### Frequently Used Phone Numbers

Below is a link to one of the resources in Chapter 17 of the Provider Handbook. It is a list of frequently used phone numbers. Everything from places where providers can get their fire extinguishers serviced, to who to call for a well water test kit, to where to refer a family who would like to apply for WIC.

[www.co.wright.mn.us/DocumentCenter](http://www.co.wright.mn.us/DocumentCenter)

## Ready Wriggly Prepares for Flu Season

**The Centers for Disease Control and Prevention has created Ready Wrigley to provide parents, guardians, teachers, and young children with tips, activities, and a story to help the whole family prepare for emergencies. Together with the children in your care, join Wrigley as she helps her family stay healthy during flu season. The activity book is designed to provide an interactive tool to further your children's education and prevent the spread of the flu in your community. Feel free to share this resource with families to help children learn**

**the importance of being prepared and staying healthy.**  
[https://www.cdc.gov/phpr/readywrigley/documents/16\\_270945\\_Ready\\_Wrigley\\_flu\\_1.pdf](https://www.cdc.gov/phpr/readywrigley/documents/16_270945_Ready_Wrigley_flu_1.pdf)



# Upcoming Trainings:

## C.A.R.S. (Children and Restraint Systems)

To make sure there is available space in each class, you must pre-register by calling or emailing Terri Burkhart. Class fees are non-refundable unless you reschedule. A minimum of ten participants need to be registered in order to hold class. Class will be canceled one week prior to class if the minimum is not met. No admittance after class has started.

Note: These trainings are approved on the MNCPD Registry.

Date:	January 25th 2018
Time:	9:00AM-12:00PM
Location:	Wright County Health & Human Services 1004 Commercial Drive Buffalo, MN 55313
Contact:	763-682-7516 or <a href="mailto:terri.burkhart@co.wright.mn.us">terri.burkhart@co.wright.mn.us</a>
Cost:	\$25.00

Date:	March 21st 2018
Time:	5:00PM-8:00PM
Location:	Wright County Health & Human Services 1004 Commercial Drive Buffalo, MN 55313
Contact:	763-682-7516 or <a href="mailto:terri.burkhart@co.wright.mn.us">terri.burkhart@co.wright.mn.us</a>
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## Upcoming Trainings cont.:

### CATCH-Physical Activity Training

Catch Early Childhood (CEC) is an evidence-based program for preschool-aged children. Participants will gain the knowledge and tools needed to plan and lead structured physical activities. Participants will then practice leading group activities, adapting them for their specific ECE setting. ~ MNCPD Approved ~ Training Hours: 3 ~ Knowledge and Competency Frame Work Area: II.D: Promoting Physical Development ~ Parent Aware 3 and 4 Star Approved

Date:	January 10th 2018
Time:	5:00PM-8:00PM
Location:	Wright County Health & Human Services 1004 Commercial Drive Buffalo, MN 55313
Contact:	763-682-8931 or <a href="mailto:Cecilia.Webb@co.wright.mn.us">Cecilia.Webb@co.wright.mn.us</a>
Cost:	FREE but registration is required



Date:	January 17th 2018
Time:	5:30PM-7:30PM
Location:	Eastview Education Center 9375 Fenning Ave NE Monticello, MN 55632
Contact:	763-682-8931or <a href="mailto:Cecilia.Webb@co.wright.mn.us">Cecilia.Webb@co.wright.mn.us</a>
Cost:	FREE but registration is required

### Supporting Breastfeeding in Child Care programs

We are excited to again offer an opportunity to all Wright County Child Care Providers to participate in a free training that will introduce the importance of breastfeeding for children, mothers, and child care programs.

Data from the Infant Feeding Practices study found that mothers still breastfeeding at 6 months was significantly associated with support from child care providers to feed expressed breast milk to infants and allow mothers to breastfeed on-site before or after work!

**Free training options currently available through Develop:**

- 1/8/18, Health and Safety I-Family Child Care, Litchfield
- 1/8/18 & 1/10/18, Developmentally Appropriate Behavior Guidance, Waite Park
- 1/8/18 & 1/10/18, Supervising for Safety for Family Child Care, Elk River
- 1/10/18, Health and Safety II-Family Child Care, Litchfield
- 1/11/18, Health and Safety I-Family Child Care, St. Cloud
- 1/16/18, Health and Safety I-Family Child Care, Elk River
- 1/17/18 & 1/24/18, Supervising for Safety for Family Child Care, Buffalo
- 1/18/18, Health and Safety II-Family Child Care, Waite Park
- 1/22/18, Health and Safety I-Family Child Care, Monticello
- 1/22/18 & 1/29/18, Developmentally Appropriate Behavior Guidance, Litchfield
- 1/24/18, Health and Safety II-Family Child Care, Elk River
- 1/31/18, SUID/AHT, Elk River
- 2/3/18, Developmentally Appropriate Behavior Guidance, Hutchinson
- 2/3/18, SUID/AHT, Hutchinson
- 2/7/18, Health and Safety II-Family Child Care, Monticello
- 2/12/18, SUID/AHT, Buffalo
- 2/26/18, SUID/AHT, Waite Park
- 3/6/18 & 3/14/18, Supervising for Safety for Family Child Care, Monticello
- 3/8/18, SUID/AHT, Monticello
- 3/19/18 & 3/26/18, Supervising for Safety for Family Child Care, Elk River

**Web-Based Events (with Chat Sessions at specified times)**

- 1/23/18-2/13/18, Supervising for Safety for Family Child Care
- 2/1/18-2/22/18, Supervising for Safety for Family Child Care
- 2/5/18-2/8/18, Supervising for Safety for Family Child Care
- 2/7/18-2/28/18, Supervising for Safety for Family Child Care
- 2/19/18-2/22/18, Supervising for Safety for Family Child Care
- 2/21/18-3/14/18, Supervising for Safety for Family Child Care
- 2/27/18-3/20/18, Supervising for Safety for Family Child Care
- 3/1/18-3/22/18, Supervising for Safety for Family Child Care
- 3/6/18-3/8/18, Supervising for Safety for Family Child Care
- 3/7/18-3/28/18, Supervising for Safety for Family Child Care



# How are the Children?

## STRESS MANAGEMENT

A low amount of stress is a natural and normal component of development. Children begin experiencing the feeling of stress at an early age as they experience conflict and overwhelming situations. Although we cannot completely prevent children from becoming stressed, we can help children develop healthy coping skills to manage stress efficiently and develop everyday problem solving. These skills are valuable through out the lifetime.

### Name emotions

Be sympathetic to children's feelings and name the feeling you think the child is experiencing by asking them out loud.

Asking them if they are feeling a certain way is a casual observation that demonstrates that you care and want to understand how they feel. This also helps the child name and identify their own feelings.

### Problem solve together

Use this opportunity to define what is causing the stress and then talk about what can be changed in that situation next time and ways to cope. Be sure to let the child think of a couple ideas and be supportive of their ideas. Letting them come to the conclusion helps build their self-esteem, confidence and stress management skills.

### Actively listen

Let the child's feelings be heard by listening calmly and attentively. Put aside any distractions and make eye contact. A benefit of talking about their feelings is that it brings an increased awareness to their emotions too. Avoid any urge to interrupt, judge or lecture. This shows the child that their feelings are important and you support them.

### Be present

Show children you are there for them when they want to discuss their feelings. Even if they don't feel like talking about their feelings, you can still make a child feel better by spending time with them. Provide hugs and pats on the back to let the child know you are there for them during tough times. When they are ready to talk, they will know you are there for them.

### Have patience

It is difficult to see a child feeling stressed, but try not to fix every problem for them. Let the child discover what works best for them to manage life's highs and lows, explaining their feelings and calming themselves. They will only learn to cope with their stress by experiencing it. Be there for them when they are ready to bounce back.

### Role model

Children learn a lot by watching their caregivers each day. Try to demonstrate that stress is normal and can be handled in a calm and positive manner. Be an optimist and use appropriate coping skills you have developed. If a child sees you using appropriate methods, they are more likely to do the same.

### Teach calming strategies



Breathing Exercises



Stretch



Positive Self-Talk



Listen to Music



Draw



Give a Bear Hug

# Child and Teen Checkups

Child and Teen Checkups (C&TC) screenings are a benefit to children under the age of 21 who are enrolled in Medical Assistance. These checkups are important to every child's health. They can help find and treat health problems before any lasting harm is done. These checkups will help every child grow to his or her full healthy potential!

These C&TC exams are done at the child's medical clinic. It's easy! As the child reaches the ages listed in the box below, just call the child's clinic and ask to schedule a Child and Teen Checkup. Remember, a C&TC checkup is required for new foster children within 30 days of placement.

This exam will include: a physical exam, health history, physical growth and measurements, hearing and vision checks, health education, immunizations and lab tests, blood lead tests, development and behavior checks, oral health, and referrals as needed.

Children should receive Child and Teen Checkups (C&TC) at the following ages:

- 0-1 months
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Every year for children 3 to 20 years.

Children enrolled in Medical Assistance through a health plan may be eligible for an incentive.

Incentive programs are subject to change. Call your health plan or county C&TC staff for more information.



## UCare

- ~\$75 Gift card for prenatal visit in first 3 months of pregnancy or 42 days of enrollment
- ~\$75 Gift card for post-delivery visit 3-8 weeks after giving birth
- ~\$50 Gift card for 6 well child visits during the first 15 months of life
- ~\$25 Gift card for well child visit 3-6 years
- ~\$25 Gift card for well child visit 12-21 years
- ~\$25 Gift card for pregnant women who are smoking and complete phone counseling session

[www.ucare.org](http://www.ucare.org)  
1-800-688-2534

## Blue Plus

- ~ \$25 gift card for 1<sup>st</sup> prenatal exam.
- ~\$25 gift card for 6 week postpartum exam.
- ~\$25 gift card for 6 C&TC visits by age 15 months
- ~ \$25 gift card for being up to date on shots at age 2 years.
- ~ \$25 gift card for 3-17 year C&TC exam.
- ~ \$25 gift card for HPV by 13 years old
- ~ \$25 gift card for Tdap and Meningococcal vaccine by 13 years.
- ~ \$25 gift card for Chlamydia screening for 16-24 years.
- ~ \$25 gift card for annual dental visits for 2-20 years.
- ~ Car seat program

[www.bluecrossmn.com](http://www.bluecrossmn.com)  
1-800-382-2000

## HealthPartners Care

- ~ Enroll in Healthy Pregnancy Program \$25 reward card
- ~ Completion of Healthy Pregnancy Program \$25 reward card
- ~ 6 week post-partum exam \$25 reward card (voucher)
- ~ New baby receives 6 CTC exams before 15 months old \$60 reward card
- ~ 11-12 yr receive Tdap and Meningococcal vaccine \$25 reward card
- ~Car Seat program

[www.healthpartners.com](http://www.healthpartners.com)  
1-866-885-8880

For questions regarding this program please contact:

**Valerie Stoll, PHN**  
763-682-7491

**C&TC Coordinator**  
valerie.stoll@co.wright.mn.us