



Family Child Care Professionals of South Dakota, Inc

to empower family child care providers and achieve high quality care for all South Dakota children

fccpsd February 2022



We recommend that you go to the site to see the interactive site and read this report from Child Care Aware of America In March's newsletter we will give you a chance to respond and react to the information they present.

Explore our latest research report,

Demanding Change: Repairing our Child Care System

This report outlines how the U.S. child care system has changed since the beginning of the COVID-19 pandemic. Parents continue to struggle in finding and affording child care as they re-enter the workforce. Child care programs are short staffed with providers feeling burned out. The pandemic is still causing uncertainty and confusion for our child care system.

Demanding Change contains four sections: **child care supply, demand, affordability and the child care workforce**. Each section features data from our annual survey, along with compelling case studies that highlight the immense strain that families and child care providers are facing.

The report with our interactive webpage is packed with a narrative, video testimonials and infographics.

Updated Appendices comparing child care prices among states

Video testimonials from providers and families

Case studies on child care demand, county-level price data and responses to a nationwide survey of child care providers

[https://www.childcareaware.org/demanding-change-repairing-our-child-care-system/?](https://www.childcareaware.org/demanding-change-repairing-our-child-care-system/?utm_campaign=Demanding%20Change%20Report%202021&utm_source=email&utm_medium=email&utm_content=20211104_demandingchange_fulllaunch)

[utm_campaign=Demanding%20Change%20Report%](https://www.childcareaware.org/demanding-change-repairing-our-child-care-system/?utm_campaign=Demanding%20Change%20Report%202021&utm_source=email&utm_medium=email&utm_content=20211104_demandingchange_fulllaunch)

[2021&utm_source=email&utm_medium=email&utm_content=20211104_demandingchange_fulllaunch](https://www.childcareaware.org/demanding-change-repairing-our-child-care-system/?utm_campaign=Demanding%20Change%20Report%202021&utm_source=email&utm_medium=email&utm_content=20211104_demandingchange_fulllaunch)

Should We Let Children Play?

<https://www.npr.org/2022/02/10/1079406041/researcher-says-rethink-prek-preschool-prekindergarten>

A top researcher says it's time to rethink our entire approach to preschool

This thinking comes as NO surprise to family child care providers, and to the members of our association, especially to those who have attended our conference classes on PLAY over our 16 years, but this recent report of a long-term research study is causing consternation among the established preschool educational world.

The model of young children filling out worksheets in a traditional classroom setting has failed the children with significant, long term detriment of their emotional and academic well-being.

This is a fascinating article and is well worth reading. Your day care parents need to be informed.

We'll publish your comments on the article, and the study, in the next newsletter. You may send your comments to newsletter@fccpsd.org.

We'll publish everything. Let us know if you wish to remain anonymous.

Here is an excerpt, to whet your appetite:

That's right. A statewide public pre-K program, taught by licensed teachers, housed in public schools, had a measurable and statistically significant negative effect on the children in this study.

Farran hadn't expected it. She didn't like it. But her study design was unusually strong, so she couldn't easily explain it away.

"This is still the only randomized controlled trial of a statewide pre-K, and I know that people get upset about this and don't want it to be true."

Renew child care conference

May 6-7, 2022

Richard Cohen Presents

Zen and the Art of Early Childhood Education

The Heroes of Our Time

Grownups' Night Out

SD Child Care Services—Sponsored Classes Specifically for Family Child Care

Marketing Your Child Care Business

Planning for the Future: Accounting and Financial Statements

Our other excellent presentations

Full STEAM Ahead Reloaded

Building Your Bounce

CSI: Curiosity, Science & Investigation

Child Development Made EASY: LTSAE

SD's Developmental Disabilities Network

Self-Compassion for Kids and Caregivers

Beyond the Book - A Make & Take

SD Public Broadcasting Resources & Ideas

Stay OK with the Community Resilience Model

Strategies for Early Literacy Learning

Learning Environments & Planning

The Impact of Technology on Early Childhood

Huron Event Center

Call Crossroads Hotel
(800) 876-5858 and
mention FCCPSD to
reserve your 89.90 room
with free breakfast,
microwave and
refrigerator. Online
reservations will not give
you this rate.

Register to attend at
fccpsd.org

General Admission \$99
VIP \$159

Questions? 605-391-4414

Renew Class Descriptions are
on the website.

Conference Registration is
OPEN at fccpsd.org

Sherry Petrik of Dell Rapids
has shared her quilting time
and talents in making **TWO**
beautiful quilts for us to have
for our **silent auction** at our conference. They
are a work of art and if you would like to have
them in your home adding warmth and beauty,
come to the conference and sign up on the auc-
tion sheet.



Renew Conference Classes

Building Your Bounce

Kami Bartels

When we don't take the time to Build Our Bounce, caring for children may be difficult. In this training you'll explore what resilience means to you, how it plays a role in your well-being and tips for bouncing back from change and challenges.

CSI: Curiosity, Science & Investigation

Allegra Fink

Exploring curiosity & science with children, fun and easy science

Self-Compassion for Kids and Caregivers

Stacy Borne

"Secure your oxygen mask before assisting others." If you have flown on a plane, you have heard the safety message. When our role is to provide care for others, we must attend to ourselves. Self-compassion is giving ourselves the same kindness we would give someone else, especially when faced with personal challenges. In this workshop, participants will learn about the dimensions of self-compassion, practice several self-compassion techniques, and review the important role of developing self-compassion in children. Activities for developing self-compassion in children will be demonstrated.



How Are You Feeling?

We are often asked this, and we say “fine.” But this has been a difficult time lately, and emotions can be complex. You may be feeling sad, worried, or stressed.

It helps to stay positive and remind yourself of your strengths. Scroll down for inspiration and resources to find what helps.

This introduction to a flow chart at the CDC website offers a lot of information for those who are looking for answers. Go [HERE](https://www.cdc.gov/howrightnow/index.html) to access the page. <https://www.cdc.gov/howrightnow/index.html>



Photo by Zane Persaud on Unsplash

Inspire

Lynette Lohan

I hope you are enjoying reading these INSPIRE articles, with questions and answers from providers who have all cared deeply for children and other providers. This month's pleasure is from our friend, Renae Boehmer. She is now a pastor at Peace Lutheran Church in Sioux Falls but it's always so nice to hear her voice and chat a few moments. For me, she helped shape me and change me and I will always be grateful.

I remember meeting her, getting to know her and once she made the statement that she wished I had e-mail because she could share so many resources with me. This was in the olden days where I didn't know how to run my computer that mostly my children used. I have grown since then but it was good to be encouraged to grow. There is a special magic in meeting with people face to face, like our conference on May 6th & 7th, the connections are deeper and the trainings are outstanding. You won't get the same by a ZOOM meeting or watching an online class or reading a book.

Now, enjoy this interview and I hope you are thinking about going to Huron for our RENEW conference.

Lynette Lohan

Note from the editor:

We have divided Renae's interview into Three parts. Part 2 will be published in the March newsletter, Part 3 in April.



Photo by Sonya Eliseeva on Unsplash

How/when did you get into child care?

I have always always loved children - even when I was one! Whenever anyone would ask me what I wanted to be when I grew up, I instantly replied, "A Mommy!" I had dozens of younger cousins that I doted on and chased around. I never had a job in high school because I could babysit any night that I was free. In college, I stayed with families while parents travelled. And, after getting married in 1992 and then (finally!) having my dreams come true and becoming a mommy in 1993, I found that a job I had adored turned into a job that made me cry when Sunday evening rolled around again. Although I had found a good child care provider for my daughter, I couldn't bear to leave her for 8-plus hours five days a week.

It took a few months to convince my husband that I really needed to stay home with her...and to find the right house and to get it fixed up so it could accommodate a herd of children. But, in the summer of 1994, when she was about 9 months old, I opened the doors to my child care home. I'll always remember that I promised him I would "stick with it" for at least 1 year if he went to the work of making the lower level a good space for it. Little did I know it would last well over a decade. It became the most cherished of all the jobs I have had over the years!!



What did the children teach you?

I have a few perfectionistic tendencies - so I'd say the most important thing I learned from the children is "don't cry over spilt milk" - literally! There are so many things that can go wrong in a day (or hour!) and so few of them are worth getting upset over. I really learned how to stay calm in chaos and when big emotions are all around me - and that has served me beautifully in my role as a pastor now!

I also spent a lot of time figuring out how to balance the role of "teacher" with that of "carer." I think when I first started, I wanted to sell everyone on how well I could help their kids learn new things and advance academically. It didn't take long to figure out that helping them develop social-emotional skills and learn how to be good humans was even more important. Those are the skills that I see shine through in a lot of them that are now full-grown adults - and it makes me so happy that I could be a part of that!



What was the best/worst part of this profession for you?

Certainly, the worst part was the struggles with families who had priorities different than my own. I could sometimes fall into the trap of becoming judgmental of parents who seemed to prioritize their work over their children. (Now I know that wasn't the case - there was just a lot of pressure from every part of their lives and they were always caught up in having to make difficult decisions. And, sometimes, they made innocent mistakes, just like me).

When they wouldn't pay me on time, I felt undervalued - and, in hindsight, I now know that it was easier to not pay me on time than to not have groceries for their children. (I kinda wish I could do childcare all over again with the wisdom and patience of a 50 year old and the energy of a 30 year old.....maybe someone should figure out how to combine those things!!)

I also struggled with balancing the needs of my own children with the needs of the children in my care. I wanted them all



to feel exceptionally loved - but also wanted my own children to feel especially cherished. I remember setting the rule that, when all the kids arrived at the house after school, my own children got to tell me about their day FIRST. I would listen to each child in turn - but reminded the others that they got to talk to their own parents first, too.



The BEST part of the profession?

Hands down its the relationships...and how they just go on and on. I've been to graduation parties of the majority of the kiddos I cared for. As a pastor, I've gotten to perform the Rite of Confirmation for a handful of them. I have sent them care packages in college and had lunch with parents who are dealing with some challenging behaviors when they were teens. We have become a supportive community - and I really hope that never ends! I love how God brings people into our lives in so many different ways and, even though roles change, the connections go on and on and on!

What advice do you have for new providers?

Keep the important things the important things! Things like contracts and good business practices and budgeting are important so you have to spend time learning those things and having them as tools for success. Just remember that they will NEVER be as important as the kids and families in your care. The hard part is finding a balance when things don't go smoothly. For example, I found that I HAD to uphold my contract, even when it meant having difficult conversations. But, as I upheld it, I could also have a lot of compassion and a listening ear for the families who were not following the rules.

One thing I have done with every career change is trying to think of it not as just a job to pay the bills but as a special "calling" - something I was uniquely suited to do. I think that helps me treat the work and the people I touch through the work with a little more respect and reverence. In other words, remember that the work you do is some of THE most important work there is. You are helping kids know what special beings they are - worthy of love and compassion and your valuable time. You are walking with parents who are so busy balancing work and family and stress...and who will appreciate the ways that you notice what they are doing well and support them when they stumble.



What qualities do you think make the best child care provider?

Patience. And, well, hmm....patience! (So wish I could bottle the stuff and pass it out (to myself and others) -cuz it's not easy to come by in our world!)

Curiosity. If we want children to explore and learn and grow and change and develop, we have to not just teach them how, but show them how. Wondering aloud in front of the kids ("hmmm....these leaves were just green and now they are yellow. That's interesting...") helps them to notice and ask good questions as well.

The ability to love unconditionally. Ya know, kids do so really crazy and outlandish things for no reason at all. As adults who spend time with groups of them, we have to be able to look beyond the fact that Bobby stuck a pea up his nose AGAIN and Lucy has a tantrum when left alone in the bathroom EVERY time...and just love them along with their idiosyncrasies! (I'm not advocating that we don't try to shape behaviors toward actions that are more socially acceptable and easy to get along with - just that we express unconditional positive regard even before they are able to make those changes!)

Note from Editor:

This is the first part of Renae's interview. You'll be able to read Part 2 in March's edition and Part 3 in April!



Low or No Sugar Jam

Dawn Wahl

I recently made this low sugar strawberry jam and it is delicious.

When this batch is gone, I'm going to make it again, and will reduce the sugar again, to see how low I can go before the family notices.

It was quick to make, so small batches that are used up, or frozen, seem to be the way to go unless you have a large supply of fresh strawberries.



4 cups frozen strawberries, crushed

1 cup fruit juice

4 1/2 TB Ball Real Fruit Low or No-Sugar Needed Pectin

1 1/2 cup sugar (or less, to taste)

Bring the first 3 ingredients to a boil. Add the sugar, and stirring constantly, boil for one minute.

Pour into clean containers, seal and cool. Place in refrigerator and use as fresh. The less sugar, the sooner it will spoil, so don't delay eating it! If

Air Fryer Broccoli with Sweet Chili Sauce

This addictive air fryer broccoli has charred, crispy edges and is tossed in a sweet, tangy sauce. The extra charred pieces are my favorite part! Even picky eaters will be going back for seconds. This makes an excellent accompaniment for fish or chicken, or served on top of rice.

1 large head broccoli, stems peeled and sliced 1/4 inch thick, florets separated

2 tablespoons olive oil

1 tablespoon soy sauce

2 tablespoons Thai sweet chili sauce

Cover the broccoli with the oil and soy sauce. Air fry at 360 degrees until it has achieved the desired tenderness. Toss with chili sauce.

<https://www.allrecipes.com/recipe/285681/air-fryer-broccoli-with-sweet-chili-sauce/>





weConnect

February 9, 2022

WE'RE HERE!

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sdpc@sdparent.org

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PARENT CHILD JOURNEY WORKSHOP SERIES



Parent Child Journey is a 10-session parent training

program for parents who are looking for approaches to problem situations and behaviors they are experiencing at home with their elementary or middle school aged child.

Developed by Dr. Dan Shapiro, a Developmental-Behavioral Pediatrician, these sessions are brought to you live online by our trained staff, so you can join in your home and have access to this online platform.

Facilitated by South Dakota Parent Connection, parents join other parents in learning how to evaluate the source of their child's difficulties and individualize effective management strategies.

Live on Zoom; 6:30-7:30 PM CT / 5:30-6:30 PM MT
Thursday Evenings- February 24 through April 28

[More Information & Registration](#)

you want it to last longer, store in the freezer.

https://myemail.constantcontact.com/Parent-Child-Journey-Parent-Training-Program.html?soid=1103098300998&aid=_p1DYFgNBpc



<https://playteachrepeat.com/>
<https://https://>

<https://www.funathomewithkids.com/2014/01/easy-babytoddler-valentines-day-art.html>



<https://buggyandbuddy.com/heart-themed-fine-motor-skill-activity/>



Supporting Your Mental Health While Navigating Change

Doreen Marshall, Ph.D., AFSP Vice President of Mission Engagement

Change when things are uncertain is hard. Change that we didn't choose is harder. Change that has a potential impact on our mental wellness may be the most challenging of all.

The most valuable thing I've ever learned about how to navigate change came from a white-water rafting instructor when I was 15 years old. I couldn't tell you what he looked like, or even who else was in the 6-person raft with me, but I never forgot the lesson, which has helped me at times when I have struggled with my own mental wellness. It went something like this:

If you are thrown out of the raft when the rapids are rough, your first instinct is going to be to stand up, try to resist the rapids, and do your best to climb back into the raft, which is moving. Don't.

To read the rest of this article, go to

<https://afsp.org/story/supporting-your-mental-health-while-navigating-change>

Photo by Ellieelien on Unsplash



Study: Grain Foods in Infant Diets Linked to superior diet quality



Energy and Nutrients

6- to 12-months-old infants
had significantly higher dietary fiber

calcium	magnesium	thiamin
folate	zinc	riboflavin
potassium	phosphorus	vitamin B6
	choline	

13- to 23-month-olds had greater daily

dietary fiber	phosphorus	thiamin
iron	folate	vitamin A
zinc	riboflavin	vitamin B6
magnesium	niacin	vitamin B12



Diet Quality Scores

Scores were significantly higher
in all infant grain consumers

Younger infants had greater scores for

greens	whole grains	seafood
beans	refined grains	plant protein foods
total fruit	dairy foods	saturated fat
	total protein foods	

Older infants had greater scores for total fruit,
whole fruit, whole grains, and refined grains



Food Group Intake

Grain intake was linked with greater daily intake of several recommended food groups in both younger and older infants

Infants 6 to 23 months old had significantly higher intakes of milk, cheese, and total dairy foods

Grain consumption was linked to higher refined and whole grain intake, as well
as total fruits, vegetables and meat, poultry, seafood, nuts and seeds



**GRAIN FOODS
FOUNDATION**
GrainFoodsFoundation.org

Source: Papanikolaou, Yanni; Fulgoni, Victor L., *Nutrients* November 2019

People With a Higher Risk of Food Poisoning

Young children have immune systems that are still developing, so their body's ability to fight germs and sickness isn't as strong. Food poisoning can be particularly dangerous for them because illness can lead to diarrhea and dehydration. Children younger than 5 are three times more likely to be hospitalized if they get a Salmonella infection. And kidney failure strikes 1 out of 7 children under age 5 who are diagnosed with E.

FoodSafety.gov

Safe Minimum Cooking Temperatures Chart

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Thank You, Steering Committee

And as our Steering Committee works for you, we want to say THANK YOU to them!

SO proud of all of you! Lynette is gathering and editing the provider profiles for the newsletter. Alinda is living the picture on our postcards right now yet checks her phone and continues to direct the Conference planning, Dawn is retired but still working on conference & newsletter.

Cynthia helped set up the WOW table and it was beautiful. She's advocating for us with the state legislature and even made a media appearance on our behalf. Allegra helped at WOW and bravely represented us and promoted us. Susan is making sure we continue to learn through all her work on Education at conference and also through the legislature. You are ALL making a difference in our world! Thank you!

We all have different gifts. We need yours!





2022 FCCPSD Steering Committee

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