

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

January 2022



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

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 auction sheet. The money raised from these helps our association meet its expenses so we appreciate her gift so much. Quilts on a wall absorb sound too, did you know that? I know I have plenty of "sound" in my child care and my Eric Carle Hungry Caterpillar quilt saves me from overload of sound, plus adds beauty and everyone knows my most favorite children's author by seeing it.



INSPIRE: Be Inspired by Debby Bullis

Lynette Lohan

I hope you are inspired from this series of articles from providers who have cared for children for many years. This month I am featuring Debby Bullis from Flan-



dreau. She is now retired from child care but the impact she has left in her community will go on for years and years. I myself have been inspired from Debby. We've traveled to many conferences together. She taught me the value and beauty of sitting with strangers at the meals at conferences to learn something new instead of sitting with the people you came with. I hope you think about that and come to our conference in May and meet someone new and get inspired beyond what you can imagine. I promise you will gain from in person conferences SO much better than ZOOM trainings. I think of Debby every single week as something she has taught me or shared with me bounces in my brain.

Thank you, Debby, for changing our world for the better, one child at a time.

It wasn't just her childcare; once a local park was going to get shut down and she saved the park PLUS fundraised for all the new equipment to be put in at that park. Yes, just one person, with a huge heart, changing our world. Here are her interview questions and an-

swers. Be INSPIRED and enjoy.

How/when did you get into child care?

Through out my middle and high school years, I was the neighborhood babysitter packing a bag of “tricks” to entertain the youngsters. Many steered me toward becoming an elementary school teacher but I knew my niche was providing infants and preschoolers a zest for learning during their precious early years. I received a super education in Early Childhood Development at Lake Area Vo-Tech graduating in 1979. I worked at a day care center before purchasing my own home in 1985 to begin family child care. I loved the small group of mixed ages learning from one another.

What did the children teach you?

It's great observing the world through the eyes of a child. The children taught me to have wonder in every single moment of life.

What advice do you have for new providers?

You must become a business person. As you must not let the children walk all over you, you must not let their parents take you for a ride either. Establish strong, clear policies you believe in and will uphold. As times change and the more you learn, those policies may need adjustments. Be sure to build connections with fellow child care providers through workshops, FCCPSD, conferences, etc. to gain more knowledge as you strive to become better and better in your field.

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

Definitely not a love of money but a genuine love of children. Patience and a sense of humor will keep you sane. Show respect and compassion for everyone. Be positive, dependable, and confidential. Offer consistent guidance with a calm demeanor. Be an enthusiastic learner yourself. My motto has always been “How can you ask a child to be honest and true when he can only judge what's right by what he sees in

you?”

What was your favorite thing to do regularly and/or special event/time you remember spending with the kids?

I loved story time. I tried to make the stories come alive through various means – props, puppets, flannel boards, drawing on a chalkboard, having children act out roles, etc. We would have great discussions and would sometimes move on to writing our own group book. My library of quality books for children is something I still can't part with. Even though I'd often drag my feet until the last minute, I'd design a birthday sign for each child based on their interests to display outside. The birthday child was then assured to receive birthday greetings from everyone entering day care and from the entire neighborhood too. Those birthday signs have been saved by my families as childhood mementos so my extra efforts were definitely appreciated.



What's your advice for working with parents?

Build a partnership by establishing honest, open communication with the parents. Let them in on your day's plan for the children at drop-off and then relay how the day went at pick-up. Ask parents for advice, listen to their concerns, respond respectfully, etc. On rare occasions, despite your screening process, a family may end up not being a good fit and you may have to let them go.

Tell me about the best/worst day in your childcare years.

Be flexible. Some of my best days were when I threw out my well-laid

plans for the day because it was clear the children had a different mindset. Following their direction created some exciting, unexpected, involved group activities.

There's frustration when you know a child needs early intervention but the parents refuse to address the issues. The child I'm referring to was struggling (which caused many disruptions to my day care program) and didn't receive professional help until the second or third grade. Just think how that child's life would have been easier if he/she had been coping skills at an early age. Sometimes you just have to hang in there with lots of prayers. . . .

How did doing child care all those years change you?

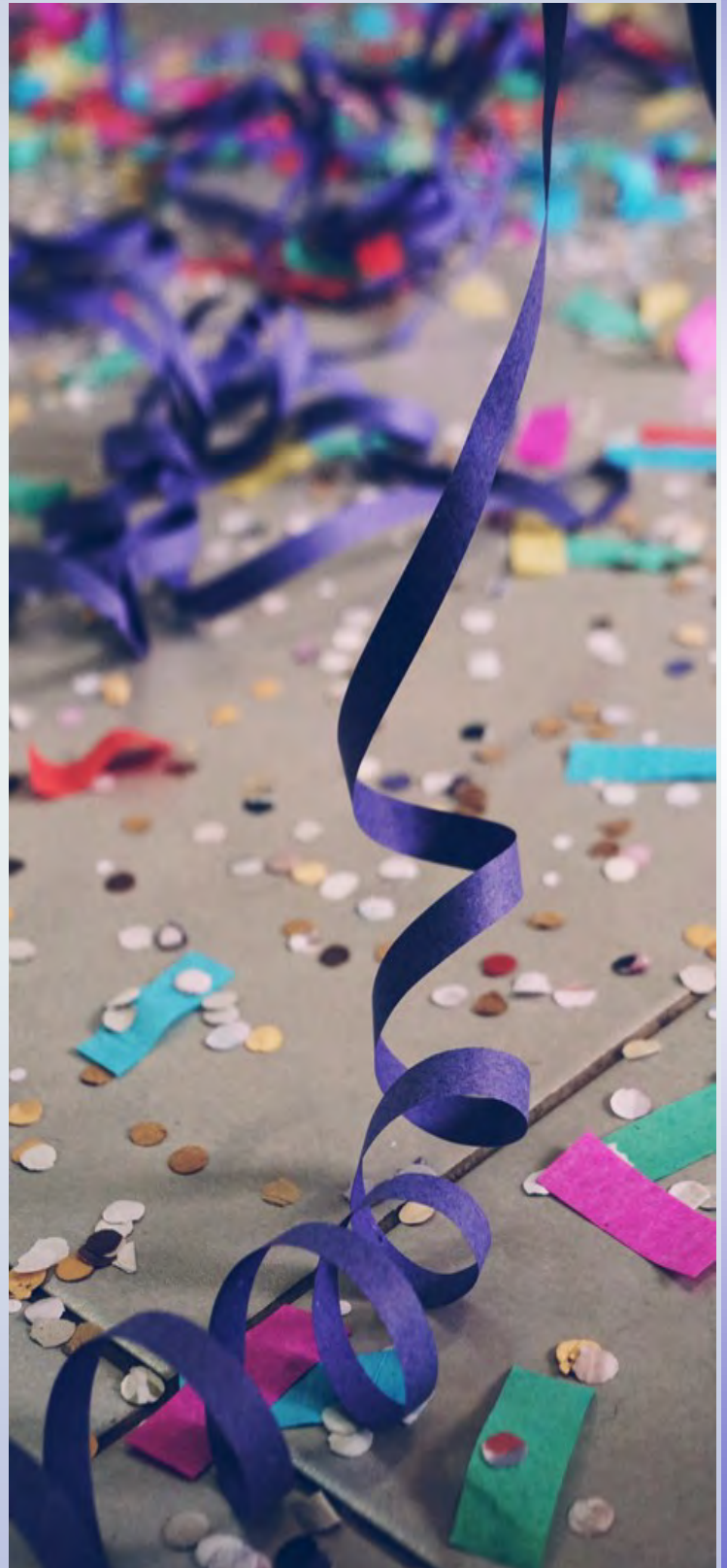
It certainly gave me a large extended "family" as I keep in touch with former day care children who now have their own children. Everyone wants their child to be loved and to do well. Child care certainly opened my heart more as I learned from families of different dynamics, races, cultures, financial positions, etc. FCCPSD found me stepping outside my comfort zone with the encouragement of fellow providers as I got to engage with like-minded adults. Once again, expanding your world is always a plus.

What would you say to someone considering getting into the field?

I can't think of a more important job than getting our youngest citizens off to a great start. Make sure it's what your heart wants, then put your whole heart into it and your heart will grow tenfold. Child care means long hours and can be very demanding but the rewards are immeasurable. My background in early childhood education was definitely a plus. Continues education to keep you refreshed and learning the latest developments is a key to keep your program flourishing. Hopefully you can visit several situations to get a feel if this is the right profession for you (and if you have a family – will it work for them too?). Best wishes!

Why do we attend conferences? Let me spell it out for you.

Cause of the
Ongoing
Need for
Face to face
Enjoyment and
Recharging our
Energy and
Networking with
Caring
Empowering
Souls



Classes Offered at Renew 2022

Full STEAM Ahead Reloaded

Sarah Roberts, M.Ed Early Childhood/Elementary Education

Do you love science? Have you attended a Full STEAM Ahead session in the past? Even if you're unsure of your STEAM knowledge, check out this session to expand your STEAM learning and implementation in your early childhood setting!

Attendees will expand upon acquired STEAM knowledge and/or develop new STEAM knowledge for early childhood

Attendees will take away ideas and activities to implement STEAM concepts in their individual settings.

Attendees will discover the importance of STEAM concepts for early childhood.

The Impact of Technology on Early Childhood

Emily Learing, MA, LMFT, RPT (Licensed Marriage and Family Therapist, Registered Play Therapist)

The technological advances present for today's infants, toddlers and preschoolers has changed the way the early childhood population interacts with the world. And while advances in technology have led to many positive outcomes for this age group, with those advances have also come some challenges and questions about whether they are developmentally appropriate for this population. In this presentation, participants will learn about today's technology and its impact on the early childhood population's development--both the positive and the

negative--so that they can leave the presentation with skills for using technology for good and limiting the technology that interferes with typical early childhood development.

After completion of this class, attendees will be able to:

- Name the recommendations for screen time for various ages of the early childhood population
- Recognize the positive and/or negative impact that technology can have on language development
- Recognize the positive and/or negative impact that technology can have on social and behavioral development
- Recognize the positive and/or negative impact that technology can have on attention span and impulse-control development

Identify developmentally appropriate ways to incorporate technology into the early childhood environment

Building Your Bounce

Kami Bartels, MS

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.

Honey-Garlic Slow Cooker Chicken Thighs

<https://www.allrecipes.com/recipe/236609/honey-garlic-slow-cooker-chicken-thighs/>

4 skinless, boneless chicken thighs

½ cup soy sauce

½ cup ketchup

⅓ cup honey

3 cloves garlic, minced

1 teaspoon dried basil

Place thighs in bottom of slow cooker. Mix other ingredients and pour over. Cook on slow for 6 hours.



New Year's "Good Luck" Pasta Fazool

By Chef John

<https://www.allrecipes.com/recipe/277949/new-years-good-luck-pasta-fazool/>

It's a scientific fact that eating pork, beans, or greens at the beginning of a new year brings you great luck—just imagine if we put all three of those things together in a single dish. This is so satisfying and delicious that even if it brought me bad luck, I'd still make it. Best served with some crusty, toasted bread.



12 ounces bacon, sliced into 1-inch pieces

½ cup diced onion

½ cup diced celery

1 teaspoon salt, plus more to taste

½ teaspoon freshly ground black pepper

1 pinch cayenne pepper, or to taste

¼ teaspoon dried thyme

¼ teaspoon dried oregano

2 tablespoons tomato paste

4 cloves garlic, finely minced

4 cups chicken broth

1 cup water

1 large bunch Swiss chard

1 (15.5 ounce) can cannellini beans, drained

1 ¼ cups orecchiette pasta

1 tablespoon freshly grated Parmigiano-Reggiano, or to taste (Optional)

1 drizzle olive oil (Optional)

1 pinch red pepper flakes, or to taste (Optional)

Go to [Allrecipies.com](https://www.allrecipes.com) to read the directions and watch the video.

I can't speak more highly of Chef John!

White Snow Playdough

<https://theimaginationtree.com/recipe-for-white-play-dough/>

1 cup cornstarch

1/2 cup salt

1 tbsp oil

1 tbsp cream of tartar

1 cup boiling (or nearly boiling) water

few drops liquid glycerine (not essential, but makes it even smoother!)

silver glitter- optional! (but soooo pretty)

Heat the ingredients gently in a pan, stirring until it comes together to form a non-sticky ball. Take it off the heat and put it on the surface to cool. When cool enough, knead it until soft and stretchy, rolling it in oodles of silver glitter to make it sparkle like snow!



Positive Parenting Tips for Toddlers

From the CDC

Following are some of the things you, as a parent, can do to help your toddler during this time:

Set up a special time to read books with your toddler.

Encourage your child to take part in pretend play.

Play parade or follow the leader with your toddler.

Help your child to explore things around her by taking her on a walk or wagon ride.

Encourage your child to tell you his name and age.

Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.

Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she's upset.

To print the two-page handout, visit

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/Toddlers-2-3-w-NPA.pdf>

Positive Parenting Tips for Healthy Child Development

Toddlers (2-3 years of age)

Developmental Milestones

Skills such as taking turns, playing make believe, and kicking a ball, are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like jumping, running, or balancing).

Because of children's growing desire to be independent, this stage is often called the "terrible twos." However, this can be an exciting time for parents and toddlers. Toddlers will experience huge thinking, learning, social, and emotional changes that will help them to explore their new world, and make sense of it. During this stage, toddlers should be able to follow two- or three-step directions, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website. <http://www.cdc.gov/ncbddd/actearly/index.html>

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SFWOW Presents



Dr. Mike Longoria

January 29, 2022



"Music and movement are the most powerful tools to engage young children in powerful learning while making teaching and learning what it should be, fun and exciting for all children." Dr. Mike Longoria 2016

Where?

Washington Pavilion in Sioux Falls, SD

When?

Saturday, January 29, 2022

Registration

More information and registration will open on October 1st, 2021 on our website at
<https://siouxfallswow.weebly.com>

Registration Link: <https://siouxfallswow.weebly.com/registration.html>

Promo Code: FAMCC2022

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