

THE RESOURCE CONNECTION

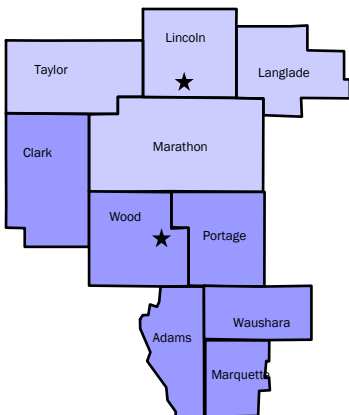
Issue # 8: October, November, December, 2011 Your Regional Child Care Resource & Referral Newsletter



210 E Jackson St
WI Rapids, WI 54494

715-423-4114
1-800-628-8534
Fax: 715-423-2444

ccrcw@tznet.com
www.ccrcw.org



407 W Main St
Merrill, WI 54452

715-539-9779
1-800-628-8534
Fax: 715-539-9771

childcareconnection@g2a.net
www.childcareconnectioninc.org

Active Early Healthy Bites



In Wisconsin, **31%** of children ages 2-4 years are reported as being overweight or obese. A poor diet and lack of physical activity are the most important factors contributing to an epidemic of overweight and obese children.

We want young children to develop healthy habits and we know that these habits begin at home and in the early childhood setting. Wisconsin has the capacity to serve more than 170,000 children in regulated child care facilities. These children are relying on early care and education (ECE) professionals to provide a significant portion of their daily physical activity, nutrition intake and nutrition education. Child care providers need resources to help them provide nutritious meals and incorporate age appropriate physical activity that will help children develop lifelong healthy habits.

Recognizing the importance of child care settings in helping our youngest children get a healthy start, our Wisconsin partners have created the following guides *Active Early: A Wisconsin Guide for Improving Childhood Physical Activity* and *Healthy Bites: A Wisconsin Guide for Improving Childhood Nutrition*. These guides are designed to help ECE professionals address childhood obesity by improving physical activity and nutrition.

We believe that ECE professionals can improve child health and wellness by establishing child care program policies within their business practices.

By developing and implementing program policies that will improve the nutritional quality of food, encourage physical activity and educate child care providers, parents and caregivers, children can develop a sound foundation for optimal growth and development.

The guides are based on current scientific evidence and provide a self-assessment to allow child care programs to freely assess their own environment, program policies and practices as they relate to nutrition and physical activity. The guides also will suggest key areas for improvement and information on how to implement strategies for developing program policies in child care settings.

By working together with providers, caregivers and parents, the children of Wisconsin will have the opportunity to adopt healthy habits that will last a lifetime.

Eloise Anderson
Secretary
Wisconsin Department
of Children & Families

Henry A. Anderson, MD
State Health Officer
Wisconsin Division
of Public Health

Tony Evers, PhD
State Superintendent
Wisconsin Department
of Public Instruction

This signed letter is the Foreword from the Active Early Guide mentioned above. Continue to watch for more information regarding the availability of both guides.



BULLETIN BOARD



Most of CCR&RCW and CCC staff will be out of the office November 1st—5th for professional development opportunities. CCC office will be closed. Phone calls will be forwarded to the CCR&RCW office (1-800-628-8534).

“Trick or Treating” at the Zoo

October 15th, 2011 ~ 10:00am –3:00pm

Wildwood Zoo, Marshfield

For ages toddler -12 years

Come dressed in your favorite costume!

Take a tour through the zoo, visiting all the animal exhibits while picking up treats, goodies and learning about animal diets.

\$5.00 per family, all proceeds go towards educational programming at Wildwood Zoo



We'd like to wish you and your family a Happy Holiday Season.

We look forward to working with you in the New Year.

Sincerely, CCC and CCR&RCW Staff

Wilke's Pumpkin Patch & Corn Maze

Hayride, Kiddie Maze, Large Corn Maze & Pumpkins—big and small!

Open September 17th - October 31st

Monday - Friday
8:00am - 3:00pm

Daycare packages available

T8417 County Rd W, Wausau

For more information visit

www.wilkefarm.com or call

715.675.6748 and

ask for Doug or Bernie

Child Care Items For Sale

Toys and equipment for children ages newborn to 3 years.

For more information contact Lorraine at 715.845.7136

Wisconsin Early Childhood Association (WECA)

57th Annual Conference

Teaching & Practicing Health & Wellness

October 20th-22nd, 2011

Radisson Paper Valley Hotel, Appleton

For more information visit

www.wisconsinearlychildhood.org

or call 800.9322 ex7227

Visit the [YoungStar](http://www.YoungStar.org) website frequently to stay up-to-date on changes to YoungStar!

<http://dcf.wisconsin.gov/youngstar>

Call for Applications for the 2012 Terri Lynne Lokoff National Child Care Teacher Awards

This award is presented each year to 50 child care teachers throughout the 50 states, the District of Columbia, and on U.S. Military bases installations. The Awards program acknowledges the critical role of child care teachers in providing high-quality early care and education. Award recipients will receive \$1,000 --\$500 to implement their award-winning classroom enhancement project and \$500 as a stipend to acknowledge each child care teacher's special dedication.

The application may be downloaded at http://www.tlccf.org/documents/2012_TA_Application.pdf

PROVIDER TRAINING

Wisconsin Model Early Learning Standards (WMELS)

Friday, Dec. 2nd & Saturday, Dec. 10th, 2011
8:30 AM — 4:30 PM (must attend both days)

St. Josephs Hospital, Marshfield — Classroom 4
\$30—includes lunch

For registration contact CCRRCW at 715.423.4114

Save the Date

Active Early

Thursday, October 20th & 27th
6:00 - 8:00 PM

Little Pioneers Childcare, Westfield

Watch your mail for registration materials
Questions? Call CCRRCW at 715.423.4114

24 hrs. of
training!

Pyramid Model—SEFEL

Mondays, January 16th — March 5th
6:00-9:00 PM (8 sessions)

Cost: \$50

Building Blocks Learning Center, Wisconsin Rapids

For more information contact
CCRRCW at 715.423.4114

Building Protective Factors with Families

This training explores the connection between factors that prevent child abuse and neglect and what quality early childhood programs do to build them.

Monday, November 14th, 2011 ~ 6:00-8:00 PM
The Family Center, WI Rapids

Cost: \$10

Contact CCRRCW at 715.423.4114 for registration

Provider Support / Advocate Groups

Adams County

Adams County Early Childhood Education Council- Kelly Allen at 608.339.2868

Clark County & Marquette County

Contact CCR&R if interested in developing an advocate group at 800.628.8534

Portage County

Portage County Child Care Association — Joan Garski at 715.341.5873
Portage County Leaders- RoxAnne Forrest at 715.342.2999

Waushara County

Contact Krista Sobieski at 920.566.0545

Wood County

Marshfield Area Child Care Association— Krisann Mauritz at 715.387.2218
Wisconsin Rapids Child Care Advocates Council— Beth Knuth at 715.423.5312



Opportunities for Professional Development

Early Learning Quality Improvement & Program Assessment

Program self-assessment and quality improvement planning are key ingredients for successful early learning programs.

October 15th, 2011 - 8:30am-12:30pm
M&I Bank, Neilsville, WI

Fee: \$25 (\$15 gas cards for first 20 people to register)

Meeting the Needs of Children & Families Mini-Conference

8:30am-12:30pm - Meeting and Responding to the Needs of Young Children Child Outcomes and Curriculum Development:
Effective early childhood curriculum and assessment is based on observing children to learn about what they are interested in and where they are developmentally. Responding to what we observe is the key to lesson planning. Authentic child assessment is done in natural settings, while they are interacting with familiar adults over prolonged periods of time.

1:00pm-4:00pm - Family Involvement:

The Power of Family and Provider Partnership:

Families are powerfully important to the education and development of children. Early learning settings from Early Head Start/Head Start and 4-K to family childcare and group centers, are better when all of the caring adults in a child's life partner together. Programs that partner with parents not only improve child outcomes, they are able to improve business outcomes. Parents who are partners make contributions of time, interest, and sometimes even money into early learning settings.

October 22nd, 2011 - 8:30 AM—4:00 PM
Rome Town Hall, Town of Rome

Fee: \$35 for both sessions, including lunch
\$20 for one session, not including lunch

Developing a Child Portfolio

A portfolio is a record of a child's process of learning and how they interact with others. It can be a collection of work that shows efforts or achievement in one or more areas. Portfolios can track individual children's progress and provide a basis for evaluating the child's overall performance.

Monday, October 24, 2011 - 6:00pm-8:00pm

Canaland Christian Academy of Early Learning, Stevens Point, WI

Fee: \$10

Watch your mail for registration materials.

Visit our [Training Calendar](#) for more info.

Questions? Contact CCRRCW at 715.423.4114

PROVIDER TRAINING

Heartsaver CPR Training w/ AED

Wednesday, October 26th, 6:00pm-9:30pm
Wausau FRC, 705 S 24th Ave Suite 400, Wausau

Wednesday, November 16th, 6:00pm-9:30pm
CCC, 407 W Main St, Merrill

Wednesday, December 7th, 6:00pm-9:30pm
Wausau FRC, 705 S 24th Ave Suite 400, Wausau

Cost: \$45 per person (includes workbook & CPR card)

Each program is required to purchase one Heartsaver CPR/AED workbook. You will be asked to complete the Review Questions, found in the book, prior to class.

Group Centers that have 8 staff needing training, contact CCC—the instructor may be able to come to your center. (Mileage rates may apply)

Register—(deadline is one week before each class) call CCC at 715.539.9779.



Opportunities for Professional Development

Mark your calendar and watch your mail for registration materials. Questions? Contact CCC at 715.539.9779

Ages & Stages Questionnaire

- Understand the purpose for developmental screening and the role of childcare providers
- Understand how to use ASQ materials and have strength based conversations with parents regarding child development
- Understand how to build community partnerships and the referral processes for children with developmental delays

Part 1: October 18th, 2011
Part 2: October 25th, 2011
Part 3: November 8th, 2011

Must attend all 3 sessions to complete the training. Participants will receive a copy of the ASQ-3 tool.

Each session is from 6:00-9:00 PM at the NTC, Wausau Campus



Northcentral Technical College
Early Childhood Continuing Education Opportunities

Shaken Baby Syndrome	10/11/11	6:30-8:00 PM	\$12
SIDS, Child Abuse & Neglect	10/18/11	6:30-9:30 PM	\$19
Shaken Baby Syndrome	11/5/11	9:00-10:30 AM	\$12
SIDS, Child Abuse & Neglect	12/1/11	6:00-9:00 PM	\$19
Shaken Baby Syndrome	12/08/11	6:30-8:00 PM	\$12

(Most classes available ITV, call NTC for more information)
(ITV Campuses: Antigo, Medford, Phillips, Spencer, & Wittenberg)

REGISTER online at www.ntc.edu/wls/register or by phoning the Wausau campus at 715.675.3331 x 5861, or your local campus.

Q-Net: Quality Networking for Early Childhood Professionals

Locations: Medford Head Start or Neillsville Elementary School

Light Meal at 5:30; Training from 6:00 to 8:00 PM

October 13th, 2011: Magnificent Math B-6: Overview of Series
November 10th, 2011 : Mathematically Rich Environment
December 8th, 2011: Marching Into Math

Cost: \$5 per session; or prepay \$30 for all six sessions

Pre-registration is required; contact CCR&R at 1.800.628.8534
(Please indicate which site you plan to attend when calling.)

2012 training dates: Jan. 12, Feb. 9, & Mar. 8

Provider Support / Advocate Groups

Langlade County: Meeting times TBD.

For more information contact, Donna Murra at 715.350.4159

Lincoln County: Meeting times TBD. For more information contact, Karen Grund at 715.536.9058 or Dolly Tanck at 715.536.7581

Marathon County: Contact CCC at 715.539.9779 if interested in developing an advocate group.

Taylor County: 3rd Monday of month - For more information, call Kelly Emmerich at 715.748.6192.

Family Involvement

- Describe elements of a strong family-teacher/caregiver relationship
- Discuss how provider and family partnerships shape positive child outcomes
- Understand how to apply at least three strategies to build family partnerships

Tuesday, November 15th, 2011 ~ 6:00-9:00 PM
Wausau Family Resource Center

Business Practices

Part 1—Understanding YoungStar Expectations:

Review the Business & Professional Practices component of YoungStar

Part 2—Compiling the Materials:

Bring your policies, tax return, employee and parent handbooks, and any other documents you think you want help with.

Part 3—Creating a Better Adult Work Environment Using Model Work Standards:

This session is designed to enhance business and professional practices as a way to “put it all together.”

NTC— Wausau Campus RM E101/E102 Main Building

Family Child Care

Part 1: Oct 29th - 1pm-3pm
Part 2: Nov 5th - 1pm-4pm
Part 3: Nov 5th - 9am-12pm

Group Child Care

Part 1: Oct 29th - 10am-12pm
Part 2: Nov 5th - 9am-12pm
Part 3: Nov 5th - 1-4pm

Kalahari Resort & Convention Center, WI Dells

Family Child Care

Part 1: Nov 12th - 9am-11am
Part 2: Nov 12th - 12:30pm-3:30pm
Part 2: Dec 10th - 9am-12pm
Part 3: Dec 10th - 1pm-4pm

Group Child Care

Part 1: Nov 12th - 9am-11am
Part 2: Nov 12th - 12:30pm-3:30pm
Part 2: Dec 9th - 9am-12pm
Part 3: Dec 9th - 1-4pm

Take one, two or all three—Each session is \$10. To register visit:
<http://www.regonline.com/builder/site/Default.aspx?EventID=1012310>

Questions, contact WECA at 800.783.9322 x 7227

ACTIVITY CENTER

October

Eat Better, Eat Together Month
Head Start Awareness Month
National Chili Month
National Go on a Field Trip Month

Banana-Pumpkin Foamy

Blend 1 cup milk, 1 sliced banana, 2 tablespoons canned pumpkin and a dash of cinnamon together for a foamy pumpkin drink.

Chocolate-Scented Play Dough

1 1/4 cups flour
1/2 cup cocoa powder
1/2 cup salt
1/2 tablespoon cream of tartar
1 1/2 tablespoons cooking oil
1 cup boiling water

Mix the dry ingredients. Add the oil and boiling water. Stir quickly, mixing well. When cool, mix with your hands. Store in air tight container.

I'm a Friendly Snowman

Sung to: "I'm a little teapot"

I'm a friendly snowman big and fat.
(stretch arms out to sides)

Here is my tummy and here is my hat.
(point to tummy, then top of head)

I'm a happy fellow, here's my nose.
(smile, then point to nose)

I'm all snow from my head to my toes.
(point to head, then to toes)

I have two bright eyes so I can see.
(point to eyes)

All the snow falling down on me.
(flutter fingers downward)

When the weather's cold I'm strong and tall.
(stand up all)

But when it's warm I get very small.
(crouch down low)

December

Bingo's Birthday Month
National Tie Month
Rising Star Month
Tomato & Winter Squash Month

Soda Bottle Jack-O'-Lantern

- 2 liter soda bottle, with label removed
- orange paint
- self stick felt
- green regular felt cut in circles...
(about 3-4 inches)
- twine



Pour orange paint inside the soda bottle with a little water. Put the lid on and let the kids swoosh it around to distribute it all around the bottle. Let the children cut the felt to make eyes, nose, mouth, etc., and stick onto their bottle. Add the green felt circle to the lid and tie the twine around it with a bow!

Cornflake Tree

Need: Brown paint, Crayon/Marker, Glue, Paint Brush, and Cornflakes

Have the children draw or paint a brown tree trunk and branches. Paint a small leaf area with glue, drop on cornflakes; paint another small area with glue and add cornflakes until the leaf area of the tree is covered.

Let's Read...

Too Many Pumpkins
Linda White

Look At Me
June Goldborough

Ice Cream Soup
Gail Herman

The Grouchy Ladybug
Eric Carle

Caps for Sale
Esphyr Slobodkina

November

Military Family Appreciation Month
National Roasting Month
Spinach & Squash Month
National Novel Writing Month

Squirrel and Nut

One child is chosen to be "it" and is given a nut to hold. The other children form a circle, sitting on the floor. They extend one hand and close their eyes. "It" tiptoes around the inside of the circle and puts the nut into one of the outstretched hands. The one who receives the nut jumps up and chases after the other until he catches "It". He/she then becomes "it" and the game proceeds as before. The children open their eyes as the chase begins.



Hibernating bear

Need: Styrofoam cup, brown pompom, cotton, brown paint, and glue.

Directions: Paint the cup brown. When it dries glue the brown pompom in the cup. Then take a cotton ball and stretch it. It should look like snow. Glue it on the cup (cave).

**Child Care Connection:
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Donna Murra, *Secretary*
Ginny Rusch
Joann Benedict
Georgia Fischer
Sandy Suprak
Connie Zebro
Katie Antoniewicz
Candy Lee Parks
Melissa Wrycha

MISSION:

*To respond to needs and
deliver services that
improve and support a
quality child care system.*

Child Care Connection Staff:

Micki Krueger ~ Executive Director
Rachele Cherek ~ Resource & Referral Specialist
Kao L. Xiong ~ Bi-Lingual Aide
Mary Olson ~ Quality Improvement Specialist

CCR&R of Central WI Staff:

Kelly Borchardt ~ Executive Director
Linda Francis ~ Resource & Referral Manager
Carrie Steinke ~ Quality Improvement Specialist
Tracy Verjinsky ~ Resource & Referral Specialist
Kristine Manternach ~ Quality Improvement Specialist
Gayle Schiszik ~ Trainer Coordinator/Certifier

Peggy McMahon ~ Technical & Quality Consultant,
Kids First Early Childhood Consulting, LLC
(Independent Contractor)

**CCR&R of Central WI:
2011 Board of Directors**

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Vicki Lobermeier
Sheila Michels
Julie Rodger
Chris Lee

MISSION:

*To be the key resource of
comprehensive services to
enhance quality child care in
Central Wisconsin.*

Xav tau key pab pes/txhais daim ntauw xovxwm
no thov hu tuaj rau kao Lai Xiong 715-539-9779
Hhub Mondays - 9:30 txog 3:30pm.



Child Care Resource & Referral
of Central Wisconsin, Inc.
210 East Jackson Street
Wisconsin Rapids, WI 54494

“THE RESOURCE CONNECTION”

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