



Olmsted County Child Care Association

## Family Child Care, Incorporated 2022 Quarterly Newsletter

~April, May, June~

[www.fccimn.com](http://www.fccimn.com)

### Upcoming Trainings

Members, please be prepared to show your membership card.

Non-members, be prepared to pay a \$20 training fee.

## 2022 FCCI Board of Directors

**President:** Lee 507-316-8339

[fccimn@gmail.com](mailto:fccimn@gmail.com)

**Secretary:** Katie 253-222-4202

[fccisecretary@gmail.com](mailto:fccisecretary@gmail.com)

**Treasurer:** Jessica G. 507-261-1990

[fccitreasurer@gmail.com](mailto:fccitreasurer@gmail.com)

**Assist. Training Coordinator:** POSITION OPEN

[fccitrainingcoordinator2@gmail.com](mailto:fccitrainingcoordinator2@gmail.com)

**Training Coordinator:** Gina 612-532- 2032

[fccitrainingcoordinator@gmail.com](mailto:fccitrainingcoordinator@gmail.com)

**Sales & Purchasing:** POSITION OPEN

[salesandpurchasingcoordinator@gmail.com](mailto:salesandpurchasingcoordinator@gmail.com)

**Membership:** Jessica T. 507-951-8692

[fccimembershipcoordinator@gmail.com](mailto:fccimembershipcoordinator@gmail.com)

**Community Outreach:** Jennifer 507-261-8061

[fccicommunityoutreach@gmail.com](mailto:fccicommunityoutreach@gmail.com)

**Communications:** Jenni 507-459-9186

[fccinewslettereditor@gmail.com](mailto:fccinewslettereditor@gmail.com)

**Hospitality Coordinator:** Tracie 507-285-0502

[fccihospitality@gmail.com](mailto:fccihospitality@gmail.com)

**Volunteer Coordinator:** POSITION OPEN

[fccivolunteer@gmail.com](mailto:fccivolunteer@gmail.com)

**Workshop Coordinator:** Nita 507-208-8029

[fcciworkshopcoordinator@gmail.com](mailto:fcciworkshopcoordinator@gmail.com)

**Member-at-large 1:** Audrey 507-884-5958

(Assist. Hospitality) [fccimemberatlarge@gmail.com](mailto:fccimemberatlarge@gmail.com)

**Member-at-large2:** Breanna 507-271-5891

(Membership Assist.) [fcci2memberatlarge@gmail.com](mailto:fcci2memberatlarge@gmail.com)

## Training Location

**The Eagles Club**

**917 15th Ave SE**

**Rochester, MN 55904**

\*All 2022 trainings will be held at this location unless otherwise noted

*FCCI is an organization of licensed family child care providers committed to developing and promoting high quality child care in our community through education, resources, and support.*

April 11, 2022 6:30 – 8:30 pm	<p><b>Online: Finding Your Joy</b> <b>Presenter: Raelene Ostburg</b></p> <p>Learn about the science of joy and label the roadblocks that may be stealing your happiness, both the ones you know about and others that may surprise you. Caring for and educating young children is intense emotional labor and can easily lead to exhaustion, burn out, and even bad health. Taking care of yourself will be critical for you to be your best and enjoy your important work. Gain methods to crush the obstacles and set personal boundaries for yourself and others. Celebrate and recognize your unique gifts and the critical role you have in shaping our next generation. Explore methods to help you cultivate authentic joy and feel inspired in your work shaping young minds.</p> <p><b>Knowledge &amp; competency framework area:</b> VI: Professionalism</p> <p><b>CDA Content Areas:</b> Content Area VI: Maintaining a commitment to professionalism</p>
April 28, 2022 6:30 – 8:30 pm	<p><b>SUID/Abusive Head Trauma</b> <b>Presenter: Stacy Boysen</b></p> <p>This class meets DHS Licensing training requirements for both Sudden Unexpected Infant Death (SUID) and Abusive Head Trauma (AHT). Content includes recommendations to reduce Sudden, Unexpected Infant Deaths (SUID) including SIDS, suffocation, and other sleep related infant deaths; safe sleep environments; MN Child Care regulations related to safe sleep; as well as symptoms and consequences of abusive head trauma, risk factors for abusive head trauma; strategies to use when stressed, angry or frustrated.</p> <p><b>Knowledge &amp; competency framework area:</b> VII.B: Ensuring Safety (2 Hours)</p> <p><b>CDA Content Areas:</b> Content Area I: Planning a safe, healthy learning environment (2 Hours)</p>
May 9, 2022 6:30 – 8:30 pm	<p><b>Mindful Limits for Healthy Child Development</b> <b>Presenter: Andrew Johnsrud</b></p> <p>Learn practical skills as we explore the critical connection between a child's development and a well-regulated adult caregiver. Explore practical foundations of mindfulness for use in common situations with children. Mindfulness practices are a path to learn how you can share a calm presence and emotional regulation with your children every day--especially tough days, joyful days, all days! Learn basic ideas for setting limits as an act of care and love. Investigate embodied presence as a developmental asset for all children, especially those with challenging pasts. Learn how to share your presence through empathy, experience, and example. This helps us give our kids the loving foundation they need for their lifelong development.</p> <p><b>Knowledge &amp; competency framework area:</b> II.C: Promoting Social and Emotional Development (2 Hours)</p> <p><b>CDA Content Areas:</b> Content Area III: Positive ways to support children's social and emotional development (2 Hours)</p>
May 26, 2022 6:30 – 8:30 pm	<p><b>BONUS: Project GO! Get Outdoors!</b> <b>Presenter: Sara Grover</b> <b>Location: Oxbow park</b></p> <p>Learn about the Project Get Outdoors initiative and ways to easily incorporate nature into your curriculum. Explore outdoor activity ideas that connect children to nature and learn how outdoor play fosters healthy human development and environmental awareness.</p> <p><b>Note: This training will be held at Oxbow Park Nature Center 5731 County Rd 105 NW Byron, MN</b></p>

# FCCI's 2022 Training Calendar

*Trainings are subject to change/cancellation due to unforeseen circumstances beyond the control of FCCI.*

MNCPD requires the full 2 hours of training to receive a credit.

Anyone joining training after 6:35 pm will not receive credit for the training.

April 11, 630-830 pm	ONLINE: Finding Your Joy	Raelene Ostberg
★ April 28, 630-830 pm	BONUS: SUIDS/Abusive Head Trauma <i>(Meets the SUIDS/AHT annual requirement)</i>	Stacy Boysen
May 9, 630-830 pm	Mindful Limits for Healthy Child Development	Andrew Johnsrud
May 26, 630-830 pm	BONUS: Project Get Outdoors	Sara Grover
July To Be Determined	Annual FCCI Provider Potluck Picnic	Hosted by the FCCI Board of Directors
August 8, 630-830 pm	Empowerment Evaluation: Success Is Within You!	Stacy Boysen
★ September 12, 630-830 pm	Supervision: Supervising for Safety: Out of home safety issues <i>(Meets the annual Active Supervision requirement)</i>	Vicki Filteau
★ September 29, 630-830 pm	Bonus ONLINE: Group Time; Thinking Outside the Circle <i>(Meets the Child Growth &amp; Development/Behavior Guidance annual requirement)</i>	Hollee Saville
October 10, 630-830 pm	DeClutter and Destress Your Way to Success	Hollee Saville
★ October 27, 630-830 pm	BONUS ONLINE: Social Emotional Development at the Center (Core) <i>(Meets the Child Growth &amp; Development/Behavior Guidance annual requirement)</i>	Mike Huber
★ November 14, 630-830 pm	SUID/Abusive Head Trauma <i>(Meets the SUID/AHT annual requirement)</i>	Stacy Boysen
December	NO WORKSHOP!	Happy Holidays!

## Registration is required for all trainings

Send an email to [fcciworkshopcoordinator@gmail.com](mailto:fcciworkshopcoordinator@gmail.com). You must include the following:

- Your name
- Develop number
- The training and date you are registering for
- Phone number

You will receive a confirmation email

\*Registrations are **only** accepted through email or through the website. Private messages or texts will not be added to the registration list.

FCCI is on Facebook! Like our page to keep up-to-date with local child care news, training, and more!  
Search: Family Child Care Incorporated



# Message from FCCI's 2022 President

Woo Hoo!!!

SPRING is upon us in the next few months, flowers will be sprouting up, and we'll hear countless birds chirping and see them flying overhead on a regular basis. We'll hear the rainfall poetically renew the Earth surrounding us, and maybe we'll take the kids and their laughter outside to jump in puddles afterward! Our walks throughout the neighborhood will require less layers with each passing week. I can't wait!

I would like to invite you to checking the FCCI website on a regular basis to keep you updated between newsletters. We gave it a new face lift, all thanks to the amazing Jenni Clemens!! If it's been a while since you've been on the site, check it out today! [www.fccimn.com](http://www.fccimn.com)

The Week of the Family Child Care Provider will be May 2-6, with FCCI Provider Celebration on May 9, 2022. I'd like to personal invite you to celebrate with us at the FCCI Celebration this May. This year, Family Child Care, Incorporated celebrates ALL family child care providers in the area. Please join us on May 9, 2022 at the Eagles Club in Rochester. This is a wonderful opportunity to network with fellow providers, receive two hours of training credit, order dinner from The Eagles, and meet the Mayor all in one night!!

The first five years of children's lives are the most significant years in their development and growth. As licensed family child care providers, we play an important role in their development. We are there to educate, support, nurture, enhance and guide their lives throughout these years. Let's come together to celebrate the providers who devote their time to the children in our area.

Thank you to all of the volunteers that have contributed their time and talents to FCCI by serving on a variety of committees and helping out at different events for the past three months. Please consider joining our growing list of volunteers for our association.



Sending you all much love, joy and energy,

*Lee Yang*

2022 FCCI President

[fccimn@gmail.com](mailto:fccimn@gmail.com)

*FCCI is committed to developing and promoting high quality child care in our community through education, resources, and support. Your board is listening and available to all of you. We have several avenues of communication with our website, Facebook page, Enews and newsletter.*

## The Provider Corner

Family Child Care, Inc. would like to welcome the following new and recently licensed providers to the child care profession in Olmsted County. We hope to see you soon at an FCCI training! Please call Jessica at 507-951-8692 or email [fccimembership@gmail.com](mailto:fccimembership@gmail.com) to get your membership started!

### **Welcome New Providers**

**Crystal Wallace**

**Brittney Major-Elechi**

As child care providers, we all have an important responsibility to stay informed and up-to-date on all child care profession-related issues. Professional associations, such as FCCI, offer valuable tools to help you stay informed and make wise decisions concerning the future of your business and the children that you care for. We also provide a place where providers can meet and get to know one another to share about our experiences and make new friendships! Come and be a part of this great group of providers!



**Pamper yourself this spring with this easy recipe for DIY Yogurt Face Mask**

### **Ingredients**

1/4 cup plain yogurt

1-2 tsp honey

Optional: Add 1-2 drops of lavender essential oil

### **Instructions**

1. Mix together ingredients until well combined.
2. Add mixture to a slightly- damp face and let sit for about 20 minutes.
3. Wash off and continue with your skincare routine.

# 2022 Provider of the Year

## The Hand Holder

There is no job more important than yours, no job anywhere else in the land.

You are the keepers of the future: you hold the smallest of hands.

Into your care you are trusted to nurture and care for the young,

And for all of your everyday heroics, your talents and skills go unsung.

You wipe tears from the eyes of the injured. You rock babies brand new in your arms.

You encourage the shy and unsure child. You make sure they are safe from all harm.

You foster the bonds of friendships, letting no child go away mad.

You respect and you honor their emotions. You give hugs to each child when they're sad.

You have more impact than does a professor, a child's mind is molded by four;

So whatever you lay on the table is whatever that child will explore.

Give each child the tools for adventure, let them be artists and writers and more;

Let them fly in the wind and dance on the stars and build castles of sand on the shore.

It is true that you don't make much money and you don't get a whole lot of praise,

But when one small child says, "I love you," you're reminded of how this job pays.

~ By Dori Rossmann

Executive Director, Kids Town USA



*Too often, we don't take the time to celebrate our profession and the providers who make extraordinary contributions to our communities and the children and families we serve. As we celebrate the **Week of the Family Child Care Provider on May 2 – May 6 2022**, we encourage you to celebrate your own contributions to this profession. Congratulations to all of our nominees and thank you for your commitment to the children of our county!*

*The winners for the 2022 Provider of the Year will be announced at our Provider Celebration. Provider of the Year committee members use a two-part scoring system based on nominee's years of FCCI membership and thoroughness of essay completion to determine the winners. In the event of a tie, recommendation letters are scored and used as a tie-breaker.*

*The FCCI Board of Directors would like to wish all family child care providers a very happy*

**Provider Appreciation Day on May 6th, 2022.**

*You make a difference in the lives of the children you care for each and every day  
and you are appreciated!*

# Upcoming Events & Professional Development

MARK YOUR CALENDARS

## CLAREY'S SAFETY

CLAREY'S WILL BE AT THE NOTED TRAININGS FROM 5:45 PM - 6:30 PM TO TAG FIRE EXTINGUISHERS. THE COST IS \$4. PLEASE BRING A CHECK OR EXACT CHANGE ONLY.

APRIL 28TH, 2022  
SEPTEMBER 12TH, 2022



### New Baby? In the Hospital? Special Celebration? Death in the Family?

Our members are important to us!  
If you know of a special event or time of concern for a fellow FCCI member, please contact Tracie 507-285-0502 or [fccihospitality@gmail.com](mailto:fccihospitality@gmail.com), so she can let that person know their friends at FCCI are thinking of them!



### SUID/AHT Training Videos:

The three Sudden Unexpected Infant Death Videos and the three Abusive Head Trauma can be found on FCCI's website for your viewing.

To view the videos for licensing requirements, visit [www.fccimn.com](http://www.fccimn.com)

Find the links under the

"Licensing/Community Connections" menu.

### Looking for DHS licensing forms for family child care?

They can all be found on your county and state websites!

#### Olmsted County Child Care Licensing:

<https://www.olmstedcounty.gov/business/business-licensing-permits/child-care>

#### MN Department of Human Services (DHS) Licensing forms:

[http://www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id\\_028228](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_028228)

#### 2021 Legislative Changes Impacting Licensed Family Child Care

<https://edocs.dhs.state.mn.us/lfsrserver/Public/DHS-4380A-ENG>



LET'S HAVE A PICNIC!

## FCCI PROVIDER POTLUCK

July 19, 2022, 6pm  
Bre Page's Home

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# 2022

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newsletter? Please contact our  
Communications Coordinator at  
fccinewslettereditor@gmail.com

## Family Child Care, Inc. 2022 Membership Registration

### Annual Individual Membership Fee - \$65.00

*Please make checks payable to: FCCI*

**FCCI memberships are January 1, 2022 to December 31, 2022**

- ☐ I am a licensed provider and new FCCI member  
☐ I am a licensed provider and a renewing FCCI member  
☐ I am unlicensed or a community member and am an Advocate Member.

NAME \_\_\_\_\_

DEVELOP ID# \_\_\_\_\_

COUNTY \_\_\_\_\_

BUSINESS NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_

E-MAIL \_\_\_\_\_

#### How will you volunteer with FCCI?

- \_\_\_\_ Board Member Position  
\_\_\_\_ Volunteer at monthly workshop  
\_\_\_\_ Finance Committee  
\_\_\_\_ Banquet Committee  
\_\_\_\_ Advocacy Committee

#### Do you want your licensed family child care business listed in the On-line Provider Directory?

- ☐ Yes...please complete the information below  
☐ No thank you.

**Please note:** Your directory information must be renewed each time your membership is purchased. If a membership is purchased and an on-line directory form for the current year is not included, the previous years' on-line directory listing is removed during the annual January clean sweep.

## Family Child Care, Inc. 2022 On-line Provider Directory Form

Current members of FCCI can list their licensed family childcare business on the FCCI's website Provider Directory by filling out the following information or by submitting your listing on-line at [www.fccimn.com](http://www.fccimn.com)

**Name:** \_\_\_\_\_

(As it is to appear on the Internet)

**City and/or Section of Town:** (i.e. Rochester, NW)

**Business Name:** \_\_\_\_\_

**Ages of care:** (check all that apply)

- \_\_\_\_ All ages  
\_\_\_\_ Infant/toddler only  
\_\_\_\_ Preschool only  
\_\_\_\_ Infant-preschool only  
\_\_\_\_ School age only

**Elementary School:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Website:** (if applicable)

#### How do you want to be contacted?

- \_\_\_\_ Telephone only  
\_\_\_\_ Email only  
\_\_\_\_ Both

#### Is this an update to your currently posted 2022 provider directory information?

- \_\_\_\_ Yes      \_\_\_\_ No

For office use  
Card \_\_\_\_\_  
Receipt \_\_\_\_\_  
Echapters \_\_\_\_\_  
Website \_\_\_\_\_

**Mail Membership and Directory forms to:**

**Jessica Tukua**  
**2727 Tee Time Rd SE**  
**Rochester, MN 55904**





**PO Box 7012**

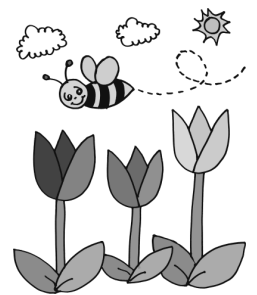
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## **In This Issue:**

- Child Care Provider Celebration
- Updated Training Calendar for 2022
- Additional Professional Development Opportunities

