

2021 FCCI Board of Directors

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fccisecretary@gmail.com

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(Membership Assist.) fcci2memberatlarge@gmail.com

Advisor: Jessica T. 951-8692 fcciadvisor@gmail.com

Training Location

The Eagles Club 917 15th Ave SE Rochester. MN 55904

*All remaining 2021 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.

Family Child Care, Incorporated 2021 Quarterly Newsletter

~April, May, June~ www.fccimn.com

Upcoming Workshops

Members, please be prepared to show your membership card.

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

April 12, 2021 6:30 – 8:30 pm	Attachment Relationships are the Foundation Love and Logic Supporting Youth with Challenging Pasts Presenter: Andy Johnsrud Explore how adults can provide three foundational things to kids who have experienced trauma, loss or other types of pain. Discover how nurturing relationships, healthy expectations in the form of limits, and creating success opportunities to build self-esteem and resilience. *Love and Logic Adults Supporting Youth with Challenging Pasts curriculum Knowledge & competency framework area: II.C: Promoting Social and Emotional Development CDA Content Areas: Content Area III: Positive ways to support children' social and emotional development
April 29, 2021 6:30 – 8:30 pm	SUID/Abusive Head Trauma Presenter: Stacy Boysen 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 Knowledge & competency framework area: VII.B: Ensuring Safety (2 Hours) CDA Content Areas: Content Area I: Planning a safe, healthy learning environment (2 Hours)
May 10, 2021 6:30 – 8:30 pm	Annual Provider Appreciation Banquet: Increase Your Joy Presenter: Raelene Ostberg Doors open at 6:00 pm 6:30 pm Training Provider of the Year Recognition for 2020 Nominees and Winners (This event is free for all 2021 FCCI Members—Non Members may attend for a registration fee of \$30) Join us for an evening of celebration for all the wonderful work we as Family Child Care Providers do for our families through-out the year! Our banquet this year will be held at the Eagles Club in Rochester, MN.
. 27, 2021 - 8:30 pm	BONUS ONLINE: Developing Successful Transitions Throughout a Child's Busy Day Presenter: Kim Woehl Attend this course to recognize, reduce, and plan for the many transitions that children are required to maneuver each day. With the high stakes of helping children to be successful, Explore some transitional strategies that can reduce anxiety or boredom, allowing children to be successful.

Knowledge and Competency Framework Area(s)

CDA Content Areas

Hours)

II.C: Promoting Social and Emotional Development (2 Hours)

Content Area III: Positive ways to support children' social and emotional develoment (2

FCCI's 2021 Training Calendar

Trainings are subject to change/cancelation 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 12 6:30-8:30 pm	Attachment Relationships are the Foundation Love and Logic Supporting Youth with Challenging Pasts (Meets the Child Growth & Development/Behavior Guidance annual requirement)	Andy Johnsrud
April 29 6:30-8:30 pm	BONUS: SUIDS/Abusive Head Trauma (Meets the SUIDS/AHT annual requirement)	Stacy Boysen
May 10 6:30-8:30 pm	Annual Provider Appreciation Banquet: Increase Your Joy	Raelene Ostberg
May 27 6:30-8:30pm	BONUS Online: Developing Successful Transitions Throughout a Child's Busy Day	Kim Woehl
July To Be Determined	Annual FCCI Provider Potluck Picnic	Hosted by the FCCI Board of Directors
August 9 6:30-8:30 pm	Toxic Stress: Understanding How Early Life Experiences Effect Children	Kimberly Giles
August 26 6:30-8:30pm	BONUS: Project Get Outdoors	Sara Grover
September 13 6:45-9 pm	Active Supervision: Children with Special Needs (Meets the annual Active Supervision requirement)	Stacy Boysen
September 30 6:30-8:30 pm	The Tax Consequences of COVID-19	Tom Copeland
October 11 6:30-8:30 pm	I'm not a preschooler! Age appropriate infant & toddler activities (Meets the Child Growth & Development/Behavior Guidance annual requirement)	Hollee Saville
October 28 6:30-8:30pm	BONUS ONLINE: The More We Read Together	Theresa Peplinski
November 8 6:15-8:30 pm	SUID/Abusive Head Trauma (Meets the SUID/AHT annual requirement)	Stacy Boysen
December	NO WORKSHOP!	Happy Holidays!

Registration is required for all trainings

Send an email to 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. Private messages or texts will not be added to the registration list.



Message from FCCI's 2021 President

Happy Spring!

What a beautiful time of year this is! I hope that so far in 2021 you are experiencing happiness and good health.

2021 is a year of reflection and celebration of our accomplishments and our triumphs in the last year. It is also a year of a "new beginning" as we work diligently to accommodate our members, we are proud to announce that Eagles Club will be our in person training location for the rest of 2021, starting April 5th, 2021. This location will allow us to increase capacity with COVID precautions/restrictions to 125 attendees!!! Please continue to watch Facebook and our website for updates before every training as changes may need to be made as restrictions change. Please also watch for emails about training updates for classes you have registered for.

I would like to personally invite all our Child Care Providers to celebrate our profession at the Annual Provider of the Year Banquet at the Eagles Club on May 10th, @6pm. We get to celebrate the incredible work we are doing! You matter and you are worthy of celebrating! The Banquet and training is free to all our current FCCI Members, and only \$30 to non-members for both.

I would like to welcome all the new providers in our community! You are going to transform the lives of so many young children and for that, we THANK YOU!! I invite you to attend our in person trainings and introduce yourself to me, and the members of FCCI. You will have the chance to connect with so many providers while obtaining your training hours.

FCCI has board positions open so if you are looking to join the board now is a great time. As an FCCI board member, you will help promote quality family child care in our area and state, meet new friends, and increase your professionalism. Current open positions:

Member at Large 1, Assistant Training Coordinator, Member at Large 2

Please reach out to any board member if you are interested in contributing your time or ideas as we are continually looking for volunteers. Information regarding all board positions is available in the "About FCCI" section online at www.fccimn.com

If you have any concerns or ideas please email me. We are here to serve FCCI membership and any feedback is appreciated as it helps shape your organization! Enjoy the upcoming nice weather! Lee Vang, 2021 FCCI President 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. Of course you are always welcome to email me any ideas, questions or concerns at fccimn@gmail.com

Enjoy the beautiful weather!! Sending you all so much love and healthy energy!

Lee Vang

2021 FCCI President

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. Of course you are always welcome to email me any ideas, questions or concerns at fccimn@gmail.com

The Provider Corner

As child care providers, we all have an important responsibility to stay informed and up-to-date on all childcare 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! We hope to see you soon at an FCCI workshop! New providers and non members please call Stephanie at



651-983-2413 or email fccimembership@gmail.com to get your membership started!

Pamper yourself this spring with this easy recipe for relaxing scented bath salts

Ingredients

1 cup Epsom salt

1 cup kosher salt

½ cup baking soda

20 drops lavender essential oil or other favorite scent (optional)

Instructions

- 1. Combine salts and soda in a jar.
- 2. Stir in desired essential oils, if using.
- 3. Store in cool, dark place.

Use about 1/4 to 1/2 cup per bath.

2021 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 3 — May 7 2021, 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 2021 Provider of the Year will be announced at our Annual Provider Banquet. FCCI 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 7th, 2021.

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



MISSISSIPPI WELDERS SUPPLY CO., INC.

Mark your calendars! Mississippi Welders will be at the following workshops from 6:15pm—7:00pm

to tag fire extinguishers for the low price of \$5.

- April 12th, 2021
- September 13th, 2021







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 $\underline{\text{www.fccimn.com}}$ Find the links under the

"Licensing/Community Connections" menu.

<u>Families First of MN – Crisis Nursery</u>

Crisis Nursery is always in need of licensed child care providers.

By becoming a Crisis Nursery provider, you may be called to take children into your care for a short period of time, usually no more than 10 days, sometimes only for a few hours.

You are paid the maximum allowed rates established for the Child Care Assistance Program.

This is a great opportunity for a provider who is not at their licensed capacity to provide quality care for a family in a time of need.

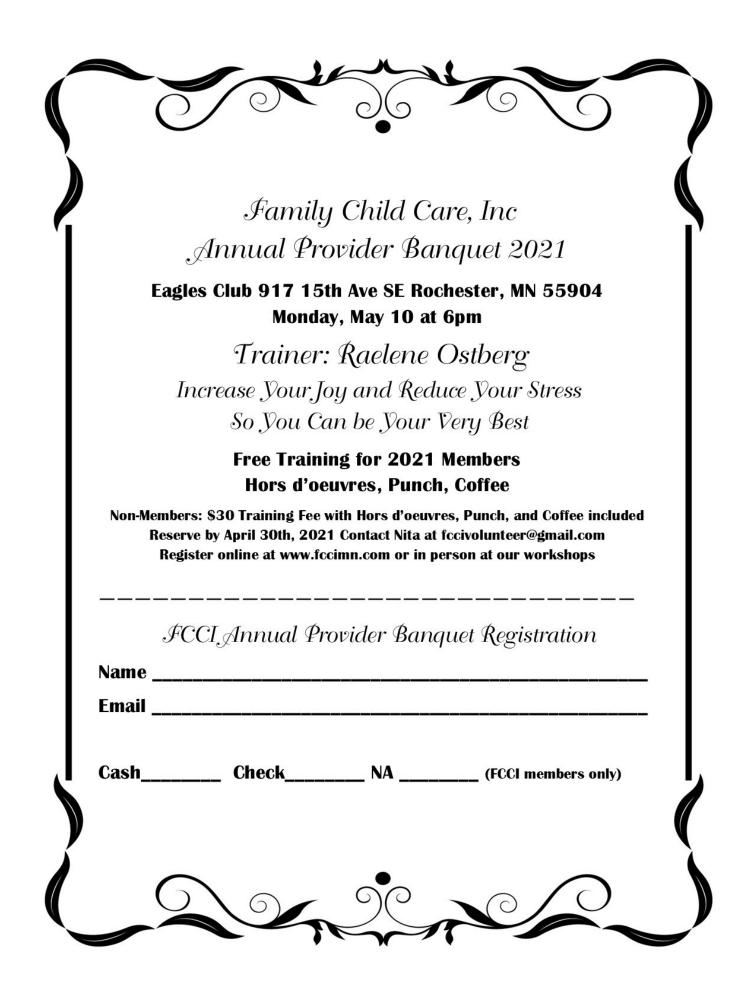
For more information, call Allison at 287.2020.



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 Breanna 271-5891 or fccihospitality@gmail.com, so she can let that person know their friends at FCCI are thinking of them!



Olmsted County Licensing News

Spring 2021

TOXICS and what you need to know!

Lately we are seeing more toxics being accessible to children when we're out on our visits. These products cannot be accessible to children. Please read the labels. Most indicate to "keep out of the reach of children". TOXICS can be sprays, air fresheners, nail polish/nail polish remover, cleaning supplies, essential oils, hand sanitizer, etc. **REMEMBER:** Keep these items **inaccessible** to children by having them in a locked cabinet or out of reach.

Information you need to know about CRIBS from MN Statute and Rule 9502

Please make sure that your cribs are in good condition. If a wooden crib is missing parts of wood and/or varnish/ stain due to chewing or by other means, a correction order will be issued. (MS 245A.146 Subd. 4 Wood surfaces are smooth and solid and are free from splinters, splits, and cracks. OR MN Rule 9502.0415 Subp. 3 Equipment is safe and in good repair)

If there is damage, the crib cannot be altered in any way by sanding/staining/varnishing/etc. - The crib must be removed from use.

Forms and information required for EACH child in your program

- Admission and Arrangements Family Child Care form DHS-7776
- Written Permission to administer prescription and non-prescription medication, diapering products, sunscreen lotion, and insect repellants (You may use the Prescription and Non-Prescription Medication Permission Family Child Care form DHS-7746)
- Family Child Care Allergy Information Form DHS-7736 (if the child has a diagnosed allergy)
- Current immunization record

The forms can be found at the following link*:

https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/family/ under the following section:

Forms and other documents

- Documentation required for every child in family child care
- Documentation family child care license holders must maintain
- Additional family child care license holder forms and information

(* PLEASE NOTE: The Prescription and Non-Prescription Medication Permission form is located under the "Additional family child care holder forms and information" tab)

As always, THANK YOU for the care you provide to the children in our communities!

Olmsted County Family Child Care Licensing Team

Tiffany Kacir, Community Services Supervisor, 507-328-6418

Dawn Schenk, Senior Social Worker- Licensor, 507-328-6882

Rebecca Sprenger, Social Worker- Licensor, 507-328-6421

Kari Justin, Social Worker- Licensor, 507-328-6423

T DAYS OF Self Care

MONDAY

Eat Well + Nourish

- + set the tone for your week
- + meal-prep nourishing meals & snacks
- + sip on hot water with lemon

TUESDAY

Tech Detox + Find Your Creativity

- + put your phone & computer away
- + journal, create an intentions calendar
- + read, color, DIY crafts

WEDNESDAY

Pamper Yourself

- + listen to your favorite music
- + light candles, take a bath
- + do a DIY face mask

THURSDAY

Nighttime Routine + Catch Your Zzz's

- + meditate with essential oils
- + sip on a golden milk latte
- + wash your face, read in bed

FRIDAY

Get Social

- + get together with a friend
- + call your family, try a new restaurant
- + dance the night away

SATURDAY

Move Your Body

- + try a new workout class, hike
- + do yoga, go for a long walk
- + get outside with a friend or by yourself

SUNDAY

Treat Yo Self

- + get ice cream
- + enjoy a glass of wine
- + get a manicure or pedicure

Family Child Care Resources

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-

MN Department of Human Services (DHS) Licensing forms:

http://www.dhs.state.mn.us/main/idcplg?

IdcService=GET DYNAMIC CONVERSION&RevisionSelectionMethod=Latest Released&dDocName=id 028228

2020 Legislative Changes Impacting Licensed Family Child Care

https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4380-ENG

Product Recalls and Safety News:

US Consumer Safety Commission www.cpsc.gov or 1-800-638-2772



Do you use Assure Child Care as an Insurance carrier?

Name FCCI in Assure Child Care's Community Partnership Program in your renewal! FCCI's number is **9004**.

Child Care Links!

Are you looking for quick crafts and

ideas for your child care?

These websites are provider favorites!

www.happyhooligans.ca
www.storylineonline.net
wwwteacherspayteachers.com
www.pre-kpages.com
www.1plus1plus1equals1.net
www.amomwithalessonplan.com
www.everythingpreschool.com
www.123child.com
www.teachpreschool.com
...and of course...
PINTEREST!

Spring Field Trip Ideas:

- Children's Museum of Rochester
- Visit a local bakery
- Visit a Dance Studio and schedule a private class
- Visit the YMCA
- Lark Toys, Kellogg, MN
- Visit a grocery store for a behind the scenes look
- Visit an aquarium
- Schedule a trip to Quarry Hill for a hike or a look through the nature center.
- Visit a nursery to learn about plants & trees
- Oxbow Park

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Bill Nystrom

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Carol Burken, ZIN

Email: caburken@hotmail.com

Phone: 507-202-8029

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Inc. as your charity of choice. Amazon smile works the same way Amazon.com does and you can order all your childcare and personal items there. FCCI will receive a portion of the proceeds.

Your Ad Here

Interested in advertising in our quarterly newsletter? Please contact our **Communications Coordinator at** fccinewslettereditor@gmail.com

Family Child Care, Inc. 2021 Membership Registration

Annual Individual Membership Fee - \$65.00

Please make checks payable to: FCCI

FCCI memberships are January 1, 2021 to December 31, 2021

NAME	PHONE ()
DEVELOP ID#	E-MAIL
COUNTY	How will you volunteer with FCCI?
BUSINESS NAME	Board Member Position
ADDRESS	Volunteer at monthly workshop
	Finance Committee
CITYSTATEZIP	Banquet Committee
	Advocacy Committee
Do you want your licensed family child care business lis	sted in the On-line Provider Directory?
Yesplease complete the information belowNo thank you.	
Name and Name discolors information result by remarked and times seems	
	membership is purchased. If a membership is purchased and an on-line directory ry listing is removed during the annual January clean sweep.
orm for the current year is not included, the previous years' on-line director	
Family Child Care, Inc. 2021 Current members of FCCI can list their licensed family childcare but	1 On-line Provider Directory Form usiness on the FCCI's website Provider Directory by filling out the following
Family Child Care, Inc. 2021 Current members of FCCI can list their licensed family childcare but of the formation or by submitting your listing on-line at www.fccimn.com	1 On-line Provider Directory Form usiness on the FCCI's website Provider Directory by filling out the following
Family Child Care, Inc. 2021 Current members of FCCI can list their licensed family childcare bunformation or by submitting your listing on-line at www.fccimn.com Name:	1 On-line Provider Directory Form usiness on the FCCI's website Provider Directory by filling out the following
Family Child Care, Inc. 2021 Current members of FCCI can list their licensed family childcare but of the previous years' on-line directors. Same: As it is to appear on the Internet)	1 On-line Provider Directory Form usiness on the FCCI's website Provider Directory by filling out the following Phone #:
Family Child Care, Inc. 2021	Ton-line Provider Directory Form Usiness on the FCCI's website Provider Directory by filling out the following Phone #: Email:
Family Child Care, Inc. 2021 Current members of FCCI can list their licensed family childcare but information or by submitting your listing on-line at www.fccimn.com Name: As it is to appear on the Internet) City and/or Section of Town: (i.e. Rochester, NW)	Ton-line Provider Directory Form Usiness on the FCCI's website Provider Directory by filling out the following Phone #: Email:

Stephanie Reuss 2072 Harbour Oak Dr SE Owatonna, MN 55060



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In This Issue:

- Child Care Provider Appreciation
- Annual Provider Banquet Registration
- Updated Training Calendar for 2021
- Olmsted County Licensing News
- Additional Professional Development Opportunities
- Child Care Resources and More!

Important reminder

The content found on the Olmsted County Licensor's Page is your official communication and notification of licensing updates. As Licensed child care providers, it is our responsibility to read and make our programs! Please be sure to thoroughly read the information provided by Olmsted County licensing in the FCCI newsletter.