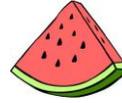




PFCEEA Quarterly



April, May, June 2015

Summer Edition

www.pfcee.com

A Message From Your President

It seems the weather we were begging for this past winter is finally here! Please take precautions when you are outside during this oppressive heat.

We took the month of July off from training to allow everyone to have a little break from learning. Our next training will be held on Monday, August 24 in the Central Library in Virginia Beach. The topic is Social Emotional Development and our speaker is Denise Simpson.

School will be starting on Tuesday, September 8, 2015 in Chesapeake. If you are driving, please watch out for the excited little ones who are waiting for the school bus. Let's make this a safe year for everyone.

We will hold an election in September. Consider stepping up and taking a seat on the board of directors. We meet 4 times each year; positions open this year are: President, Vice President, Treasurer, and at large positions. If you are interested in any of the open positions, let us know and we will place your name on the ballot. We will need you to fill out a short bio form to give everyone the opportunity to know you better. If you would like to know what jobs a particular position requires, ask one of the current board members. None of us wants the association to fall apart; please consider throwing your hat in the ring and help with the chores.

Marie



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Welcome to our new PFCEEA members
We are happy you have joined.

No new members this quarter

Membership Report

We currently have 56 members in good standing: 12 are in Chesapeake, 12 in Norfolk, 3 in Portsmouth, 2 in Suffolk, & 27 in Virginia Beach. Since the Association started, we have had 397 people become members. Remember to check our website to make sure your information is correct.

If you change your email address, phone number, or move either to another local address or out of the area, please let us know as soon as possible.

Submitted by Randee Holmes



How to Contact PFCEEA

Email: pfceea@yahoo.com
 Website: www.pfceea.com
 Facebook: Professional Family Child Care & Early Educational Association

PFCEEA Executive Board

President

Marie McFadden 482-9470

Vice-President

Randee Holmes 479-9579

Treasurer

Wanda DiNardo 486-4582

Corresponding Secretary

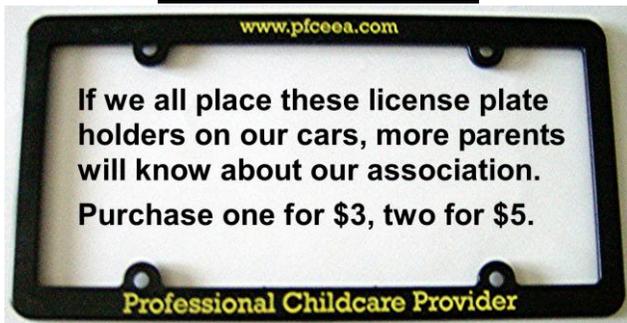
Diane McEwen 490-2371



Standing Committees

Advertising	Jan Coffman	499-6474
Diaper donations	Diane McEwen	490-2371
Door Prizes	Michelle Freeman	483-1970
Historian	Jan Coffman	499-6474
Marketing		
Membership	Randee Holmes	479-9579
Newsletter	Marie McFadden	482-9470
Phone Tree	Cindy Sisson	421-7901
Social Secretary	Beth Kaminski	853-4505

License Plate Frames



Social Secretary

If you know of a member who should be sent a get well or sympathy card, contact me and I will send out the card right away.

Call Beth at 853-4505

Submitted by Beth Kaminski



Donations

We are still collecting items to donate to those in need. If you have anything in very good condition you would like donate, give me a call at 853-4505 or email me mylittleschool@cox.net Items may be brought to our trainings.

Submitted by Beth Kaminski

We are also collecting diapers at our trainings - see Diane



PFCEEA Meeting Schedule

To register for all training meetings, email pfceea@yahoo.com or call Marie at 482-9470. PFCEEA members receive the training certificate for free; non-members pay \$10 cash at the door. **No Children.**

Our meetings are held in the Virginia Beach Central Library from 6:45-8:45 pm. We will draw the door prize tickets at 6:45. For anyone arriving after our speaker starts, a certificate for less training time will be given.

2015 training dates:

August 24, Sept. 28,
Oct. 25, & Nov. 23

We are collecting the following items at our trainings:

diapers for Diaper Bank of Hampton Roads
gently worn clothing (men or women)

Advertising Report

An ad is in the Virginian-Pilot from mid May to mid June. Make sure your information is correct on our website so parents can get it touch with you.

(www.pfceea.com)

Jan Coffman 499-6474



Marketing Report

We are in need of someone willing to step up and take the job of marketing (letting people know we exist) for the association. Let us know if you are interested. In the mean time, I'd like to ask all of our members to mention our website to people you meet. www.pfceea.com

Phone Tree Report

I have given most of my Phone Tree helpers time off the past few months as I have free time in the morning which allows me time to make the calls for training. Many thanks to all the ladies who are ready to help when needed. A big thank-you to Beth for calling the centers. If you would like to join the Phone Tree, give me a call.

CindySisson 421-7901,
cindy_sisson@hughes.net



Website Report

Our home page was viewed 96 times in April, and 76 in May, and 59 to June 23. In addition to our local cities, 7 other cities in Virginia logged on: Ashburn, Charlottesville, Chester, Falls Church, Lynchburg, Raphine, Richmond, Sterling, and Woodbridge.

People in the following states have visited our site: CA, FL, IL, MD, MA, MI, MN, MS, NY, PA, TX, & Washington D.C.

People from all around the world have visited our website too: Algeria, Angola, Argentina, Bolivia, Brazil, Canada, Chile, China, Ecuador, France, Hong Kong, India, Indonesia, Iran, Israel, Italy, Jamaica, Kuwait, Malaysia, Mexico, Philippines, Portugal, Romania, Serbia, South Africa, Tunisia, United Kingdom, and Venezuela.

Submitted by Marie McFadden

Summer Safety

HOW TO IDENTIFY POISON IVY



"If butterflies land there, don't put your hand there."

Some butterflies land on poison ivy, since they are not affected, which provides them protection as their predators avoid eating the plant.



"Leaves of three, let it be."

This old rhyme refers to the grouping of three leaves that are most commonly associated with poison ivy. Though there are many other plants with three predominate leaves, this can be a good starting point for identification.



"Hairy vine, no friend of mine." & "Raggy rope, don't be a dope!"

Poison ivy vines on trees have a furry "raggy" appearance. These rhymes warn tree climbers to be wary. Old, mature vines on tree trunks can be quite large and long, with the recognizable leaves obscured among the higher foliage of the tree.



"Berries white, run in fright" & "Berries white, danger in sight."

The berry-like fruit, a drupe, mature by August to November with a grayish-white colour. Fruits are a favorite winter food of some birds and other animals. Seeds are spread mainly by animals and remain viable after passing through the digestive tract.



"Longer middle stem, stay away from them."

This refers to the middle leaflet having a notably longer stem than the two side leaflets and is a key to differentiating it from the similar-looking *Rhus aromatica* - Fragrant sumac.



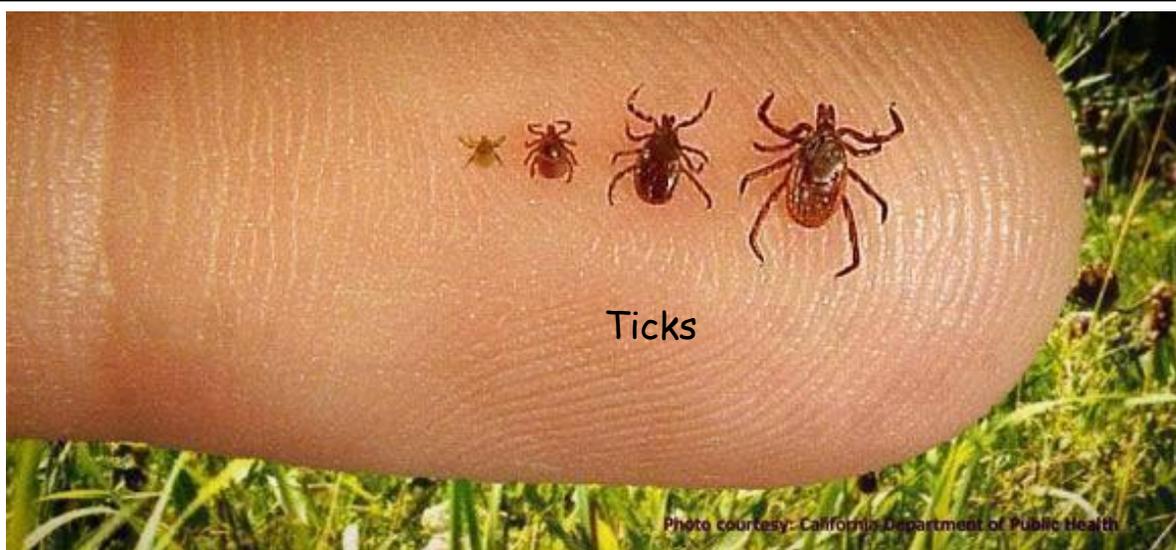
"Red leaflets in the spring, it's a dangerous thing."

Sometimes in the spring new leaflets have a red appearance. (Note that later, in the summer, the leaflets are green, making them more difficult to distinguish from other plants, while in autumn they can be reddish-orange.)



"Side leaflets like mittens, will itch like the dickens."

This refers to the appearance of some, but not all, poison ivy leaves, where each of the two side leaflets has a small notch that makes the leaflet look like a mitten with a "thumb."



Ticks

Photo courtesy- California Department of Public Health

Training photos

April training Debbie Sens



May Training Keith Arnold





**Congratulations to the
2015 Safe Harbor Award Winner
Trish Temple**



Patricia Temple was born in Michigan and raised in Florida. After serving in the U.S. Navy for eleven years, she became the owner of a licensed home child care. Patricia is a participant in the Child and Adult Care Food Program sponsored by Children's Harbor and works diligently to create strong family bonds within her program.

She has worked closely with several top administrators with the City of Norfolk to change the Daycare zoning regulations to better serve family day homes. Patricia was instrumental in getting the City of Norfolk to revise its zoning regulations by attending city council, zoning meetings, and providing recommendations.

Patricia received her B.A. in Early Childhood education from Regent University in May 2013 and is looking forward to receiving her Masters in the near future. She also volunteers with Untamed Spirits, a horse ranch for special needs children, the Norfolk Foodbank, and Hampton Roads Friends Event and Networking social group.

Family Child Care Provider?



**Serve nutritious meals to
children and earn cash!**

For more information about the free
USDA Child and Adult Care Food Program
call 757-397-2984

www.childrensharbor.cc

Free Scholastic Books

https://www.kelloggsfamilyrewards.com/en_US/promotions/free-scholastic-book-from-kelloggs.html

Buy specially marked Kellogg's items, go to the website above to register for this program, and enter a 16 digit code (found inside the box). Each person can receive up to 20 free books. offer expires 3/21/15

Tom Copeland's Taking Care of Business

A Plan to Eliminate Illegal Child Care



No child should be cared for by a person who is operating a child care program in violation of local child care laws. This is a simple goal that I think all family child care providers, parents, and organizations in the child care field should support. State laws vary greatly, so the definition of illegal care will vary from state to state. We may never achieve consensus among the states about the specifics of child care regulations, but I hope we can agree that a child care program that operates in violation of their state law should be shut down. My definition of illegal child care does not include child care that is exempt from state laws, that is, care that is not required to be regulated by the state (kith and kin, relative care, care for one family in some states, and so on). When I speak about illegal care I am also not including state

regulated child care providers who are in violation of a particular state rule (for example: over enrollment on one day). Throughout the country, illegal child care is widespread. I could open up an illegal family child care home in any part of the country, and practically nothing would be done to stop me from operating. Illegal child care is unfair competition to those program who do follow the rules. It undermines the reputation and quality of care for the entire child care field. Unfortunately, the child care field is reluctant to address this issue. Parents are not going to lobby to drive out illegal child care. Politicians won't act unless pressured by the public. Since I believe that everyone in the child care field agrees that children should not be cared for in an illegal setting, it is up to us to take action for the sake of these children. Our goal should be to end the practice of illegal child care. Persons who are currently operating illegally should either become regulated under state law or should be shut down by local authorities. I propose a two-step plan for addressing this problem.

Step One: Education

Local family child care associations should talk with their local [Child Care Resource and Referral](#) agency and their [local child care regulatory agency](#) about the issue of illegal child care. Since some parents and illegal child care providers do not understand what is and is not legal, I recommend that these organizations initiate a community education campaign. This campaign should educate parents and child care providers about the benefits of regulated child care. It should also define the differences between illegal, exempt, and regulated care in the local area. One example of a local activity might be to insist that all classified ads in local newspapers and online referral services such as Craigslist post a definition of what is legal child care and forbid illegal caregivers from advertising. This education effort should also include a plan for how the public can report illegal child care providers and what local regulatory agencies will do in response. Ideally, local authorities should inform illegal child care providers that they must become regulated or shut down their operation. If a child care provider refuses to shut down, local authorities should (Continued on next page) 7

Tom Copeland continued from page 7

take legal action to enforce the law. Family child care providers should work through their local associations to establish a cooperative partnership with their local Child Care Resource and Referral agency and their local child care regulatory agency to pursue this public education campaign. State and national associations such as the [National Association for Family Child Care](#) should also assist local campaign efforts.

Step Two: Enforcement

What should happen if child care associations do not receive cooperation from local regulatory agencies? Regulatory agencies may not be willing to take actions that lead to the shutting down of illegal child care programs because of budgetary or other reasons. If this is the case, child care associations should discuss what further actions can be taken with their local police department. Turn over the names of illegal programs to them and ask that they be investigated and fined. After all, it's against the law! If none of this effort leads to effective action against illegal child care, I recommend that child care associations report these illegal caregivers to the Internal Revenue Service.

It is quite probable that illegal child care providers are not reporting all their income to the IRS. I have spoken with IRS officials about this issue and they have indicated that they do want to hear about illegal child care providers so they can recover unpaid taxes. You may call the IRS criminal investigation informant hotline (800-829-0433) or you may write to the IRS to report an illegal caregiver. No matter which method you choose, your name will be held in confidence by the IRS. If you wish, you do not have to identify yourself when turning in an illegal caregiver.

If you write to the IRS, you can use [IRS Form 3949-A Information Referral](#) that asks you to answer a few simple questions about the illegal child care provider. You do not need to know the illegal child care provider's Social Security number or have proof that the person is not reporting all their income.

You may also simply write a letter to the IRS instead of filling out this form. Send your correspondence to Internal Revenue Service, Fresno, CA 93888. Again, you do not have to identify yourself in your letter.

An IRS official has informed me that they are more likely to investigate if they hear from more than one person. Therefore, I suggest the child care associations have several different members of their organization fill out Form 3949-A.

If the IRS investigates and determines that the illegal child care provider did not report all her income, they will take action to collect this unreported income. This will put pressure on the provider to become regulated or to shut down.

Are there illegal child care providers in your community? What are you doing about it?

For more, see ["How to Report Suspected Fraud Activity?"](#)

[I've recorded this article as a podcast.](#)

[Here's a link to all my podcasts.](#)

Tom Copeland - www.tomcopelandblog.com Image credit: digoutreach.blogspot.com

Interesting Websites

<http://www.sciencebuddies.org/>

Holidays and Special Days of the Month

July <http://www.first-school.ws/theme/occasions7.htm>
<http://www.kinderart.com/seasons/july.shtml>
<http://www.dltk-kids.com/usa/>
http://www.thecraftycrow.net/fourth_of_july/

Aug.

<http://www.kidactivities.net/category/Literacy-Pre-K-to-Grade-1-Activities.aspx>
<http://www.kinderart.com/seasons/aug.shtml>
<http://livingmontessorinow.com/2013/07/30/august-themed-activities-for-kids/>

Sept.

<http://www.first-school.ws/theme/occasions9.htm>
<http://www.brighthubeducation.com/preschool-lesson-plans/124901-september-teaching-ideas-lessons-activities-and-themes/>
<http://www.adaycare.com/September.html>
<http://www.123child.com/act/>
<http://preschoolalphabet.blogspot.com/2011/09/preschool-plan-for-september.html>

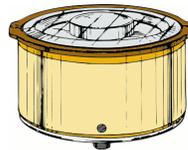
Recalls

To stay up to date with food recalls, check out the following websites:

<http://www.foodsafety.gov/>
<http://www.foodsafety.gov/recalls/>
<http://www.foodsafetynews.com/sections/food-recalls/#.VYsGUObZFYE>

For all other recalls, check this website:

<http://www.cpsc.gov/en/>



Recipe Corner



S'mores -Put a piece of chocolate on one cracker and top with a marshmallow, then microwave on a plate, open-faced, for about 10-15 seconds. Top with another cracker and serve!

<https://www.pgeveryday.com/food/quick-easy-recipes/article/6-cool-nobake-desserts-for-summer>

Home Made Games

Horse Racing

by Laurie Solomon of UCP Bayville Inc.

Equipment: 2 Poster boards, Markers, Rulers, 6 Horses from the dollar store, index cards, 1 die

Objective: Having fun with others, feeling of self esteem, decision making, good sportsmanship

Description: tape the poster boards together to form one long one. Take the markers and draw even lines down the poster board making six sections. Each section is a lane for the horses to race in. On each index card write the number horse and a creative name for each. On one side of the poster board write START and the other FINISH. Each participant will pick which horse they would like to bet on. Sometimes I use play money and at the end they would earn a prize. Have each person take turns to roll the dice. If one die rolls a 6 then horse number six would move one spot, and so on.

<http://www.recreationtherapy.com>

Magic Touching Bag

5 Tablespoons corn starch

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup oil

2 drops green food coloring

2 drops blue food coloring

clear plastic zip bag

Combine corn starch, water, and food coloring in a clear bag. Mix ingredients. Add oil. Seal bag; lay bag on a table. Press ingredients with a finger. Watch as colors mix and separate.

News From the Virginia Alliance of Family Child Care Associations

New law will change unlicensed day care rules in Virginia

WASHINGTON – After a particularly deadly year for unlicensed day care centers in Virginia, Gov. Terry McAuliffe will sign new rules into law that aim to protect children.

The bill requires family day homes to disclose in writing that they are unlicensed. By July 2016, those homes can only care for up to four unrelated children — down from five. Effective July 2017, licensed day care facilities must abide by the fingerprint-based national criminal history records checks.

Related Stories

[Midlothian day care owner sentenced for not having license Virginia](#)

[Daycare teacher charged with biting baby News](#)

McAuliffe will ceremonially sign the legislation in Midlothian, Virginia on Tuesday morning. Last October, a 1-year-old boy died in a house fire at an [unregulated Midlothian day care](#). There were no working smoke detectors.

Last year, nine children died in unregulated day care homes, the most in a decade, according to the [Washington Post](#).

All nine were younger than age two. Supporters say the new rules are progress, but some say they don't go far enough. [Maryland](#) and [D.C.](#) require licenses for providers who care for any unrelated child on a regular basis.

Licensed providers abide by state health and safety standards.

Children are about three times more likely to die in unlicensed day care homes compared to regulated facilities. The Washington Post reports 51 children died at unlicensed homes throughout the past 10 years, compared to 18 children in regulated facilities. In 2014, three children died in unlicensed homes that didn't have working smoke detectors.

Cleaning for a Reason

<http://www.cleaningforareason.org/>

If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there who care. Be a blessing to someone and pass this information along. It could be a real help for someone.

Tips for Licensed Providers

Remember to conduct and log in monthly fire drills. Shelter-in-place drills should be performed a minimum of 2 time each year.

Make sure you receive an updated shot record from parents as children are receiving them.

If you have pets, don't forget to document their immunizations.

Check the batteries in your weather radio and all flashlights.

Make sure to have gates in place when caring for children under age 2.

Check your paperwork to see when you need to renew all record checks, TB test, & CPR.

Things to Remember



To see the guide for new crib standards, go to: www.cpsc.gov
Crib manufacturers had to start making cribs under the new regulations in June 2011. Providers had until **December 28, 2012** to purchase new cribs.



If you need training hours: Our upcoming trainings will be on Monday, August 24. All of our upcoming training dates are on our website www.pfcee.com



Are you being reimbursed for feeding your child care children? You are if you are A USDA participant. It's free to join. Call Children's Harbor at 397-2984.



If you are cleaning closets, please donate your unwanted items for our door prizes, this includes gift bags or baskets. Contact Michelle Freeman at 483-1970.



If you have left over diapers or very gently used baby, child, or adult clothing, PFCEEA makes donations to companies who help those in need . Contact Beth Kaminski 853-4505 or bring your items to our meetings.



Help advertise PFCEEA and all of our individual businesses by purchasing a license plate frame for your car. They are available at our training meetings \$3 for 1, or \$5 for 2.



If you have any comments, suggestions, or concerns, please call Marie at 482-9470 or email us at: pfcee@yahoo.com

facebook

PFCEEA has a Facebook account - join us - go to Facebook.com and search for Pfcee



If you live in Norfolk and have received a call from the parent(s) of a special needs child you don't think you can adequately care for, Precious Pearls Childcare Center is located on Wildwood Drive and only accepts special needs children. Their phone # is 286-9900.



Our website is: www.pfcee.com