



## PFCEEA Quarterly

May, June, July 2016

Summer Edition

[www.pfceea.com](http://www.pfceea.com)A Message From Your President

Now that summer is in full swing and the weather has become nice and hot, there are many exciting activities that children can engage in outside. An activity that seems to be many children's favorite is to play in water. Water play is not only fun, it will help the children to stay cool. This does not mean you need to use or have a pool; in fact, I prefer to use a water table. If you do not have a water table you can use an under the bed storage container and make your own. Not only will the children be learning, they will be given the opportunity to use their imagination as they funnel, pour, measure, fill, dump and even splash in the water. Another activity that can be extremely fun if you have a wooden privacy fence is to give the children different size paintbrushes or rollers and a bucket of water and allow them to paint on your fence with the water, but, please remember to tell the children they are painting pictures that will disappear on their own (Magical Pictures). If you want to keep the picture you can always take a picture for them before it dries. If you do not happen to have a wooden fence and have a vinyl one you can hang paper on the fence and let them use water colors outside and it can still be magical by writing their

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

Venice Harris, Kathy Richter,  
Alyyah Vizcarrondo

## Membership Report

We currently have 47 members in good standing. Chesapeake has 11, Norfolk, 13, Portsmouth 1, Suffolk 2, and Virginia Beach 20.

Since the Association started, we have had 402 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 Marie McFadden



## 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 Michelle at 483-1970



Submitted by Michelle Freeman

## Advertising Report

I placed an ad in the Virginian Pilot from May 15 to June 15. I hope you all received a phone call as a result of the ad. Make sure your information is correct on our website ([www.pfceea.com](http://www.pfceea.com)) so parents can reach you.

Jan Coffman 499-6474



## How to Contact PFCEEA

Email: [pfceea@yahoo.com](mailto:pfceea@yahoo.com)

Website: [www.pfceea.com](http://www.pfceea.com)

Facebook: Professional Family Child Care & Early Educational Association

### PFCEEA Executive Board

#### President

Randee Holmes 479-9579

#### Vice-President

Beth Kaminski 853-4505

#### Treasurer

Cindy Huntington 468-0681

#### Corresponding Secretary

Diane McEwen 490-2371



### Standing Committees

Advertising	Jan Coffman	499-6474
Diaper donations	Diane McEwen	490-2371
Door Prizes	Dona Cox	486-1565
Historian	Jan Coffman	499-6474
Marketing		
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Phone Tree	Cindy Sisson	421-7901
Photographer	Diane McEwen	490-2371
Social Secretary	Michelle Freeman	483-1970

## 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.

Cindy Sisson 421-7901,  
[cindy\\_sisson@hughes.net](mailto:cindy_sisson@hughes.net)



## 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](http://www.pfceea.com)

## Website Report

Our home page was viewed 30 times in April, 39 in May, & 56 in June.

In addition to our local cities, the following cities in Virginia were:

Ashburn, Chesterfield, Deltaville, Fairfax, Petersburg, Reston, Richmond.

Other places were:

CA - Anaheim, Hacienda Heights

FL - Ft. Lauderdale

GA - Fairburn

IN - Hammond

LA - New Orleans

MD - Odenton, Rockville

WA - Seattle

Submitted by Marie McFadden

## PFCEEA Meeting Schedule

To register for all training meetings, email [pfceea@training@gmail.com](mailto:pfceea@training@gmail.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.

## 2016 training dates:

Aug 29, Sept 26,  
Oct. 17, Nov. 28

We are collecting the following items at our trainings: plastic lids, diapers for Diaper Bank of Hampton Roads, and gently worn clothing (men or women) See pg 6.

Congratulations to  
our President,  
Randee Holmes  
on receiving her  
Master's Degree



Randee is finally realizing her dream of receiving her Master's degree. This has been a long hard road as she is a wife, mom to 5 children and has operated her child care business for 19 years. We are all very proud of you and your accomplishment!



## 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.

President's message continued from front page

name with a white crayon on the paper and when they paint their name will appear.

Further, It is important to ensure that children are not only dressed for this type of weather, but, that they stay properly hydrated. Also, it is important that you monitor the temperature before taking the children outdoors. A great article that you can read in regards to children and the weather can be found by following this link <https://www.ok.gov/health2/documents/weatherwatchforchildren2.pdf> I encourage you to encourage your parents to apply sunscreen before they arrive. If you are applying or having to reapply sunscreen, please make sure that you have the proper forms filled out that will give you permission to apply the sunscreen as well as the needed documentation for the child to participate in water play.

In closing, I will leave you with a cute song that I found on PRE-K Fun website. Here is the link to the site where you can find many activities.

<http://www.prekfun.com/index.htm>

In My Swimming Pool

Enjoy your summer and stay cool,

Randee

(Sung to the tune of: "Do Your Ears Hang Low?")

I can stay real cool  
In my little swimming pool.  
On a sunny summer day  
I can splash around and play.  
When I wear my bathing suit,  
I'll be cool and I'll be cute  
In my swimming pool!

## 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/#.VYsGU0bZFyE>

For all other recalls, check this website:

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

## 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.

## Interesting Websites

Animals <http://krokotak.com/2013/04/14-ways-to-make-handprint-animals/>

Safety tips

<https://www.youtube.com/embed/fLVzvMTgGDY>

<http://www.vdh.virginia.gov/zika/>

Aug

<http://www.kinderart.com/seasons/aug.shtml>

<http://www.kidactivities.net/post/Ideas-for-Kids-for-Month-of-August.aspx>

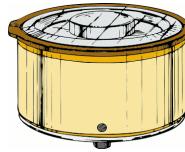
September

<http://www.123homeschool4me.com/2013/07/30-apple-crafts-kids-activities-for.html>

<http://handsonaswegrow.com/50-toddler-activities/>

Oct

<http://www.toddlerapproved.com/2011/10/31-ideas-for-active-october.html>



## Recipe Corner

### Green Bean Fries



12 oz. fresh green beans, rinsed, patted dry, and trimmed.

Place 3 shallow pans in a row. Fill the first with  $\frac{3}{4}$  cup flour; 2 beaten eggs and  $\frac{1}{4}$  cup milk in the second; stir together  $\frac{3}{4}$  cup parmesan cheese,  $1\frac{1}{4}$  cups Panko bread crumbs, 1 teaspoon garlic powder,  $\frac{1}{2}$  teaspoon salt in the third. Place a baking sheet lined with aluminum foil sprayed with cooking spray next to the last dredging pan. Dredge the beans in the flour, then egg, then cheese/bread crumbs mixture. When coated,  $\frac{1}{4}$  beans on the baking sheet. Bake at for about 12 minutes until lightly golden brown.

### Lemony Garlic Dip

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

2 cloves garlic, minced

2 teaspoons lemon juice

1/ teaspoon salt

Stir together, refrigerate until ready to use.

Submitted by Amy Stovall

## 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](http://www.childrensharbor.cc)

## Helping Our Community

As an association we try to help out where we can. Below you will find various items we are collecting. If you have any of the items we are collecting, you can bring them to any of our trainings and drop off at the registration table. Thank you for helping!

### Save Plastic Lids

I recently found out about a program where the Navy is making prosthetics out of plastic lids. Instead of throwing your plastic lids in the trash, please consider saving them and bring to our trainings to give to Marie. As long as it is plastic they will accept it. Ask your daycare families and neighbors to hop on board and participate in this very worthwhile program with us.

### 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](mailto:mylittleschool@cox.net) Items may be brought to our trainings.

Submitted by Beth Kaminski



### Plastic Grocery Bags

If you aren't planning to reuse your plastic grocery bags, please bring them to PFCEEA trainings. A woman in Chesapeake is transforming them into mats for homeless people. They cannot accept the thin newspaper bags, produce bags, dry cleaning or thick shiny garment bags from department stores.

I would like to tell you about an organization that PFCEEA is supporting with your help. It is called the Greater Hampton Rds. Diaper Bank. It is run by Cher Leadbeater who is a part of the National Diaper Bank Network. She runs this organization out of her house. Her goal is to provide diapers/pampers to parents who cannot afford to buy them. Since last year requests for diapers has gone from 90,000 to 100,000 a month. She is only able to fill about 20,000 of those requests. Many of those requests come from local organizations that help parents in need. 1 out of 3 parents struggle to buy diapers. They are sometimes forced to reuse or leave on longer, which can lead to health issues such as diaper rash or worse.

I would like to encourage our Association to help this cause. I have made it easy to do. All you need to do is bring any unused diapers /pullups that are no longer needed to any training and I will take them home to be picked from Ms. Leadbeater.

I will have some brochures at our next meeting if you would like more information. Let me know if you have any questions.

Sincerely,  
Diane McEwen  
Secretary

**Kids should be at least 57" AND pass the 5-step test to ride without a booster!**



**In most states, all of these children can \*legally\* go without a booster--but only the 13-year-old is really tall enough to safely use only the seat belt.**

**Remember: legal does NOT always equal safe!**

[facebook.com/thecarseatnerd](https://facebook.com/thecarseatnerd)

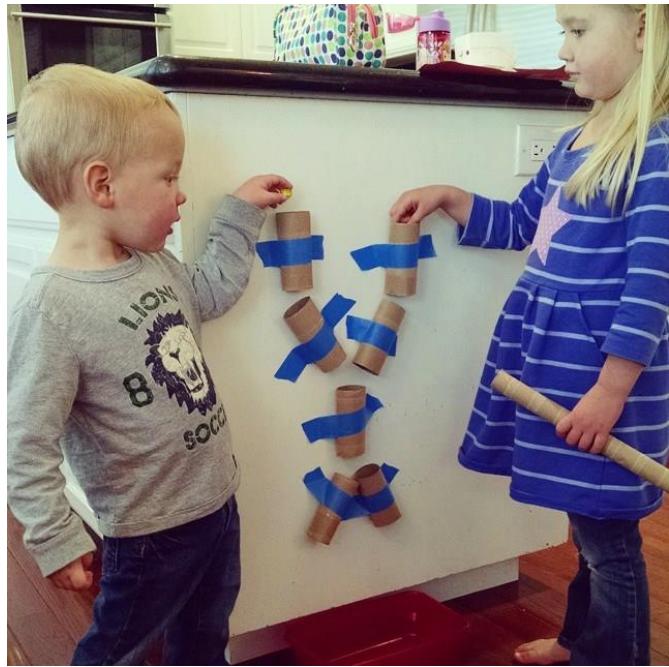
## Tips for Licensed Providers

We all need to pay strict attention to:  
make sure we have received everything needed for each child's record;  
document monthly fire drills and 2x per year shelter in place drills (see form submitted by a member on page 12);  
check first aid kit for expiration dates;  
check your and your assistant's training hours to insure you are in compliance;  
TB tests are to be done every 2 years;  
stress the importance of parents signing in their children when arriving and sign out when the child leaves your home/center in the child's attendance sheet (see page 13).

Marie McFadden

## Homemade Games

Using toilet paper or paper towel rolls and tape you can make a ball shoot or maze. Make sure to place a bucket on the floor to catch the marbles or small balls.



Day Care Insurance Services, Inc. (DCI) is unable to renew its policies in Virginia, so current policies will be non-renewed with 45 day advance notice. DCI made arrangements with ASSURE CHILD CARE (ACC), to be ready to assist you with Liability/Accident Medical insurance for your Family Child Care (FCC) business. You may reach ACC by email at [info@assurechildcare.com](mailto:info@assurechildcare.com) or by telephone at 1-855-818-kids (5437). Their website has information and a smooth process to enroll and make payment - [www.assurechildcare.com](http://www.assurechildcare.com). DCI and John Governor recommend ACC to help you make a transition to a quality new insurance policy.

John Governor will be the Virginia insurance agent representative for ACC as he was with DCI. If you would like a paper application for ACC or have any questions, please contact John.

1.615.948.6840 or Email - [j24gov@gmail.com](mailto:j24gov@gmail.com)

## Arts and Crafts ~ Pool Noodle Horse

<http://mrskingrocks.blogspot.com/2012/07/making-swimming-noodle-ponies.html?m=1>

Submitted by Beth Kaminski

### Should sunscreen be used on babies under six months of age?

Not usually, according to Hari Cheryl Sachs, M.D., a pediatrician at the Food and Drug Administration (FDA). Since a baby under 6 months has thin, delicate skin, try to keep her out of direct sunlight. "Babies' skin is less mature compared to adults, and infants have a higher surface-area to body-weight ratio compared to older children and adults," explains Sachs. "Both these factors mean that an infant's exposure to the chemicals in sunscreens may be much greater, increasing the risk of side effects from the sunscreen. "But for times when that's impractical (such as taking a dip in the water with Mom or Dad), make sure she's wearing sunscreen. The American Academy of Pediatrics says it's safe to use a little sunscreen on babies — but not too much. Your little one's skin is extra-sensitive to the chemicals in sunscreen, so she only needs it on the areas that aren't covered with clothing: her face, the backs of her hands and the tops of those tiny feet if she's barefoot.

### THE BEST SUNSCREEN FOR BABIES

Even newborns can wear sunscreen — but some are better than others. A few tips on buying sunscreen for your baby:

Choose a formula that's specifically for children and waterproof (even if your little one won't be getting wet).

To prevent rashes, check the ingredients for titanium dioxide and zinc oxide, hypoallergenic ingredients that sit on top of the skin rather than absorbing into it.

The label should say "broad-spectrum," meaning it protects against both UVA and UVB rays.

Opt for an SPF of at least 30 (and up to 50).

Avoid sunscreens containing insect repellants like DEET (which you shouldn't use on infants less than 2 months old, anyway).

As a precaution, you should check with your pediatrician and/or do a skin test on the back of your little one's wrist.

What to Expect, Sunscreen for Babies: What Parents Need to Know P.1

U.S Food and Drug Administration, Should You Put Sunscreen on Infants?

Not Usually P.1

Submitted by Regina Moore

# THINGS MONEY CAN'T BUY

- 1 MANNERS**
- 2 MORALS**
- 3 RESPECT**
- 4 CHARACTER**
- 5 TRUST**
- 6 PATIENCE**
- 7 CLASS**
- 8 INTEGRITY**
- 9 LOVE**
- 10 COMMON SENSE**

 [WWW.CUREJOY.COM](http://WWW.CUREJOY.COM)



## New Sleep Guidelines for Babies, Children, and Teens

The American Academy of Pediatrics is lending its backing to the recommendations developed by the American Academy of Sleep Medicine, published in the Journal of Clinical Sleep Medicine.

Here's the lowdown on how much sleep kids need at different ages, according to a consensus group of 13 sleep medicine experts and researchers who developed the recommendations:

Infants 4 to 12 months - 12 to 16 hours of sleep every 24 hours (including naps).

Children 1 to 2 years - 11 to 14 hours of sleep every 24 hours (including naps).

Children 3 to 5 years - 10 to 13 hours of sleep every 24 hours (including naps).

Children 6 to 12 years - 9 to 12 hours of sleep every 24 hours.

Teens 13 to 18 years - 8 to 10 hours of sleep every 24 hours.

To see the full article:

<http://www.cbsnews.com/news/new-sleep-guidelines-for-babies-kids-and-teens/>

## Legislative Implementations in 2016 for Day Homes

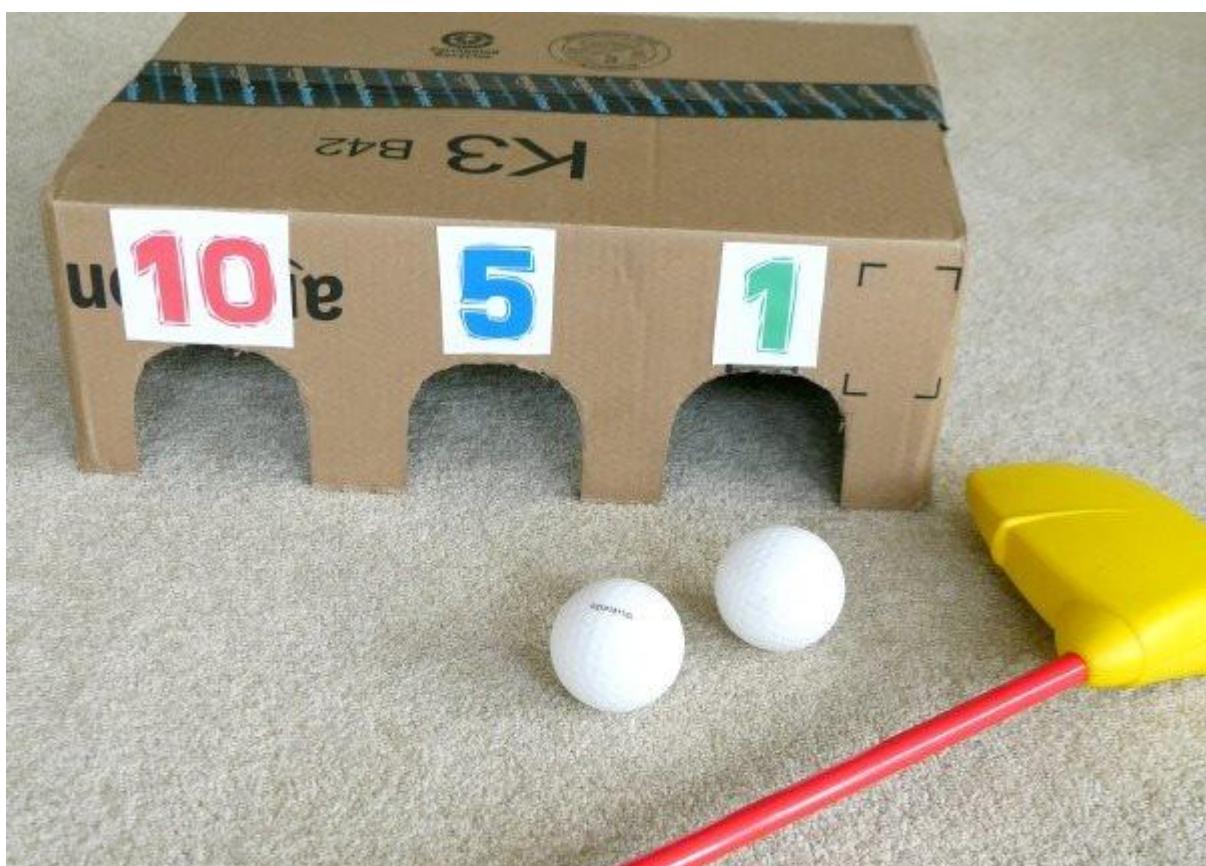
The following bills took effect on July 1, 2016

House Bill 920 - Sex offender Registry - changes the definition of "offense" in 63.2-1719 in the Code of Virginia to include convictions that result in the requirement to register with the Sex Offender & Crimes Against Minors Registry or any similar registry in any other state. This legislation prohibits sex offenders from being employed by or operating a child welfare agency.

House Bill 1570 & Senate Bill 1168 were passed in 2015 and will take effect July 1, 2016 - Threshold Limits - This legislation reduces the family day home licensure threshold as described in the definition of a "family day home" in 63.2-100 of the Code. Family day homes serving 5 through 12 children, exclusive of the provider's own children and any children who reside in the home, must be licensed. Voluntarily Registered homes may only serve from 1 to 4 children.

House Bill 1570 and Senate Bill 1168 Fingerprint Checks - All employees, volunteers, applicants, providers, and household members in licensed, registered, and regulated child care programs must undergo a fingerprint background check by July 1, 2017.

House Bill 1189 adds language to 18.2-371.1 of the Code of Virginia making a Class 4 felony for situations when a person responsible for the care of a child, by willful act or willful omission or refusal to provide care for the child's health, causes or permits serious injury to the life or health of the child. Willful act or willful omission includes operating or engaging in the conduct of a child welfare agency without first obtaining a license or after the license has been revoked or has expired and not been renewed.



Indoor Golf

For the rainy/cold days ahead of us, make an indoor golf game for your children using a cardboard box and ping pong balls.

## VDSS MODEL FORM – FDH

Name of Family Day Home:

**RECORD OF EMERGENCY RESPONSE DRILLS**  
**(22 VAC 40-111-830)**

Year 2017

Date	Time	Person Conducting Drill	Notification Method Used	Providers Participating	Number of Children Participating	Special Conditions Simulated	Amount of Time to Complete Drill	Weather Conditions (for evacuation drills only)	Problems Encountered If Any
1- -17									
2- -17									
3- -17									
* 3- -17									
# 4- -17									
5- -17									
6- -17									
* 6- -17									
7- -17									
8- -17									
* 9- -17									
10- -17									
11- -17									
12- -17									

- Evacuation Drills must be practiced each month on both the day shift (6 a.m. – 7 p.m.) and the night shift (7 p.m.-6 a.m. ) if children are in care during any part of those shifts
- Shelter-in-place Drills must be practiced at least twice a year on both the day shift (6 a.m. – 7 p.m.) and the night shift (7 p.m.-6 a.m. ) if children are in care during any part of those shifts

NOTE: Information on Evacuation Drills Required by the Virginia Statewide Fire Prevention Code

September 2016

child's name \_\_\_\_\_

	Time in	sign	Time out	sign
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2				
3				
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6				
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