



PFCEEA Quarterly



Our association was formed 20 years ago on September 10, 2001. As of this writing, 418 providers have joined this association.

Have You Tried This?

<https://www.dechoker.com/>



BECAUSE EVERY  
**SECOND** COUNTS

The Dechoker is an airway clearing device that can be used for choking first aid on anyone 12 months old and up, regardless of illness, disorder or other health-related condition.

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Welcome to our new PFCEEA members  
We are happy you have joined.  
Hannah Masley member # 418

## Membership Report

We currently have 22 members in good standing. Chesapeake has 3 Norfolk 4, Portsmouth 2, Suffolk 1, and Virginia Beach 12.

Since the Association started, we have had 417 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



## How to Contact PFCEEA

Email: [pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com)

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

Facebook: Professional Family Child Care & Early Educational Association

By mail: contact our Treasurer for address

### 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



## 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



### Standing Committees

Diaper donations	Diane McEwen	490-2371
Door Prizes	Dona Cox	486-1565
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Social Secretary	Michelle Freeman	483-1970
Speakers at trainings	Beth Kaminski	853-4505

## In Memoriam

Fern Rohrer, a PFCEEA member since September 10, 2001 passed away on December 9, 2020 in Virginia Beach. She was born on August 20, 1953.



## Emergency Fire Blanket



Currently these aren't mandatory, but what a great idea to have on hand in case of a fire, they're about \$20 each

[https://preparedhero.com/pages/fire-blanket?utm\\_source=google&utm\\_medium=search&utm\\_campaign=efb&gclid=EAIaIQobChMIkI2I1q6H6wIVhL7IChOf-QYiEAAAYASAAEgLABPD\\_BwE](https://preparedhero.com/pages/fire-blanket?utm_source=google&utm_medium=search&utm_campaign=efb&gclid=EAIaIQobChMIkI2I1q6H6wIVhL7IChOf-QYiEAAAYASAAEgLABPD_BwE)

## PFCEEA Meeting Schedule

To register for all training meetings, email [pfceeatraining@gmail.com](mailto:pfceeatraining@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 now being held in the Kempsville Ruritan Club, 5146 Ruritan Court, Virginia Beach from 7:00-9:00 pm on the 4<sup>th</sup> Monday of each month except May\*.

We will draw the door prize tickets at 7:00. For anyone arriving after our speaker starts, a certificate for less training time will be given.

2021 virtual training dates:

September 27

October 25

November 22

Our trainings will continue once the Governor changes the criteria for the number of people gathering.

We are collecting the following items at our trainings:

plastic grocery bags, and diapers for the Diaper Bank of Hampton Roads

See pg 5.

## 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)



Mark Mierchuk

Bay Screen & Graphics

515 London Bridge Rd, Virginia Beach, VA

Tel: 757-340-5400

Fax: 757-340-3996

E-mail: [info@bayscreenandgraphics.com](mailto:info@bayscreenandgraphics.com)

<http://www.bayscreenandgraphics.com/>

## 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/>

## Interesting Websites

Read aloud books

[https://magicblox.com/?gclid=EAIaIQobChMI7-S07b2W6wIVnYtaBR3uaQg9EAAYAiAAEgI1SfD\\_BwE](https://magicblox.com/?gclid=EAIaIQobChMI7-S07b2W6wIVnYtaBR3uaQg9EAAYAiAAEgI1SfD_BwE)

<https://www.indypl.org/blog/for-parents/free-video-read-alouds>

<https://www.youtube.com/user/readingrainbow/videos?flow=grid&view=0&sort=p>

<https://www.youtube.com/user/TheScholasticChannel/search?query=weston+woods>

Science fun -

[https://www.education.com/lesson-plans/preschool/science/?gclid=EAIaIQobChMI3arMgsCW6wIVVeWGCh27PwPhEAAAYAiAAEgKOYvD\\_BwE](https://www.education.com/lesson-plans/preschool/science/?gclid=EAIaIQobChMI3arMgsCW6wIVVeWGCh27PwPhEAAAYAiAAEgKOYvD_BwE)

## Bread in a Bag

Serves: 2 mini loaves or 1 full size loaf

Ingredients

3 C flour, divided                      3 Tbsp white sugar

1 (.25) package rapid rise yeast

1 C warm water

3 Tbsp olive oil

1½ tsp salt

Instructions

In a re-sealable plastic bag place 1 C flour, sugar and yeast and add in warm water. Squeeze air out of the bag and seal. Squish with your hands until well mixed together. Let it rest for 10 minutes at room temperature. Bubbles will form.

Open bag and put in 1 C of flour, oil and salt. Seal bag again and squish until well blended. Add last cup of flour and continue mixing in the same manner until well blended.

Remove dough from bag and put onto a lightly floured surface. Knead for 5-10 minutes or until smooth. Divide dough in half and place each half into a greased mini loaf pan. Or make one large loaf Cover with a towel and allow to rise for about 30 minutes.

Bake in a 375 degree oven for 25-30 minutes or until bread is golden brown.

## Tom Copeland's Taking Care of Business

<http://tomcopelandblog.com/an-update-on-the-financial-impact-of-the-covid-19-on-family-child-care-providers>

<http://tomcopelandblog.com/five-tips-for-family-child-care-providers>

<https://www.4-c.org/resource-referral/tom-copelands-taking-care-of-business-blog.html>

<http://tomcopelandblog.com/questions-answers-contracts-policies>

<http://tomcopelandblog.com/how-to-enforce-your-contract-and-policies>

## 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, bring them to any of our trainings and drop off at the registration table. Thank you for helping!

### 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.

As you will see in the video there are a few steps needed to transfer the bags into sleeping mats: cutting into strips, connecting the strips, and finally crocheting. If you would like to help with this project, but don't know how to crochet, you can still help by working on one of the other steps.

Click on the link below and scroll down to see video of how to cut the plastic bags and make plarn (plastic yarn) to make many useful items.

[http://diyeverywhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp\\_56125&t=syn](http://diyeverywhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp_56125&t=syn)

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. 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. 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

### 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.

## Special Days

September <https://www.thespruce.com/holidays-in-september-4157726>  
<http://www.holidayinsights.com/everyday.htm>

October <https://www.thespruce.com/special-days-and-observances-in-october-1448893>  
<https://www.thefactsite.com/october-days-of-the-year/>

November <https://www.thespruce.com/special-days-and-observances-in-november-1448892>  
<https://www.thefactsite.com/november-days-of-the-year/>

December <https://www.thespruce.com/special-days-and-observances-in-december-1448884>

### Tips for Providers

Create a cleaning log: document what times you cleaned during the day, what items you cleaned, and what products you cleaned with.

Document what time you take the children's temperatures and what the temp. is. When you take a reading upon the child entering your home, go ahead and take the parent's temperature also. At the end of the day when the child is going home, take the child's temperature and have the parent write it in your log or on the sign in/out sheet.

Document all fire drills and emergency evacuation drills. Make sure your emergency preparedness plan is reviewed and updated (if needed) each year, sign and date it each yr.

Make sure every time a child goes to the Dr. you ask the parent for a record of the updated immunizations.

Fill out an injury form each time a child is injured.

Battery operated Weather band radios must be in the provider's possession (make sure to have additional batteries by the radio).

### Free printables & crafts

<https://thesoccermomblog.com/free-printable-kids-craft-templates/#:~:text=%20Free%20Printable%20Crafts%20for%20Kids%20%201,4%20Teddy%20Bear%20Photo%20Card.%20%20More%20>

<https://www.madewithhappy.com/printables-for-kids/>

<https://www.firstpalette.com/craft-theme/printable.html>

<https://dltk-kids.com/>

<https://www.freekidscrafts.com/>

[https://video.search.yahoo.com/yhs/search;\\_ylt=AwrC3TTJDQZgymUAzxpPxQt.;\\_ylu=Y29sbwNiZjEEcG9zAzMEdnRpZANDMDE2MV8xBHNIYwNzYw--](https://video.search.yahoo.com/yhs/search;_ylt=AwrC3TTJDQZgymUAzxpPxQt.;_ylu=Y29sbwNiZjEEcG9zAzMEdnRpZANDMDE2MV8xBHNIYwNzYw--)

[?p=free+printable+toddler+crafts&fr=yhs-trp-001&hspar=trp&hsimp=yhs-001](https://p=free+printable+toddler+crafts&fr=yhs-trp-001&hspar=trp&hsimp=yhs-001)



## Crafts & Activities

<b>Sep</b>	<a href="https://www.pinterest.com/sandras33/september-crafts/">https://www.pinterest.com/sandras33/september-crafts/</a>
	<a href="https://www.kindergartenworksheetsandgames.com/2018/08/30-september-arts-and-crafts-for-kids.html">https://www.kindergartenworksheetsandgames.com/2018/08/30-september-arts-and-crafts-for-kids.html</a>
	<a href="https://www.howweelearn.com/45-of-the-cutest-fall-crafts-for-kids/">https://www.howweelearn.com/45-of-the-cutest-fall-crafts-for-kids/</a>
	<a href="https://artfulparent.com/september-activities-for-kids/">https://artfulparent.com/september-activities-for-kids/</a>
<b>Oct</b>	<a href="https://www.easypeasyandfun.com/movable-owl-paper-doll/">https://www.easypeasyandfun.com/movable-owl-paper-doll/</a>
	<a href="https://www.easypeasyandfun.com/movable-bat-paper-doll/">https://www.easypeasyandfun.com/movable-bat-paper-doll/</a>
	<a href="https://www.pinterest.com/ritalowry2/october-preschool-crafts/">https://www.pinterest.com/ritalowry2/october-preschool-crafts/</a>
	<a href="https://www.pinterest.com/PlayToLearnPS/preschool-activities-fall/">https://www.pinterest.com/PlayToLearnPS/preschool-activities-fall/</a>
	<a href="https://onelittleproject.com/styrofoam-cup-spiders/?fbclid=IwAR15CAxAKdkC5HmeJiES9SrOvtRqIvQSBvjYrvBZZqW0QYqi19MO_KTWsm8">https://onelittleproject.com/styrofoam-cup-spiders/?fbclid=IwAR15CAxAKdkC5HmeJiES9SrOvtRqIvQSBvjYrvBZZqW0QYqi19MO_KTWsm8</a>
<b>Nov</b>	<a href="https://www.pinterest.com/sandras33/november-crafts/">https://www.pinterest.com/sandras33/november-crafts/</a>
	<a href="https://www.pinterest.com/mohrcoffey/november-craft/">https://www.pinterest.com/mohrcoffey/november-craft/</a>
	<a href="https://onelittleproject.com/fall-crafts-for-kids/">https://onelittleproject.com/fall-crafts-for-kids/</a>
	<a href="https://myboredtoddler.com/thanksgiving-crafts-for-toddlers/">https://myboredtoddler.com/thanksgiving-crafts-for-toddlers/</a>
<b>Dec</b>	<a href="https://www.pinterest.com/angharrison2000/december-preschool-arts-crafts/">https://www.pinterest.com/angharrison2000/december-preschool-arts-crafts/</a>
	<a href="https://www.happinessishomemade.net/easy-winter-kids-crafts-that-anyone-can-make/">https://www.happinessishomemade.net/easy-winter-kids-crafts-that-anyone-can-make/</a>
	<a href="https://www.easypeasyandfun.com/winter-crafts-for-kids-to-make/">https://www.easypeasyandfun.com/winter-crafts-for-kids-to-make/</a>
	<a href="https://www.pinterest.ca/HowWeeLearn/preschool-arts-and-crafts/">https://www.pinterest.ca/HowWeeLearn/preschool-arts-and-crafts/</a>
<b>Jan</b>	<a href="https://www.pinterest.com/pin/46584177376668840/">https://www.pinterest.com/pin/46584177376668840/</a>

  
 Mother Goose Time  
 Early Learning Curriculum

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**experience**  
 EARLY LEARNING

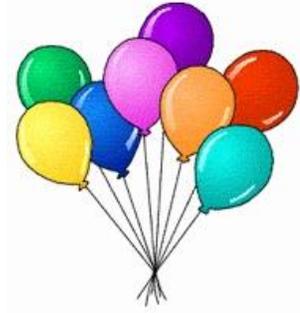
<https://www.mothersgoosetime.com>

  
 FunShine  
 Express  
 Early Learning Curricula

<https://www.funshineexpress.com/index.html>



Happy  
Birthdays!



We want to send happy birthday wishes to our members. PFCEEA hopes your special day is all you wish for.

September - Michelle Freeman, Brenda Soto

October - Tee Burris, Jo-Ann Dixon

November - Letitia Paige

December - Linda Machuzak, Lucy Figuereo

January - Randee Holmes



<https://www.retailmenot.com/blog/birthday-freebies.html#birthday-food>

<https://www.dealnews.com/features/discounts/birthday-freebies/>

<http://www.livingrichwithcoupons.com/huge-list-of-birthday-freebies><https://thekrazycouponlady.com/tips/couponing/comprehensive-guide-getting-rewards-discounts-birthday>

<https://www.favoritecandle.com/free-birthday-meals/Virginia-Beach/VA>

Have You Tried This?

Don't Forget to Have Your Chimney Inspected



757-773-FIRE (3473)

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



**The Fire Safety Guys, LLC**  
*Serving your fire safety needs*

**The  
Planning  
Council**

Headquarters Office

2551 Eltham Avenue, Suite I Norfolk,

VA 23513

757-622-9268

[info@theplanningcouncil.org](mailto:info@theplanningcouncil.org)

### Children's Face Shields

It looks like Covid-19 isn't leaving our area anytime soon, so here is an alternative to having children wear (and keep on) face masks.



[https://www.mobstubs.com/d/5-Pack-Kids-Reusable-Face?utm\\_source=facebook&utm\\_campaign=ACQ&utm\\_medium=paid&fbclid=IwAR3Ko4j83TEYO5IZkb-4QFoB0xXoxz3vYpFqjJQJh7VH-1kraKb-8NsNXB8](https://www.mobstubs.com/d/5-Pack-Kids-Reusable-Face?utm_source=facebook&utm_campaign=ACQ&utm_medium=paid&fbclid=IwAR3Ko4j83TEYO5IZkb-4QFoB0xXoxz3vYpFqjJQJh7VH-1kraKb-8NsNXB8)

## Bug Bite Thing Suction Tool

<https://www.bugbitething.com/>

Regular price Sale price \$ 9.95

Helps alleviate pain, itching + swelling caused by bug bites and stings

- No creams, no chemicals + kid-friendly
- Reusable, compact + lightweight

Mosquitoes - Bees - Wasps - Ants - Biting Flies - Splinters - & More!



## Summer Weather Report

Summer brings hot, humid weather, and also because of the high heat, pop-up thunderstorms. Some of these storms can also bring tornados.



Summer is also hurricane season and our area gets a good number of storms; thankfully most of them aren't Category 4 or 5s. Nevertheless, we need to make sure we are prepared for any type of weather, especially if it happens on a business day. Check your



grab & go bag to make sure food items and water have not expired. What will you do if your house is flooded or otherwise compromised?

## A fun rainy day activity MOON DOUGH!

- 1 cup corn starch
- 1/2 cup conditioner

It's like play dough and slime combined. Not sticky and super fun to play with. Tons of entertainment for \$2 total! Food coloring is optional.

Place in a Ziploc bag, squeezing out all the air; however after a day or 2 it will dry out. You can re-hydrate by adding a pea size amount of conditioner again. If you refrigerate it, the dough lasts longer.

## Looking Ahead to Winter Weather

### Keep Children Warm This Winter: Dress Them in Layers



1

**First layer:** Several layers of lightweight clothing, including snug thermal underwear



2

**Second layer:** Turtleneck, sweater, or a sweatshirt, plus sweatpants or snow pants



3

**Third layer:** Tightly-woven, water-resistant jacket, plus gloves/mittens and a hat and/or ear warmers

\* Check fingers, ears, nose and toes every 15 minutes to make sure they are staying warm.

For more preparedness tips, visit [childcareprepare.org](http://childcareprepare.org)