



PFCEEA Quarterly



October, November, December 2013 Autumn/Winter Edition [www.pfceeaa.com](http://www.pfceeaa.com)

A Message From Your President

Happy New Year to you!

With temperatures below freezing, I think it's safe to say winter has arrived. Share with us the activities you plan to do with your children during these cold months; I'll add them to our website for all to see.

Since this year is just getting started, let us know what you are looking for from this association, and at the same time let us know what you can contribute. It is amazing what a group of people can accomplish! Let this year be the year you get more involved in our association.

We have been contacted by a few parents who were looking for childcare in their area, however when they called the number listed on our website they heard a recording that the number had been changed. Likewise, parents are telling us when they email a provider they don't receive an answer. To help your business grow, it is important for you to let us know all your current information and check your email frequently.

Some money saving ideas are inside this edition. If you have any other ideas to save money we would like to hear from you.

We're starting 2014 off by having a fun and exciting training on January 13<sup>th</sup>, I'm sure everyone will leave with new ideas and bring home activities your children will have fun playing with. Hope to see you there!

*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 74 members in good standing: 17 are in Chesapeake, 2 Hampton, 17 in Norfolk, 4 in Portsmouth, 1 in Suffolk, & 33 in Virginia Beach. Since the Association started, we have had 384 people become members. Remember to check our website to make sure your information is correct.

We know a lot of our members have openings and we are trying to help you fill those openings.

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

Azure (Kesha) Howell 623-7514



### Standing Committees

#### Advertising

Jan Coffman 499-6474

#### Historian

Jan Coffman 499-6474

#### Marketing

Fern Rohrer 857-7948

Jan Coffman 499-6474

#### Membership

Randee Holmes 479-9579

#### Newsletter

Marie McFadden, Editor 482-9470

#### Phone Tree

Cindy Sisson 421-7901

#### Social Secretary

Position available

#### At Large

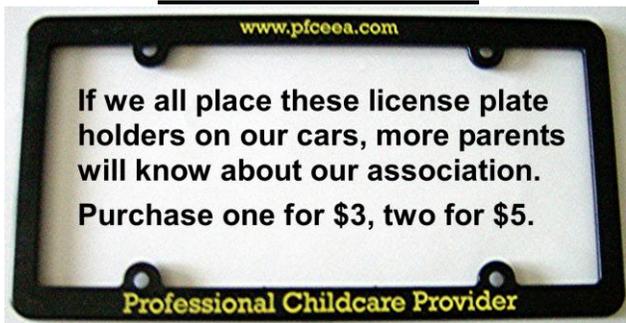
Beth Kaminski 853-4505

Diane McEwen 490-2371

Regina Moore 483-9689

Michelle Freeman 483-1970

### License Plate Frames



### Social Secretary

We are looking for someone to take over the Social Secretary duties sending out cards to our members for birthdays as well as get well or other cards. If you are interested in taking on this job, let Marie know at [pfceea@yahoo.com](mailto:pfceea@yahoo.com) or call 482-9470.

## Donations

We are no longer making donation to Candii House, however 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)

Submitted by Beth Kaminski



## Marketing Report

Fern and Jan continue to pass out the association's business cards and pens where ever they can. If you know of places we can have our information listed, please let us know. We know a lot of you are down on enrollments so let's put our heads together and come up with more places we can let parents know we are here to help them.

Fern Rohrer & Jan Coffman  
857-7948 499-6474



## Website Report

Our home page was viewed 72 times in Sept., 57 in Oct., 47 in Nov., & 34 in Dec. People from all around the world have visited our website. In addition to our local cities, people in the following states have visited our site: AZ, CA, CO, CT, FL, GA, KY, MD, MASS., NV, NJ, NC, ND, PA, SC, TN, TX, VA & Washington D.C. (Dept. of Health & Human Services). We were also viewed in Warsaw, Poland and an unnamed city in Germany.

Submitted by Marie McFadden

## PFCEEA Meeting Schedule

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

**\*\*New starting time for meetings\*\***

Our meetings are held in the Virginia Beach Central Library Auditorium 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. Let us know if you have a suggestion for a speaker or topic.

### 2014 training dates:

Jan. 13, Feb. 24, March 31  
April 28, May 19, June 30

## Phone Tree Report

The Phone tree team calls the providers that do not get email to let them know about the up-coming trainings. The ladies making these calls are very much appreciated! Our calling list has gotten a bit shorter with more providers finally using email.

We still have a lot of calls to make and I am thankful for the ladies who are helping! If you would like to join the Phone Tree, please give me a call. You will need an internet connection to receive a list of names of people to contact. The more people making the calls, the fewer calls each of us has to make.

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



## September Training

"Creating Teaching Tools for Young Children with Challenging Behaviors" was our Sept. training with speaker Sharon Howell. This training was attended by 70 providers.



## October Training

Our October training was "Fire Safety at Home". As always, we learned something new from speaker Keith Arnold. 59 providers attended this training.



## November Training



Our November training was "Stress Management" with speaker Beth Griner. This training was attended by 30 providers.



## December dinner



## 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)

## Child Care Financing Program

If you are looking for financial assistance to make quality improvements, take a look at this video

<http://www.youtube.com/watch?v=AoenWHzCQwo&feature=youtu.be>

Or see this link for more information:

[http://vdba.virginia.gov//vsbfa\\_ChildCare.shtml](http://vdba.virginia.gov//vsbfa_ChildCare.shtml)

## Tom Copeland's Taking Care of Business

Tom Copeland - [www.tomcopelandblog.com](http://www.tomcopelandblog.com)

With the government shut down, families everywhere are hurting financially. Here are some money-saving tips for family child care providers as posted on the [Daycare.com](http://Daycare.com) family child care forum:



- \* Slash your utility bills (turn off lights, unplug unused appliances/electronics, cut your cell plans)
  - \* Drop cable television and use [Netflix](http://Netflix.com) and [Hulu](http://Hulu.com) for television shows and the library for movies
  - \* Sell a vehicle (if you have extras) to save on car insurance and maintenance
  - \* Use Costco or Sam's Club to buy in bulk and save
  - \* Check out ideas on [Money Saving Mom](http://MoneySavingMom.com), [The Peaceful Mom](http://ThePeacefulMom.com), [Momswhosave.com](http://Momswhosave.com)
  - \* "Wrap a large rubber band around the pump of a soap bottle. When the child presses the pump to get a squirt of soap, it only goes down half-way, dispensing the perfect amount. Now my soap bottles last twice as long." "I refill all my foaming pumps with 1/2 soap and 1/2 hot water and shake.
  - \* "I let my parents know if there are craft or curriculum supplies I need for the upcoming month. They are happy to help out. Whenever kids are bored with toys or activities my parents bring toys from home that they've outgrown and donate them to us."
  - \* Don't eat out. Shop for food from a list. Cook from scratch and freeze.
  - \* "I calculated that by not using my dishwasher for anything other than a drying rack, my power bill went down by a whopping \$40 a month." "I never let my dishwasher run the dry cycle, open the door and let them dry."
  - \* "Do without. Tough it out. Get back to basics. I am a vegan and used to buy the really good quality protein powders, patties, etc. to keep me healthy. I have since switched to PB sandwiches, bananas, and a basic vegan protein powder. Being a vegan is cheaper than being a carnivore:)"
  - "I have lived 'bare bones' as a single mother for so long I've continued on even now that I am remarried and my husband makes great money. If you learn to live on less, when you do have more you have way more and end up with a hefty savings in no time flat."
  - An extra income idea: "I don't have children in the summer, so I pet sit at my house. I only take one pet at a time, advertise on Craigslist, and always get money up front. I charge \$30 per day and pet owners never argue my rates. Pets must be housebroken and good with children."
- [Daycare.com](http://Daycare.com) is a popular family child care forum where providers share ideas and ask for help. I answer tax and record keeping questions on a special [Daycare and Taxes](#) thread.

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## Interesting Websites

free learning resources <http://www.kizclub.com/>  
<http://www.education.com/worksheets/>

### Holidays and Special Days of the Month

#### January

<http://www.first-school.ws/theme/occasions1.htm>  
<http://www.kinderart.com/seasons/jan.shtml>

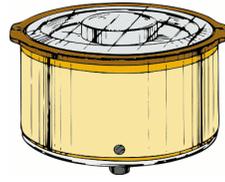
#### February

<http://www.first-school.ws/theme/occasions2.htm>  
<http://www.apples4theteacher.com/holidays/february-2013.html>  
<http://www.free-preschool-activities.com/february-themes.html>

#### March

<http://www.first-school.ws/theme/occasions3.htm>  
<http://www.apples4theteacher.com/holidays/march-2013.html>  
<http://www.apples4theteacher.com/holidays/spring/>

## Recipe Corner



### Freezer meals

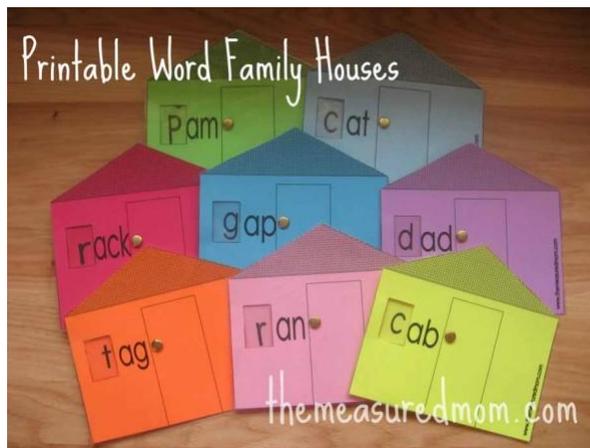
<http://musthavemom.com/2013/10/getting-started-freezer-cooking-101-tips-tricks.html>

### Gluten free recipes

<http://divinehealthfromtheinsideout.com/2013/12/80-gluten-free-slow-cooker-recipes/>

### Bubbles

6 cups of water  
1 cup of corn syrup  
2 cups of regular strength liquid dish soap



Teach children to read words—scroll down the pages for free downloads. Print on card stock.

<http://www.themeasuredmom.com/printable-word-family-houses-short-a/>

<http://www.themeasuredmom.com/free-word-family-houses-short-e/>

<http://www.themeasuredmom.com/word-family-houses-for-short-i/>

<http://www.themeasuredmom.com/free-word-family-houses-short-o/>

<http://www.themeasuredmom.com/free-word-family-houses-short-u/>

## Tips for Licensed Providers

With more providers dropping their licenses, parents are having a harder time locating child care. If you are state licensed or voluntarily registered, your contact information can be found on Social Services website. Unfortunately any violations you may have received can be viewed too. Here are some things you may want to pay attention to:

Make sure children wash their hands after toileting and prior to having any food.

In addition to monthly fire drills, at least 2 shelter in place drills must be practiced.

When enrolling a new child make sure the parent fills out every line in all the paperwork.

Children under 2 years old need to have immunizations every 6 months. Have parents give you the updated immunization records.

Hot water temp should be between 105 and 120 degrees.

## Saving Money on Food

If you are looking to save money on food and haven't looked into shopping at Restaurant Depot located on Virginia Beach Blvd and Witchduck Rd in Virginia Beach you might want to take a look at their website: [www.restaurantdepot.com](http://www.restaurantdepot.com) Membership is free; you only need to show a business license. This license can be any business such as child care. Most items are sold in bulk much like Sam's Club or BJ's so you will need to have a large freezer in order to take advantage of the lower per pound prices. You might also want to shop with a friend and divide the large amounts of food.

Below are some prices as of a few months ago:

40 lbs of fresh boneless skinless chicken breasts \$1.39 lb (4 bags @ 10 lbs)

90% ground hamburger \$2.66 lb (4@10 lbs)

52 lbs boneless pork loin \$1.79 lb (6@ approx. 9 lbs each)

Crinkle cut French fries 6 @ 5 lbs \$16.82 = 56 cents a lb.

Churros 50 to a box \$20.79 = 42 cents each

Large stadium soft pretzels 24 in a box \$7.95 = 33 cents each

2 lb bag frozen broccoli florets \$1.90 = 95 cents per pound

6 #10 cans fruit cocktail \$28.97 = \$4.83 per can

6 # 10 cans sliced peaches \$27.46 = \$4.58 per can

Ziploc brand gallon bags (250) \$26.99 = 11 cents per bag

Ziploc brand quart bags (500) \$26.99 = 5 cents per bag

(Tom Copeland continued from page 6)

Below are some other blogs written by Tom Copeland you might find useful:

<http://www.tomcopelandblog.com/2013/09/where-are-the-grants-for-family-child-care-providers.html>

<http://www.tomcopelandblog.com/2013/09/is-the-money-you-receive-taxable-income.html>

<http://www.tomcopelandblog.com/2013/12/new-clarification-of-safe-harbor-rule-doesnt-benefit-providers.html>

The National Association for Family Child Care (NAFCC) will hold their annual conference on July 10, 11, & 12, 2014 in Orlando, Florida. For more information, go to: <http://nafcc.org/>

## Group Health Insurance

Just a reminder to let you know it is not too late to register for VAFCCA group insurance.

In order to get this policy you do not need to be a child care provider, but you do need to be a member of the Virginia Alliance. If you are a member of PFCEEA, you are probably a VAFCCA member.

If you need an application, call the representative below or contact via email.

Jenny Stanley

Phone: [760-305-7329](tel:760-305-7329)

Fax: [888-390-8267](tel:888-390-8267)

[Jenny.stanley@pcadministrators.com](mailto:Jenny.stanley@pcadministrators.com)

## Things to Remember



To see the guide for new crib standards, go to: [www.cpsc.gov](http://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 next training will be on Monday, January 13. Our speaker is Tammy Maxey; this will be a fun workshop and you will bring Home a lot of great ideas for your business . Our upcoming training dates are on our website [www.pfcee.com](http://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 baby food, formula (no open containers), 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](mailto:pfcee@yahoo.com)

**facebook**

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



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