



A Message From Your President

Greetings Members,

It's hard to believe that summer is coming to an end and fall is headed our way. Fall is such a beautiful season. The temperature begins to get cooler which makes outside time a little more enjoyable. The leaves begin changing colors and we find pumpkins everywhere. Personally, I love pumpkin season as I enjoy trying all the different pumpkin foods, drinks and recipes that come out during this time of year. Have you tried including things such as pumpkin muffins, bread or other pumpkin snacks on your menu? I have found the children really enjoy trying the different pumpkin foods. A great science activity is to have the children help you clean the inside of a pumpkin out. What a great sensory experience and yes, it is messy, but, lots of fun! Then you can continue the fun and make Pumpkin Ooblek with the insides of the pumpkin. The pumpkin ooblek recipe can be found at the following link

<http://inspirationlaboratories.com/pumpkin-ooblek/> .

Also you can find several other fall science activities.

<http://inspirationlaboratories.com/fall-science-activities/>

Have fun,

Randee



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Let us know what kind of articles you would like to see in our newsletter.	



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

Membership Report

We currently have 54 members in good standing. Chesapeake has 11, Norfolk 13, Portsmouth 2, Suffolk 1, and Virginia Beach 27. Since the Association started, we have had 412 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.

Effective October 1, 2017 our annual membership fee will be raised to \$50 per year. If you want to renew your membership early you may do so.



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

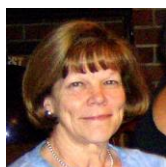


Submitted by Michelle Freeman

Advertising Report

An ad was placed in the Virginian-Pilot this spring and mid August to mid September. Make sure your information is correct on our website (www.pfceeaa.com) so parents can reach you.

Jan Coffman 499-6474



How to Contact PFCEEA

Email: pfceeaa@gmail.com

Website: www.pfceeaa.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
Photographer	Marie McFadden	482-9470
Social Secretary	Michelle Freeman	483-1970

Phone Tree Report

Cindy has closed her daycare and will not be making any more phone calls for our association. After looking at the names of the people she has been calling and matching up with the people who attend our trainings, we have decided to stop making the phone calls.

A big thank- you to Beth for calling the centers.



Website Report

Our home page was viewed 79 times in January, 67 in February, 59 in March, & 59 in April.

In addition to our local cities, the following cities in Virginia visited our website: Alexandria, Ashburn, Chester, Richmond, Ruther Glen.

Other places were: Saraland Ala, Suwanee GA, Chicago IL, Baltimore, Germantown & Laurel MD, Edmond OK, Boardman OR, Philadelphia PA, Redmond WA.

Other countries: Bangladesh, Canada, & Philippines

Submitted by Marie McFadden

Child Day Programs SB1239

<https://www.richmondsunlight.com/bill/2017/sb1239/>

PFCEEA Meeting Schedule

To register for all training meetings, email 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.

We are very excited to be holding trainings in our new location. We won't have to worry about noisy neighbors and we won't have to worry about speaking above a whisper for fear of bothering someone in the next room. We also have the building later than 9 pm, giving us an opportunity to hold our quarterly business meetings after some of our trainings.

Our meetings are now being held on the 4th Monday of each month in the **Kempsville Ruritan Club, 5146 Ruritan Court**, Virginia Beach from 7:00-9:00 pm. See map on page 9 for new location. 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.

2017 training dates - 4th Monday:

Sept. 25,
Oct. 23, Nov. 27

Effective October 1, 2017 our annual membership fee will be raised from \$35 to \$50 per year. If you would like to renew your membership early you may do so.

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. If all of our members could mention our website to people you meet. www.pfcee.com

Have You Tried This ?

Nature Hunt Bingo

Get 5 in a row - up, down, across or diagonal to win!



BitznGiggles.com

Tom Copeland's Taking Care of Business

<http://tomcopelandblog.com/ideas-give-program-competitive-edge>

<http://tomcopelandblog.com/deducting-outdoor-expenses>

<http://tomcopelandblog.com/now-time-six-month-review-records>

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

Aug <https://kinderart.com/art-lessons/seasons/august/>

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

http://www.theactivitydirectorsoffice.com/Gina_ActivityIdeasThatWork_August.html

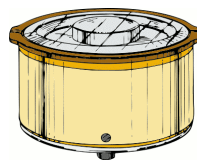
Sept. <https://kinderart.com/art-lessons/seasons/september/>

<http://www.first-school.ws/theme/occasions9.htm>

<https://www.thoughtco.com/september-activities-events-for-elementary-students-2081976>

Oct.

<http://www.apples4theteacher.com/holidays/fall/kids-crafts/>



Recipe Corner



Cake Mix Cookies

Chocolate Chip Cookies

1 package yellow cake mix 2 eggs

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

Combine cake mix, chocolate chips, oil, & eggs in a mixing bowl. Form golf ball sized balls of dough and place on baking sheet. Bake at 350 for 10-12 minutes.

Lemon Crinkle Cookies

1 package lemon cake mix $\frac{1}{3}$ cup oil

Powdered sugar 2 eggs

Combine cake mix, oil, and eggs in a mixing bowl. Form golf ball sized balls of dough and cover with powdered sugar and place on baking sheet. Bake at 350 for 10-12 minutes.

Smoeres Cookies

1 package chocolate cake mix 2 eggs

$\frac{3}{4}$ cup crushed graham crackers

$\frac{1}{2}$ cup oil $\frac{3}{4}$ cup marshmallows

Combine cake mix, marshmallows, graham crackers, oil, & eggs in a mixing bowl. Form golf ball-sized balls of cookie dough and transfer to baking sheet. Bake at 350 for 10-12 minutes.

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

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.

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.

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

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

Tips for Providers

Make sure parents fill out every line in all paperwork.

Central registry checks, child protective services, etc. need to be filled out for family members.

If you have assistants make sure all of their paperwork is up to date.

If you are a subsidy provider, you must create a written lockdown procedure.

Make sure parents sign in and out each day.

Infants should not have any blankets or soft bedding and always laid down on their backs.

Make sure your portable battery operated weather band radio is working properly

If you have anything dangerous in cabinets that are within reach of children, latch the cabinets.

Wiggle Your Fingers, Stomp Your Feet!

(Chant)

Wiggle your fingers in the air.
Wiggle them, wiggle them everywhere!
Stomp your feet upon the ground.
Stomp them, stomp them all around.



Now sit down and cross your feet.
Hands in lap, nice and neat.
Now we are ready to start our day.
We'll listen first, and then we'll play!



© teachingmama.org

To see more songs, click on the link below:
<https://teachingmama.org/10-preschool-transitions-songs-and-chants-to-help-your-day-run-smoothly/>

Free Word Family Houses to Make

<https://www.themeasuredmom.com/wp-content/uploads/2014/01/Short-u-word-family-houses-complete-set-encrypted.pdf>

<https://www.themeasuredmom.com/wp-content/uploads/2014/01/Short-o-word-family-houses-complete-set-encrypted.pdf>

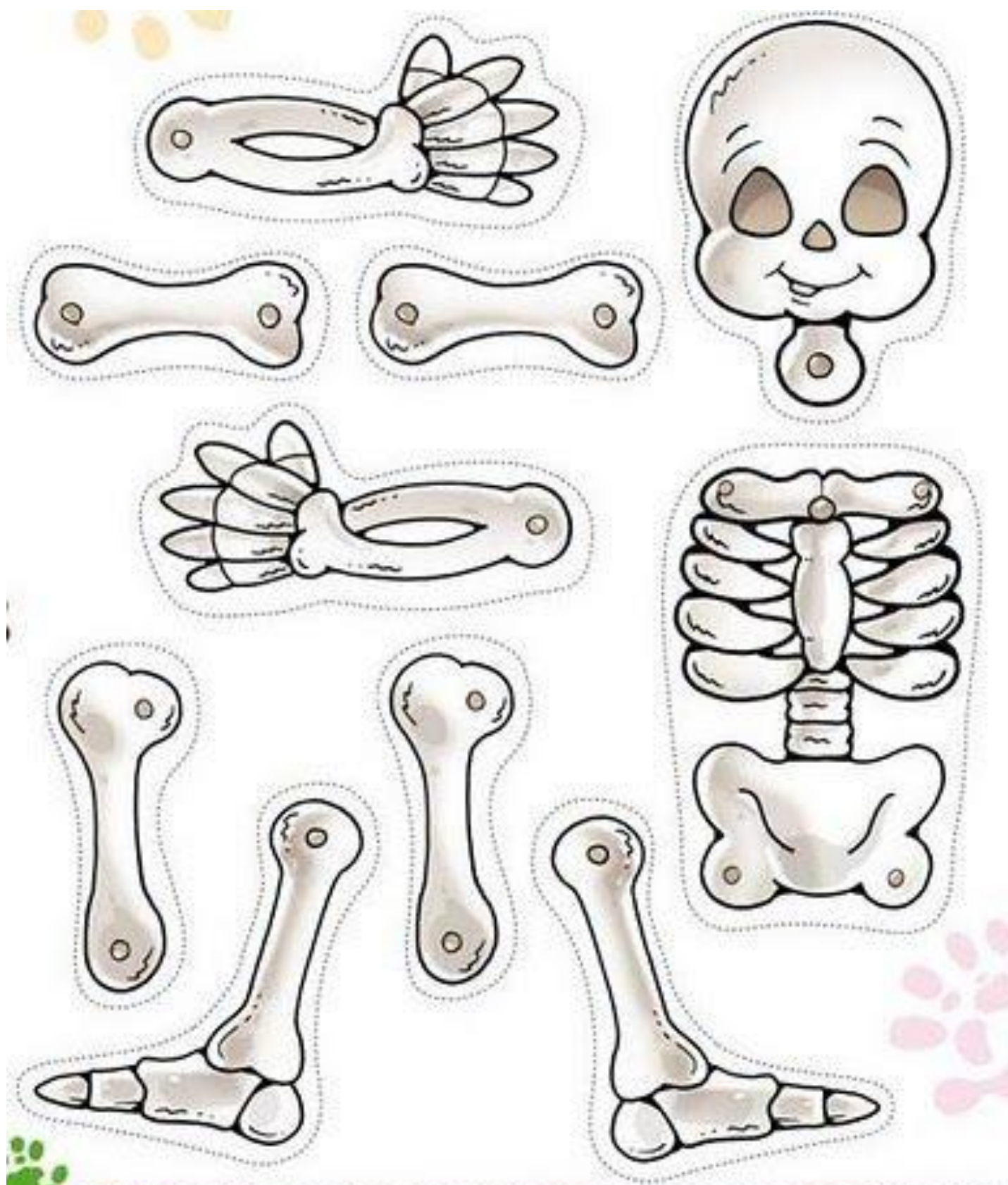
<https://www.themeasuredmom.com/wp-content/uploads/2014/01/Short-i-word-family-houses-complete-set-encrypted.pdf>

<https://www.themeasuredmom.com/wp-content/uploads/2014/01/Short-e-word-family-houses-complete-set-encrypted.pdf>

<https://www.themeasuredmom.com/wp-content/uploads/2014/01/short-a-word-family-houses-complete-set-encrypted.pdf>

Hygiene and Handwashing

With school starting very soon, your school age children will be introduced to new friends and we all know friends like to share everything, including germs. To help reduce illnesses in your home or center encourage children to wash their hands frequently; when entering your home from school, before & after eating, before & after using the bathroom, and when coming in from playing outside. Wash and sanitize all toys you can wash and for the items you can't wash spray with Lysol. Colds are one thing, flu is another!



CONSIGNA

- ¿SABÉS CÓMO SE LLAMA EL CONJUNTO DE TODOS LOS HUESOS DEL CUERPO? **INVESTIGÁ** EN CASA PARA SABER MÁS SOBRE EL TEMA. **INTERCAMBIÁ** EN CLASE CON TUS COMPAÑEROS, TUS INVESTIGACIONES, LUEGO **RECORTÁ** LAS IMÁGENES Y **ARMÁ** UN MUÑECO ARTICULADO UTILIZANDO GANCHITOS MARIPOSA.

STATISTICS

On average, 37 U.S. children die in hot cars every year, (approx. 1 every 9 days)



CIRCUMSTANCES



In an overwhelming majority of child vehicular heatstroke deaths, it was an otherwise loving, responsible parent that unknowingly left the child.

- 55% Unknowingly left
- 28% Got in on their own
- 13% Knowingly left
- 4% UNK

GREENHOUSE EFFECT IN VEHICLES

The inside of a vehicle heats up **VERY** quickly!

Even with the windows cracked, the **temperature inside** a car can reach 125 degrees in minutes.

Data Source: KidsAndCars.org Database (1998-2015)

CONTRIBUTING FACTORS



A change in daily routine, lack of sleep, stress, fatigue, and simple distractions are things **ALL new parents experience** and are the reasons children have been unknowingly left alone in vehicles.

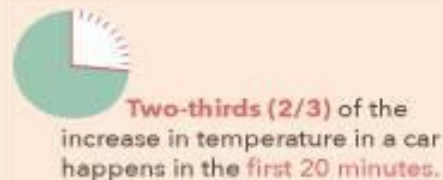
AGE OF VICTIMS



87% of children who have died from **vehicular heat stroke** are **age 3 and younger**.

CHILD VEHICULAR HEAT STROKE FACT SHEET

Vehicular heat stroke is largely misunderstood by the general public. The majority of parents are misinformed and would like to believe that they could never "forget" their child in the backseat of a vehicle. This is the most dangerous mistake a parent or caregiver can ever make!



Two-thirds (2/3) of the increase in temperature in a car happens in the **first 20 minutes**.

Children have **died in hot cars** when the outside temperature was as low as **60 degrees**.

Cracking the windows does **NOT** help slow the heating process **OR decrease** the maximum temperature.

A child's body overheats **3-5 times faster** than an adult body.



for additional information visit

KIDS AND CARS.ORG

LOVE THEM, PROTECT THEM
www.KidsAndCars.org

Training Photos



Engaging Children in STEM Early - Our attendees had a wonderful time building items out of different materials.

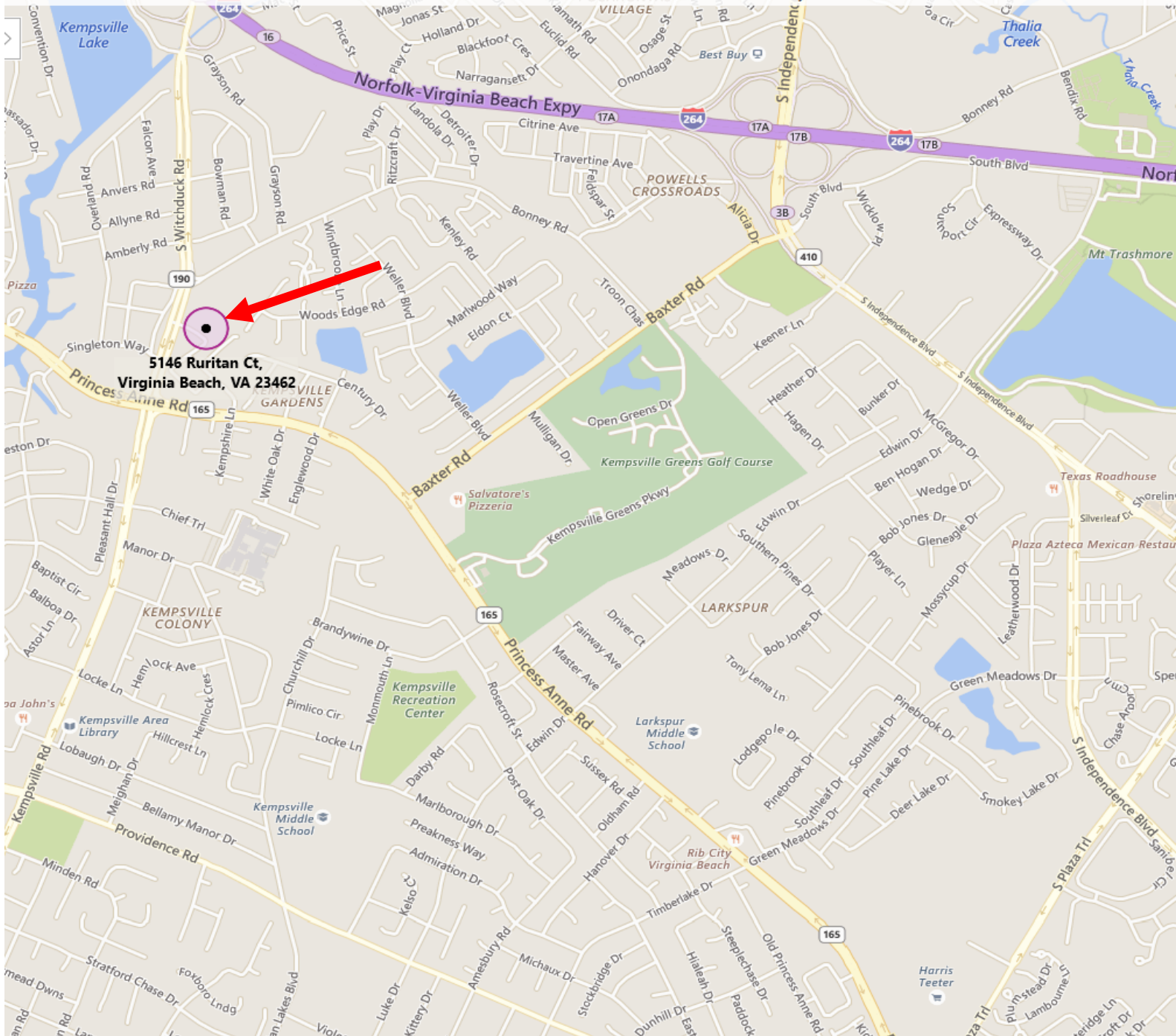


Fun with Finger Plays, Flannel Boards, and Picture Books - our speaker is making Stone Soup with her flannel board.

**Music is a Powerful Key -
Everyone enjoyed this
training singing many
different songs**

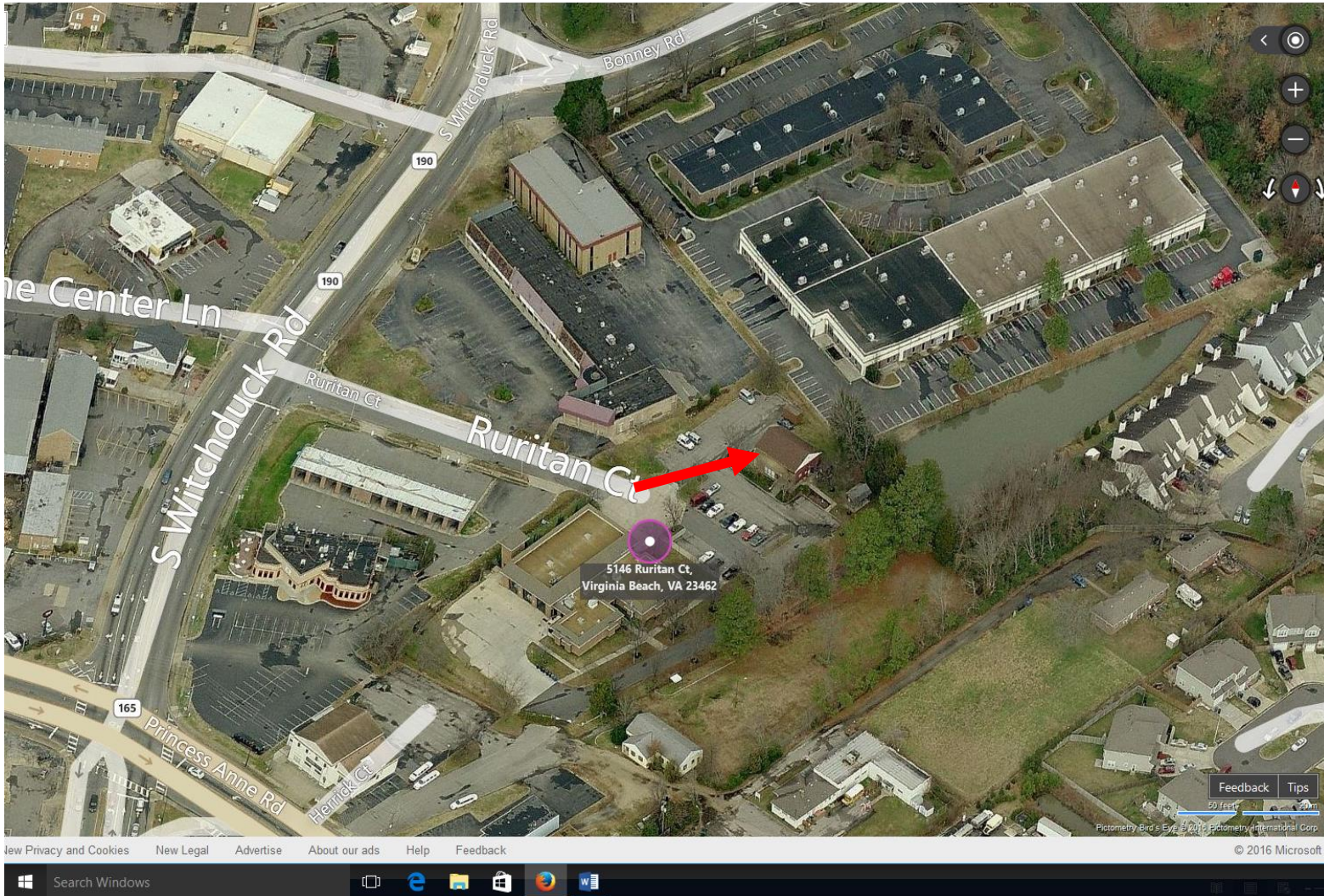


Our new training location is the Kempsville Ruritan Club, 5146 Ruritan Court, Virginia Beach, VA (off of South Witchduck Rd. behind the Kempsville Rescue Squad) To receive driving directions try <https://www.bing.com/maps>



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Ruritan Court is between Bonney Rd and Princess Anne Rd.
Turn at the flashing light for Ruritan Court.
We are behind the Kempsville Rescue Squad



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

We Can All Relate

baby blues | Jerry Scott & Rick Kirkman



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for better or for worse | Lynn Johnston

