



PFCEEA Quarterly

It's Income Tax Time

Whether you are new to preparing taxes for your business or have been doing it for years, here are some things to consider:

<http://tomcopelandblog.com/category/ask-tom>

<http://tomcopelandblog.com/>

<http://tomcopelandblog.com/handouts>

<http://tomcopelandblog.com/record-keeping-taxes>

<http://tomcopelandblog.com/category/record-keeping-taxes/deductions>

Whether you use a ledger sheet or excel spreadsheet, log all of your receipts as quickly as possible so they are not forgotten. Don't forget mileage to and from trainings & conferences.

https://www.amazon.com/gp/product/B017J293OU/ref=as_20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B017J293OU

LifeVac - Choking Rescue Device

Price: \$69.95 + \$7.95 shipping



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

Donna German

Membership Report

We currently have 25 members in good standing. Chesapeake has 4 Norfolk 5, Portsmouth 1, Suffolk 1, and Virginia Beach 14.

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



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

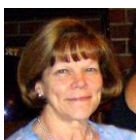
Submitted by Michelle Freeman



Advertising Report

Due to the increase in advertising costs for placing ads in the Virginian Pilot we are looking for other ways to let parents know about us. If you have any suggestions, we would like to hear from you.

Jan Coffman 499-6474



How to Contact PFCEEA

Email: pfceeatraining@gmail.com

Website: 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



Standing Committees

Advertising	Jan Coffman	499-6474
Diaper donations	Diane McEwen	490-2371
Door Prizes	Dona Cox	486-1565
Historian	Jan Coffman	499-6474
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Photographer	Jan Coffman	499-6474
Social Secretary	Michelle Freeman	483-1970
Speakers at trainings	Beth Kaminski	853-4505



St. Patrick's Day Treat

Place aluminum foil or wax paper on cookie sheet. Then assemble treat on sheet. For each treat use 1 pretzel stick and 3 small pretzels. Add a rolo and place a green M&M on top. Place in 200 degree oven for 2-3 minutes until the chocolate melts enough to make pretzels stay together.

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.

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

This location is near the intersection of S. Witchduck Rd and Princess Anne Rd behind the Kempsville Rescue squad (at the blinking light). 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.

2020 training dates:

	Mar 23	
Apr 27	May 19 *	Jun 22
Jul 27	Aug 24	Sep 28
Oct 26	Nov 23	

- **Note: Our May training will be held on Tuesday, May 19**

We are collecting the following items at our trainings: plastic lids, plastic grocery bags, and diapers for the Diaper Bank of Hampton Roads, See pg 6.

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



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
<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/#.VYsGUObZFyE>

For all other recalls, check this website:

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

Interesting Websites

Movement & action songs

<https://preschoolinspirations.com/good-morning-songs-welcome-songs/>

<http://www.preschoolinspirations.com/best-movement-action-songs-children/>

Science fun - The Dad Lab

https://www.youtube.com/c/thedadlab?sub_confirmation=1

Magic Science Experiments

https://www.buzzfeed.com/mallorymcinnis/we-ve-got-magic-to-do-just-for-you?utm_term=.fhvZOVZ5Z#.ueK5N4595

<https://www.funwithmama.com/super-fun-science-activities-for-preschoolers/>

Paper crafts

<https://www.momsandcrafters.com/paper-toy-templates/>

Is this Item in Your Evacuation Bag?

There is nothing worse than having an emergency and not having a charged up cell phone. This solar powered charger might be the answer for you in an emergency.



Solar Powered Cell phone Charger
\$32.99 on Amazon

Solar Charger Hand-Crank Portable, 10000 mAh Solar Power Charger, 2020 Edition, Dual USB Output , LED Flashlight, 3 Power Modes, Mobile Phone Charger Waterproof for Indoor Outdoor (Black)

Tom Copeland's Taking Care of Business

<http://tomcopelandblog.com/tips-report-income>

<http://tomcopelandblog.com/2016-taxes-done-now-take-these-ten-steps>

<http://tomcopelandblog.com/recent-questions-answers-business-family-child-care>

<http://tomcopelandblog.com/telephone-bill-tax-deductible>

<http://tomcopelandblog.com/are-my-pets-deductible-2>

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!

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. 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

March - <http://www.holidayinsights.com/moreholidays/march.htm>

April - <http://www.holidayinsights.com/moreholidays/april.htm>

May - <http://www.holidayinsights.com/moreholidays/may.htm>

June - <http://www.holidayinsights.com/moreholidays/june.htm>

Tips for Providers

Get a weather band radio so you know when a bad storm is headed your way. Also, keep additional batteries nearby.

Remember to practice and record when you hold a fire drill or emergency evacuation.

Check all items for the words "keep out of reach of children". Place these items in a cabinet or drawer with a child lock.

Check all items in yard for rust.

Make sure you have parent's signatures every year on the form called "child's record".

Hot water temperature should be 105-120.

Check expiration date of CPR & First Aid & recertify before they expire.

Have chimneys inspected every year.

Have current date on posted menu.

Make sure you receive updated immunizations for each child.

Have a soft surface under swings or climbing apparatus.

Reading Readiness

Free printables

<https://www.themeasuredmom.com/learn-read-word-families-free-books/>

<https://www.themeasuredmom.com/print-2/>

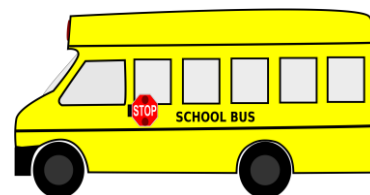
https://www.readinga-z.com/?_ga=2.46979169.735794756.1582414433-181423090.1582414433

<https://www.dltk-teach.com/minibooks/index.htm>

<https://www.dltk-teach.com/>

science - https://www.sciencea-z.com/?_ga=2.46979169.735794756.1582414433-181423090.1582414433

writing - https://www.writinga-z.com/?_ga=2.9220979.735794756.1582414433-181423090.1582414433



Crafts & Activities

March

<http://holidayinsights.com/moreholidays/march.htm>

<https://www.brownielocks.com/march.html>

<http://www.first-school.ws/theme/occasions3.htm>

<https://www.theresourcefulmama.com/shamrock-man-craft/>

<https://www.messforless.net/pot-of-gold-craft/>

<https://lifeasmama.com/8-fun-st-patricks-day-crafts-for-kids/>

<https://www.pinterest.com/cmarashian/st-patricks-day-crafts-and-activities/>

April

<http://holidayinsights.com/moreholidays/april.htm>

<https://www.brownielocks.com/april.html>

<http://www.first-school.ws/theme/occasions4.htm>

<https://family.disney.com/crafts/easter-crafts-for-toddlers/>

<https://www.thebestideasforkids.com/20-easter-crafts-preschoolers/>

<https://www.thebestideasforkids.com/easter-crafts-for-kids/>

[https://iheartcraftythings.com/spring-windsock-](https://iheartcraftythings.com/spring-windsock-crafts.html?fbclid=IwAR30C6re1IwtP2bkmJI0kuOpCCfgy2HdiCJoQQ-mGVdarag4yCuA0YqQ0sg)

[crafts.html?fbclid=IwAR30C6re1IwtP2bkmJI0kuOpCCfgy2HdiCJoQQ-mGVdarag4yCuA0YqQ0sg](https://iheartcraftythings.com/spring-windsock-crafts.html?fbclid=IwAR30C6re1IwtP2bkmJI0kuOpCCfgy2HdiCJoQQ-mGVdarag4yCuA0YqQ0sg)

[https://www.printables4mom.com/printable-easter-bunny-](https://www.printables4mom.com/printable-easter-bunny-craft/?fbclid=IwAR2glChrb9GcZoA1fSl1627um2XMEcGSx3_GILbSmrHhGOMszUlsM6U2No)

[craft/?fbclid=IwAR2glChrb9GcZoA1fSl1627um2XMEcGSx3_GILbSmrHhGOMszUlsM6U2No](https://www.printables4mom.com/printable-easter-bunny-craft/?fbclid=IwAR2glChrb9GcZoA1fSl1627um2XMEcGSx3_GILbSmrHhGOMszUlsM6U2No)

[https://rhythmsofplay.com/bunny-craft/?fbclid=IwAR1REETLzy-9Hka5j-](https://rhythmsofplay.com/bunny-craft/?fbclid=IwAR1REETLzy-9Hka5j-KjAkcClCo1mSZnF2ifLMMTBrdxwMof90RWIFtq7ZE)

[KjAkcClCo1mSZnF2ifLMMTBrdxwMof90RWIFtq7ZE](https://rhythmsofplay.com/bunny-craft/?fbclid=IwAR1REETLzy-9Hka5j-KjAkcClCo1mSZnF2ifLMMTBrdxwMof90RWIFtq7ZE)

May

<http://holidayinsights.com/moreholidays/may.htm>

<https://www.brownielocks.com/may.html>

<http://www.first-school.ws/theme/occasions5.htm>

<https://iheartcraftythings.com/spring-crafts.html>

[https://www.easypeasyandfun.com/movable-](https://www.easypeasyandfun.com/movable-butterfly-paper-doll/?fbclid=IwAR2FXkep6NQhGCS7GOeisW0hYZd6_51xcKyihhNt7g8JYBcNiomg3731vqq)

[butterfly-paper-](https://www.easypeasyandfun.com/movable-butterfly-paper-doll/?fbclid=IwAR2FXkep6NQhGCS7GOeisW0hYZd6_51xcKyihhNt7g8JYBcNiomg3731vqq)

[doll/?fbclid=IwAR2FXkep6NQhGCS7GOeisW0hYZd6_51xcKyihhNt7g8JYBcNiomg3731vqq](https://www.easypeasyandfun.com/movable-butterfly-paper-doll/?fbclid=IwAR2FXkep6NQhGCS7GOeisW0hYZd6_51xcKyihhNt7g8JYBcNiomg3731vqq)

June

<http://holidayinsights.com/moreholidays/june.htm>

<https://www.brownielocks.com/june.html>

<http://www.first-school.ws/theme/occasions6.htm>



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



Happy
Birthday!



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

March	Eartherdell Dunston
April	Kathleen Skogstad
May	Cindy Huntington
June	Dona Cox, Diane McEwen, Marie McFadden



Birthday Freebies

<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>

National Child Care Conference to be Held in Norfolk

This is your year to attend the National Child Care Conference because it is being held in our back yard! If you don't want to attend all 3 days, you can attend on Saturday only.

Here is their tentative schedule: <https://www.nafcc.org/schedule>

30TH NATIONAL FAMILY CHILD CARE CONFERENCE

Toast to Quality

July 15-18, 2020 - Norfolk, Virginia

SAVE THE DATE

July 15-18, 2020

Norfolk Waterside Marriott Hotel

Norfolk, Virginia

USEFUL LINKS

[Conference Schedule](#)

[Submit a Workshop Proposal](#)

[Registration and Layaway Information](#)

[Hotel and Transportation Information](#)

[Conference Sponsorship](#)

[Exhibiting & Advertising](#)

[ARCHIVE: 2019 Conference Program](#)



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Conference Host



Promoting Quality Child Care Since 1989

*NAFCC does not endorse any product of our advertisers or sponsors. We believe each provider is able to make the best decision of products and curriculum for their program and the children in their care.