



PFCEEA Quarterly



April, May, June 2014

Summer Edition

www.pfceeaa.com

A Message From Your President

Ahh, summertime! Another school year is over and it is now time to enjoy the warm temperatures and relaxed schedules. Remember sunscreen, plenty of water to drink, and check for ticks. Hurricane season is here too, heed all warnings.

Congratulations to Michelle Freeman for receiving the 2014 Safe Harbor award! If you couldn't attend the celebration, see page 4 to read about Michelle.

One of our members is "cleaning house" and will be selling some of items. Most of this will be done via email; please check your email frequently as you may miss out on a great deal. Also, check your spam box as most messages will be sent in groups.

We have an important election coming up next year - all 4 of the executive positions will become available. If you think you might like to become a board of director, now is the time to start attending our quarterly business meetings. It takes a lot of people to do all the jobs required to keep this association running smoothly. If you start attending now, you will be able to work with a current board member to make sure you like the job. Our next business meeting will be on July 21. Let me know if you plan to attend; I will give you the time and location. Have a safe summer!

Marie



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

Riquandria Ballesteros Lorna Williams
Cindy Reno Olivia Brichter

Membership Report

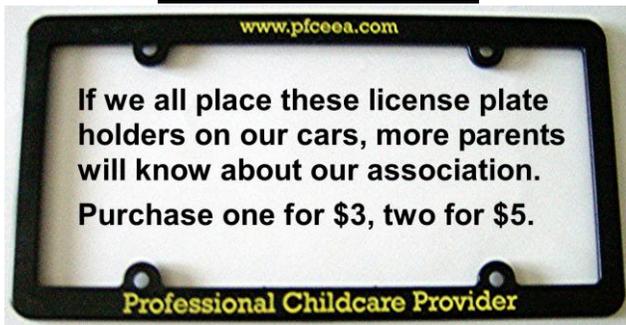
We currently have 62 members in good standing: 13 are in Chesapeake, 1 Hampton, 14 in Norfolk, 2 in Portsmouth, 1 in Suffolk, & 31 in Virginia Beach. Since the Association started, we have had 392 people become members. Remember to check our website to make sure your information is correct.

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 Randee Holmes

License Plate Frames



Social Secretary

Beth Kaminski has volunteered to take over the Social Secretary duties.

If you know of a member who should be sent a get well or sympathy card, contact Beth and she will send out the card right away. Call Beth at 853-4505



How to Contact PFCEEA

Email: pfceea@yahoo.com
Website: 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

Position available

Membership

Randee Holmes 479-9579

Newsletter

Marie McFadden, Editor 482-9470

Phone Tree

Cindy Sisson 421-7901

Social Secretary

Beth Kaminski 853-4505

Door Prizes

Michelle Freeman 483-1970

At Large

Diane McEwen 490-2371

Regina Moore 483-9689

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 Items may be brought to our trainings.



Submitted by Beth Kaminski

Advertising Report

I placed an ad in the Virginian-Pilot to run from mid May to mid June. Make sure your information is correct on our website so parents can get it touch with you.

(www.pfceeaa.com)



Jan Coffman 499-6474

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.

Website Report

Our home page was viewed 33 times in March, 60 in April, & 49 in May (up to 22nd). 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: CO, FL, GA, MN, NJ, OK, PA, & Washington D.C. (Dept. of Veteran's Affairs and Geico). We were also seen in Auckland, New Zealand.

Submitted by Marie McFadden

PFCEEA Meeting Schedule

To register for all training meetings, email pfceeaa@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 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:

June 30, July 28

Sept. 29, Oct 27, Nov. 17

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
Phone Tree Chairwoman



Congratulations to 2014 Safe Harbor Award Winner Michelle Freeman



Carmencita, Jan, Michelle, Randee, Marie, & Diane

Michelle Freeman is the owner and director of Michelle's Playland, Inc. She is a Christian and a US Marine Corps veteran. She is married to retired Chief Warrant Officer Sobeye Freeman, has 2 adult and 4 beautiful grandchildren. While volunteering at her children's schools, Michelle discovered her true passion - caring for children. Michelle was a Girl Scout troupe leader and helper with the Boy Scout troupes. She volunteered as team mom for her children's athletic teams. Michelle has been a childcare provider for more than 30 years. She has an early childcare education (ECE) associate's degree, has a four star rated home via the Virginia Star Quality Initiative (VSQI) and is an accredited provider. She is currently working toward the completion of her early childcare education bachelor's degree. Michelle is a member of NAFCC, VAFCCA, PFCEEA, NAEYC, VAECE, and SECA. She regularly attends various childcare training events and conferences in order to stay abreast of the most cutting edge developments in the ECE field. Michelle mentors other childcare providers in the Suffolk area and volunteers at her church in support of numerous community ventures. A true professional, Michelle is dedicated and her childcare knowledge, expertise, and top rate program are admired by many parents, contemporaries, and state Y local ECE program directors. Properly caring for children is a monumental task that she does not take for granted. Michelle is unequivocally one of the best providers in the state of Virginia. Michelle believes that she has been blessed to be a blessing. She would like to thank her husband, her assistant Carmencita, her assistant-in-training Shayla, and everyone else that has made this award possible.

Parents



For information on infant only car seats, click on the link below:

http://babies411.com/information-station/car-seat/heightweight-limits-of-infant-only-car-seats-new.html?fb_action_ids=10202224511626648&fb_action_types=og.recommends

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

No mess Finger Painting

Pour one or 2 colors of finger paint inside a gallon size zip lock bag. Tape the bag to a window and let the children move the paint around. They have fun and there is no mess to clean up. Gravity will pull the paint to the bottom of the bag allowing them to play all day with the same paint.

Tom Copeland's Taking Care of Business

Tom Copeland - www.tomcopelandblog.com

Tom Copeland Podcast: Custody Disputes

How should you handle the following three situations?

First - A mother calls you up and says, "My husband and I are starting divorce proceedings and I don't want him to pick up our child anymore."

Second - At the time of enrollment the mother tells you that she is separated, but not divorced, from the father. One day a man shows up at your home saying he is the father and is there to pick up his child. The child runs to him, saying "daddy, daddy!" You've never seen this man before.

Third - Parents have joint physical custody and the father picks up the child on Fridays. The father tells you his new girlfriend will be picking up the child next Friday. The mother finds out and says she doesn't want girlfriends picking up her child.

What a hassle!

It can be stressful when you find yourself being forced to act as a referee in disputes between parents. These parent disputes can get intense and many family child care providers wonder how they can avoid being caught in the middle.

Here is the general rule.

Biological parents have equal rights to their children unless a court has limited their rights.

This is the beginning of my latest podcast, "[Custody Disputes.](#)"

In this podcast I explain how you should handle the above three situations and protect the legal rights of everyone. This is the [eighth](#) in a series of podcasts I am doing on the business side of child care.

The podcasts are produced by Jeff Johnson of the [Child Care Bar and Grill](#) and are shared on the [Explorations Early Learning Facebook page](#).

[Here's a link to all of my podcasts.](#) For more information about custody disputes and other legal issues, see my book [Family Child Care Legal & Insurance Guide](#).

Training photos



These photos are from our Saturday Trash to Treasures training. On right the beginning of a beautiful newspaper hat.



Denise brought enough projects
To keep us busy all day!

Interesting Websites

Holidays and Special Days of the Month

June

<http://www.enchantedlearning.com/crafts/fathersday/>

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

<http://www.enchantedlearning.com/crafts/>

<http://www.dltk-kids.com/>

July

<http://www.enchantedlearning.com/crafts/july4/>

<http://www.artistshelpingchildren.org/4thfourthofjulypatrioticartscraftsideaskids.html>

<http://www.allkidsnetwork.com/crafts/4th-of-july/>

August

<http://www.kidsource.com/schwab/summer.activities.html>

<http://www.squidoo.com/summer-and-beach-theme-activities-for-young-kids>

<http://www.dltk-holidays.com/summer/index.html>

<http://www.naeyc.org/content/summer-children>

<http://crystalandcomp.com/2011/05/80-inexpensive-or-free-summer-activities-for-kids/>

Tips for Licensed Providers

Make sure liquid hand soap bottle for the children's use does not say "keep out of reach of children".

Shelter in place drills need to be done and documented at least 2 times a year. Fire drills are done monthly.

Make sure all exits are kept cleared in case an emergency evacuation needs to take place.

Children's records need to have a physical examination. Many providers seem to be receiving violations on this regulation.

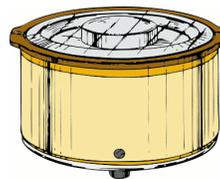
Make sure parents have 2 people listed as an emergency contact with phone @ and address of each person.

Be sure to post a new menu each week and check the date to make sure it is the correct week.

Infants bottles need to have child's full name and date on each bottle.

Stay current on you and household members TB tests, CPR, First Aid, and MAT training if you dispense medicine.

Recipe Corner



Quick & easy meals

<http://www.aturtleslifeforme.com/2011/06/freezer-meals-on-cheap.html>

Fire Safety Videos

These videos are very well done and I encourage you to take a look.

<http://www.kidsandcharacter.com/fire-video-0/>

<http://www.kidsandcharacter.com/fire-video-1/>

<http://www.kidsandcharacter.com/fire-video-2/>

Cedar Chests

If you own a cedar chest, please take a minute to look at this.

<http://www.boston.com/news/local/massachusetts/2014/01/13/two-franklin-children-who-were-trapped-inside-hope-chest-have-died-norfolk-says/kxLmxTOZHhrbH8lyN7Tq3N/story.html>

If you would like to receive the new lock, email: newlock@lanefurniture.com or call 800-327-6944

10 Tips for Protecting Children from Tornadoes

Save the Children Urges Families to Prepare for Severe Weather

BEFORE A TORNADO PREPARE-:

Be familiar with the following definitions to help prepare your family for tornadoes.

Tornado WATCH means that tornadoes are possible in and near the watch area. People in a watch area should review their tornado plans (Family Disaster Plan, Disaster Supplies Kit, tornado safe room), and be ready to act if a warning is issued or they suspect a tornado is approaching.

Tornado WARNING means that a tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. People in a warning area should go immediately to their safe room. If they are in a vehicle, they should get out of the vehicle and go to shelter in a nearby sturdy building or lie flat in a low spot away from the vehicle.

1. **Get ready and Stay informed.** When weather is predicted to be severe, monitor the news so you'll know if your area is at risk and when to take action. Plan now, before the weather may worsen.

2. **Talk about tornadoes.** Discuss with your family why tornadoes occur and that they are not anybody's fault. Explain what the signs are, since tornadoes can strike before an official warning is issued. Signs include dark, often greenish clouds; large hail; cloud of debris, funnel cloud; or a roaring noise.

3. **Learn your caregivers' disaster plans,** such as how your children's school or child care center would respond to a tornado.

4. **Practice tornado drills with your family.**

DURING A TORNADO:

5. **Seek immediate shelter in a tornado-safe room** if you are in the path of a tornado. The safest place in the home is the interior part of a basement. If you do not have a basement or storm cellar, consider an interior bathroom, closet, or hallway on the lowest floor.

6. **If outside or in a mobile home, seek cover in a designated shelter or nearby sturdy building.** If there is no building nearby, lie flat in a low spot, making sure it is not a drainage area that could easily fill with water in the case of flash flooding. Use your arms and hands to protect your head and neck.

7. **Wear a helmet for extra protection.** Families should always seek appropriate shelter first. However, wearing a helmet may provide additional protection since head injuries are common from tornadoes.

AFTER A TORNADO:

8. **Stay informed after a tornado strikes** by continuing to listen to a radio or television station for updates.

9. **Involve children in recovery.** After a tornado, include your children in clean-up activities if it is safe to do so. It is comforting to children to watch the household begin to return to normal and to have a job to do.

10. **Listen to children if your family has been affected by a tornado.** Encourage your child to express feelings of fear. Listen carefully, show understanding, and offer reassurance.



Al's Caring Pals is designed specifically for home-based child care. Lively training sessions address the unique aspects of this setting and build the skills of providers. Down-to-earth approaches and practical materials prepare providers to help children learn to express and manage feelings, solve problems peacefully, accept differences, control impulses, cope, and make safe and healthy choices.

How It Works

Al's Caring Pals provides training for local groups of home-based child care providers to strengthen their ability to nurture social-emotional development of the children in their care. The *Al's Caring Pals* materials kit equips each home-based child care provider with easy-to-use tools to develop children's skills related to traits of resilience such as self-control, social competence and problem-solving.

Training Sessions for Home Child Care Providers

Training sessions for home-based child care providers are conducted by local facilitators who have completed Wingspan's training. These fun, interactive educational sessions are structured to build a sense of community and support for the participants. In this relaxed environment, providers learn and practice how to reinforce positive social behaviors in children. They discuss how to incorporate *Al's Caring Pals* materials and approaches into their daily activities.

Al's Caring Pals educational sessions use experiential learning methods to strengthen the providers' abilities to:

- listen to children
- teach and encourage use of feeling language and kind word
- value children's individuality
- develop children's creativity
- guide problem-solving
- involve children meaningfully in daily activities
- communicate clear norms regarding healthy choices



****** In order to hold a class in our area, a minimum of 10 people must attend. If you are interested in taking this class, let Marie know by calling 482-9470 or sending an email to pfceea@yahoo.com

Things to Remember



To see the guide for new crib standards, go to: 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 upcoming trainings will be on Monday, June 30 and Monday, July 28. All of our upcoming training dates are on our website 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

facebook

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



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