



## PFCEEA Quarterly



July, August, September 2013

Summer Edition

www.pfcee.com

### A Message From Your President

As another school year starts I think back to 1984 and the excitement I felt when the school bus stopped in front of my house and a few school-aged children headed toward my door. I hope all of you are feeling that same excitement this year as you start another year of homework and projects.

If you are someone who likes to receive several training hours in one day, you might be interested in attending this year's Virginia Alliance Conference on Oct. 12, being held in Richmond. America's Super Nanny will be there, so if any of your daycare parents are interested, the Alliance is offering parents the opportunity to sit in on her class for \$10. The Alliance gave each association one free conference voucher - congratulations to our winner Tee Burris, we hope you enjoy this conference. If you haven't received information on this conference, go to: [www.vafcca1.net](http://www.vafcca1.net)

PFCEEA is celebrating another anniversary! We held our first meeting on September 10, 2001. We have done so much in the past 12 years, and I know so much more will be done in the upcoming years!

*Marie*



### Inside This Edition

Membership Report	page 2
Social Secretary Report	
License Plate Frames	
Contacting PFCEEA	
Candii House	page 3
PFCEEA Meeting Schedule	
Phone Tree Report	
Website Report	
Marketing Report	
Voluntary Registration & USDA	page 4
VA Star Quality Initiative	page 5
June training pictures	page 6
Children's Harbor Food Program	page 7
Child Care Financing	
Tips on Cutting Expenses	
Interesting Websites	page 8
Recipe Corner	
Tips for Licensed providers	
Telephone Log	
August Training pictures	page 9
Things to Remember	page 10



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

Tiffany Stewart  
The Planning Council

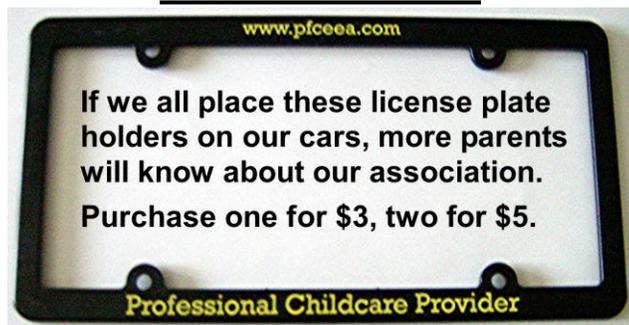
## Membership Report

We currently have 82 members in good standing: 16 are in Chesapeake, 2 Hampton, 18 in Norfolk, 7 in Portsmouth, 2 in Suffolk, & 37 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. Parents want to make contact with you quickly; if you have an email address listed, make sure you check your email daily. We have also heard back from parents who have called a member, left a message, but the provider never returned the call. The professional thing to do is answer all inquiries.



Submitted by Randee Holmes

## License Plate Frames



## Social Secretary

I am taking over the Social Secretary duties. I will send out cards to our members for birthdays as well as get well or other cards. Let me know when something happens to a member and I'll send the appropriate card.



Submitted by Laurie Womack  
Social Secretary  
seasidegeneralstore@gmail.com

## 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

Laurie Womack 486-1408

#### At Large

Beth Kaminski 853-4505

Diane McEwen 490-2371

JoAnn Dixon 543-4406

Regina Moore 483-9689

## Candii House

We have received one large donation of brand new clothing this quarter. Candii House has not picked up this donation even after I have contacted them a few times. We are now looking into other organizations where they might accept donations from our members. If you know of a place, give me a call at 853-4505 or email me

[mylittleschool@cox.net](mailto:mylittleschool@cox.net)

Submitted by Beth Kaminski



## Marketing Report

Fern has given out our business cards and ink pens in Norfolk, Portsmouth, and Virginia Beach. Jan has also passed out our business cards in several places in Virginia Beach. An ad has been placed in the Virginian-Pilot and we are now listed on

<http://daycareresource.com/>

Fern Rohrer  
857-7948

&

Jan Coffman  
499-6474



## Website Report

Our home page was viewed 90 times in April, 74 in May, 45 in June, 51 in July, and 81 in August, 2013. We have seen an increase in traffic to our site due to being added to the Daycare Resource website and another ad placed in the Virginian Pilot. People from all around the world have visited our website. In addition to our local cities, people in the following areas have visited our site: AL, CA, CT, FL, IA, MD, NJ, OH, PA, TN, TX, UT, VA, and Australia, Pakistan, & Yemen.

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.

2013 training dates:

Sept. 30    Oct. 28    Nov 25

## Phone Tree Report

The Phone tree team call the providers that do not get email to let them know about the up-coming trainings. They made the calls in May and June. 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





## Why Should I become a Voluntarily Registered (VR) Provider?

### What are the benefits of being voluntarily registered?

- VR providers can participate in the USDA food program and receive reimbursements for applicable meals served to children;
- VR providers can participate in the “subsidy” program and receive payments to care for children whose parents are eligible for assistance with child care;
- VR certificates are issued for a two-year period unlike the child care subsidy approval process, which only lasts as long as “subsidy” children are enrolled in an unregulated home;
- VR homes can have a mixed enrollment of private-pay children and children who receive subsidies;
- VR homes are listed on the Virginia Department of Social Services (VDSS) website used by parents to locate child care options;
- VR providers can assure parents that they are in compliance with basic health and safety requirements, that the home has been inspected, and that applicable background checks have been completed;
- VR providers can participate in trainings offered through VDSS, contract agencies, local departments of social services, USDA sponsoring agencies; receive technical assistance; and may even elect to participate in on-site technical assistance from Infant and Toddler Specialists when the home serves infants and toddlers; and
- VR providers are still operating an independent business, but VDSS will help you stay informed about changes in child care that affect **YOU**, (e.g. immunization requirements, new federal guidelines for cribs, etc.).

### What is the next step?

If you are interested in becoming voluntarily registered, please contact **Susanne Rakes** at **757-622-9268 x 3083** or [srakes@theplanningcouncil.org](mailto:srakes@theplanningcouncil.org) to discuss your specific circumstances, the requirements, and incentives for VR participants.

**Licensed Family Child Care Providers**  
**And Voluntarily Registered Providers:**   
 Join USDA Child & Adult Care Food Program (CACFP)!

- Receive reimbursements for healthy, nutritious meals and snacks served to the children in your care under the age of 13; this may include provider’s own children.

Providers are reimbursed monthly by check or direct deposit.

- Attend trainings and receive technical assistance on quality care and nutrition.
- Promote your child care business by engaging in networking opportunities, offering healthy meals, and joining the national effort to reduce childhood obesity.

Providers use a free, web-based claim submission and child enrollment system.

CACFP participation is a NAFCC criterion for national accreditation.



**For more information, please contact  
The Planning Council (Virginia)**

757-627-3993  
800-477-3993 (toll free)  
[www.theplanningcouncil.org](http://www.theplanningcouncil.org)



**CACFP forms and monitoring are available in Spanish.  
USDA is an equal opportunity provider.**

## Application Information for Family Child Care Homes

### Exciting news!

*The Planning Council, in partnership with Tidewater Community College, has the opportunity to expand the Virginia Star Quality Initiative (VSQI) for family childcare homes in South Hampton Roads (Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach).*

*VSQI offers an opportunity to improve the quality of your childcare program and to demonstrate your professionalism as a provider.*

Family Child Care Homes that are licensed by the Virginia Department of Social Services, are invited to participate in this voluntary quality rating and improvement system.

Your program will receive a program quality report, on-site assistance from a Star Quality Mentor, and resources to implement a quality improvement plan.

Participation reflects your program's choice to raise the bar in commitment to quality beyond expectation or requirement. A participating program:

- is on a quality improvement path
- distinguishes itself for exceeding required standards
- assures parents that your program focuses on producing a high quality experience for children
- reflects a culture of commitment to excellence



### Why VSQI?

- ★ Defines standards and creates a framework for accountability.
- ★ Sets a family child care program on a quality improvement path.
- ★ Establishes a network of support and outreach for family child care professionals.
- ★ Provides incentives linked to achieving and maintaining quality standards.
- ★ Acts as a consumer education tool to improve the information available to families.

#### For more information contact:

Marsha Windell at 757-622-9268 Ext 3059

Email: [mwindell@theplanningcouncil.org](mailto:mwindell@theplanningcouncil.org)



### Technical Assistance Opportunities for Childcare Providers through The Planning Council

As the lead Resource and Referral agency for Child Care Aware of Eastern Virginia, The Planning Council can provide technical assistance to child care centers, family child care providers, and school-age programs. Technical assistance can be tailored to suit each program's needs and will be provided by a professional with extensive experience in Early Childhood Education. Some topics that may be the focus of technical assistance are:

- helping childcare programs to become Licensed or Voluntarily registered
- assisting with meeting licensing standards and addressing deficiencies
- enhancing the quality of child care offered, utilizing best practices
- offering child development and child care information and resources
- locating high quality skills training and professional development opportunities
- sharing information with those interested in or who currently participate in Virginia's Star Quality Rating and Improvement system (VSQI)
- may use an interactive, on-site/hands approach or by telephone or e-mail

To arrange for your personalized Child Care Technical Assistance from **The Planning Council** or for more information, please contact: **Susanne Rakes at: 757-622-9268 ext. 3083** or [srakes@theplanningcouncil.org](mailto:srakes@theplanningcouncil.org).

## June Training



**"Math in a Preschool Setting"  
presented by Elizabeth Merce was  
attended by 56 providers.**

**July business meeting  
L to R:  
Azure, Laurie, Randee,  
Wanda, Regina, & Diane**



## 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)

## Marketing your business

### Tom Copeland's Taking Care of Business

#### Tips on Cutting Expenses

There are only three ways of making more money doing family child care:

1) Take care of more children                      2) Raise your rates                      3) Reduce your expenses

Of the three, reducing your expenses is probably the easiest to accomplish. Here are some suggestions on how to do this:

When you shop, you may be able to reduce your spending if you follow this advice: shop alone, use a shopping list, bring a limited amount of cash with you, set a limit on how much time you will spend in the store, eat just before you shop for food, and don't shop if you are in a bad mood (because some people will try to improve a bad mood by spending more money).

Reduce the number of times you eat out with your family. When you do, don't buy drinks at the restaurant. Have a drink at home when you return.

At least twice a year go through your home to determine what items can be sold at a garage sale or given to a charity.

Do you have seldom-worn jewelry that could be sold to pay off a debt?

Request an energy audit of your home to get ideas on how to improve energy efficiency.

Drive your car until you own it, and then keep it as long as you can after that.

Before buying anything, ask yourself whether the item is a want or a need.

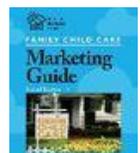
Tired of getting all those offers in the mail for credit cards? To remove your name from prescreened credit or insurance offer mailing lists, call 1-888-567-8688. They will contact major credit card bureaus and you will no longer get direct marketing offers. There is no fee for this service. You can also fill out an [on-line form](#) to opt out.

Spend less each year than you make.

Pay off all credit card debt.

Don't be afraid to start saving small amounts. They add up. The act of saving begets the habit of saving. Purchase insurance to protect against major catastrophes: life, disability income, health, long term care, business liability. Teach your children to save.

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



## Interesting Websites

### Holidays and Special Days of the Month

#### September

<http://www.holidayinsights.com/moreholidays/september.htm>

<http://www.daysoftheyear.com/days/2013/09/>

#### October

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

<http://www.first-school.ws/theme/occasions10.htm>

[http://www.ehow.com/info\\_7935696\\_preschool-activities-month-october.html](http://www.ehow.com/info_7935696_preschool-activities-month-october.html)

<http://themes.atozteacherstuff.com/october-themes-resources-and-lesson-plans/>

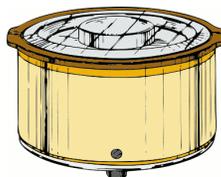
#### November

<http://www.first-school.ws/theme/occasions11.htm>

<http://www.adaycare.com/PreschoolCurriculumSample7ThanksgivingTheme.html>

<http://www.theteacherscorner.net/monthly-resources/november.php>

## Recipe Corner



### Home made paint

1 cup water, 1 cup flour,  
1 cup liquid dish soap, food coloring

Mix the flour and water in a big bowl until it's completely smooth and no lumps are left. Stir in the dish soap. Pour into as many different containers as the number of colors you want. Add a big squirt of food coloring to each individual jar and stir it up! It will be all frothy and bubbly to begin with, but settles down soon.

## Are You Keeping A Log?

We are trying to find new places to advertise our association and we'd like your help. If you know of any place, please pass the contact info to us so we might be able to fill all of our member's openings. You can also help by keeping a log of when you receive phone calls from parents looking for child care. In the log keep track of how the parent received your name/phone number.

Pass this information onto us either in person or through email. This information will help us in marketing the association to let the parents know where you are. We are advertising on other websites now and hope your phone calls increase. Please go to our website [www.pfcee.com](http://www.pfcee.com) to make sure all of your information is current.

## Tips for Licensed Providers

I have noticed over the last several years providers are receiving fewer violations when they have their inspections. This is a very good thing! Since we are all human, we know we can't be perfect all the time. Paperwork still seems to be the #1 violation most of us receive. The following items are what I found online:

Remember to update your annual emergency response plan, sign and date your plan.

Have parents sign the bottom of page 1 of the Child's Record form annually.

If you have swings with "S" hooks, make sure they are tightly closed and have flexible seats.

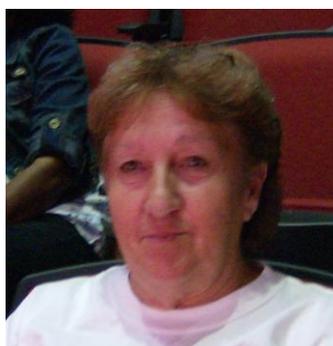
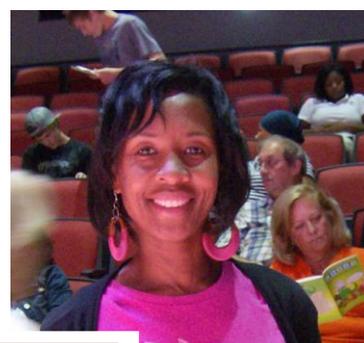
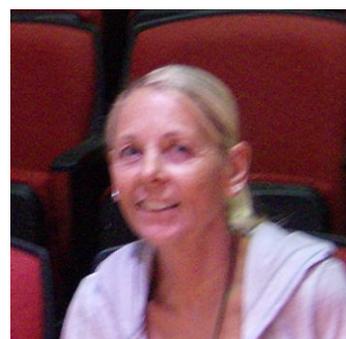
Maintain paperwork for provider, assistants, and household members - including TB tests every 2 years, CPR & 1<sup>st</sup> aid every 2 years, child protective services every 3 years, and criminal history every 3 years.

## August Training



Our speakers for this training were from The Planning Council.

Marissa Spady gave us information about Good Nutrition and Marsha Windell talked about QRIS. Together, they handed out over 20 door prizes to our attendees.



## 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, September 30. Our speaker is Sharon Howell. 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 Candii House. 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)