



PFCEEA Quarterly

Do You Know About this Recall?

Rock 'n Play Sleepers, manufactured by Fisher-Price, have been the subject of a recall since April 12, 2019. All models of the sleepers were affected, with about 4.7 million units sold nationwide from September 2009 to April 2019. The recall was extended on January 9, 2023, after a number of additional fatalities were reported. The recall was prompted by the incidents of infants rolling from their back to their stomach or side while unrestrained or under other circumstances, resulting in over 100 reported deaths. Fisher-Price acknowledged the incidents but noted that in some cases, they were unable to confirm the circumstances or that the product was indeed a Rock n Play Sleeper.



If you have one of these items, stop using it immediately and contact Fisher-Price for a refund or voucher. You can visit Fisher-Price's contact page online or call them at 1-800-432-5437 Monday-Friday, 9 a.m. to 6 p.m. ET. Don't sell or give them away as it is illegal to sell or distribute recalled products. The sleepers were sold at major stores such as Walmart, Target, and online at Amazon for prices ranging from \$40 to \$149.

Inside This Edition

Membership Report	page 2
Social Secretary Report	
Contacting PFCEEA	
Annie Nurse	
PFCEEA Meeting Schedule	page 3
Eliminate Fire	
USDA info	
Recalls	
Fire Safety Guys	
Interesting Websites	page 4
Tummy Time	
Tom Copeland	
Helping Our Community	page 5
Insect bite suction tool	
Special Days	page 6
Tips for Providers	
Free Printables	
Crafts & Activities	Page 7
Mother Goose	
Funshine Express	
Happy Birthday	Page 8
Planning Council	
Do You Know Your Roots	
Are Your Affairs in Order	Page 9
N O K box	page 10
Safe Sleep Guidelines	
Magnetic cabinet locks	
Lower Food Costs	page 11
Food Substitutions	
Tantrums or Meltdowns	

Membership Report

We currently have 16 members in good standing. Chesapeake has 3 Norfolk 3, Portsmouth 1, Suffolk 0, Virginia Beach 8 and New Orleans 1. As you can see, our membership has dropped drastically since 2020. We all need to try to talk to providers and let them know about our association and encourage them to join.

Since the Association started, we have had 418 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 Diane at 490-2371



We received sad news that one of our long-time members, Annie Nurse has passed. We send our condolences to her family and friends.



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

Door Prizes	Dona Cox	486-1565
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Social Secretary	Diane McEwen	490-2371
Speakers at trainings	Beth Kaminski	853-4505

Eliminate Fire in Seconds

<https://order.preparedhero.com/hfs>

Hero Fire Spray

Save \$5



~~\$34.99~~ \$29.99 each

14% OFF!

+ \$4.99 S&H

- StaySafe Fire Extinguisher



Retail \$34.99

\$29.99

(Save \$5)

+S&H

<https://staysafe-homelifegarden.com>

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. Our trainings will be held from 7-9 pm.

While we hold online trainings, cameras must be turned on, unmute your microphone from time to time so you can join in on the conversations, or type in the text box.

2023 virtual training dates:

Training starts at 7pm - 9 pm

March 27

April 24

May 22

June 26

July 24

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

757-773-FIRE (3473)

www.firesafetyguysva.com



The Fire Safety Guys, LLC
Serving your fire safety needs

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/>

Interesting Websites

Science fun - STEM projects

https://thekrazycouponlady.com/tips/family/stem-projects-for-kids?utm_source=facebook&utm_medium=social&fbclid=IwAR2VTEemfBPYUd92k0pxN4IhJ3Nne3_KdVNENctulzKu3v0oL6eTflkgJsg

<https://www.sixthbloom.com/science-activities-for-toddlers/>

<https://littlebinsforlittlehands.com/science-activities-for-toddlers/>

<https://teaching2and3yearolds.com/toddler-science-activities/>

<https://www.sciencefun.org/kidszone/experiments/>

<https://gosciencegirls.com/1-2-year-olds/>

<https://happyhooligans.ca/20-science-activities-toddlers-preschoolers/>

<https://handsonaswegrow.com/science-activities-toddlers/>

<https://kidactivitieswithalexa.com/en/science-experiments-for-toddlers/>

<https://www.weareteachers.com/easy-science-experiments/>

Tummy Time

I will become a great grandmother in a few months. As a result I have been doing research on new/old techniques and I hope you find the following information useful.

The American Academy of Pediatrics says you can start tummy time right away, as soon as your baby is home from the hospital. Tummy time needs to be supervised.

<https://health.clevelandclinic.org/3-benefits-of-tummy-time-for-newborns-how-to-do-it-safely/>

Most babies don't like being on their stomachs, but it is important for their development. There are many items that might make them happier:

https://www.amazon.com/s?k=tummy+times+for+babies&adgrpid=1338107289396071&hvadid=83631981664845&hvbm=bp&hvdev=c&hvlocphy=67099&hvnetw=o&hvmt=p&hvtargid=kwd-83632707201847%3Aloc-190&hydadcr=7666_13583968&tag=mh0b-20&ref=pd_sl_51l9pxqpcj_p

Some benefits of Tummy Time are: neck strength, core strength, avoids flat spots, visual development, sensory processing, stretch the hip flexors, avoids torticollis, motor skill development, reduces chances of skull deformity, & promotes sensory development.

Source <https://www.baby-chick.com/benefits-of-tummy-time/>

Tom Copeland's Taking Care of Business

<https://www.tomcopelandblog.com/blog>

Resources <https://www.tomcopelandblog.com/resources>

IRS information <https://www.tomcopelandblog.com/resource>

Insurance <https://www.tomcopelandblog.com/insurance-directory>

Ask the experts <https://www.tomcopelandblog.com/ask-tom>

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!

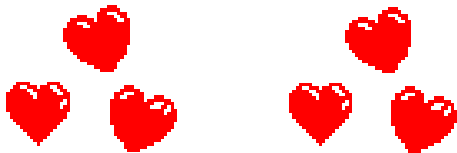
Plastic Grocery Bags

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.

As you will see in the video there are a few steps needed to transform the bags into sleeping mats: cutting into strips, connecting the strips, and finally crocheting. If you would like to help with this project, but don't know how to crochet, you can still help by working on one of the other steps.

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



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.

<https://www.bugbitething.com/>



This item is sold locally at Walmart, Target, Rite Aid, CVS, Eckerd, Walgreens, Lowe's for about \$10.

Special Days

March <https://www.today.com/life/holidays/march-holidays-and-observances-rcna64226>
<https://nationaltoday.com/march-holidays/>

April <https://www.thespruce.com/special-days-and-observances-in-april-1448882>
<https://www.countryliving.com/about/a37727692/april-holidays-and-observances/>

May <https://www.holidayscalendar.com/months/may/>
<https://www.countryliving.com/entertaining/a38091962/may-holidays-and-observances/>

June <https://www.thespruce.com/june-special-days-observances-4846430>

July <https://www.holidayscalendar.com/months/july/>

Tips for Providers

When a child is enrolled, make sure a current physical is in the child's record within 30 days of attendance.

Have chimneys inspected annually.

Make sure you have 2 emergency contacts listed for each child.

Have parents sign and date the child's emergency contact information annually.

TB screenings must be done every 2 years

Central Registry searches are to be done every 5 years.

If you care for mixed age groups, make sure toys are age appropriate to avoid choking.

If you have dogs, make sure their excrement is removed immediately.

Licensed providers are required to have a land line telephone.

Make sure you document all emergency drills.

Pressure mounted gates may not be used as a protective barrier.

A battery-operated weather band radio must be in the home.

Free printables & crafts

<https://www.freekidscrafts.com>

http://www.discoverycentermuseum.org/whats-happening/playfullearning?gclid=Cj0KCQiAgOefBhDgARIsAMhqXA6ZhCmOb4DBby629MD-at8p7cypfZHKghrBvJh54s9zb5lAGDVZhq8aAlp7EALw_wcB

<https://www.pinterest.com/FreeKidsCrafts/printable-kids-crafts/>

<https://www.allfreekidscrafts.com/>

<https://www.thecrafttrain.com/fun-free-kids-printables/>

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

<https://raisingwhasians.com/free-kids-printables-craft-ideas/>

<https://www.madewithhappy.com/printables-for-kids/>

<https://www.firstpalette.com/craft-theme/printable.html>

<https://www.google.com/search?q=Free+Printable+Arts+and+Crafts+templates&tbm=isch&source=iu&ictx=1&vet=1&biw=1247&bih=929>

Crafts & Activities

Mar	https://www.pinterest.com/lisaclabbers/preschool-march-crafts/
	https://www.madewithhappy.com/march-crafts-for-kids/
Apr	https://www.pinterest.com/sandras33/april-crafts/
	https://www.kindergartenworksheetsandgames.com/april-crafts-for-kids/
	https://www.madewithhappy.com/april-crafts-for-kids/
May	https://www.kindergartenworksheetsandgames.com/may-crafts-for-kids/
	https://www.whereimaginationgrows.com/may-crafts-spring-kids-activities/
	https://twitcheets.com/2022/03/may-crafts.html/
Jun	https://www.pinterest.com/sandras33/june-crafts/
	https://www.happinessishomemade.net/easy-summer-kids-crafts-that-anyone-can-make/
	https://www.freekidscrafts.com/
Jul	https://www.personalcreations.com/blog/fourth-of-july-kids-crafts
	https://www.prudentpennypincher.com/4th-of-july-crafts-for-kids/
	https://www.thistinybluehouse.com/4th-of-july-crafts/



 Mother Goose Time

 Early Learning Curriculum



experience

 EARLY LEARNING

<https://www.mothergoosetime.com>



FunShine

 Express

 Early Learning Curricula

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



Happy
Birthday!



PFCEEA hopes your special day is all you wish for.

March	28 Eartherdell Dunston			
April				
May	3 Cindy Huntington	30 Sherrie Bristow		
June	21 Regina Moore	24 Diane McEwen	26 Dona Cox	28 Marie McFadden
July				

Birthday Freebies

<https://www.dealnews.com/features/discounts/birthday-freebies/>

<https://www.favoritecandle.com/free-birthday-meals/Virginia-Beach/VA>



**The
Planning
Council**

Headquarters Office
2551 Eltham Avenue, Suite I Norfolk,
VA 23513
757-622-9268
info@theplanningcouncil.org

Do You Know Your Roots?

If you or someone in your family has not yet filled out a family tree, you can get started for **free** using:

<https://www.familysearch.org/en/>

Be careful adding or deleting names as this is 1 big family tree. The good part is if someone already filled in names they will automatically show up. The bad thing is sometimes people add wrong information. Be careful, and have fun discovering new family names.

Warning: This can be addicting!
If you need help getting started, send me an email: dypers2dlrs@gmail.com

IMPORTANT INFORMATION TO GET YOUR AFFAIRS IN ORDER!!

Have you done the following yet? If not, don't wait.

If the documents below are done, you can AVOID probate.

If all the below is not done, you have to open an estate account at the bank. All money that doesn't have direct beneficiaries goes into this account. You have to have an attorney to open the estate account. The attorney also has to publicize your passing in the newspaper or post publication at the county courthouse, to allow anyone to make a claim on your property. - It's a complete PAIN.

Make sure all bank accounts have direct beneficiaries. The beneficiary need only go to the bank with your death certificate and an ID of their own.

TOD = Transfer On Death house deed if you own a home. Completing this document and filing it with your county saves your heirs THOUSANDS. This document allows you to transfer ownership of your home to your designee. All they need to do is take their ID and your death certificate to the county building and the deed is signed over. Doing this will avoid the home having to go through probate.

TOD = also Transfer on Death your auto title(s). You can do that too. All these things will help your heirs avoid the probate process!

Living Will: Allows one to put in writing EXACTLY what you want done in the event you cannot speak for yourself when it comes to healthcare decisions as well as other final decisions.

Durable Power of Attorney: Allows one to designate a person to make legal decisions if one is no longer competent to do so.

Power of Attorney for Healthcare: This document allows one to designate someone to make healthcare decisions for their person.

Last Will and Testament: Designates to whom personal belongings will go too.

Funeral Planning Declaration: allows one to say exactly one's wishes as far as disposition of the body and the services.

Make a list of all banks and account numbers, all investment institutions with account numbers, lists of credit cards, utility accounts, etc. Leave clear instructions as to how and when these things are paid.

Make sure your heirs knows where life insurance policies are located.

Make 100% sure SOMEONE knows your Apple ID, bank ID account logins and all passwords! A password keeper will streamline that - only one password needed to access all accounts.

Make sure you have titles for all vehicles, campers, etc. in the SAME PLACE.

Set up a trust for intended beneficiaries that are too young, and appoint a trustee of said trust.

MOST IMPORTANTLY!!!! - Talk with those closest to you and make all your wishes KNOWN. Talk to those whom you've designated, as well as those close to you whom you did not designate. Do this to explain why your decisions were made and to avoid any lingering questions or hurt feelings.

What is a NOK Box?

Are you leaving a Scavenger hunt for your Next of Kin? Not if you are using a Next of Kin Box! <https://www.thenokbox.com/> While this site will sell you a box, you can DIY it yourself much cheaper.

New Safe Sleep Guidelines for Babies

Author: [CHKD Medical Group](#), Dr. Charisse Carter

Published Date: Tuesday, September 27, 2022

By [Dr. Charisse Carter, Norfolk Pediatrics](#)

Each year in this country, thousands of babies die suddenly and unexpectedly from unsafe sleep practices. The American Academy of Pediatrics (AAP) recently released new safe sleep guidelines, so it's a good time to refresh yourself on the importance of safe sleep for you and your baby.

Based on a review of nearly 160 scientific studies since 2015, the new recommendations include guidelines on inclined baby sleepers and positioners like hammocks, baby boxes, and in-bed sleepers, as well as the use of cardiorespiratory monitors.

The updated guidelines below can help reduce the risk of all sleep-related infant deaths such as sudden infant death syndrome (SIDS) or accidental strangulation and suffocation. Please note: the recommendations are for infants up to 1 year of age, unless otherwise specified.

Infant Sleep Position Back to sleep for every sleep until the child reaches 1 year of age.

https://www.chkd.org/Blog/New-Safe-Sleep-Guidelines-for-Babies/?utm_source=facebook&utm_medium=social&utm_campaign=DAVIS&utm_term=clicks&utm_content=baby+safe+sleep+guidelines+ad

Magnetic Cabinet Locks

<https://sale.lulasafe.com/>

Turn your home into a safe haven for your baby with Lulasafe!

Ready-to-use in under 2 minutes

No drilling or tools required

Invisible from outside

\$39.95 \$59.95

Lower Your Food Costs

<https://www.allrecipes.com/recipes/15522/everyday-cooking/budget-cooking/>

<https://www.budgetbytes.com/>

<https://easybudgetrecipes.com/>

Food Substitutions

<https://food.unl.edu/article/ingredient-substitutions>

<https://food52.com/blog/25199-common-ingredient-substitutions>

<https://thegardeningcook.com/recipe-substitutes-replacements/>

<https://www.foodnetwork.com/recipes/ingredient-substitution-guide>

Do any of your children have meltdowns or tantrums?

Do you know the difference between a tantrum and a meltdown?

<https://luxai.com/blog/tantrum-vs-autistic-meltdown/#differences>

Tantrum or Meltdown	
How to discriminate	
Goal-oriented, aims to achieve a desired object or action	Caused by a type of overstimulation such as sensory or unpredictability
Happens in toddlers and young children	Can happen at any age
Starts suddenly & after a unmet demand	Usually starts after signs of anxiety and distress
Seeks attention and requires an audience	It's a try to escape from the source of discomfort, doesn't need audience or attention
Often reduces with age and improves by teaching alternative behaviors and not reinforcing the behaviour	Requires support in reducing the stimuli that cause oversensitivity & teaching coping methods

www.luxai.com

