



A Message From Your President

Greetings Members,

The smell of flowers blooming, birds chirping and fresh cut grass surely states that spring has sprung. Though winter was fun and there were many fun activities to do with the children, I must say I am glad that winter has finally passed. We no longer need to bundle up as much to go outside, however, now it is important to make sure you and the children stay hydrated. So make sure you are drinking plenty of water!

There are so many science activities that fit right in with the spring weather and they can even be done outside. Planting and watching something grow is one of the first to come to mind. Planting and caring for a garden provides the children with the opportunity to grow their own vegetables and or fruits. In fact it may inspire them to try something new, since they participated in helping it to grow. Of course there are numerous other things that we can have the children plant. A past favorite that we have done is growing grass head. Directions can be found at the following link, which is a blog spot called Deceptively Educational or you can google grass heads.

<http://deceptivelyeducational.blogspot.com/2011/08/let-me-introduce-grassheads-family.html> This activity is fun and exciting for preschoolers not only will they get to watch the hair (grass) grow, they

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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.
Luz Padilla-Bejar

Membership Report

We currently have 54 members in good standing. Chesapeake has 13, Norfolk 12, Portsmouth 2, Suffolk 1, and Virginia Beach 26.

Since the Association started, we have had 411 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



How to Contact PFCEEA

Email: pfceea@yahoo.com
 Website: www.pfceea.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
Phone Tree	Cindy Sisson	421-7901
Photographer	Diane McEwen	490-2371
Social Secretary	Michelle Freeman	483-1970

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

I placed an ad in the Virginian Pilot from May 17 to June 15th. I hope you receive calls to fill whatever openings you may have. Make sure your information is correct on our website (www.pfceea.com) so parents can reach you.

Jan Coffman 499-6474



Phone Tree Report

I have called the daycare providers each month that need to be called. There is one person I have to text the information to.

A big thank- you to Beth for calling the centers. If you would like to join the Phone Tree, give me a call.

Cindy Sisson 421-7901,
cindy_sisson@hughes.net
Phone Tree Chairwoman



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 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:

May 22,
Jun. 26, Jul. 24, Aug. 28, Sept.
25, Oct. 23, Nov. 27

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

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. www.pfcee.com

Have You Used This Product ?



Voted #1 training cup THREE YEARS IN A ROW!

The Reflo Smart Cup™ is a revolutionary new concept in training cups. It's a smart alternative to sippy cups and a great transitional tool for your children to learn to drink from an open cup.

No buttons or other complicated mechanisms to operate. It's as easy as drinking from any ordinary cup without the worry of big spills due to the patented Reflo™ insert that

controls the flow of beverage anywhere along the cup's rim and at virtually any angle.

BPA-free, phthalate-free and dishwasher safe, the Reflo Smart Cup™ is designed for safety and hygiene with no moving parts to trap dirt and germs.

Recommended for all ages as a smart alternative to "sippy cups" which have been associated with dental and speech problems.

The Reflo Smart Cup™ is the safe, smart way to learn to drink from a regular cup. <https://reflo.net/>

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>

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

May Science fun

<http://www.themeasuredmom.com/category/science-made-fun/>

Math

<http://planningplaytime.com/2017/05/cool-math-activity-for-kids.html>

June Father's Day

<http://alittlepinchofperfect.com/category/holidays/fathers-day/>

Movement & action songs

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

Science fun - The Dad Lab

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

July Magic Science Experiments

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



Recipe Corner



Children's Favorite Nutritious Foods

<http://www.nutrition.ecsd.net/kids%20favorite%20foods.htm>

Biscuit Pizza

Canned biscuits Spaghetti sauce
Mozzarella cheese

Flatten biscuits on an aluminum foil covered cookie sheet pan. Pinch the edges so they are a little higher than the rest of the biscuit. Add spaghetti sauce and cover with shredded mozzarella cheese. Bake in 350 degree oven for about 15 minutes.

Biscuit Pie

Canned biscuits Canned pie filling

Flatten biscuits in the same manner as for the biscuit pizzas making sure to pinch the edges of the biscuits. Add some pie filling to each biscuit. I have used apple and cherry. Bake about 15 minutes in 350 degree oven. If you would like to make an icing, add a little water or milk to some confectioner's sugar and drizzle over pies.

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://diyeverwhere.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

If you are using formula, check the can for instructions. Most say after opened, must be used within a month.

Does your first aid box contain 2 triangular bandages?

Saving a Choking baby

http://shareably.net/easy-way-to-save-a-choking-baby-v1/?utm_source=yinn&utm_campaign=parenting&utm_medium=facebook

Make sure none of your equipment has flaking paint or rust.

Be sure to document all fire drills and shelter in place drills

Check all your children's files to make sure they are up to date as well as your files (TB test, chimney inspection, etc)

Marie McFadden

Homemade Games

I made this simple game using the lid from a box, some toilet paper rolls and a large bell. Children take turns having the bell go from one to seven consecutively. Secure the toilet paper rolls with either glue or strong tape. To insure the bell stays with the game, I placed plastic wrap over the box and ran some packing tape over the 2 pieces of plastic wrap. Marie McFadden



Birthday Freebies

<http://www.livingrichwithcoupons.com/huge-list-of-birthday-freebies>



How to escape from a car that is submerged http://tiphero.com/escape-sinking-car/?utm_source=Tip+Hero+Newsletter&utm_campaign=17686dfb4f-

[TH_NL_578_02_10_2017&utm_medium=email&utm_term=0_5665396f02-17686dfb4f-722513](http://tiphero.com/escape-sinking-car/?utm_source=Tip+Hero+Newsletter&utm_campaign=17686dfb4f-TH_NL_578_02_10_2017&utm_medium=email&utm_term=0_5665396f02-17686dfb4f-722513)



Training Photos



April 23, 2017 our speaker
Jeanne Hopkins.



How Much Money Should I Save for My Retirement?

Tom Copeland - www.tomcopelandblog.com

One of the biggest fears family child care providers have about retirement is that they will run out of money before they die. Yet, most providers are not saving enough for their retirement.

To start planning for your retirement ask yourself this question, "How much will I need to live on to maintain a retirement lifestyle that I will be content with?"

Most experts say you'll need about 70% to 80% of your current family income (your profit, plus a spouse's gross income) in retirement to maintain your current standard of living. This is a rough estimate. You will probably spend less on housing, clothing, etc., but more on health care. Let's say your family income is \$80,000. That means you need to have \$56,000 to \$64,000 in income per year when you retire.

Next, look at how much you will receive from Social Security benefits. Go to www.socialsecurity.gov to see your annual statement. It will tell you how much you can expect to receive at age 62 or at your full retirement age of 66 or 67. Let's say you and your husband will receive a total of \$30,000 in annual Social Security benefits when you retire. That leaves you about \$26,000 to \$34,000 short.

Most providers can't rely on a pension, so the other options are to work longer or save enough to live on the interest of your investments. I strongly recommend that providers use one of many online retirement calculators to help them estimate how much they will need to save to meet their retirement goals. Here are some calculators you can use: www.choosetosave.org; www.aarp.org, and www.cnnmoney.com.

Using the first calculator, if you have twenty years before you and your spouse will retire, you'll need about \$426,000 to \$557,000 in retirement savings on the day you retire.

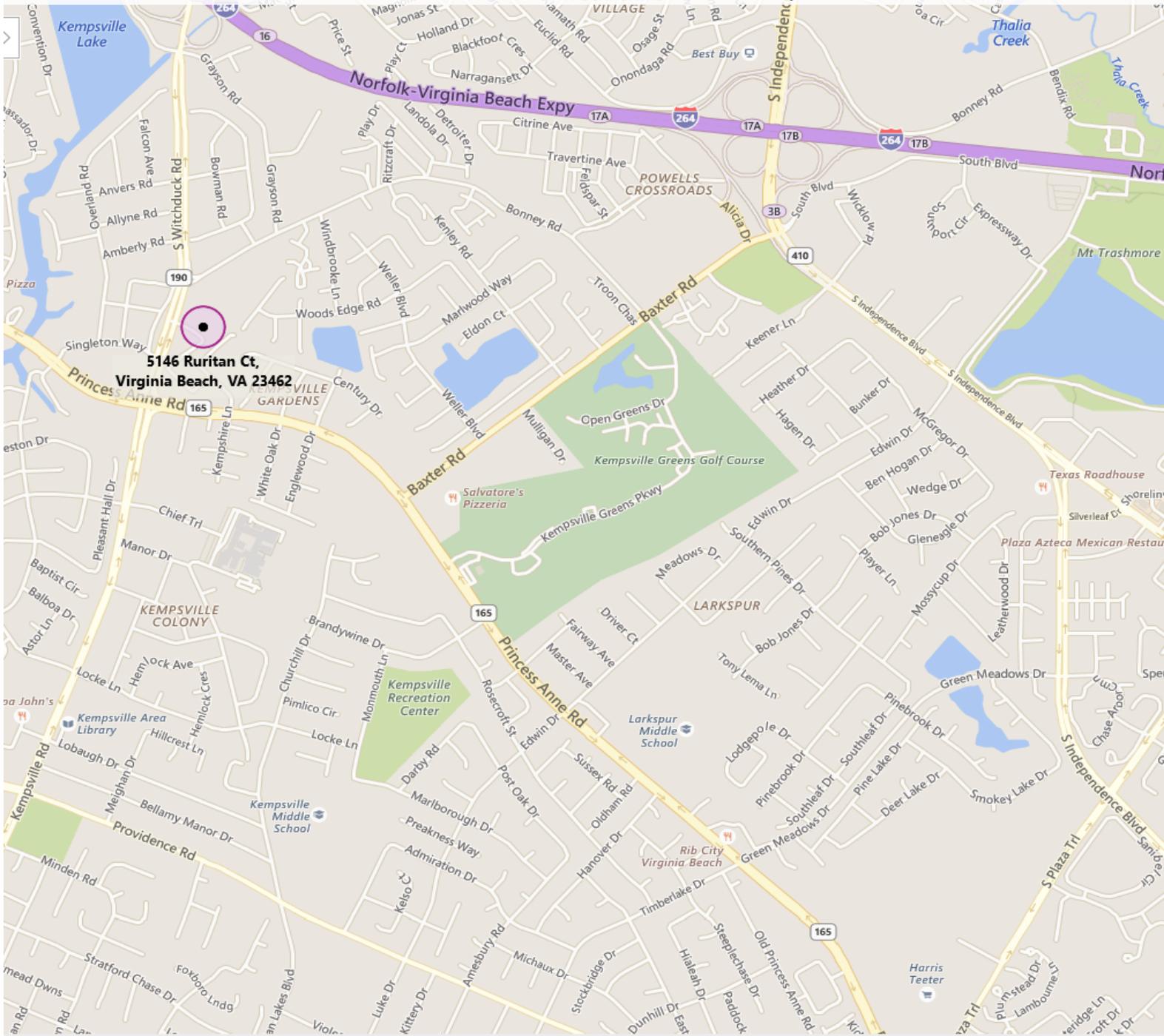
Don't be intimidated by how much the calculators say you may have to save between now and your retirement. Most providers will either work a little longer than their full retirement age or live on less income in retirement.

If you consistently save a little money each month you can make significant progress in meeting your retirement goal.

If you saved \$100 a month and it earned 6% a year, you would have \$47,000 after 20 years, \$70,000 after 25 years and \$101,000 after 30 years. It's never too late to save. If you are age 52 and save \$10 a day, earning 8% a year, you will have \$294,000 by age 70.

The earlier you take responsibility for retirement savings, the less you will have to save!

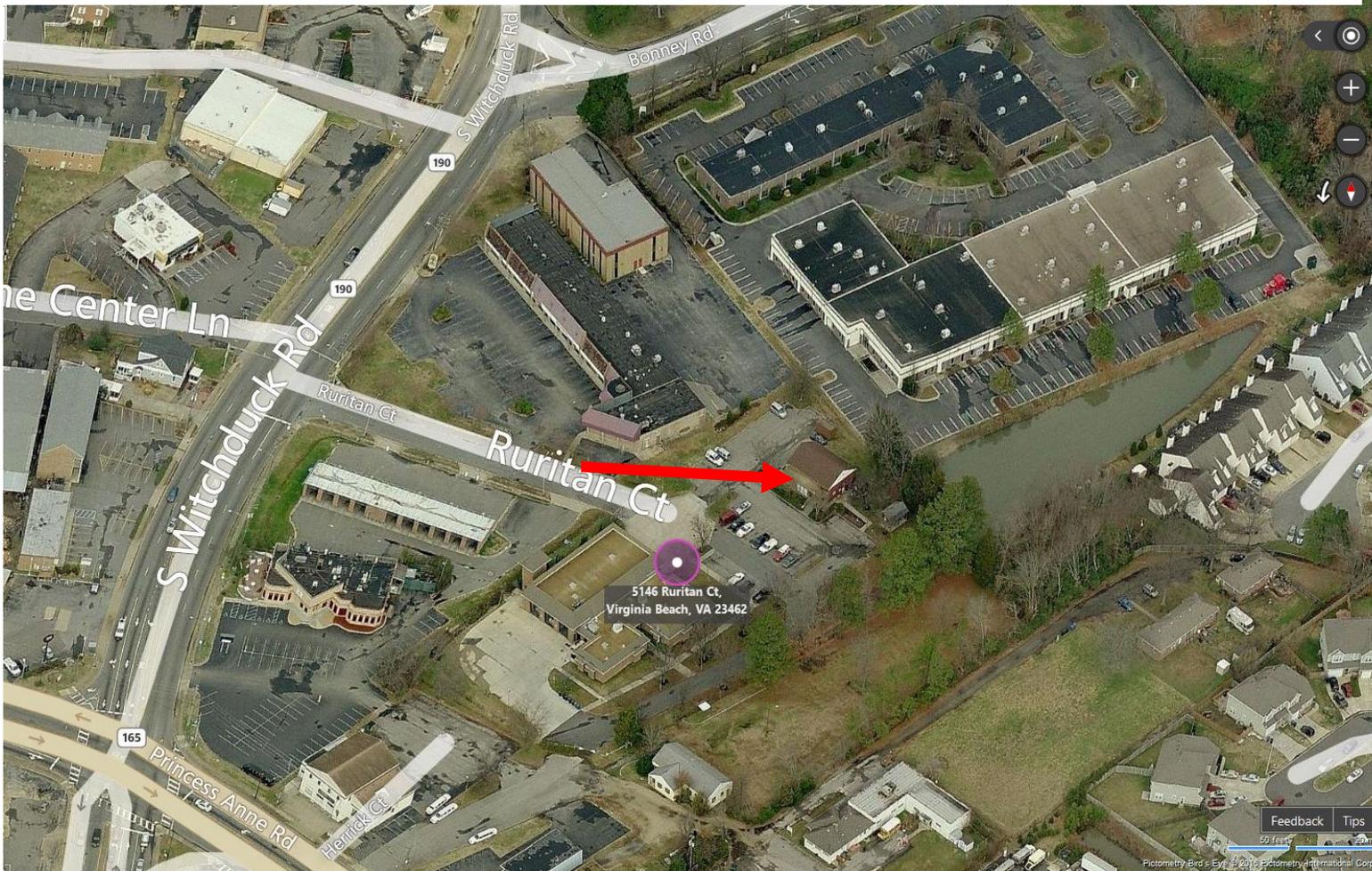
Our new training location is the Kempsville Ruritan Club, 5146 Ruritan Ct, Virginia Beach, VA (off of South Witchduck Rd. behind the Kempsville Rescue Squad) To receive driving directions try <https://www.bing.com/maps>



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Ruritan Court is between Bonney Rd and Princess Anne Rd.
Turn at the flashing light for Ruritan Court.



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We Can All Relate

baby blues | Jerry Scott & Rick Kirkman



baby blues | Jerry Scott & Rick Kirkman



President's Message Continued from page 1

can even cut and style the hair of their grass head once it grows tall enough. Bug habitats, such as ant farms and ladybug farms are also a lot of fun and they provide endless learning opportunities. Kits for these types of habitats and others can be found at Insect Lore <http://www.insectlore.com/> If you are not one that likes bugs then maybe you would be more comfortable with a butterfly garden, which allows the children to observe caterpillars transforming into a butterflies. Kits for this can also be found at Insect Lore. If you have any exciting activities to share that you do in the spring with your children we would love to hear about them, so that we can share them with our membership. Hope to see you on May 22nd for our training on Engaging children in

STEM early. *Randee*

50 SOCIAL SKILLS FOR KIDS

<http://www.andnextcomesL.com>

1. Taking turns
2. Praising others
3. Celebrating successes
4. Helping others
5. Respecting personal space
6. Sharing materials
7. Asking for help
8. Being a good sport & a good loser
9. Asking permission
10. Giving criticism
11. Using appropriate voice tone & volume
12. Making an apology
13. Participating
14. Waiting until speaker is done before speaking
15. Being a good friend
16. Staying on task
17. Being kind
18. Using names
19. Encouraging others
20. Waiting patiently
21. Communicating clearly
22. Accepting differences
23. Listening actively
24. Conflict resolution
25. Following directions
26. Paraphrasing
27. Staying with the team or group
28. Complimenting others
29. Disagreeing politely & respectfully
30. Taking risks
31. Accepting criticism
32. Accepting no for an answer
33. Recognizing the difference between expected & unexpected behaviors
34. Resisting peer pressure
35. Sharing ideas
36. Making eye contact
37. Respecting the opinion of others
38. Compromising
39. Negotiating
40. Cooperating with others & working together
41. Using good manners
42. Thinking before speaking
43. Learning to forgive
44. Problem solving
45. Being a flexible thinker
46. Recognizing body language & nonverbal cues
47. Recognizing feelings of oneself
48. Recognizing feelings of others
49. Taking someone else's perspective
50. Understanding that my actions impact others

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