



A Message From Your President

Greeting Members,

I cannot believe how quickly fall has fallen upon us, it seems as though it was yesterday when the blazing hot sun of summer was still with us! Also, I thought I would share as of September the association is now 15 years strong!

As we move closer to the end of the year and numerous holidays' approach, children tend to become more anxious and easily excited at this time of year. As a caregiver, one of the best things you can offer to the children you care for is a warm, loving, and safe environment that they can depend on as they experience the excitement that this time of year brings. Heather Baker has written a wonderful article in the Teaching Strategies blog titled [When Everything Else Feels Upside Down](#).

It's hard to believe that we are nearing the end of another year. I hope all of you have had a fantastic 2016 and you were able to meet the goals that you had set for yourself. I can honestly say that 2016 was an awesome year for me and I am looking forward to what 2017 will bring. I would like to wish every one of you and your families' happy holidays and a joyous New Year!

Stay Warm,

Randee



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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.

LeAnn Talk

Heidi Hofstad

Malynda Williams

Membership Report

We currently have 51 members in good standing. Chesapeake has 12, Norfolk, 14, Portsmouth 1, Suffolk 2, and Virginia Beach 22.

Since the Association started, we have had 405 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 August 15 to September 15. I hope you all received a phone call as a result of the ad. 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



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.pfceeaa.com

Website Report

Our home page was viewed 42 times in July, 69 in August, 61 in September & 62 in October.

In addition to our local cities, the following cities in Virginia visited our website: Ashburn, Williamsburg, Yorktown.

Other places were:

- AL - Saraland
- CA - Anaheim, Irvine, Lake Forest
- CT - Norwich
- MI - Lansing
- NJ - Newark
- PA - Philadelphia, Royersford
- TX - Mt. Pleasant
- Washington D.C.
- Canada - Toronto

Submitted by Marie McFadden

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.**

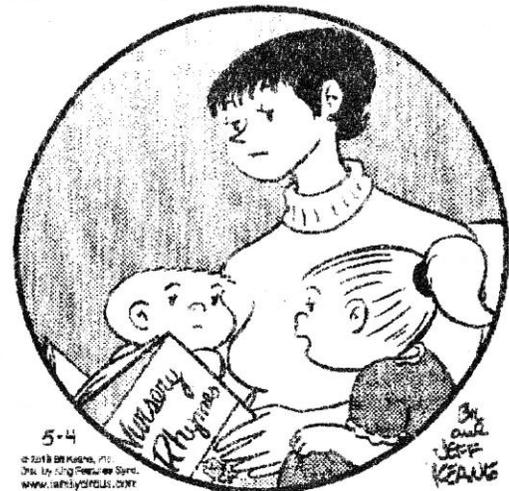
Our meetings are held in the Virginia Beach Central Library from 6:45-8:45 pm. We will draw the door prize tickets at 6:45. For anyone arriving after our speaker starts, a certificate for less training time will be given.

2016 training dates:

Nov. 28

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

the family circus | Bill Keane



"What I really want to know is how the baby got in the treetop to begin with."

Did You Know?

<http://boredomtherapy.com/everyday-objects-purpose/?shr=true&as=6056074079347&pas=1>

Many people think the hole in a pen cap has something to do with keeping the pen from drying out, but that's not quite right. It's actually there so that if a child were to choke on the pen cap, their airway wouldn't be fully blocked.



The most obvious reason for the hole at the end of a pot handle is to hang the pot, but it has another use too. The next time you need somewhere to put the spoon you're cooking with, you've got a handy spot!

This and That

Save a choking baby - this is just a reminder, not a CPR class

<http://healthaudience.net/hospital-demonstrates-how-to-save-a-choking-baby-in-just-seconds/>

Birthday Freebies - These may or may not be available in your area.

<http://thekrazycouponlady.com/tips/coupons/comprehensive-guide-getting-rewards-discounts-birthday/>

Flu Resources

https://www.ok.gov/health2/documents/IMM_Flu_Guide_For_Parents.pdf

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Preventing-the-Flu-Resources-for-Parents-Child-Care-Providers.aspx>

<http://www.cdc.gov/flu/protect/infantcare.htm>

Make Planters from plastic bottles

<https://brightside.me/inspiration-tips-and-tricks/10-creative-ways-to-make-beautiful-flowerpots-from-ordinary-plastic-bottles-200405/>

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/>

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

Aug

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

<http://www.kidactivities.net/post/Ideas-for-Kids-for-Month-of-August.aspx>

September

<http://www.123homeschool4me.com/2013/07/30-apple-crafts-kids-activities-for.html>

<http://handsonaswegrow.com/50-toddler-activities/>

Oct

<http://www.toddlerapproved.com/2011/10/31-ideas-for-active-october.html>

Nov

<http://www.mamaslikeme.com/2012/10/30-days-of-november-crafts-for-kids.html>

<http://www.parenting.com/gallery/thanksgiving-crafts-ideas>



Recipe Corner



Chunky Beef Vegetable Soup

You can make this soup in a pot on the stove or in the slow cooker. If using the slow cooker, save yourself a lot of scrubbing and use a slow cooker liner.

3 cups vegetable juice

2 cups hot water (or beef broth)

Beef for stew or cut roast beef into 1 inch cubes (can be already cooked or raw)

8 cups mixed vegetables

2 medium potatoes cubed

1 small onion, chopped

$\frac{1}{4}$ cup ketchup, salt & pepper to taste

- This recipe also calls for 3 T beef instant bouillon but I've never used it as it is very salty.

Add everything into the pot and let simmer until the vegetables are soft and if the meat is raw until it is cooked.

Cook in Slow cooker for 8-9 hours on low or 4 - 5 hours on high.

Note: I use leftover roast beef that I have stored in the freezer. I place any leftover vegetables in a zip loc bag and put in freezer until the bag is full. Except for the vegetable juice, the soup is free by using left overs.

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.

Gently Used Clothing

We have stopped accepting used clothing as we haven't received any donations in a very long time.

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 Licensed Providers

Make sure you don't run out of milk as that is the only beverage choice for lunch.

Have parents sign topical ointments form annually.

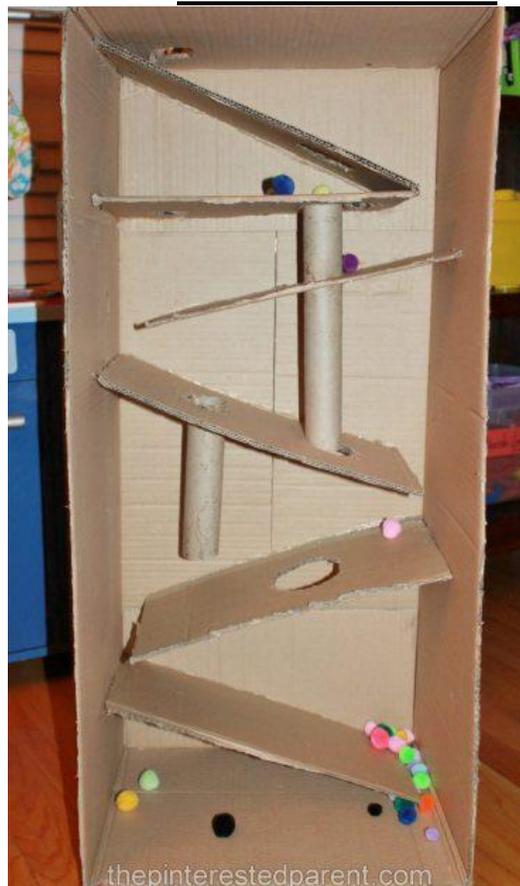
If you use safety latches, make sure they are working properly.

Before mailing off your record checks, make a copy of them just in case they don't come back before the current records expire. This way you have the paperwork already filled out to mail again.

Have parents give you updated immunizations records when young children receive the new shots.

Marie McFadden

Homemade Games



<http://thepinterestedparent.com/2016/02/corrdboard-box-marble-run/>



Day Care Insurance Services, Inc. (DCI) is unable to renew its policies in Virginia, so current policies will be non-renewed with 45 day advance notice.

DCI made arrangements with ASSURE CHILD CARE (ACC), to be ready to assist you with Liability/Accident Medical insurance for your Family Child Care (FCC) business. You may reach ACC by email at info@assurechildcare.com or by telephone at 1-855-818-kids (5437). Their website has information and a smooth process to enroll and make payment - www.assurechildcare.com.

DCI and John Governor recommend ACC to help you make a transition to a quality new insurance policy.

John Governor will be the Virginia insurance agent representative for ACC as he was with DCI. If you would like a paper application for ACC or have any questions, please contact John.

1.615.948.6840 or Email - j24gov@gmail.com

Training Photos



Tammy Maxey

Jeanne Hopkins



Keith Arnold