



PFCEEA Quarterly



July, August, September 2012

Summer Edition

A Message From Your President

Another school year has started and everyone is slowly getting accustomed to the new routines and schedules. As we say hello to the new school year, we have to say good-bye to the hot summer. This can only mean one thing - Autumn is right around the corner with cooler weather! Fall also means it's time for the Virginia Alliance's conference and this year it is being held in Virginia Beach. The early bird member rate of \$25 for 7 hours of training and lunch just can't be beat. The conference registration can be found on our website under "trainings". www.pfcee.com

PFCEEA also has election of officers coming up. If you would like to become a board member, let us know. As a former president used to say, "its a fun job".

By now all state licensed providers have probably heard of the new paperwork associated with licensing renewal. One is a financial responsibility form, if you are unsure of how to fill this out, call your licensing specialist to help you. The other form is the zoning form. We must take this form to our city zoning office for them to fill out. In most cases the number
(continued on page 7



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	
Marketing Report	
Free toy from Milk jugs	page 4
Making hands and a heart	
September pictures	page 5
Effects of Food Coloring	pages 6
Interesting Websites	page 7
Recipe Corner	
Tips for Licensed providers	
Sept. Door Prize Winners	page 8
Child Care Financing	
National Child Care Regulations	
Children's Harbor Food Program	



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

Tylynn Williams	Sherrie Bristow
Betina Myrick-Bergan	Ramona Castner
Darlene Plummer	Pauline Spence
Rossa Mineva	

Membership Report

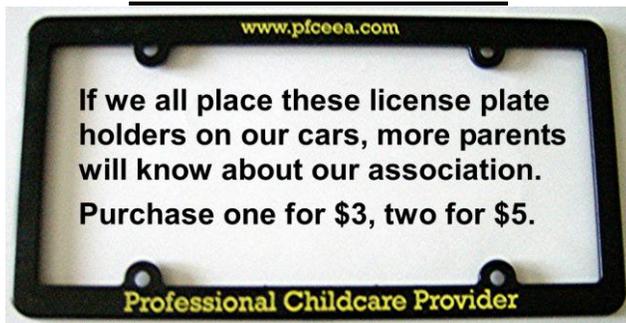
We have 79 members in good standing. The breakdown per city is: 16 Chesapeake, 1 Hampton, 24 Norfolk, 6 Portsmouth, 3 Suffolk, 28 Virginia Beach, and 1 from New Orleans, LA. Since the association started, 369 people have been members of PFCEEA.

Please check your information on our website to make sure everything is correct. If your email address or phone number has changed, let us know quickly so we can update the website.

Submitted by Randee Holmes



License Plate Frames



Social Secretary

I send out cards for birthdays, anniversaries, for illness, and grieving for the loss of a loved one. With such a large association I need someone to let me know when a card needs to be sent. You can either send me an email or let either Randee or Marie know. I'll always accept donations of gift bags or baskets to hold our door prizes.

Submitted by Diane McEwen
Social Secretary
d_t.1@cox.net



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

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

Resource & Referral

Laurie Womack 486-1840

Social Secretary

Diane McEwen 490-2371

Candii House

Candii House is always collecting items for donation to Access Aids Care. Did you know they accept food items such as: Pasta, Rice, canned goods and Hamburger Helper? Personal Hygiene products are also accepted (must be new), as are new or gently used clothing for men, women, and children. Most needed items are diapers, wipes, and un-opened formula. Please bring any of the above items to our monthly trainings after you have contacted me at 853-4505 or mylittleschool@cox.net Thank you for your thoughtful donations!



Submitted by Beth Kaminski

PFCEEA Meeting Schedule

To register for all training meetings, email 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.**

****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.

2012 training dates:

October 29 Kindergarten Transitions
Speaker Toni from Children's Harbor

November 26

Phone Tree Report

The Phone Tree is blessed with wonderful PFCEEA members calling child care providers each month who do not have email. This is how we are able to let them know about training. This takes between 15-30 min. once a month for each of us who are making the calls. I would love to have more PFCEEA members to help make the calls. You must have email. I would send you a list of names and phone numbers, and the training information. You just call the names and read the little info to them and then they call Marie if they plan to attend. We usually make the calls during nap time. If you could help us by making a few calls once a month, please call or email me and let me know. This past Spring we made extra calls to let providers know about the one day training we had on Saturday May 19th. Thank you to all the ladies who are making the calls!! Cindy Sisson



421-7901, cindy_sisson@hughes.net

Marketing Report

An ad was placed in the Flagship for 5 weeks, from Aug. 23 thru Sept. 20. The association cards were placed at several pediatricians' offices and other doctor offices in Norfolk and Virginia Beach as well as consignment shops. We are looking into advertising on a few websites to see if this might be something we can afford to do. If you would like to pass out business cards please let us know. The more we pass out PFCEEA information, the more people needing our services will know about us.

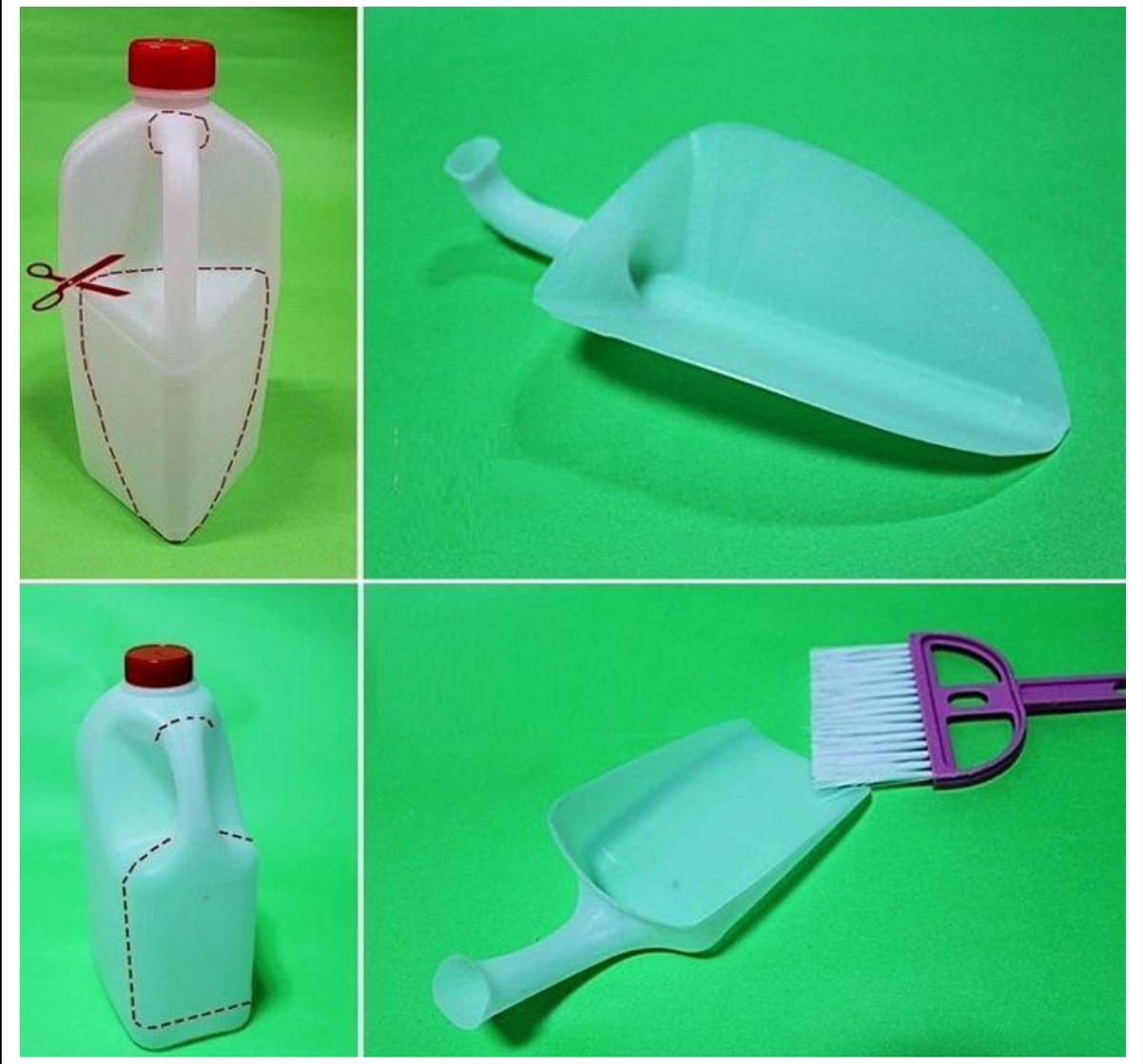
Fern Rohrer &
857-7948



Jan Coffman
499-6474



Free Toys from Milk Jugs



Make a heart and handprint for Valentine's Day, Mother's Day, Father's Day, or any other occasion where you want to show the size of the child's hand and a heart for love.



**Business meeting July 2, 2012
Marie, Diane, Randee, Karen, Laurie, & Jan**



September speaker Gordon Jones

September 17 training - "Cooking Through the Curriculum"



The Effects of Food Coloring on Children

In the 1970s, Benjamin F. Feingold, MD, first pointed out the possible effects food dye can have on children. As a result, ongoing research is being done on this topic. According to the Center for Science in the Public Interest, foods such as candies, matzo balls and salad dressing all contain food coloring or food dyes. Even medications sometimes contain food coloring. Some research has found links between food coloring and your child's health and psychological behaviors.

Hyperactivity

A 2007 study published in The Lancet showed that children have increased levels of hyperactivity after consuming drinks laced with food coloring. Two groups of children, which consisted of 153 3-year-olds and 144 8- and 9-year-olds, participated in this study. According to the Mayo Clinic, yellow food dye no. 5, no. 6 and no. 10, and red no. 40 all cause an increase in hyperactivity in your child.

Allergic Reactions

According to the Center for Science in the Public Interest, food coloring such as blue no. 1, red no. 40, yellow no. 5 and yellow no. 6 cause allergic reactions. AllergicChild.com reports that allergies to food coloring are more like food intolerances than allergies. Yellow food dye no. 5 has triggered asthma episodes in children and other dyes, such as red no. 40, cause skin conditions such as eczema. In addition, your child could suffer from severe allergic reactions such as anaphylactic shock, as reported by AllergicChild.com. In fact, according to the Centers for Science in the Public Interest, carmine and cochineal, which come from a red insect, are the cause of anaphylactic reactions.

Attention Deficit Disorder

According to the Mayo Clinic, attention deficit disorder causes your child to become easily distracted and forgetful. Your child may daydream too frequently and have trouble with completing their homework or other mental tasks. Your child may have difficulty listening to, and following directions and may actually avoid chores that require mental effort. The Mayo Clinic also reports that ADD may cause your child to do poorly in school or suffer from low self-esteem. To avoid this, the Mayo Clinic suggests avoiding dyes such as yellow food dyes no. 5, no. 6 and no. 10, and red no. 40.

Read more: <http://www.livestrong.com/article/233805-the-effects-of-food-coloring-on-children/#ixzz20FobbjPu>

References

[The Centers for Science in the Public Interest: CSPI Says Food Dyes Pose Rainbow of Risks: June 29, 2010](#)
[The Lancet: Food Additives and Hyperactive Behavior in 3-Year-Old and 8/9-Year-Old Children in the Community: A Randomized, Double-Blinded Placebo-Controlled Trial: Donna McCann, PhD, Angelina Barrett, BSc, Alison Cooper, MSc, Debbie Crumpler, BSc, Lindy Dalen, PhD, Kate Grimshaw, MSc, Elizabeth Kitchin, BSc, Kris Lok, MSc, Lucy Porteous, BSc, Emily Prince, MSc, Professor Edmund Sonuga-Barke, PhD, Professor John O Warner, MD, Professor Jim Stevenson PhD: November 3, 2007](#)

Interesting Websites

Stories read aloud <http://storylineonline.net/>
<http://www.starfall.com/>
<http://www.storyplace.org/>
www.rif.org

<http://www.rif.org/kids/leadingtoreading/en/preschoolers/read.htm>

www.readtomel.com/currentbooks/

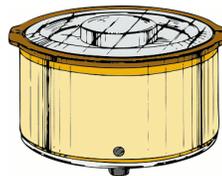
www.tumblebooks.com/library/asp/home_tumblebooks.asp

<http://www.barnesandnoble.com/u/childrens-books-kids-books/379003144> (online storytime)

<http://kids.aol.com/KOL/1/KOLJrStories>

Read & take quiz <http://bookadventure.com/Home.aspx>
ABC song <http://www.youtube.com/watch?v=LtFXYvNIxws>

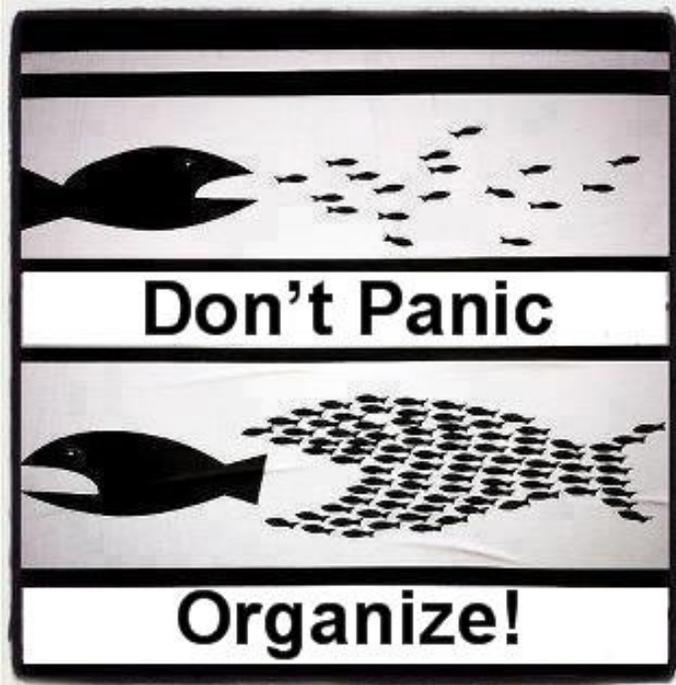
Recipe Corner



Homemade Finger Paint

3 T sugar 1/2 tsp salt
1/2 cup corn starch 2 cups water

Combine ingredients in small saucepan. Warm until mixture thickens. Cool and pour into containers. Add food coloring to create desired colors.



If you are feeling overwhelmed, or just don't understand some of Social Services Regulations, contact PFCEEA. Together, we can get you through the situation!

Tips for Licensed Providers

Check the digital thermometer in your first aid box to make sure it is working.

Make sure your freezer and refrigerator are at the proper temperature.

Cots are to be at least 12 inches apart at nap time.

Have your fireplace inspected every year, even if you don't use it.

In addition to practicing monthly fire drills, don't forget to do 2 shelter in place drills.

If you are caring for more than one child who is using a bottle, put the child's full name and date on each bottle each day.

Remember to ask parents for an updated immunization record at doctor visits.

September Door Prize



Sandra



Ramona won a free Virginia Alliance conference on Oct 6

President's Message continued from page 1

of children your zoning office says you may care for won't be the same number as your license says. The local zoning office is concerned with the number of cars coming in and out of neighborhoods, where Social Services is dealing with the number of children we can adequately care for. If you want to care for more children than zoning says, you will need to apply for a conditional use permit. The price varies from city to city, but just because you are applying for the conditional use permit doesn't mean you will receive it. Anyone can voice their opinion and there may be an instance where you will be turned down. This is a good instance of providers working together to help one another.

Marie McFadden

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

National Childcare Regulations

See all the states in US and what their child care regulations look like

<http://www.naccrra.org/node/2495>

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

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 have until **December 28, 2012** to purchase new cribs.



If you need training hours: Our next training will be on Monday, Oct. 29. Speaker is Toni Cacace-Beshears from Children's Harbor; topic is Kindergarten Transitions. PFCEEA's 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 Diane McEwen at 490-2371



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

facebook

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



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