



# Children Are Our Specialty

*Supporting Child Care Providers & Advocates in Our Community*

January 2012

Let it Snow!



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## CHAOS Members,

I hope that everyone had some wonderful holiday time with your families at the end of 2011. We have some great things planned for the start of 2012 so I will look forward to seeing you all soon!

Do you have a New Year's Resolution? Does it include some business goals? This will be the opening topic at our first meeting in January, so please share with us when we get together. I encourage everyone to start this year fresh. If something bad has happened in the past year, THIS is the time to start the clock over. There is nothing that can be changed about it now, but HOW can you avoid that situation in the future? Can this thought be a part of that New Year's Resolution I was just taking about?

Our meetings for January, February and March will ALL be at Blackhawk Tech. We have invited centers to join us, so we may have some extra bodies to fit in. If you see someone new at the meetings, please make them feel welcome! Our April

meeting is still going to be at the Care House at 1126 Conde Street in Janesville for Child Abuse Awareness training. We are working on 2 year certificate CPR training for our May meeting so that date and time will be announced as soon as it is set up. Because we will be providing the CPR, we will NOT be paying for the Blackhawk Tech's Provider Appreciation in May, but I am really encouraging everyone to go. It is usually a wonderful time and a GREAT meal to go along with your continuing education.

If you have items that you are looking to get rid of, please feel free to bring them to any of our first three meetings at Blackhawk Tech, priced to sell. Also, if you have great ideas that you are willing to share, please post those on the CHAOS Facebook page! (Children Are Our Specialty)

Are you connected to other childcare providers, aside from seeing them at the meeting? If not, that is another thing that I am going to recommend! Facebook, email, phone calls....stay

connected. Not only is it for questions that you may have, but it is a great resource for finding items that you are looking for in your own site or for passing on items that you are no longer using while you clean out your space. It is great to see pictures of other spaces for ideas that you can incorporate in your own area. And, if you have openings that you are trying to fill, another provider that is full is a great resource for those phone calls that go to them first!

The 4C's office is going to have Tom Copeland for a tax workshop on Saturday, January 28th and I plan on signing up for this class. If anyone wants to carpool, give me a call. 608-868-6240

Leah Zastoupil  
President



## TRAINING OPPORTUNITIES

**THURS, JAN 19**

### **Ethics and Confidentiality**

Class held at Blackhawk Tech, 6004 Prairie Ave, Janesville

6-6:30 Social Time, 6:30 – 8:30pm Meeting

Michelle Riley, Early Childhood Education Instructor, Blackhawk Technical College

What are ethics anyway? In this interactive workshop, we will explore the Principles in NAEYC's Code of Ethical Conduct as they apply to ethical dilemmas, confidentiality, and the social media.

**THURS, FEB 16**

### **Finding Balance in Your Budget/How to Raise a Money-Smart Child**

Class held in the Blackhawk Room #1315 at Blackhawk Tech, 6004 Prairie Ave, Janesville

6-6:30 Social Time, 6:30 – 8:30pm Meeting

Tom Waller, Edward D Jones

The first step toward taking control of your financial future is to understand the basics of budgeting and the importance of managing credit and debt. You'll learn more about setting personal financial goals, managing expenses and debt, practical savings options for now through retirement and creating a financial blueprint for the rest of your life. Tom will also teach us how to start teaching our children or grandchildren about financial goal-setting, self-discipline, and the basics of making wise money choices.

**THURS, MARCH 16**

### **Protecting Our Children Online**

Class held in the Blackhawk Room #1315 at Blackhawk Tech, 6004 Prairie Ave, Janesville

6-6:30 Social Time, 6:30 – 8:30pm Meeting

Lt John Conger, City of Milton Police Department

We will discuss tips on how to block and protect your kids while online, to have a safe experience using the tools of the outside world. Some of those tools include: Facebook, chat rooms, porn sites, and predator information.

**THURS, APRIL 19**

### **Tour and Child Abuse Prevention**

Class held at Care House, 1126 Conde St, Janesville

6-6:30 Social, 6:30 – 8:30pm Meeting

April Sweeney, Care House

Child abuse training, tour of facility and medical log documentation review.

## **Ideas for Cooking with Kids**

### **Pineapple Bagel Spread**

Ingredients for one serving:

1 mini bagel half  
spoonful of crushed pineapple  
1-2 spoonfuls of whipped cream  
cheese

Directions: Mix together the crushed pineapple and cream cheese. Spread the mixture on a mini bagel half.

### **Deviled Eggs**

Ingredients for one serving:

1 boiled egg  
small amount sweet pickle relish  
small amount mayonnaise

Directions: Cut the egg in half, and place the yolks in a bowl. Mash the egg yolks in a bowl with a fork, and add relish and mayonnaise. Mix ingredients. Spoon the mixture into the egg whites.

### **Cinnamon Pears**

Ingredients for one serving:

1/2 cup canned diced pears  
1 tsp. sugar (brown or white)  
1/4 tsp ground cinnamon

Directions: Put diced pears in a bowl and sprinkle on the sugar and cinnamon. (This can also be microwaved, but that's optional.)

### **Strawberry Ritz**

Ritz crackers

Strawberry preserves or jam

Spreadable cream cheese

Directions: Mix a spoonful of strawberry preserves and a spoonful of cream cheese together. Spread mixture on 2 Ritz crackers. This could be made with other kinds of jam (blackberry, raspberry, etc.)

Read more: <http://prekinders.com/kid-recipes/>

## **"Green Day Care" Methods**

- Choose organic and/or child-safe fertilizers for the yard and garden, and using mulch instead of weed sprays in the flower beds.
- Avoid the use of pesticides unless necessary, and apply necessary pesticides after hours or over the weekend.
- Provide rough mats at all entrances to avoid shoes tracking chemicals into the center.
- Vacuum carpets and rugs daily.
- Clean carpets with biodegradable carpet cleaners or vinegar/water at least twice a year.
- Choose earth-friendly cleaners or vinegar/water solution and pure baking soda instead of chemical cleansers.
- Offer locally-grown or organic food.
- Support local businesses and buying items made closer to home.
- Stay up-to-date on recalled toys and immediately remove recalled toys from your inventory.
- Avoid plastic items and toys with PVC.
- Choose non-toxic art supplies.
- Keep garbage covered to deter pests and avoid needing pesticides.
- Choose earth-friendly laundry products.
- Line-dry laundry whenever the weather permits.
- Careful use and conservation of water.
- Regularly recycle glass, paper, plastic and aluminum.
- Reusable shopping and produce bags instead of paper or plastic.
- Cloth napkins for meals instead of paper.
- Rags for cleaning instead of paper towels.
- "Real" plates, cups and silverware instead of paper and plastic.
- Cloth towels instead of paper towels in the kitchen.
- Cloth diapers instead of disposable on our children and enrolled children, as determined by parents.

Not only do parents want a safe, high quality child care program, but more and more are looking for a green child care program. Learn more about finding green child care and easy green choices your family can make in these articles:

[Green Child Care](#)

[What to Ask When Selecting a Child Care Provider](#)

[Before you Choose Child Care Check out the Green Factor](#)

## Have You Recorded Your Vehicle's Odometer Reading Yet?

By Tom Copeland on his blog: [Taking Care of Business](#)

The beginning of each new year means it's time for family child care providers to record the odometer readings for each car, truck or van you use in your business.

Record your odometer reading as of December 31, 2011. File this information with your 2011 records. Next, record the odometer readings as of January 1, 2012 and file this with your 2012 tax records.

You want to record odometer readings at the beginning and end of each year so you can calculate the total number of miles you drove your vehicle in the year. This will be used to help determine the percentage of miles you drove for business purposes each year. If you use the [standard mileage method](#) of claiming vehicle expenses you can deduct this business percentage of your vehicle loan interest and vehicle property tax (if your state has this tax).

If you use [actual mileage method](#) of claiming vehicle expenses you can deduct the business percentage of all your vehicle expenses (gas, oil, repairs, insurance, vehicle depreciation, loan interest, and so on).

If you didn't record the odometer reading of your vehicle on January 1, 2011 try to estimate it. If you serviced your vehicle close to this date, look on the work invoice where the odometer reading may be recorded. You can always take the total number of miles you have driven the vehicle since you owned it and divide it by the number of months you've owned it. Multiply this average monthly mileage by 12 to estimate your 2011 mileage.

I always enjoy talking about deducting vehicle expenses with family child care providers because nearly everyone can save money on their taxes by keeping accurate odometer readings each year.

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### We're on the Web!

See us at:

[www.childrenareourspecialty.org](http://www.childrenareourspecialty.org)

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