



Children Are Our Specialty

Supporting Child Care Providers & Advocates in Our Community

October 2011

Contents

Trainings	2
Heartbeat Conf	3-4
Promoting with Facebook	7
Membership Form	6



CHAOS BOARD

President

Leah Zastoupil
608/868-6240
zastysfcc@hotmail.com

Vice President

Planning

Membership

Treasurer

Lori Long
608/757-0372
lorilong63@yahoo.com

Secretary

Kathy Hoover
608/365-6769
teddybearsru@aol.com

Website

Newsletter

Stacy Ransom
editor@childareourspecialty.org
608/290-3843

CHAOS MEMBERS,

We are definitely into fall weather...all of the germs are passing around the kids since we are spending more time indoors! Are you ready for the cold and flu season? If not, be sure to come to our October meeting on the 20th. We have invited Janet Zoellner from the Rock County Health Department to get us up to date on all of the illnesses that spread between individuals and how to protect ourselves from getting sick as well. Bring your questions as there will be time at the end to cover any concerns that you may have.

October is a great month to check out the costume section of Goodwill for multicultural dress up clothes. October also celebrates Fire Prevention Month and Columbus Day.

Personally, after a year of preparation, I have finally had my formal rating completed! Oh, what a process! Just as an overview, the technical assistant finished with everything on her end and had 24 hours to pass on the request for me to be rated. About two weeks later, the rating person called me to review my blackout dates and let me know that I was starting the four week window as of that day so I had a start and ending day to work with. The day the rating was completed, I happened to have two people doing the paperwork because one was in training, but that apparently isn't normal. I was observed for three hours in the morning by the two ladies; they left for lunch and one came back for another two hours and fifteen minutes to review all of my paperwork in the afternoon. Now, I have to wait two to four weeks for the results to find out what I'm rated at.

The young star rating person did share with me that there is not ONE four or five star person so far in the state of Wisconsin for this Young Star Process. The four and five star sites are those that have paid for the accreditation process. I have to say; they are looking for very high expectations and are very picky about sanitation procedures, diapering procedures and safety concerns. All I have to say is that I'm glad to be finished for this year!

Heartbeat paperwork is posted on the CHAOS website or contact Lori Long to sign up for the Nov. 12th trainings. I'm very excited and proud to be a part of this great event! We still have room for more vendors, so if you know of someone that has a home based business, please have them contact me.

Following that training will be our November meeting on the 17th. It will be held at the Academy of Cosmology and should be a great time! We will have healthy snacks planned, a massage therapist, and a couple of girls doing nails, pedicures, ect on us. It is an important meeting to be at since we will be voting in our board this night!

Speaking of the board, if you would like to be more involved with the CHAOS group, please put your name in the hat at our October meeting! The more people that are involved, the more fun and productive the meetings can be. We have jobs of President, Vice President, Planning, Treasurer, Website, Membership, ect. Please consider getting involved!!

Sincerely, Leah Zastoupil

TRAINING OPPORTUNITIES

THURS, OCT 20	HEALTHY KIDS – TRAINING BY THE HEALTH DEPARTMENT ABOUT IMMUNIZATIONS, EARLY SIGNS OF ILLNESS AT CARGILL 6:00-8:30 PM
NOVEMBER 12	HEARTBEAT OF CHILD CARE CONFERENCE BLACKHAWK TECH COLLEGE
THURS, NOV 17	PAMPER THE PROVIDER & ELECTIONS: TIME TO RELAX AND ENJOY SOME TIME TOGETHER! ALSO WE WILL BE HOLDING ELECTIONS FOR 2012. AT ACADEMY OF COSMETOLOGY 6:00-8:30 PM
THURS, JAN 19	ROUND ABOUT: VISIT CHILD CARE CENTERS: TOUR SOME CENTERS TO SEE YOUNGSTAR RATINGS IN ACTION.
SAT, FEB 18	SENSORY WORKSHOP BY 4C'S & MAKE & TAKES RESOURCE ROOM WORK TIME 4-C'S, MADISON
THURS, MARCH 15	TEACHER -LED PHYSICAL ACTIVITY IDEAS AT CARGILL 6:00-8:30 PM
THURS, APRIL 19	CARE HOUSE/CHILD ABUSE AWARENESS TRAINING CAREHOUSE, JANESVILLE 6:00-8:30 PM
MAY	PROVIDER APPRECIATION AT BLACKHAWK TECH COLLEGE DATE TO BE ANNOUNCED

Additional Training from 4-C's

Visit <http://www.4-c.org>
for more information

Exchange Family Resource Center presents
Introduction to Autism

*Presented by Sharon Hammer, Imagine a
Child's Capacity*

This session will lead participants to a better understanding of individuals on the autism spectrum and to develop support that is sensitive and proactive.

Thursday, October 13
6:30-8:00 PM
Rock County Job Center
1900 Center Avenue
Janesville

Call the Exchange Family Resource Center at 314-9006 to register for this free workshop. Childcare will be provided for those who pre-register. Continuing education certificates will be available. Space is limited.

Teaching Beyond Happy and Sad: Building Emotional Literacy in Young Children

Research demonstrates that children with a strong Emotional Literacy foundation exhibit fewer behavior problems and have greater academic achievement. In this interactive workshop, learn how to be more intentional in teaching Emotional Literacy skills as well as strategies for building children's feeling vocabularies and fostering empathy.

Date: November 3, 2011
Time: 6:30PM-8:30PM
Location: Beloit Public Library
605 Eclipse Blvd.
Beloit, WI 53511
Cost: \$15

For Registration: Contact 4-C's Professional Development Department:
Community Coordinated Child Care, Inc (4-C)
5 Odana Court, Madison WI 53719 (608) 271.9181
(800) 750.KIDS
Email: training@4-c.org Website: www.4-c.org

Heartbeat of Child Care Conference

Children Are Our Specialty Presents
The 15th Annual Conference for
Child Care Providers, Teachers, Parents and Grandparents

Saturday, November 12, 2011

**Blackhawk Technical College
Janesville, Wisconsin**

AGENDA

KEYNOTE PRESENTATION

Let Music Make Learning Fun – Jack Hartman

Jack sings live and demonstrates fun and creative movements to a wide variety of early childhood topics including: language development and phonological awareness skills, basic math with counting and number skills, spatial awareness, patterning and more. And, fun skill building songs on social and behavioral management are also included.

Registration	7:30-8:00AM
Continental Breakfast - Vendor Shops Open	
Welcome	8:00-8:15AM
Keynote	8:15-9:45AM
Workshop I	10:15-11:30AM
Lunch	11:30AM-12:30PM
Door Prize Drawing – Vendor Shopping	
Workshop II	12:30-1:45 PM
Workshop III	2:00-3:15PM

Workshop I 10:15-11:30

Rhyming To Read

Jack Hartman

Rhyming fun for little ones! Jack will sing and demonstrate movements and activities to the coolest versions of the nursery rhymes on the planet! Some of his hip and fun songs include: Hop-Hop Humpty, the Cool Itsy Bitsy Spider, the absolutely fun Tooty Ta song with a Hip-Hop and Latin Reggaeton rhythm and beat and, so much more music and rhyming fun; excellent for enhancing language skills in young children.

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

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

Taking Care of the Provider

Angela Flickinger, Rock County Family Living Educator, Registered Dietician, University of Wisconsin Extension

Learn some ways to become healthier by reducing stress, increasing physical activity, and adding nutrition to your intake. Find out some areas where you can improve your health. Angela will take you through some practical and easy ways to keep you healthy.

Classroom Success Using Sensory Strategies

Deb Krausse and Kathy Sween, School District of Janesville

Learn and experience how sensory input influences your student's learning and your classroom environment. Explore strategies that can be easily implemented into your classroom on a daily basis. The strategies offered may be of benefit to all students.

Using Nonverbal Techniques to Improve Communication

Sue Lethlean, MS/CCC, Speech-Language Pathologist Rehab Resources, Inc. – Janesville, WI

Children with delays in communication present challenges for educators and caregivers. These challenges seem to multiply when classrooms of children are competing for attention or when siblings are eagerly and persistently participating in home-based sessions. Whether you work in a center- or home-based situation there are strategies that not only support children with communication delays, but also stimulate the development of speech and language for all preschoolers. This session will focus on the building blocks of successful communication. Participants will: * be able to identify pre-speech skills

*be able to identify and implement techniques that support nonverbal children, *be able to share strategies with parents for carryover purposes.

Shaken Baby Syndrome Prevention Training

Lori Krasemann, Early Childhood Education Instructor, Blackhawk Technical College

Wisconsin's Prevent Violence Against Children Act requires child care providers and preschool teachers to attend an approved training on Shaken Baby Syndrome Prevention. This workshop will offer the Shaken Baby Training by an approved trainer. A certificate of completion will be presented at the end of this workshop.

Workshop II 12:30-1:45

Movin' 2 Math

Jack Hartman

Jack makes math, music and movement fun in this stimulating session. Teachers will learn songs, movements and creative classroom ideas to build the following basic math skills: number awareness and basic counting, patterning, counting forward and backward, calendar skills, sequencing, colors, parts of body, spatial concepts, skip counting and counting by 1's, 2's, 3's, 5's, and 10's, greater and less than and more.

Three E's: Entertaining, Educating and Enjoying.

Sue Schimke, Director, Angel Academy, Beloit, WI

Create an activity bag to go with you whenever and wherever you may need to be with children. Learn to utilize all your favorites and be ready in a flash to enjoy the time sharing with any age child. Come open to new ideas and be willing to share yours as well.

Ethics and Confidentiality

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.

Baby Steps: Six Emotional Stages from Birth to Four

Dr. Sally McCoy, Child Psychologist, Janesville, WI

Babies begin to learn even before they are born! And that process moves even faster after birth when babies use all their senses to be part of their social world. Just as crawling is a sign of motor development, smiling and cooing signals social emotional development. Come learn about social emotional development from birth to age 48 months as it forms a solid or fragile foundation for later life.

Stewards of Children

Nancy Brooks, Prevention Manager, Exchange Family Resource Center

This workshop is designed to educate adults to prevent, recognize and react responsibly to child sexual abuse. Participants will receive a workbook. This workshop is a 2 part series. **You must attend both series.**

Workshop III 2:00-3:15pm

Stewards of Children – Series 2, Continued from WS II

Sensory Arts & Crafts

Lori Krasemann, Early Childhood Education Instructor, Blackhawk Technical College

This workshop will focus on enhancing children's learning by incorporating the 5 senses in all curricular areas of your classroom. Based on the premise of "Children need TIME, to EXPLORE, DISCOVER and LEARN", Lori will share and demonstrate many open-ended, process orientated activities to make learning fun and exciting.

Protecting Our Children Online

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.

Tips and Tools in the Kitchen

Leah Zastoupil, Family Child Care Provider, Milton

Come join this interactive discussion on how to make your time in the kitchen more productive and enjoyable! We will be discussing how to freeze meals to save time, make homemade baby food, using leftovers to avoid waste, hiding healthy foods for better nutrition, and crock pot meals...all while eating healthy and saving money!

Licensing Regulation Updates

Sharon Lebeck and April Callihan, Licensing Specialists, Department of Children and Family Services

DIRECTIONS TO BLACKHAWK TECHNICAL COLLEGE

From Madison: Take I-39 S/I-90 E toward Janesville/ Chicago. Take Exit 177 State Hwy 11 W toward Janesville. Turn right at E State Rd 11/WI-11. Turn left at first stop light (Beloit Avenue). Continue on S County Rd G approximately 2.9 miles. BTC is on the right.

From Monroe/Brodhead: Take WI-11 toward Janesville. Turn right at W State Rd 11/WI-11 Bypass, go approximately 6 miles. Turn right at S County Rd G approximately 2.9 miles. BTC is on the right.

From Rockford: Take I-39 N/I-90 W toward Madison. Take Exit 177 toward Avalon/ Janesville. Turn left at E State Rd 11/WI-11. Turn left at the first stop light (Beloit Avenue/County Rd G). Continue on S County Rd G approximately 2.9 miles. BTC is on the right.



THE HEARTBEAT OF CHILD CARE CONFERENCE

Saturday, November 12, 2011

REGISTRATION FORM

Registration deadline is Friday, October 21, 2011. Form may be copied as needed.

Name _____ Daytime Phone () _____

Address _____ City _____

State _____ Zip _____ Email _____

(Your email is used to send a confirmation of registration)

Check One:

Family Child Care Provider _____ Group Center Staff _____ Teacher _____ Other _____

WORKSHOP CHOICES

Please mark your first and second choices for each of the following workshops offered. Space is limited, so register early. First come, first-served. We reserve the right to cancel a workshop if interest is low.

Workshop I

10:15 - 11:30

(please mark 1st and 2nd choices)
1st and 2nd choices)

_____ Rhyming to Read
_____ Finding Balance in Your Budget
_____ Children Online

_____ Taking Care of the Provider
_____ Classroom Success Using Sensory Strategies

Updates

_____ Using Nonverbal Techniques to Improve
Communication
_____ Shaken Baby Syndrome Prevention Training

Workshop II

12:30 - 1:45

(please mark 1st and 2nd choices)

_____ Movin' 2 Math
_____ Three E's; Entertaining, Educating & Enjoying

_____ Ethics and Confidentiality
_____ Baby Step: Six Emotional Stages from Birth to Four

_____ Stewards of Children (Series 1)

Workshop III

2:00 - 3:15

(please mark

_____ Sensory Arts & Crafts
_____ Protecting our

_____ Tips & Tools in the Kitchen
_____ Licensing

_____ Stewards of Children (Series 2)

Conference Fees:

Early Bird – Before October 21: \$50 for CHAOS Members \$60 for Non-Members

After October 21: \$60 for CHAOS Members \$70 for Non-Members

The conference fee includes: workshops, morning refreshments, and lunch.

Complete this form, make check payable to CHAOS, and mail to:

CHAOS, c/o Lori Long, 1544 S Grant Ave, Janesville, WI 53546

Registration deadline is Friday, October 21, 2011. If you have any questions, please call Lori Long at (608)757-0372. **No refunds will be issued after Monday, October 31, 2011.**

If you would like to become a CHAOS member, please see reverse side for information.

OFFICE USE ONLY:

Date Received: _____ Check # _____ Amount: _____

By joining Children Are Our Specialty (CHAOS) today, you save \$10 on your Heartbeat Conference Registration right now! That's a payback of more than 50%!

Children Are Our Specialty is a non-profit organization for anyone working in the Child Care field.

CH.A.O.S. was founded in 1984 as an in-home support group for Family Child Care Providers. Membership is open to all who advocate for children, providers and families.

The goals are set forth to benefit Child Care Providers, the children they care for and the families in their communities. Monthly trainings are usually held the 3rd Thursday of each month, September - May, with the exception of December. Non-members are welcome to attend one complimentary monthly training, thereafter there is a \$5 per training fee.

Membership Benefits

- * Educational trainings that count as continuing education required by the county and state regulating agencies.
- * Discount off the Heartbeat of Child Care Conference and the Parade of Homes.
- * A newsletter with upcoming events, child care issues, tips, ideas and much more!!
- * Door Prizes at every meeting.
- * Scholarships to attend local, state and National Early Childhood Conferences.
- * Opportunities to grow as leaders, mentors, and advocates in the early child care field.
- * Points on The Registry
- * A positive environment to socialize, network, build friendships, share ideas and concerns.

Please complete this form, and add \$18.00 for the annual CHAOS membership fee to the Heartbeat Conference Registration Fee. Be sure to use the Conference Registration Fee for Members.

Example: Membership (\$18) plus Conference Registration for a member (\$50) = \$68

Make one check payable to CHAOS.

CHAOS MEMBERSHIP

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

EMAIL _____

CHILD CARE HOME/CENTER NAME _____

BIRTHDAY MONTH _____ DAY _____

Visit www.childrenareourspecialty.org for all upcoming events and CHAOS information.

Using Facebook to Promote Your Child Care Program

[From Tom Copland's Taking Care of Business Blog](#)

Facebook is the world's largest social networking website, with over 750 million active users. People use Facebook to communicate with friends and relatives, by sharing photos, recent activities, and news about themselves. In your personal life you may visit Facebook every day, or you may think it is a waste of time. Regardless, you should consider the variety of ways you can use Facebook to market your business. It's free!

A significant majority of family child care providers have their own personal Facebook page. Some have a separate Facebook page for their business and some have both.

Use of your personal Facebook page

You want to use your Facebook page as a tool to help spread the word about your business. Parents looking for child care who know your name may look to see if you have a Facebook page. Your current Facebook friends visit your page.

Therefore, identify yourself as a family child care provider in your "Profile." Do the same in the Info section under the heading "About You." Also list whatever openings you have now or will have in the future. Post your email address under "Contact Information." Unfortunately, some providers who have Facebook pages don't clearly identify themselves as such. As a result, this is a lost opportunity to promote your program.

You can use Facebook in a variety of creative ways to promote your program. Some providers make a point of informing their current families about what is happening in their program on a daily basis. You can post notes about daily children's activities, arts and craft projects, meals, new equipment, and so on. You can post links to articles on the Internet about parenting or other helpful resources. Describing daily learning activities with a photo or short note is a good way to continually educate parents about the benefits of your program.

You can look for other family child care providers on Facebook to see how they present themselves. I would also recommend looking at the Facebook pages of local child care centers for ideas on how to communicate with prospective and current clients.

Use of a business Facebook page

Some providers create a business page for their program to establish a separation between their business and personal life. You can post the same information and photographs on your business page as you could on a personal page. The business page allows your families to write reviews of your business, which is a good way to attract others to your program.

Privacy/confidentiality issues

Facebook is a wonderful communications tool, but it can also be misused and create problems for you. You want to be careful not to post pictures or comments that will offend parents and other visitors. Don't make negative comments about parents or other child care providers. If other members of your family have Facebook pages you may want them to keep certain information/pictures private for their selected friends. You can limit who has access to your profile, pictures, and comments by using the various privacy settings. Use your common sense before sharing on Facebook.

Posting pictures on Facebook is ubiquitous. Once photos are shared with the public on the Internet they can remain there for anyone to see forever. Therefore, it's important to think ahead before sharing photos of yourself, your family, and in particular, of the children in your care. Getting written parent permission that specifically mentions photos of the children will be posted on Facebook is essential.

Facebook can change its format without notice, so directions in this article may be outdated over time.

This article was adapted from the second edition of my book Family Child Care Marketing Guide that will be available from Redleaf Press in 2012.

Mashed Potato Puffs

makes between 12 and 24 puffs, depending the size of the pan used

2 cups mashed potatoes
3 eggs, beaten
3/4 cup grated Parmesan or Gruyere, divided
1/4 cup minced chives
1/4 cup diced ham (optional)
Salt and freshly ground pepper

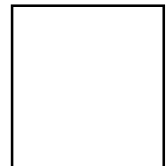
Heat the oven to 400°F and lightly grease the cups of a regular muffin tin, or a mini-muffin tin.
Whisk together the mashed potatoes, the eggs, 1/2 cup of cheese, the chives, and ham. Taste and season, if necessary, with salt and pepper.

Put a spoonful of the mixture in each muffin cup. Sprinkle the top of each potato puff with grated cheese. Bake for 20 minutes, or until the potato cups are set, browned on top, and hot through and through. Serve immediately.

Great with mini
meatloaf! {make
in a muffin tin}

Handy
Make Ahead
& Freeze
Recipe!

CHAOS Newsletter
3711 Teal Lane
Janesville, WI 53546



We're on the Web!

See us at:
www.childrenareourspecialty.org



NEXT CHAOS MEETING: THURS, OCT 20 AT CARGILL 6-8:30 pm
HEALTHY KIDS: IMMUIZATIONS, EARLY SIGNS OF DISEASES, FLU VS COLDS, AND MORE