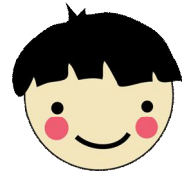




# Children Are Our Specialty

*Supporting Child Care Providers & Advocates in Our Community*

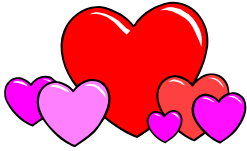
Feb 2011



## Happy Valentine's Day!

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### CHAOS BOARD

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Want to help?  
Help is always  
welcome!

February has some great holidays to share this month that seem to be all related in a way. Take a moment and think of these in a positive note...

Groundhog's day on the 2<sup>nd</sup>. He saw his shadow so we only have six more weeks to go before spring! What an exciting thought to be done with the cold and snow and have something positive to look forward to.

Chinese New Year on the 3<sup>rd</sup>: Take a moment and celebrate our world, our individuality and their culture. Another happy occasion! There are some fun activities on the internet to do with the kids, so have fun with the challenge of doing some fun, new activities to stay

motivated in your business.

Valentine's Day on the 14<sup>th</sup>. I give you a challenge: everyone thinks of doing something special for your loved ones, spouse, boyfriend and kids. My challenge to you is to remember yourself on this day. Love yourself as you do others. Do some extra exercise, buy YOUR favorite candy, get a massage, have a cup of coffee with a friend or watch a great movie. If you are happy, it makes your household happy, which makes for a better business for the childcares that you run.

President's Day on the 21<sup>st</sup>. Again, a time of celebration, this time of our United States. Take on a leadership role. Delegate some tasks

that you want to get done before spring arrives, finish your taxes, or do some indoor fixit jobs that need to be completed. Remember, only six more weeks and you'll want enjoy the spring weather outside!

As for CHAOS news: Please remember that we are planning the Heartbeat Conference right now. If there are some things you'd like to see covered in the training or some great ideas to share, please pass that onto Lori Long. Also, we are scheduling an adult field trip in April to different sites. If you have any suggestions or would like us to consider seeing your childcare, please contact Leah Zastoupil. Lastly, don't forget to bring multi cultural and disability items to do a show and tell at our February 17<sup>th</sup> meeting as well as one food item to taste(recipe available too). See you soon!

Leah Zastoupil  
President

### February CHAOS Meeting



Please note the location of the CHAOS meetings has changed to Cargill in the Fireside Room, 2000 Wesley Avenue, Janesville 6:30 – 8:30.

**We are also a "Show & Tell" of multicultural/differing abilities items for child care. Also, if you have a simple multicultural recipe to share, please bring a sample!**

## TRAINING OPPORTUNITIES

**Thurs, Feb 10**      **Shaken Baby Syndrome workshop**  
Presented by Exchange Family Resource Center at Edgerton Elementary School.  
Contact them to register. (608) 314-9006

**Thurs, Feb 17**      **Multicultural & Disabilities: Ideas to Fulfill Requirements for YoungStar**  
Cargill (Fireside Room), 2000 Wesley Avenue, Janesville 6:30 – 8:30

**Thurs, March 10**      **Challenging Behaviors**  
Training by Nancy Brooks, Exchange Family Resource Center  
Cargill (Fireside Room), 2000 Wesley Avenue, Janesville 6:30 – 8:30

**Thurs, March 24**      **SCAAYC: Portfolios for Children**  
Rock County Job Center, Janesville, WI Portfolios for Children  
Rock County Job Center, Janesville, WI  
6:30-8:30pm

**April**      **Tour of Child Care Facilities**  
DATE TO BE ANNOUNCED

**Thurs, April 28-30**      **UW-Stout ECE Conference**  
Curriculum: Developmentally Appropriate Practices  
Register at: [www.uwstout.edu/profed/ece](http://www.uwstout.edu/profed/ece)

**SCAAYC: Week of the Young Child**  
DATE TO BE ANNOUNCED

**May**      **Blackhawk Tech Provider Night Out**  
DATE TO BE ANNOUNCED



**CPR/AED Trainings: Many dates, most in Madison, open to the public:**  
[http://arcbadger.org/media/First\\_Aid\\_-\\_CPR\\_-\\_AED\\_Courses.pdf](http://arcbadger.org/media/First_Aid_-_CPR_-_AED_Courses.pdf)

### TRAININGS BY THE 4-C'S FOOD PROGRAM

#### PR/AED Classes

*Presented by: Instructors from Pulse Check Plus*

Dates: March 31, May 4 Time: 6:00 to 9:30 pm Location: 4-C Conference Room

Cost: \$80.00\* 4-C Members: \$60.00\*

Late Fee (workbook will not be mailed): Add \$5.00 per person

#### Shaken Baby Syndrome (SBS) & Sudden Infant Death Syndrome (SIDS)

This workshop meets DCF (Department of Children and Families) requirements for Certification and Licensing.

Dates: February 17, March 17, April 21, May 26, June 16, August 18, September 22, October 20, November 17

Time: 6:00-9:00 pm

Location: 4-C Conference Room

Cost: \$20.00\*

<b>Fit, Fun, Physical Activity with Kids!</b>	Tuesday, Feb 15	6:30 – 8:30 p.m.	4-C Training Room	Robin Hunter
<b>Foods to Grow On</b>	Monday, March 21	6:30 – 8:30 p.m.	Jefferson County Workforce Development Building	Mary Schott

## Multicultural Recipe Ideas

### Ham & Pineapple Fried Rice from: <http://eatathomecooks.com/>

- 2 cups white rice
- 1 onion, chopped
- 3 garlic cloves, minced or crushed
- vegetable oil
- 2 cups diced ham
- 2 Tbs. soy sauce, plus extra to taste
- 20 oz can pineapple tidbits, drained and reserve juice
- 2 eggs, beaten
- 1-2 cups frozen peas and carrots
- salt and pepper to taste



Cook the rice according to the package directions.

Cook the onion and garlic in oil in a large skillet till soft. Add the ham, 2 Tbs. soy sauce, 1 Tbs. pineapple juice. Cook for several minutes till the ham is hot.

Pour the eggs into the skillet and cook, stirring frequently. Add the peas and carrots and heat through. Stir in the drained pineapple. Add the cooked rice, stirring to combine. Add soy sauce, pineapple juice, salt and pepper to taste. (Recommended: add about 2 Tbs. each of soy sauce and pineapple juice.)



### Kiddie Sushi-Style Rolls from: Lunch Boxes & Snacks by Annabel Karmel

- 2 slices white bread, crusts removed
- half a 6-ounce can of tuna, drained
- 2 tablespoons mayo
- 1 ½ tablespoons ketchup
- 2 drops Tabasco sauce (optional)
- 2 -inch piece of cucumber, cut into strips
- 2-inch piece of carrot, peeled and coarsely grated



Using a rolling pin, flatten the bread until it is about ¼ inch thick. Mix the tuna together with 1 tablespoon of the mayo, the ketchup, and the Tabasco. Spread the remaining 1 Tablespoon mayo over the bread and then soon the tuna in a line about ½-inch from one edge of each slice. Arrange the cucumber strips on one side of the tuna and the grated carrot on the other side. Roll up from the filled end and press down to seal. Trim the ends to neaten using a sharp knife then cut into three little rolls. You can prepare this the night before, wrap the rolls in plastic wrap, then cut each one into three pieces in the morning. *Other fillings:* canned salmon mixed with mayo, ketchup and chopped scallion with cucumber strips. Strips of cheddar cheese with slices of tomato and cucumber, hummus with grated carrot, shredded lettuce, and chopped tomato.

# January Training & Meeting Minutes

**Liberty Tax Service presented our training**

**Locations: Milton & Mt. Zion 314-1040**

**Five Points: 373-0591**

**Downtown Beloit: 313-8821**

## Tax Changes for 2010

- Most provision were extended
- Delays for returns for Schedule A
- Self Employment Tax reduced by 2%
- Making Work Pay Credit Expires 2011
- Credit is available for 2010 return
- \$400-\$800 refundable credit
- Withholding will increase as of Jan 1, 2011

## General Advice

Keep good records: written, documented at the time, accurate and complete to avoid underestimating & survive audits. Small business are being subject to increased audits  
EIC (Earned Income Credit) in combination with business is a major red flag.

## Record Keeping

Separate checking/charge cards for business  
Keep your receipts: categorize and document, Record/summarize, save by category/time  
Retain for minimum of 3 years (5 years recommended)

**Consider using:** Red Leaf Press Calendar –Keeper, Record Keeping Guide, and Inventory Keeper  
Quicken Home & Business  
QuickBooks Easy Start

## Budgeting

Plan/predict finances into the future: plan growth & optimum size, insure adequate cash for expenditures.

## CHAOS Business:

- Review of upcoming trainings
- Request for help with Heartbeat Conference
- Budget was finalized
- Potluck was wonderful! Thanks for contributing!
- Door prizes for 2 members who brought new members, additional tax related door prizes
- **Next Meeting, Feb 17: Multicultural & Disability Resources to meet YoungStar requirements. Please bring diversity items for Show & Tell & simple multicultural food to share.**

## "Does this really matter?"

Will adding skin-tone crayons make a difference in children's lives?" "Yes," I said, "skin-tone crayons help a child become aware of who he is and who others are."

## When does it start?

The foundation of self-awareness is laid when children are infants and toddlers. At these stages, children learn "what is me" and "what is not me." Toddlers are sensitive to the feelings of the adults around them, and they begin to mimic adult behavior. By age two, children recognize and explore physical differences. They are also learning the names of colors, and they begin to apply this to skin color. Natural curiosity will lead to questions about differences.

## THE PRESCHOOL YEARS

(age 3 and 4). Children of this age are better at noticing differences among people. They have learned to classify, and they tend to sort based on color and size. They can't yet deal with multiple classification, so they get confused about the names of racial groups and the actual color of their skin. They wonder why two people with different skin tones are considered part of the same racial group. Many preschool children will comment - in words or through actions - on hair texture, eye shape, and other physical characteristics. They want to know how people got their color, hair texture, and eye shape.

Children at this age believe that because other parts of their body grow and change, skin color and other physical traits could also change. Some young black children prefer white dolls over black dolls (Clark, 1963). More often than white children, they may say that they don't like their skin color, hair texture, or another physical trait. By age four, children begin to prefer one race.

At this age, children's thinking is limited, distorted, and inconsistent. For these reasons, it is easy for them to believe stereotypes and form pre-prejudices. In the Anti-Bias Curriculum (1989), Louise Derman-Sparks states, "The goals are to facilitate children's awareness that their racial identity does not change, to help them understand that they are part of a large group with similar characteristics (not "different" from everyone else) and to foster their desire to be exactly who they are."

Taken from: Activities that Promote Racial and Cultural Awareness  
[http://www.pbs.org/kcts/preciouschildren/diversity/read\\_activities.html](http://www.pbs.org/kcts/preciouschildren/diversity/read_activities.html)  
By Barbara Biles, M.Ed.  
Training and Technical Assistant Specialist  
Early Childhood and Family Education  
North Central Regional Educational Laboratory, Oak Brook, Illinois

## Activities for Preschoolers that Promote Racial and Cultural Awareness

### Skin-Color Match-Ups

Set out a number of nylon knee-high stockings in various shades, tan, black, white, pink, yellow, and red. Encourage children to try them on their hands and arms or their legs and feet. Ask questions to help the children increase their awareness of skin color. For example, "Can you find a stocking that is the same color as your skin?" Or "What color is that stocking you have on your arm?" Ask the children to "Try the \_\_\_\_\_ stocking. Is it lighter or darker than your own skin?" Tell the children no one's skin color is really white, pink, yellow, or red. Emphasize that skin-color differences are interesting and desirable.

### Hair

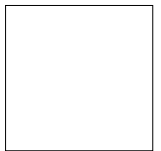
Ask parents to give you a tiny bit of hair from each child. If parents cannot do this, use photographs of different hairstyles and hair-care products for the children to use, explore, and talk about. If parents do give you the hair, paste the hair from each child on a 3" x 5" index card, put them in a box, and ask the children to identify each bit of hair. Talk about how hair has texture and curl. For instance, some people have fine hair while others have coarse hair. Some people have straight hair, and others have curly hair. Talk about how people have different hair colors and lengths. Take a photo of each child's face and make a collage of different hairstyles.

### Music and Dance

Ask parents to lend you recordings of music that their family enjoys. Teach the children songs and dances from different nations of the world. Children will begin to see that all people like to sing and dance, but every group has its own special ways of doing it. Talk with the children about how different music sounds: loud, soft, fast, or slow. Listen for the different instruments. Again, ask parents if they have any instruments children could listen to or try.



**CHAOS NEWSLETTER**  
3711 TEAL LANE  
JANESVILLE, WI 53546



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### We're on the Web!

See us at:  
[www.childrenareourspecialty.org](http://www.childrenareourspecialty.org)

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