

Children Are Our Specialty

CHAO

IF YOU DREAM IT, YOU CAN DO IT!

FEBRUARY 2016

February is a busy month of celebrations.

I'm not sure it matters what the Groundhog saw on the 2nd, it doesn't feel or look like spring at all! I hope it either freezes or dries up to make outside play more enjoyable. Actually, the kids love any kind of weather, it's the cleanup that can be challenging. I feel your pain...

Chinese New Year begins on February 8. Use this opportunity to set up a new dramatic play area, introduce a new food and some simple cultural lessons. I always love the bright oranges and reds this time of year that associated with the Chinese New Year!

Valentine's Day is a bright spot in February. Enjoy the day with your child care group and remember to treat yourself too. Even though daily kindness is what we aim for, it's always good to celebrate love with everyone in our lives.

President's Day is February 15. Sometimes it's hard to come up with developmentally appropriate ways to use President's Day in Early Childhood but we've had fun with it in the past. There's some great ideas on Pinterest! Check out our boards: <https://www.pinterest.com/chaosproviders/>

Did you see the REWARD program is now accepting applications for Registry Level 7 up for a REWARD stipend? Reward amounts have increased too! Be sure to send in your application. More information here: <http://wisconsinearlychildhood.org/programs/reward/>

This month our CHAOS training focuses on health. Angela Flickinger from UW-Ext will present a physical activity workshop for us. We appreciate those who are partners with us in caring for and educating children. Please join us for a great training, networking and door prizes.

Email me with any questions or suggestions. We appreciate our growing membership!

Stacy

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Children Are Our Specialty

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Meeting Dates (All Meetings in BTC Room
1315)

Thursday February 18th: Physical Activity

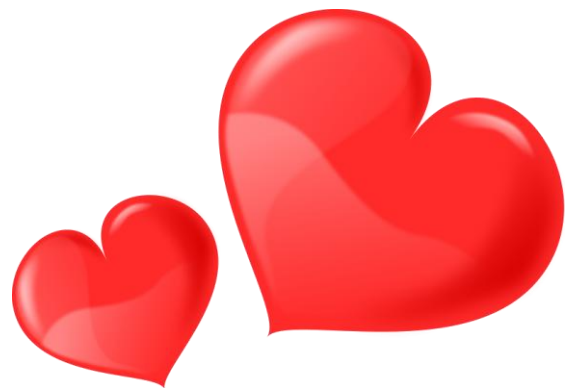
This workshop with focus on physical
activity and getting kids moving.

Presented by, Angela Flickinger from UW
extension. 6:30-8:30

Thursday March 17th: Topic TBD 6:30-
8:30

**Thursday April 21st: Child Abuse
Awareness** presented by Stacy Ransom
6:30-8:30

**Thursday May 12th: Provider
Appreciation:** More info to follow 6:30-
8:30



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February is Dental Awareness Month

Six Building Blocks of Children's Dental Health

Oral Hygiene

- Brush teeth twice a day
- Floss daily
- Schedule regular dental check ups
- Assist children until age 6-7 in brushing properly



Preventing Cavities

- The best protection is good oral health
- Use toothpaste with fluoride
- Dentist can apply sealants when back teeth have emerged

Dental Habits

- Develop good dental habits at an early age
- Understand and break bad habits

Dental Problems

- Take care of baby teeth, they may need fillings too
- Tend cavities immediately by taking child to dentist

Nutrition

- Eat nutritional snacks
- Limit the amount of sugary drinks

Educating Children

- Teach children about dental health with educational activities
 - Puzzles
 - Games
 - Songs
 - Coloring Pages
 - Brushing charts
 - Crafts



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Monday February 15th is Presidents Day!

Explaining Presidents Day to your children:

- Ask them what a president is
- Ask them what a president does, and then explain
- Ask them what they would do as a president

Incorporating Presidents day into play area:

- Add Lincoln logs to your block area
- Add play money to your math area

Presidents Day Theme Snack

- Log Houses: Have the children build their own edible log houses out of pretzel sticks and vegetable spread

Presidents Day Coin Sorting

- Discuss the different presidents on each coin
 - Penny: Abraham Lincoln
 - Nickel: Thomas Jefferson
 - Dime: Franklin Roosevelt
 - Quarter: George Washington



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Valentines Day is February 14th!

Heart Mosaic

Give the children a blank piece of paper. Provide a bunch of cut out hearts of different sizes and colors to glue onto their paper to make a mosaic.

Heart Wreaths

Cut out the center of the plate so you have the bumpy outside left. Have the children color it the way they choose. Then glue hearts on it and tie a string to hang it up.

Party Game Ideas

- Design a "Mrs. Valentine" (A big heart with a face) and play pin the lips on Mrs. Valentine.
- Candy heart towers
 - Give the children a box of candy hearts and whichever child builds the biggest tower in 30 seconds wins

Pipe Cleaner Bead Hearts

String Valentine's bead's onto red or pink pipe cleaners. Once it's full of beads have the child shape them into a heart and twist the bottom so it stays.



Children Are Our Specialty

Provider Health Topic of the Month: Natural Stress Relievers

♥ Decorate with Lavender

- This herb has a soothing scent that can lower your heart rate and blood pressure, both can help you relax and drift off to sleep. Put dried lavender in a vase near your bed or slather on moisturizer infused with lavender.

♥ Have a chocolate covered strawberry

- When you're stressed you may be tempted to eat every sweet treat in sight. However foods high in sugar raise your blood sugar levels and make you feel more on edge. Instead munch on strawberries covered in chocolate. The vitamin C in the berries can fight damaging radicals and the chocolate may help reduce stress hormones.

♥ Take a bath

- Soaking in water has a soothing effect. Add lavender bath oils or aromatherapy candles and you're well on your way to complete Zen.

♥ Give yourself a scalp massage

- To melt away tension, massage your scalp with your fingertips, moving your hairline to the back of your head several times.

♥ Sip chamomile tea

- Research shows that this herbal brew binds to the same brain receptors as Valium, which means it acts as a mind tranquilizer.

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CHAOS Minutes

1/21/16

- Training: Saying Goodbye- Separation Anxiety
- Presented by Stacy Ransom
 - Separation anxiety is a developmental stage during which the child experiences anxiety when separation from primary caregiver.
 - Tiredness *Unprepared for changes
 - Change in routine *Trauma
 - Change in caregiver*Family changes
 - Changes in home routine *Illness
 - Unfamiliar surroundings
 - Unprepared for changes
- Factors to make separation anxiety worse
 - Temperament *Stress
 - Experience *Fear
- Have in your enrollment policy that support transition of child in care, open door, interviews/tour trial period
- Help parents cope with separation anxiety by having a morning routine
- ♥ February CHAOS training theme: Physical Activity for Children presented by Angela Flickinger.

CHAOS minutes recorded by Kathy Hoover-Secretary