

Children Are Our Specialty

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SOME DAYS YOU JUST HAVE TO
CREATE YOUR OWN SUNSHINE

MARCH 2016

March came in like a lion! So it should go out like a lamb, hopefully.

We had a great training in February with Angela on getting active with kids. I hope you all had as much fun as I did.

The training for March will be about professionalism and celebrating our love of children. In Preparing for Week of the Young Child: we'll find ways to celebrate through music, healthy eating and fitness at home, working together, creating and sharing family stories. April's training is still coming together. We have a couple great ideas so we'll update you at the March training.

Looking ahead to May, we'll celebrate provider appreciation. We're planning a special event and training. More information to come!

Be sure to check out the [Whitewater Child Care conference](#) and the [WFCCA conference](#).

Stacy Ransom

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Children Are Our Specialty

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Meeting Dates (All Meetings in BTC Room 1315)

Thursday March 17th: The week of the young child presented by Stacy Ransom
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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March 2nd: Dr. Seuss's Birthday

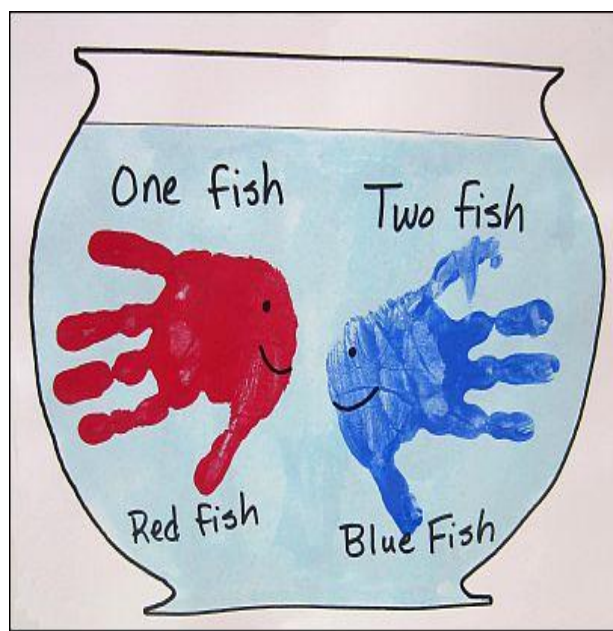
Thing One, Thing Two
Handprints



Dr: Seuss Jello Snack's



One Fish, Two Fish,
Fishbowl Handprints



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St. Patricks Day is March 17th!

Thumbprint Shamrocks



Rainbow and pot of gold



Leprechaun fork face



Hand Print Shamrock



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SUNDAY MARCH 27TH IS EASTER!!

Easter tissue paper sun catchers



Easter Bunny foot prints



Golden Oreo Easter Snack

Ingredients:

Golden oreo
Nerds
Licorice



Easter Egg Word Game



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Provider Health Topic of the Month: Finding A Hobby

- 1. Hobbies encourage taking a break:** Hobbies offer an opportunity to take a break—but a break with a purpose. If you're like me, you might like to feel productive while you're engaging in an activity and a hobby gives you that. You are doing something while still having fun.
- 2. Hobbies promote eustress:** Eustress is that positive kind of stress, the kind that makes you feel excited about what you're doing and about life. Hobbies, I've found, are one of the greatest ways to access that kind of stress.
- 3. Hobbies offer a new challenge:** Hobbies break up routine and challenge you in new ways, ways that are different from work, ways that are *positive*. The great thing about picking up a new hobby is that it provides an excellent outlet for challenging yourself without the negative stress that comes from a work-related challenge.
- 4. Hobbies unite you with others:** Even if you engage in a solo activity, you're exposing yourself to a new world of people, people who find the same thing enjoyable that you do.
- 5. Hobbies provide an outlet for stress:** Adding another activity to your to-do list might seem like a way to create *more* stress, but I've found that engaging in a new hobby actually provides a great outlet for releasing stress.
- 6. Hobbies promote staying present:** If you really love what you're doing, you tend to get in the flow or zone and really, truly focus on the moment.
- 7. Hobbies have physical health benefits:** Research has found that engaging in enjoyable activities during down time were associated with lower blood pressure. Engaging in these activities also correlated to higher levels of positive psychosocial states and lower levels of depression and negative effect. Hobbies are good for your mind *and* your body.