

# Children Are Our Specialty

CHAOS

In the spring I have counted one hundred and thirty different kinds of weather inside of four and twenty hours. ~ Mark Twain

Happy Provider Appreciation Day!

Know that you are appreciated every day, even though you may not hear it as much as you'd like. Ultimately, it's the satisfaction and joy we find in our work that really matters. It's a hard job some days, easier other days and rewarding most days.

I hope you are able to attend the Natural Solutions in Child Care with dōTERRA Essential Oils and Provider Appreciation dinner this week.

The May meeting is our last training until September. This is our last newsletter until the next one comes out in August or so, updating you on the training topics for Fall 2016-May 2016. Of course, watch for our emails and updates on Facebook. Have a wonderful summer! Stacy

If you have any questions, please contact any of the CHAOS board members

Page 1: Presidents letter

Page 2: Board members & Schedule

Page 3: Summer Safety Tips

Page 4: Summer Safety Continued

Page 5: Provider Health

Page 6: Provider Health Cont.

Page 7: April minutes

# Children Are Our Specialty

## **President/ Website**

Stacy Ransom

608-290-3843

[slransom@charter.net](mailto:slransom@charter.net)

## **Vice President**

Lou Holland

608-757-1648

[bfccloulee@msn.com](mailto:bfccloulee@msn.com)

## **Vice President/Membership**

Peggy Heeren

608-314-3977

[peggy@bright-beginnings-day-care.com](mailto:peggy@bright-beginnings-day-care.com)

## **Secretary**

Kathy Hoover

608-295-3079

[teddybearsru@aol.com](mailto:teddybearsru@aol.com)

## **Treasurer**

Lori Long

608-757-0372

[lorilong63@yahoo.com](mailto:lorilong63@yahoo.com)

## **News**

Dawn Lock

608-868-5223

[locknes4@gmail.com](mailto:locknes4@gmail.com)

Meeting Dates (All Meetings in BTC Room  
1315)

**Thursday May 12<sup>th</sup>: Provider**

**Appreciation:** Natural Solutions in Child  
care at **SMALL WONDERS in Milton** 6:30-  
8:30

## **Directions to Small Wonders:**

Hwy 26 to the first Milton Exit go left thru round  
abouts to stop light. Take a right and Small Wonders  
will be on your right hand side. (Turn by Shumway  
Appliance)

**HAVE A GREAT SUMMER AND WE WILL  
SEE YOU IN SEPTEMBER!**



# Children Are Our Specialty

## Summer Safety Tips for Kids

Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old

### Tick Bites

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. Learn ways to protect your family. Some suggestions include:

- protective clothing (long sleeves, long pants, tucking pants into socks)
- tick/bug repellant
- insect repellant for pets
- staying in the center of paths, keeping away from overgrown areas and not sitting directly on the ground
- performing tick checks on all family members every day
- being aware of signs/symptoms of tick-related illnesses
- calling the doctor for any concerns and questions

### Pedestrian Safety

- Teach children to walk, not run, across the street.
- Children should cross only with an adult or an older, responsible child.
- Whenever crossing the street, try to make eye contact with any drivers nearby, to be sure they see you.
- Teach children to avoid running out from between parked cars.
- Use sidewalks whenever possible.
- Always hold your child's hand near any moving or parked vehicles.
- Adults always need to set a good example!

### Water Safety

Adult supervision is of paramount importance. Parents need to focus on their children 100% of the time. No distractions!

- Practice "touch supervision" (a term used by the American Academy of Pediatrics). This means that at all times, the supervising adult is within an arm's length of the child being watched, when near or in the water.
- Remember, no child or adult is "drown proof."
- Keep in mind that children can drown in many different water sources including: bathtubs, toilets, buckets, baby pools, backyard swimming pools, community pools, streams, creeks, lakes, rivers, oceans and other places.

<http://www.pbs.org/parents/summer/summer-safety-tips-for-kids/>

# Children Are Our Specialty

## Summer Safety Continued

### Sun Protection

- Avoid sun exposure during peak sun hours (10 AM – 6 PM).
- Wear protective clothing and a wide brimmed hat and sunglasses (with 99-100% UV protection).
- Sunscreen is a must (on sunny and cloudy days)! Look for products with UVA and UVB protection and an SPF of at least 15 (according to the American Academy of Pediatrics and American Association of Dermatology).
- Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming, sweating or toweling off.
- Look for shade whenever possible.

### Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important.
- Children (and adults) must remember to drink.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.
- Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am- 6 pm). Look for shade and take lots of breaks.
- Seek medical attention immediately for any signs of heat-related illness

### Summer First Aid Kit

- Every family should have at least one first aid kit at home which is well stocked and readily accessible.
- It's also helpful to keep a first aid kit in the car and one to bring on trips.
- Kids get lots of cuts and scrapes during the warm summer months, so it's nice to be prepared.
- Don't forget to restock the kit once an item has been used.
- Be sure to keep a list of emergency numbers where they are easy to find. This list should include: emergency medical services (911), the doctor's number, the dentist's number, poison control, a number where mom and/or dad can be reached and any other important phone numbers.



<http://www.pbs.org/parents/summer/summer-safety-tips-for-kids/>

# Children Are Our Specialty

Without happy providers the child care profession would be a sad experience.  
Take time for yourself and your family.  
That's what matters most!

Being a happy, healthy and relaxed provider leads to happy children and great working relations with our families. Here we are going to list some area activities for you and your family to enjoy while away from the busy schedule of your child care center.

## MAY

### May 13th, Comedy on Main

Enjoy a night of laughs at  
Janesville Performing Arts  
Center. 408 S. Main St. 8 p.m.  
, 758-0297  
[www.janesvillepac.org](http://www.janesvillepac.org)

### May 14th, Evening in the Round

Starring Linda Davis, Lang  
Scott, and Bill Whyte. Three of  
Nashville's most talented  
singer/songwriters bring a  
little taste of the Music City to  
Janesville. Janesville  
Performing Arts Center, 408 S.  
Main Street. 7:30 p.m.  
758.0297

## June

### June 10-11, 1st Annual Wallys Music Fest.

80 Hairnation Weekend held  
at Shilberg Park 868-6222  
[www.visitmilton.com](http://www.visitmilton.com)

### June 11th Rock County Dairy Breakfast

Fun Morning on a real dairy  
farm. Roger Rebout & Sons  
Farm. 5606 W. Mineral Point  
6:30 - 11 a.m., 290-5545  
[www.dairydaysofsummer.co  
m](http://www.dairydaysofsummer.com)

# Children Are Our Specialty

## July

### July 23rd Christmas in July

Northleaf Winery 232 S. Janesville St. 7 p.m.  
580.0575  
[www.northleafwinery.com](http://www.northleafwinery.com)

### July 26-31 Rock County 4-H Fair

The oldest 4H fair in the United States with animals, carnival, unique exhibits and national entertainment. Rock County Fairgrounds 1301 Craig Ave. 10.a.m-11p.m. 755-1470  
[www.rockcounty4hfair.com](http://www.rockcounty4hfair.com)

## August

August 7th Tallman Arts Festival Enjoy art , food, and more at Wisconsin's oldest and longest running art festival. Rock County Historical Society Campus. 426 N. Jackson St. 10 a.m. - 5 p.m. 756-4509  
[www.rchs.us/tallman-artsfestival](http://www.rchs.us/tallman-artsfestival)

August 17th Beckman Mill Ice Cream Social  
12:00 - 4:00 p.m. Ice cream, Mill Road Band, artists, Painting and More! Beckman Mill County Park 11600 Highway H Beloit 751-1551

# Children Are Our Specialty

Meeting Minutes by Kathy  
Hoover

## CHAOS MEETING MINUTES

April 2016

### New business:

CHAOS May 12- Provider Appreciation @ Small Wonders. Make sure you RSVP

SCAEYC Provider Night was cancelled because there was not enough reservations.  
They will return your money.

### FUTURE TRAININGS:

4/30 Learners Today Leaders Tomorrow from 8-1 at Brookfield

Suites Hotel 1200 S. Moorland Rd.

5/5-5/7 WFCOA Conference Speakers: Debbie Clement/Tom Copeland

### Training for the Evening: Active Shooter

A very special thanks to Officer Chris Woerth. He is an officer for the Town of Beloit. He gave information for us on how to protect our home and our child care centers. He was very informative.

Kathy Hoover, CHAOS Secretary