

Children Are Our Specialty

October 2016

Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter.

~Carol Bishop Hipps, "October," In a Southern Garden, 1995

October already! I'm usually ready for a new month to start once the calendar changes. It's a fresh start of a new theme at my child care and a good time to reorganize and get back on track. It's always a busy time Sept-Dec. Be sure to take care of yourself so you stay healthy and happy too!

We hope to see you at our next training! Getting your continuing ed hours in throughout the year is easy with CHAOS trainings since they are local and we meet often.

Our next training is Thursday, October 20. The topic is Youngstar Updates & Info presented by Bonnie Winkofsky at Blackhawk Tech, Blackhawk Room 1315 6:30-8:30 pm. A 2 hour Registry certificate provided.

- BRING YOUR REGISTRY CARD
- MEMBERSHIP DUES WILL BE COLLECTED

The WECA conference is October 13-15, 2016 at the Hyatt Regency Green Bay. Anyone going? <http://wisconsinearlychildhood.org/conference/>

CHAOS is recognized as a Professional Association by YoungStar as defined under Business and Professional Practices. Please see the link to the PDF of the letter dated February 18, 2013.

If you are participating in YoungStar and are a member of Children Are Our Specialty, you may want to put a copy of this letter in your file.

****Attendance at four meetings per year is required for "active participation".****

You also need a certificate of membership or your receipt for membership dues. This is also now posted on our website for your reference.

<http://bit.ly/2d2Synv>

If you have ideas for CHAOS, let us know. We're always open to new thoughts and suggestions.

Page 1: Presidents letter
Page 2: Training Schedule
Page 3: Fundraiser Info
Page 4: Wonderful Naps
Page 5: Sleep Needs by Age
Page 6: Preserving Pumpkins
Page 7: Pumpkin Tips Continued

Thanks, Tracy

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Meeting Dates (All Meetings in BTC Room
1315 unless otherwise noted)

2016-2017 Trainings

October 20

Youngstar Updates & Info
Bonnie Winkofsky
Blackhawk Tech

November 17

Hands on Sensory Learning Centers
Elections & Potluck
Board members – please bring materials for one sensory bin idea for demonstration/display.
Stacy Ransom
Small Wonders

December

Holiday dinner out/ gift exchange
No continuing ed

January 19

Cancelling training

February 16

Emotion Coaching
Angela Flickinger
Blackhawk Tech

March 16

**Self-assessment tools/resources that will be available for the new health and wellness point in the 2017 YS criteria.

Amy Alt
Blackhawk Tech

April 20

CARE House training Child Abuse Prevention & Neglect

May

COLORS personality program & Provider Appreciation
Angela Flickinger
Small Wonders



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Exciting News

**It's a
fundraiser!!!!**

We are very excited to let you know of our fundraiser to support CHAOS and keep membership dues reasonable. As was mentioned at the September meeting, finances have changed and in order to keep our group growing and successful we have decided to try a fundraiser to help with costs. We are hoping that all of our members will show support thru this venture.

Attached to this email is the order form. We are selling three different kinds of shirts with the CHAOS logo on the front. We have a sweatshirt, a T-shirt and a crew neck long sleeve T-shirt. These can be purchased in three different colors. We have chosen Carolina Blue, heliconia (which is a vibrant pink) and sports grey. All orders and money will need to be paid for at the October Meeting so the order can be placed.

Please support our group with this wonderful fundraiser and get an awesome shirt to show off to your friends and co-workers



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WONDERFUL NAPS

The Importance of Naps

Nap. It's a small word, but for most parents a hugely important one. Why? Sleep is a major requirement for good health, and for young kids to get enough of it, some daytime sleep is usually needed. Crucial physical and mental development occurs in early childhood, and naps provide much-needed downtime for growth and rejuvenation.

Naps also help keep kids from becoming overtired, which not only takes a toll on their moods but may also make it harder for them to fall asleep at night. And naptime gives parents a brief oasis during the day and time to tackle household chores or just unwind.

(continued on next page)

reference: <http://kidshealth.org/en/parents/naps.html>



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Sleep Needs by Age

There's no one-size-fits-all answer regarding how much daytime sleep kids need. It all depends on the age, the child, and the sleep total during a 24-hour period. For example, one toddler may sleep 13 hours at night with only some daytime catnapping, while another gets 9 hours at night but takes a solid 2-hour nap each afternoon.

Though sleep needs are highly individual, these age-by-age guidelines give an idea of average daily sleep requirements:

Birth to 6 months: Infants require about 14 to 18 total hours of sleep per day. Younger infants tend to sleep on and off around the clock, waking every 1 to 3 hours to eat. As they approach 4 months of age, sleep rhythms become more established. Most babies sleep 9 to 12 hours at night, usually with an interruption for feeding, and have 2 to 3 daytime naps lasting about 30 minutes to 2 hours each.

6 to 12 months: Babies this age usually sleep about 14 hours total for the day. This usually includes two naps a day, which may last 20 minutes for some babies, for others a few hours. At this age, infants may not need to wake at night to feed, but may begin to experience separation anxiety, which can contribute to sleep disturbances.

Toddlers (1 to 3 years): Toddlers generally require 12 to 14 hours of sleep, including an afternoon nap of 1 to 3 hours. Young toddlers might still be taking two naps, but naps should not occur too close to bedtime, as they may make it harder for toddlers to fall asleep at night.

Preschoolers (3 to 5 years): Preschoolers average about 11 to 12 hours at night, plus an afternoon nap. Most give up this nap by 5 years of age.

School-age (5 to 12 years): School-age kids need about 10 to 11 hours at night. Some 5-year-olds might still need a nap, and if a regular nap isn't possible, they might need an earlier bedtime.



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PRESERVE THAT PUMPKIN

How to preserve that perfectly carved pumpkin

You've just spent hours carving a freshly-picked pumpkin to perfection. How do you lengthen the life of your prized jack-o-lantern to keep it from shriveling up before Halloween? Try these tips using household products you already have.

Tip 1: Kill Bacteria and Mold

Clean the exterior and interior of the pumpkin to help prevent mold from forming

Create a [bleach solution](#) using one tablespoon of bleach per quart of water

Spray the solution on the interior and on all cut out areas

Let it dry for 20 minutes

Tip 2: Keep From Drying Out

Once you've perfected your jack-o'-lantern, smear some [petroleum jelly](#) all over the pumpkin covering the interior and cut out surfaces

You can also try using [vegetable or olive oil](#)

Tip 3: Preserve Uncarved Pumpkins

Keep uncarved pumpkins fresh longer by spraying WD-40 on the surface.

Carved pumpkins can reap the [benefits](#) too!

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Tip 4: Say Bye, Bye to Rodents

Hairspray, acrylic finish spray and Tabasco sauce mixed with petroleum jelly can act as a repellent to keep pesky pumpkin-eating critters away

Tip 5: A Few Don'ts and a Do

Don't start carving too far in advance of Halloween

Don't keep your pumpkin in the sun or rain

Don't freeze the pumpkin. It'll just get [mushy](#)

Do give your pumpkin a bath for a few hours if it begins to shrivel. Super-shriveled Jacks may need to be soaked overnight.

You can also try using [Pumpkin Fresh](#), a specially formulated spray to keep pumpkins from decaying. Keep in mind pumpkins are fresh fruits, so treat them that way. When it's not on display, wrap it in plastic wrap and refrigerate, says Marc Evan, of [Maniac Pumpkin Carvers](#).

- REFERENCE: <http://www.today.com/home/preserve-your-pumpkin-make-it-last-long-1389846>

Kids Need You! Become a Foster Parent Today!



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For Information, Contact:
(608) 780-1715

Jennifer.Hillard@lsswis.Org

A decorative border of candy corns surrounds the central text area. The candy corns are yellow with orange and red tips, arranged in a repeating pattern along the top, bottom, and sides of the page.

FALL FUN

If you or your child care families are looking for some fun fall activities here are a few places that are family friendly and most of all FUN!!!

There is the popular home town pumpkin patch named Skellys. It's always fun to visit there and do all of their great activities.

Eugester's Farm is also fantastic!! Located between Stoughton and Oregon, this place has so many hands on things for the kids to do you'll need to plan a lot of time. They can feed baby goats, milk a virtual cow, milk a goat, walk with chickens, and my favorite, visit the kitten barn. They also have the traditional hay rides, corn mazes and pumpkin patch.

When my family goes we make a day of it. On our way home from Eugester's we stop in Edgerton at Hermanson's pumpkin patch located on County Hwy N. I have visited this pumpkin patch for almost 30 years. The family is amazing and they have a lot to offer. I get all my squash here as the prices are amazing!!

I hope you all take a break and go and enjoy at least one of these great family friendly places this fall!

CHAOS

Fall 2016

Shirts are now available with the CHAOS logo printed on the front.

If you have any questions, please contact Mykayla Lock

Orders and money are due October 20th at the meeting

Make checks payable to: CHAOS

Name: _____ Phone: _____

CIRCLE THE SIZE YOU WOULD LIKE TO ORDER

Short sleeve cost: SM-XL: \$10.00, XXL: \$14.00, 3XL: \$18.00

CAROLINA BLUE - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

HELICONIA (PINK) - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

SPORT GRAY - - - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

Crewneck sweatshirt: SM-XL \$20.00, XXL: \$23.00, 3XL: \$26.00

CAROLINA BLUE - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

HELICONIA (PINK) - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

SPORT GRAY - - - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

Hooded sweatshirt: SM-XL \$28.00, XXL: \$34.00, 3XL: \$37.00

CAROLINA BLUE - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

HELICONIA (PINK) - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

SPORT GRAY - - - SIZE: SM MD LG XL XXL 3XL QTY____ COST: _____

TOTAL ORDER: _____

Prices include the 5.5% Rock County Sales Tax.