PFCCA of GA

404-421-3985 Professional Family Child Care Alliance of GA - Promoting Quality Child Care pfccaofga.org

UPCOMING

2017

PFCCA BOARD MEETINGS

September 16th
October 21st
November 18th
January 20th, 2018

The PFCCA Board meets the third Saturday of the month at the Cheshire Bridge Publix in their 2nd floor Public Meeting Room. Members are warmly welcomed, but only Board Members may discuss or vote on issues.

Call us at 404-421-3985 for directions and to let us know you are coming.

"Education is the most powerful weapon which you can use to change the world."

– Nelson Mandela

Save the date! **Join us in Savanah in 2018:**

SOME THOUGHTS FROM

Lynn Manfredi/Petitt

Your PFCCA of GA President

TRANSITIONS!

With "real" school beginning so early in GA, August is a time of transitions. Older children transition or return to elementary school. It is a time when everyone moves "up" in age groupings: babies grow into toddlers, toddlers into preschoolers and new children take the places of those who have aged or moved on. Our personal children transition too. Some move on to middle or high school. Some go off to college. Home life changes add more transitions to our professional ones, causing not a little stress. We incorporate new families as we say fond good-byes to others. Our lives change in big and subtle ways. Most of us have interacted with our kin-like family child care client-friends every day for a year or more, through good times and bad. Suddenly, they are gone. Some visit or call over time; some are never seen again. When I bump into a former parent, it is often like reuniting with a long lost family member. As the Girl Scout song taught me: *"Make new friends, but keep the old: one is silver and the other gold."*

This summer, my own group of 4's and 5's moved on to formal Pre-K and Kindergarten, leaving Bob and me with an empty nest. That has never happened before. Since most of my inquiry calls are for 1's and 2's, we decided to reset our space for younger ones, with a focus on 1-3's, when we closed for our summer break. It has been odd to be without a daily child-oriented routine, but good for us, as well. Although vacation is nothing but a dream for many providers, I make it part of my contracts that we close for at least a few weeks to clean, purge and prepare for a new year. We also go to the annual National Family Child Care Association (NAFCC) conference to recharge our professional batteries. This year it was in Mobile. We enjoyed meeting up with colleagues from across the country and took a day at the ocean. It was pure delight! I couldn't have done this job for so many decades without regular break, but as you know, I am not typical.

Family child care providers are as much like moms as we are early learning teachers. Although we spend a lot of time educating young children in a variety of ways, we hardly stop for the kind of vacations that teachers get. Most of us work non-stop through the summer and other holidays. We keep routines going and add older children (if ratios allow) when "real school" is on break. This dedication benefits everyone over time. As one of my former clients said last week on Facebook, my home is her children's 2nd home. This makes me smile. It also makes me proud. Few understand the sacrifice we make for other people's children. We are the unsung (s)heroes of working parents.

Family child care providers are tenderhearted and tireless in our work. We often adjust our policies to meet the needs of parents and children. Transitions keep the job changeable and interesting, but also challenging. Children come in all ages, sizes and needs to be met. Each one requires providers to weave these into the needs of the group, every time there is a change. Those who last over time are gifted in relationships and in knowing our own limits. We develop skills and talents that are rarely appreciated by society. Like mothers, we are taken for granted. Our ability to go with the flow, adapt to change and love those children in care (almost as much as our own) is hardly given a second thought. Instead we are prodded to be more like teachers and focus on academics. Many of our programs are in spaces and use schedules that seem to be more of a preschool than home. The most important contribution we make to young children's lives is continuity of care and our loving presence in each child's life. Like my alumni parent said, we are a 2nd home. For those with overextended parents, we are the only home a child may experience when it is needed the most. Too often our gifts to the future goes overlooked. It is time for that to change.

The National Association for the Education of Young Children (NAEYC) has created a "Power to the Profession" task force to redefine and celebrate the work of early childhood professionals. NAFCC has joined this effort, taking a fresh look at our own part of the profession: family child care. PFCCA Vice President DiAnne Coggins has agreed to be our liaison to NAFCC and will keep us posted. Joe Perreault, our Public Policy Chair and I were invited to participate in monthly leadership calls with NAFCC. Wherever I am, I never miss a chance to remind people that Family Child Care is special. I trust that all of you do the same.

We are offering a kind of care that is not widely understood or appreciated. Our small groups, provider training and continuity of care make quality easier to reach than in centers. Few understand that when we are able to bond with parents as well as children, quality is raised to an even higher rung. Unlike most center-based and preschool teachers, family child care providers stay connected to many of their families over time. Genuine relationships between providers and parents allow children to know and stay attached to their providers. We are invited to birthday parties, graduations and weddings. We receive updates and pictures of our child care babies and some even end up caring for the second generation. Like I said, our dedicated care and openness to long term relationships benefit everyone.

This September, my first family child care baby is having a baby of her own. How do I know this? She and her mother and I are Facebook friends and get together occasionally when she visits from San Francisco. I look forward to holding that GRAND baby in my arms! Another former baby has become a doctor, specializing in Radiology. Since her parents are neighbors, we see each other more often. Like many providers, I keep photographs of my alumni on display and keep in touch. It almost goes without saying: when parents are connected, children remember us and find us as we age. It is a huge but hidden bonus that providers and their child care families realize over time.

As everyone knows, change is a part of life. Transitions can be smooth or rocky, but they are as predictable as the hot, rainy weather we always have in August. September and October brings cooler weather. As we move from summer into fall, I trust that these seasonal transitions will bring much appreciated relief... and deepening relationships to build with children and families in your care. Never forget that relationships are the heart of quality care... and LOVE is the heart of our family child care profession!

NEED A SUBSTITUTE?

Here's a good idea from a fellow provider

Shared by:
Karen Nomura

I have an agreement with a fellow childcare provider to be each other's substitute. It is in our contracts with our parents. I let the children's parents know that they can contact my substitute when I am not able to have their children at my house for any unforeseen reason and she does the same with her parents. The parents contact the substitute provider directly to find out their availability and to let them know their services will be needed. Families pay the same as they normally pay.

You might want to try this too. It is a handy agreement in times of emergencies or much needed vacation time!

Thanks to Leap Early Learning Partners for sharing this GA DECAL CAPS update from Commissioner Amy Jacobs

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www.leapccrr.org
Hours of Operation:
Monday - Friday 8:30 a.m. - 5:00 p.m.

Child Care Resource & Referral of Central Georgia

Georgia Department of Early Care and Learning

SUMMER 2017

Early Care and Education BULLETIN!

Dear Child Care Provider,

In this newsletter I'm writing with important news about a THEME you've heard from the Department of Early Care and Learning (DECAL) for years: **quality child care** AND **Quality Rated**, Georgia's system to assess, improve, and communicate the quality of Georgia's early and school-age care and education programs. Research shows that quality child care is good for families and communities. Quality child care helps create financial stability for families; enhance economic development for communities; and increase the "bottom line" for businesses. Because of these positive impacts on children, families, and communities, in December 2016, the DECAL Advisory Committee (composed of family and center based providers, early childhood advocates, and industry associations) adopted the following policy:

Eligible providers must have earned a one, two, or three star rating through Quality Rated by 12/31/2020 to continue receiving Childcare and Parent Services (CAPS) funding.

If you are a licensed child care program who accepts CAPS but has not yet earned a Quality Rated star rating, resources are available to help you in the process. I recommend that, to meet the 2020 deadline, you begin the Quality Rated process today. Visit **www.qualityrated.decal.ga.gov** to complete the Quality Rated application and/or to request technical assistance to support your program in earning your star rating.

Georgia's Child Care Resource and Referral (CCR&R) agencies (from whom you've received this newsletter) are eager to help you earn a Quality Rated star rating. CCR&R staff are equipped to provide targeted coaching, training, and technical assistance to prepare you and your staff members to successfully complete the Quality Rated process. Their services are available exclusively to programs working to achieve a Quality Rated star rating. You can access their services through your Quality Rated application process or by directly contacting your local CCR&R office.

If you have more questions, join DECAL and your CCR&R in person at a Question & Answer Session in your area. At these sessions, you'll learn more about the resources available to help you earn your star rating. The first session was held on May 31st in Valdosta and will continue through the summer across the state. Dates, times, and locations of the remaining sessions are listed later in this newsletter. If you have not registered for a Question & Answer Session, contact your local CCR&R office to register for an upcoming session near you.

As always, thank you for partnering with DECAL and your CCR&R to ensure that Georgia's children and families receive quality early care and education services.

Sincerely,

Amy M. Jacobs, Commissioner

PFCCA Public Policy Committee Update

by Joe Perreault, Chair

BFTS/DECAL Childcare and Parent Services (CAPS) After a nine month study period including public hearings and a "Stakeholders Advisory Committee" which included PFCCA, DECAL announced a revised plan concerning CAPS eligibility and related policies. The issue arose last summer when DECAL announced that, in order to meet new requirements of the federal Child Care and Development Block Grant law related to quality, affordability and services, eligibility for the CAPS program would be limited. The initial plan would have reduced the number of GA children served from 55, 000 a week to only 35,000 a week. The negative response from low income parents and caregivers (center and family child care) led DECAL to take a comprehensive look at options. The revised plan intends to serve an average of 50, 000 children weekly (see also next item). CAPS will retain the incentive for caregivers who are QR rated to receive an extra fee (5% for 1 star; 10%, 2 star; and15% for 3 star). In addition, there is now a discount from the parent fee for parents who select QR rated programs.

Child Care Affordability Group/CAPS. The Georgia group calling itself the "Child Care Affordability Group" is beginning to take shape and define its direction. The group consists of five major GA child advocacy organizations (Atlanta Woman's Foundation, GA Budget and Policy Institute, GA Early Education Alliance for Ready Students, Quality Care for Children, and Voices for Georgia's Children) and several other groups including PFCCA. They developed a "GACAPS Subsidy Campaign Plan" which calls for increasing state funding annually for CAPS by 10% for a period of several years. Working with this coalition could be very important to family child care providers in GA. It means we will be talking to legislators about CAPS and getting involved in the election process for the next Governor.

National Association for Family Child Care (NAFCC) Policy Agenda. PFCCA is exploring becoming a state affiliate of NAFCC. We are pleased to see NAFCC has issued a statement identifying NAFCCs Federal Agenda. It is similar to the PFCCA priorities document we use to address state issues. It has five recommendations for 115th Congress. The agenda can be downloaded at the NAFCC website www.nafcc.org (at the homepage, go to the "Public Policy" page.) NAFCC's leadership on federal issues is very valuable to family child care and to PFCCA. Keep in mind, it means receiving information and calls for action on a lot of national issues. PFCCA has not been involved in national issues before now and it will stretch our volunteer efforts but it is right and necessary step.

NAFCC's "Recommendations for the 115th Congress" are listed below.
A detailed explanation is included in the full agenda document.

- Invest in the Child Care and Development Block Grant (CCDBG)
- Invest in Head Start and Early Head Start, including Early Head Start-Child Care Partnerships and Migrant Seasonal Head Start
- Strengthen the Child and Adult Care Food Program
- Improve the Dependent Care Tax Credit (DCTC)
- Safeguard policies and investments that support the wellbeing of children, families, and the early childhood

Georgia Department of Early Care and Learning

Family childcare learning home providers can earn 1 hour of FREE Bright from the Start training credit when they complete the *Watch Me! Celebrating Milestones and Sharing Concerns* training modules. Watch Me! Celebrating Milestones and Sharing Concerns is a FREE online training series that will help your teachers learn why monitoring development is important, their role in developmental monitoring, how to easily monitor milestones, how to talk to families about their child's development, and what supports are available for children and families in Georgia.

In addition, when you complete the training, they can complete a short form and receive a FREE Classroom Monitoring Starter Kit. The materials in the kit include colorful posters, Milestone Moments booklets, and developmental checklists for a range of ages.

You play a vital role in ensuring the health and well being of the children in your program. Monitoring children's growth and development is critical in helping them reach their full potential by making sure children are on target and identifying children who may need extra help. This training and kit will help provide the training and tools your teachers need to fill this role.
Take advantage of this training opportunity today!

To begin this free training, visit http://decal.ga.gov/CCS/DevelopmentalMonitoring.aspx .
If you have questions, please email us at childdevelopment@decal.ga.gov.

Thank you for your commitment to Georgia's children!
Bridget Ratajczak, M.A.
Child Development Specialist
Bright from the Start: Georgia Department of Early Care and Learning

One more reminder from Kristie Lewis

Assistant Commissioner for Childcare Services, DECAL

Did you take the required Health & Safety Orientation Course - which was due by July 1, 2017?

A Certificate of this training plus CPR & First Aid training must be up to date to be in compliance at your next monitoring visit. Non-compliance will be noted. Continued non-compliance may affect your licensing status.

Remember:

- **New staff members hired on or after October 1, 2016** must have a cleared COGENT criminal record check, a Health & Safety Orientation Certificate and CPR/First Aid training verification on file within 90 days of employment.
- **Staff hired before October 1, 2016** must have a cleared COGENT criminal record check, a Health & Safety Orientation Certificate and up to date CPR/First Aid training verification on file when your licensing consultant makes your upcoming monitoring visit.

Note: At DECAL, "Staff" includes anyone 17 or older who lives in your family child care learning home and/or works directly with the children. Also make sure that substitutes and anyone left alone with the children are in compliance.

Providers, family members, volunteers and paid staff can still access the free online training module for the Health & Safety Orientation Certificate through **Better Kid Care, Pennsylvania State University** at http://extension.psu.edu/youth/betterkidcare/on-demand. Sign in to the **On Demand** option, and then choose the module called "Georgia Health and Safety Orientation Training (for Georgia child care providers only)." You can also find additional training options at: https://www.training.decal.ga.gov/ (search "Health & Safety Orientation").

Georgia Department of Early Care and Learning

IMPORTANT CONTACTS:

CAPS/Maximus

Hot Line 1-877-755-6522

Max.gacaps.com

Customer Concerns Hotline
404-657-3434

Caps.support@decal.ga.gov

Criminal Records Check Issues

Help desk for CRC is
1-855-884-7444

Free Training for Family Child Care Providers!

2017-2018 CHILD CARE SERVICES TRAINING
Family Child Care Learning Home Leadership Institute:

Cruising to Excellence

Back by popular demand! This comprehensive institute is geared towards Family Child Care Learning Home (FCCLH) Owners seeking to grow in their leadership practices. It will consist of several content areas aimed to address essential information required to effectively operate an FCCLH. The institute offers various learning opportunities including: face-to-face training, online enrichment courses and opportunities for online discussions. The institute will establish a professional learning community for networking and support.

Saturday, September 30, 2017 (8:30 am - 3:30 pm MACON Anderson Conference Center
Saturday, March 24, 2018 (8:30 am - 3:30 pm) ATANTA Airport, Hilton Garden Inn Millennium Center

Registration is required through the Georgia Professional Development System (GaPDS).
Go to www.gapds.decal.ga.gov to register.

If you need general help with your account or have questions about training, please contact the GaPDS Support Staff in one of the following ways:
If calling within the metro Atlanta Area or from another state: 404-267-2760
If calling within Georgia, but outside of metro Atlanta: 1-888-92-GAPDS (42737)
Email: gapds@decal.ga.gov

Georgia Department of Early Care and Learning

from Shawnell M. Johnson, MAT
Quality Improvement and Training Unit Manager
Child Care Services Bright from the Start
Georgia Department of Early Care & Learning

Summer Pasta Salad with Cheese with Icy Peas

From Lynnie

Ingredients:

- 2 cups cooked macaroni (I use mini-shells, elbow or spiral veggie macaroni)
- ½ cup olive oil (1/2 added to pasta while cooking; 1/2 added after it is cooked to keep it from sticking)
- "icy" peas (frozen green peas -- added to hot pasta helps to cool it quickly)
- small bits of other cooked or raw veggies may be added if you have them on hand (zucchini shreds, mushrooms, yellow squash, red peppers, etc.)
- 1 can of garbanzo beans (drained) or freshly cooked (you also can add bits of chicken or other favorite beans)

- shredded mozzarella +/or adigio cheese (sprinkled on pasta)
- Parmesan cheese (shaken on pasta)
- Freshly grated black pepper (some kids even liked this!!!)
- (optional - sprinkle with your favorite Italian Salad Dressing or Catalina)

Mix everything together and serve

Individual Mix:

Serve a cup of cooked and cooled pasta into individual bowls.

Offer a divided serving platter and serve about 1 teaspoon of each child's choice to his/her bowl: icy peas, raw veggies, beans, chicken, cheeses

Older children can serve their own.

Optional: sprinkle with pepper grated to taste and/or top with favorite Italian Salad Dressing or Catalina and mix.

Menu Ideas?

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	**cheddar cheese whole wheat toast & grapes**	**turkey sausage biscuits blueberries**	**scrambled eggs, rye toast & cantaloupe chunks**	**granola bars, apple slices & peanut butter**	**multigrain pancakes with dried fruit & yogurt & strawberries**
Lunch	*with Milk (& water)*	*with Milk (& water)*	*with Milk (& water)*	*with Milk (& water)*	*with Milk (& water)*
Protein	turkey dogs	peanut butter pinwheels	cheddar cheese	black beans & cheddar cheese	tuna salad in
Carbohydrate	whole wheat buns	on vegetable wraps	on bagels	taco shells	ice cream cones
Vegetable/Fruit	icy peas	shredded carrots	spinach leaves	lettuce & tomato bits	apple & grape bits
Vegetable/Fruit	tomatoes bits	shredded apples	cucumber slices	corn	carrot shreds
Other/Extra	*(ketchup, mustard, relish)*			*(salsa, green olives)*	*(mayo or mustard, relish)*
PM Snack*	**oatmeal cookies & crème cheese**	**cheese sticks & pretzels**	**rice cakes & almond butter**	**100% fruit popsicles & Triscuits crackers**	**chocolate pudding & bunny grahams**

Recipe: Cucumber Limeade

Cucumbers are so cool and refreshing that they make a fantastic hot-weather thirst quencher. Make your children squeezing & stirring helpers! Pair with some tangy lime—peel and all—and prepare to chill. Remember that whenever you use the peel of a citrus fruit like lime, lemon or orange, you should scrub it really well first.

Hands-on Time: 20 minutes
Total Time: 20 minutes

Sharp knife (adult needed)
- Cutting board
- Measuring spoons
- Medium-sized metal or plastic bowl
- Wooden spoon or potato masher
- Mesh strainer
- Measuring cup
- Pitcher
- 4 glasses

Ingredients:

- 1 medium cucumber, peeled and thinly sliced
- 1 lime
- 2 tablespoons honey or real maple syrup
- pinch salt
- 4 cups cold water
- ice cubes

Instructions:

1. Set aside 4 of the cucumber slices, and put the rest of the slices into the bowl.

2. Scrub the lime and cut it into quarters from end to end (lengthwise). Put each quarter on the cutting board, flat side down. Cut one quarter into 4 pieces and set aside. Cut each of the remaining quarters into thin slices and add them to the bowl of cucumber slices.

3. Add the honey or maple syrup and a pinch of salt to the cucumber and lime slices and use the wooden spoon or potato masher to mash them really well until the lime gives up its juice, the cucumber is completely smashed, and the honey or maple syrup is dissolved, about 2 minutes. Add the water and stir well.

4. Set the strainer over the pitcher and pour the limeade mixture through it. Use the wooden spoon to mash the mixture against the mesh of the strainer to release as much liquid as possible. Serve right away with ice, garnished with the reserved cucumber and lime slices.

Notes:
For an even colder treat, stir in an extra tablespoon of honey or maple syrup, then pour the mixture into ice pop molds and freeze it!

healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

Source ChopChop Magazine, a nonprofit quarterly magazine about cooking for families. Photography by Carl Tremblay.

It's gonna be HOT! HOT! HOT! for a while,
so think of ways to stay COOOOOOOOL...

exploring ice!

science concepts:
solid & liquid ~ frozen & room temperature ~ cold & hot

What could be cooler than experimenting with ice? Plan an ***Ice Day*** *or an* ***Ice Week*** and see what your imagination spins, as you go along. Feature the colors **black and white** in art projects. Pretend to **take a trip to the Arctic Circle** and study **polar bears & penguins & igloos**. Make homemade **popcicles**—or **frozen veggie plops** *(freeze pureed cooked veggies in small "cookie" shapes for a unique, summery way to enjoy vegetables)* Take the fun outside as much as possible to keep the mess minimal. Set up a water play station to continue experiments with **icy sink & float**. Here are some more ideas divided by age to get you started. Older children may enjoy all of these:

infants Soak and freeze clean, knotted wash cloths to hold and chew on—great teethers! Freeze large pieces to pat.

toddlers Freeze large pieces of ice in different size bowls and cups. Help the toddlers skim them along the sidewalk and enjoy the cool puddles they make with bare feet.

preschoolers Freeze white tempra paint in ice trays overnight and paint "icy pictures" on black paper. Buy a bag of ice cubes and have ice cube "races" on the sidewalk. Drop ice cubes into mud kitchen play.

pre-K & kindergarteners Freeze different shapes in bowls and cups, set them on a table or ledge, and make a simple graph of what sizes melt the fastest. Graph the ice cube races, too. What moves fastest a big cube or a small one?

school agers Go to the library and find books about ice and the Arctic Circle. Help plan ideas for all ages. Make a small icy igloos with bags of cubes—paint water on them to stick them together and refreeze. Or use sugar cubes for a more permanent display.

Safety first and last!
Do keep an eye out for frostbite from handling ice too long.
Keep small pieces away from children under three.
Although it will melt, ice can cause choking.
Redirect any temptations.

15 Ways to Splash without a Pool

by Katie Brazerol FUN SHINE BLOG

Shared by Francine Krawitz, provider

Water play can keep children cool during these hot summer months. Try some of the following suggestions to integrate water play into your day, even if you don't use a pool.

1. Fill spray bottles with water and turn the stream to the "mist" setting. (Small spray bottles can often be found in the travel/sample size section in the health and beauty department.) Allow the children to spray flowers, trees, the fence, and themselves!

2. Freeze water in ice cube trays and dump them into a large tub of water. Allow the children to play freely with them.

3. Fill a round bucket, such as an ice cream pail, with water and freeze overnight. Run the bucket under warm water until the ice block loosens from the pail. Gather the children outside, and have them take turns rolling the block of ice down the driveway or across the cement. What happens as the ice block melts?Water, Kids and Toys

4. Fill your sensory table or a large plastic tub with water, and provide funnels, scoops, cups, turkey basters, and spoons for the children to use. (Tip: Poke tiny holes in the bottom of a plastic container to create a sieve.)

5. Fill empty plastic containers about half full with water. Set them on the grass or cement and let the children practice pouring water from one container to another.

6. Set up a sprinkler and call it a "car wash." Invite the children to go through it with riding toys.

7. Provide sponges and buckets of water. Pair the children and have them dip the sponge into water and then practice tossing and catching it.

8. Use buckets of water or a hose to create several large puddles on the pavement. Provide balls to bounce into the puddles. Or, simply allow the children to jump from puddle to puddle.

9. Provide warm, soapy water in buckets. Add several dishrags, and invite the children to wash the outdoor toys.

10. Fill a beverage container with water and place it on a tabletop outside. Provide cups for the children to practice pouring or dispensing their own drinks.

11. Place a clear large tub of water outside. Predict and investigate outdoor items to find out if they sink or float.

12. Create a manmade river by laying out ten to fifteen feet of aluminum foil. Scrunch and roll both sides of the foil so it will hold water. Turn on the hose lightly and set it on one end of the "river." Watch as the water runs all the way to the end. Provide small "fish" cut from foam to float down the river!beautiful family

13. Gather the children near a hose. Hold the hose upright into the air and place your thumb over the end to create an arc of spraying water. If you're lucky, the water and sunlight will mix to create a rainbow!

14. Play Water Limbo! Hold a hose so it creates an arc of water. Invite the children to move under the arc without getting wet. Lower the arc after each round.

15. Provide tongs and ice cubes. Create a relay game and challenge the children to pick up the ice cubes with the tongs and walk quickly across the yard without dropping them.

Note: Be sure to supervise water play at all times. With infants and toddlers, you need to be within touching distance. They can drown in a surprisingly small amount of water.

source: https://funshineblog.com/2015/06/12/no-pool-no-problem/#more-797

Healthy Sleep Habits: How Many Hours Does a Child Need?

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B,Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

Kroger Rewards gives FREE MONEY TO PFCCA!

Remember: PFCCA has been signed up for **Kroger Community Rewards Program for non-profits**. This is done through the *Kroger Plus Card* Rewards Program. To be able to get cash rewards for PFCCA members must open an account for a Kroger Rewards Program account with their Kroger Plus card. It will then open a box link to "community rewards." This will open a link in "Pro" and PFCCA will pop up (or you can put in our number, which is # 68265). This will put cash money in PFCCA's pocket with a quarterly check! This will not affect personal points! Let's all do this and earn FREE money for PFCCA! Several of us have already done this. It's really easy, so the board is asking everyone to spread the word. You don't have to be a member to participate!

Ask parents and friends to join us!

Baby Talk: Resources to Support the People Who Work With Infants and Toddlers

Issue No. 74 July 2017

Slower Toddler Speech Development Linked to Amount of Screen Time
A recent study found that children who spent more time with hand-held screens were more likely to exhibit a delay in expressive speech.
http://www.pbs.org/newshour/rundown/toddlers-screen-time-linked-slower-speech-development-study-finds/

Talk, Read, and Sing Together Every Day!
Research has found that providing children from birth to five with consistent, language-rich experiences—such as talking, reading, and singing—can have important benefits on their brain development and future school success. However, many families lack access to the types of resources that can help them make the most of these language building experiences. This creates a gap in the quantity and quality of words that children learn, which directly impacts their opportunities to succeed in school and later in life. These tip sheets, available in English and Spanish, have been designed specifically for families, caregivers, and early educators. They can help enrich a child's early language experiences by providing research-based tips for talking, reading, and singing with young children every day beginning from birth. Sample topics include It's Never Too Early to Help Your Child Learn – Talk, Read, and Sing Together Every Day, Tips for Using Language at Home and in the Community, and The Benefits of Being Bilingual.
https://www.ed.gov/early-learning/talk-read-sing

Baby Talk is a free, one-way listserv that is distributed monthly. Each issue features high quality, readily available, and free resources. To join the listserv, send an email **with no message** to subscribe-babytalk@listserv.unc.edu

Highlighted resources are available in English and Spanish. Past issues are archived at http://fpg.unc.edu/resources/baby-talk-archive To suggest resources, please contact Camille Catlett at camille.catlett@unc.edu

Thankyou to you to our Sponsors

WOW! Check it OUT: Three Exciting ECE Professional Development Opportunities coming our way!

Two National Conferences (NBCDI & NAEYC) and the GAEYC state conference will ALL be in the Atlanta area this fall. Check them out and find a way to participate if you can. Network with National and GA ECE professionals. Learn about the newest research and innovations. They are a bit expensive, but thousands consider each one of these conferences worth the money and time... Check out their websites and save on hotel and travel in 2017!

NAEYC's national conferences bring together tens of thousands early childhood educators -- teachers, family child care professionals, program administrators, students, researchers and teacher educators -- to explore the latest research and learn from one another. Sessions will be held in the downtown ATL World Congress Center and surrounding hotels.

NAEYC's Annual Conference is the place to network, learn, and rejuvenate! Get up to date on what's happening in the early childhood education field. Did you also know it's a great place to build your professional network?

Those are just a few of the many reasons to attend, here are a few more:

1. Over 600 innovative sessions;
2. NAEYC Expo and NAEYC Shop with exclusive events;
3. Endless networking opportunities;
4. Inspiring speakers, including Steve Pemberton as our Opening Keynote;
5. Special Events.

For more information: www.naeyc.org
Click on: Conferences and Events/Annual Conference

Register Online

Use the online Registration form
Register now!

REGISTER BY MAIL

Fill out the Registration form and send with payment to:
NAEYC Annual Conference Registration
c/o CompuSystems, Inc.

NBCDI is coming to town!

National Black Child Development Institute to Host 47th Annual Conference in Atlanta

NBCDI's 47th Annual Conference theme is "The Movement: Reignited."

Atlanta is an ideal city to both pay homage to the past and be inspired by our rich legacy as we confront the challenge of educational equity. NBCDI's special Monday, "Night at the Museum," will be held on Monday, October 2, 2017 at Atlanta's Center for Civil and Human Rights. The theme for the evening is "My Black is Beautiful." You don't want to miss this celebration of Black brilliance and excellence.

The ticket price includes: Round trip transportation from the conference hotel, food and beverages, and a guided tour of this historic museum. Live music will also be performed by Atlanta's own, Gritz & Jelly Butter. Join us for a once in a lifetime experience!

This year's conference will take place at the state-of-the-art Omni at CNN Center in Atlanta, GA from September 30, 2017 - October 3, 2017.

NBCDI's 47th Annual will offer nearly **100 workshops, professional development opportunities, and training from some of the nation's preeminent organizations**.J

To help our conferees take advantage of all we have to offer the early bird registration has been EXTENDED. Our first announced speaker is Dr. Iyanla Vanzant. The conference will feature a host of other amazing speakers, workshops, special events, and more. Don't delay, register today:

https://www.nbcdi.org/

We look forward to seeing you in Atlanta!

NBCDI
National Black Child Development Institute

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gaeyc Georgia Association for the Education of Young Children

GAEYC's 51st Annual Together for Children Conference brings together more than 1,200 early childhood professionals from around the state for professional development, learning, and networking. **The 2017 will be held October 6 – 7, 2017 at the Gwinnett Technical College – Alpharetta North Fulton Campus.** The conference theme is **Empowering Early Educators**. Find out more at the conference link at www.gaeyc.com. GAEYC is the GA affiliate of NAEYC.

REGISTRATION: Conference registration: registration page

PRECONFERENCE: Join us on Thursday, October 5, 1 – 4 pm, for an exciting pre-conference session on **Critical Conversations: Identifying and Overcoming Implicit Bias in Classrooms**, led by **Dr. Dina Walker-DeVose** of Georgia Southern University. For more information, check out the GAEYC PreConference page.

Professional Family Child Care Alliance of Georgia
Promoting Quality Child Care
www.pfccaofga.org ~ PFCCA Phone: 404-421-3985
Dedicate ~ Educate ~ Appreciate

Current PFCCA of GA Board of Directors and Organizational Leaders

Updated 4/22/17 by lamp ☺

Executive Committee Officers:

President: Lynn A. Manfredi/Petitt (until 5/18)
Vice-President: DiAnne Coggins (until 5/19)
Treasurer: Delia Gonzalez (until 5/19)
Secretary: Francine Krawitz (until 5/18)
Administrative Advisor: Sandy Byrd (on-going)

Standing Committee Chairs:

Organizational Development Committees

- **Membership Coordination:**
  Chair: Delia Gonzalez
- **Member Recruitment and Regional Outreach:**
  Chair: Rose Marie Allen
- **Finance/Fund Development:**
  Chair: Sandra Ramsey
- **Nomination/Elections:**
  Chair: (OPEN for 2018):
- **By-Laws/Policies & Procedures:**
  Chair: Joe Perreault with Sandy Byrd
- **CARE & Recognition:**
  Chair: Karen Nomura

Professional Development & Communication Committees

- **Conference** (Spring 2018):
  Co-Chair: Sandra Ramsey & Sandy Byrd
- **Communication & PR**:
  Chair: DiAnne Coggins
- **Spring Town Meeting** (2019):
  Chair: OPEN
- **Newsletter:**
  Chair: Charmaine Minniefield
- **Public Policy:**
  Chair: Joe Perreault
  Jury Duty Exemption Task Force
  Chair: Sheryl Buncic
- **Website & Creative Design:**
  Chair: Trecisa Brown with Denis Gray, Webmaster
- **Group Home Statewide Liaison:**
  Doreen Holmes Ladson

Founding Advisors: Sandy Byrd *(past Steering Committee Chair)*, Pamela M. Fields *(1st Elected President)*, Julie Phillips (*Leap)*, Patricia Sullivant *(QCC)*

Who we are

Professional Family Child Care Alliance of Georgia (PFCCA of GA)

www.pfccaofga.org

Our Vision

Working together to increase quality child care for Georgia's future.

Our Motto

Dedicate ~ Educate ~ Appreciate

Our Slogan

We are the VOICE of Family Child Care in GA

Our Mission

To improve the lives of children in Georgia by promoting professional, high quality family child care through the encouragement of training, education and national accreditation.

Our Goals

- **Advocate** for quality child care and early education for all children in Georgia.
- **Provide** on-going quality training, networking opportunities and mentoring of family child care providers to improve the well-being of the children in their care.
- **Develop and/or support** local associations and partners dedicated to improving the quality of child care for all children in Georgia.
- **Offer** family child care provider incentives, benefits and on-going training for professional development credentials, such as GA Quality Rating (QR), NAFCC Accreditation and college level certificates or degrees in ECE.

Professional Family Child Care Alliance of Georgia (PFCCA)

www.pfccaofga.org

PFCCA Phone: 404-421-3985

Membership BENEFITS:

The Professional Family Child Care Alliance of Georgia (PFCCA) board works hard representing you in ways that are visible and in ways that are behind the scenes. We want you to know **ALL** the benefits of PFCCA membership. Concrete ones such as sponsoring statewide training and policy meetings which carry DECAL credit and group discounts from early childhood suppliers; But also the many ways we speak up for family child care learning homes through attendance and comments at DECAL meetings and coordination with early childhood training, advocacy, and local provider organizations.

Here is a list of growing benefits that we hope you will find helpful.

Discounts

- Discount School Supply
- Lakeshore Learning
- Kaplan (*cards received at past conferences do not expire)*

Information, Networking & Training

- Bi-annual statewide PFCCA Conference (DECAL training credit, discount for members)
- Annual Town Hall Meetings (DECAL training credit, no charge to members)
- Quarterly Newsletter
- PFCCA Website
- PFCCA Facebook page
- Regular phone calls to members
- Detailed Minutes from monthly Board meetings
- Networking/Information tables (GAEYC, GA Southern, Child Care Resource & Referral of Southeast GA and other GA conferences)

Advocacy & Representation

- Public Policy identifies issues (currently 10 issues) and takes actions through position papers and joint projects
- DECAL Quarterly Board meetings (representatives attend 4 a year)
- DECAL Advisory Committee Meetings (invited member)
- DECAL Public Forums (attendance and testimony shared – re: Child Care and Development Fund state plan, CAPS policy changes)
- DECAL QR Networking Meeting (a member of the PFCCA Board is a networking leader)
- Georgia Legislature (HB 401 name change-passed, HB 166 jury duty exemption-bill still active)
- Child Advocacy Groups Collaboration (Representation at: NAFCC, GAEYC, Atlanta Woman's Foundation, GA Budget and Policy Institute, GA Early Education Alliance for Ready Students (GEEARS), Quality Care for Children, Voices for Georgia's Children, CCR&R's, CACFP programs, Early Childhood Training programs etc.)

Support Groups and Associations

- Coordination and/or co-sponsorship with Asociacion Latina de Educadores Infantiles (ALEI), Association of Child Care Professionals (ACCP), Cobb County FCC Association (CCFCCA), Gwinnett County FCC Association (GFCCA)
- NAFCC (regular representation on leadership calls and presentation of conference workshops)

by lamp ☺ & Joe Perreault 7/16/17

One last thought: Are You Ready?

10 Tips for Emergency Preparedness from Ready Georgia:

With extended rain and flooding in Texas in the news, it reminds us to consider our own emergency preparedness. Child care programs are required to have a plan and a kit to keep children safe in all kinds of emergencies. It doesn't take as much effort as you might think. Here are 10 tips from Ready Georgia to help you prepare, plan and stay informed.

1) Purchase a NOAA weather radio. A NOAA weather radio can be as much of a lifesaver as a smoke alarm. These radios can alert you to severe weather 24 hours a day, giving you time to take shelter and stay safe.

2) Prepare your Ready kit. Your kit should include supplies for you and your family child care children to survive at least three days without any aid – including non-perishable food, water, a first aid kit, a flashlight and extra batteries.

3) Create an emergency communications plan. You and the children may be separated from their families during an emergency and phones may not be in service, so it's vital that parents knows how to reconnect. The *Ready Georgia* website includes a tool to help you create a customized plan.

4) Download the free *Ready Georgia* mobile app to help you be ready and stay informed on developing threats.

5) Make copies of all important documents and store them in a water-proof container. These should be kept in your Ready kit as well.

6) Make sure you include items for your pets in your Ready kit.

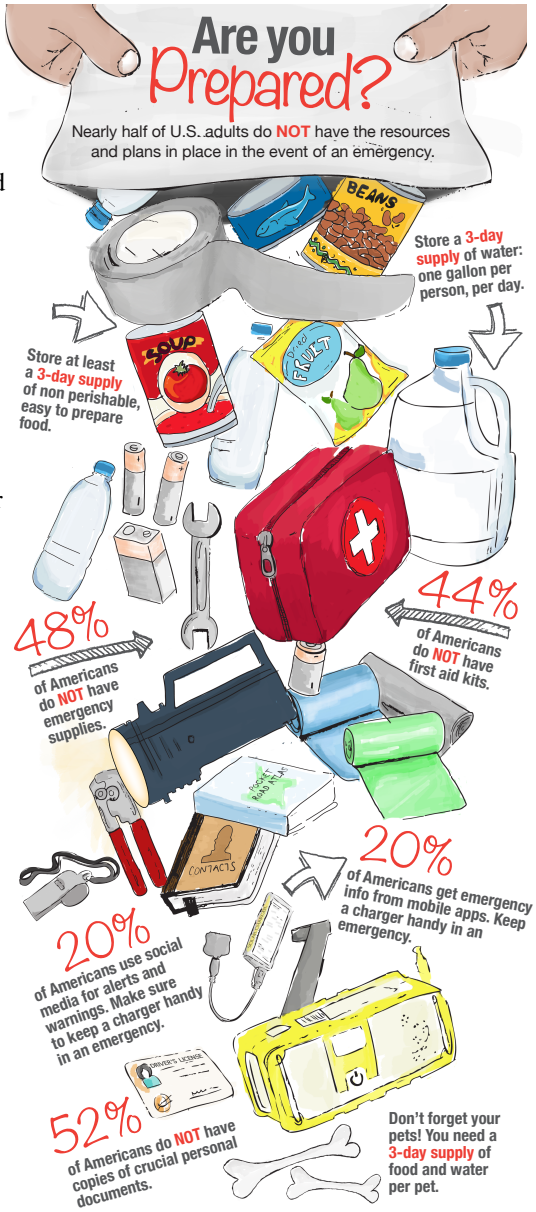
7) Familiarize yourself and parents with the emergency protocol in an emergency. Knowing how to react when disaster strikes can help cut down on stress and help reunite children with parents.

8) Identify a safe place in your home to seek shelter when a severe storm strikes. If you do not have a basement, take shelter on the first floor of your home in the most interior room with no windows. Keep in mind this may be a closet or bathroom.

9) Periodically remove dead tree branches and other similar debris that could be picked up by strong winds and cause damage.

10) Learn the 30/30 rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. You should also stay indoors for 30 minutes after hearing the last clap of thunder.

Taking these 10 easy steps now will make a world of difference for you and your family if disaster ever strikes your area. Make time to get prepared, it could be a life-saving decision. For further information on emergency preparedness, visit ready.ga.gov.



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404-421-3985

PFCCA Membership Registration *(good for one year)*

Date: _____

First Name: _____ **Last Name:** _____ **Birthday**___/___

Organization/Business Name ***(If applicable):*** _____ *mo/day*

Address:_____

City: _____ **State:** _____ **Zip:** _____

County: _____ **Email:** _____

Phone: _____ **Cell Phone:** _____

Family Child Care Provider Survey:

Are you a Family Child Care Provider? ☐ Yes ☐ No If so, for how many years? _____
Are you GA Quality Rated? ☐ Yes ☐ No If so, what is your rating? _____

Are you a member of NAFCC? ☐ Yes ☐ No

NAFCC Accredited? If so, for how many years? _____ ☐ **CDA?** If so, for how many years? ____

Please circle your highest ed diploma or certificate: HS/AS/TCC/BA/BS/MS/MA/PhD in _____

INDIVIDUAL MEMBERSHIP $15*: (There is **power in numbers** when we speak for providers! Add your voice today.)

☐ **FCC PROVIDER** *(or former provider)*: **$15 per year** [*All categories are good for one year from the month you joined.]

☐ **PARENT: $15 per year**. (Parents who have/had children in family child care and want to support the work of PFCCA)

☐ **ADVOCATE: $15 per year** (Individual ECE professionals who work to support Family Child Care Learning Home Providers)
☐ CCR&R staff ☐ Program staff ☐ Military staff ☐ other _____

SPONSORSHIP: ☐

$250 - $500 *(and up)* **annually**
Sponsors are businesses, corporations, groups or individuals who want to support the work of PFCCA & receive quarterly newsletters.
Contact PFCCA for information about annual sponsorship levels by email: pfccaofgeorgia@gmail.com or by phone: 404-421-3985

Please make checks or money orders payable to: ***PFCCA*** *and mail to: Delia Gonzalez,* ***PFCCA Treasurer:***
3480 Ansley Park Dr. Suwanee, GA 30024 *~ 678-446-6135 ~* pfccamembership@yahoo.com

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TOTAL AMOUNT ENCLOSED:

Questions? Need more information? Interested in volunteering?

- *To learn more about our work, sign-up as a member, join a committee and/or pay on-line, visit our website:* **www.pfccaofga.org**
- PFCCA phone **404-421-3985** or email: **pfccaofgeorgia@gmail.com**

We are an all-volunteer, 501c3, non-profit organization.
Your time and talents are welcome! Join us today!

form updated: *2/7/17 lamp ☺*