

Scott County
Licensed Family Child
Care Association

Member Update

Winter 2016

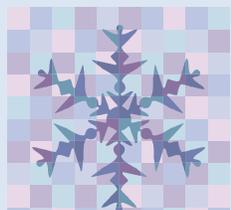
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The Board of the SCLFCCA initiated a program entitled “Why Family Child Care?” to help providers educate parents as to the value and learning that occurs in our family child care homes.

Look inside for ways for you to promote your unique family child care business!

Possible newsletter format changes being discussed. Look for information in the near future.

Why Family Child Care?

- Loving, nurturing, dedicated professional caregivers
- Play-based, developmentally appropriate care giving
- School readiness
- Learning that supports the whole child
- Continuity of care
- Siblings get to grow up together
- A home away from home
- Affordable option for families
- Powerful relationship building
- Strong support for families
- Conveniently located
- Healthy meals and snacks

The Scott County Licensed Family Child Care Association supports high quality child care for families. We are proud to offer families information on what quality family child care looks like.

Check out: www.SCLFCCA.com
for more family resources

The SCLFCCA is an organization of licensed family child care providers committed to the development of child care programs and activities, educational classes, mentoring and support networks.



Why Family Child Care?

What are advantages of an in-home setting for a child?

- **Family child care**, also known as a home daycare, **offers a home-like, nurturing atmosphere**. Children can play in familiar, comfortable, non-institutional surroundings. Challenge: Use family child care in your conversations with parents instead of daycare. Maybe for single-parent clients your setting has both a male and female caregiver so children can model roles in a family.
- Family child care has **mixed ages** which mimics most families. Children have an opportunity to play with and learn from children of all ages. **This allows children to remain with one child care provider for many years. This develops trust and security in children.**
- **Siblings aren't separated by age** (into different classrooms) in a home child care. Siblings spend the day together and are able to interact, play, and learn together. **A child who is an only child** gets the simulated experience of siblings.
- The child care provider is usually a mother or father but this isn't her only qualification. In-home child care providers must attend **training** to become licensed and must continue to receive training on an ongoing basis. Many family child care providers have a degree in education or a related field. Challenge: Share your education whether it be a college or technical college degree, accreditation or the training for Parent Aware.
- **Smaller group size** in a family child care home allows for more individual attention for each child. Family child care homes are regulated by the state as to the number of children a provider can care for in an age category. Many providers choose to limit the number of children they care for to ensure more one to one interactions.
- Family child care may serve home-cooked, individually prepared meals. The majority of home child care providers **participate in the Child and Adult Care Food Program**. Challenge: If you serve organic food or do many food "home cooked", let parents know that!
- Family child care offers a **healthier environment** because there is less illness in a small group of children. Challenge: Yes, children share germs but research shows children in child care settings have less absent days when they attend kindergarten.



Why Family Child Care?

- Family child care offers more child care providers that have many years of experience, giving children a **consistent caregiver**. The staff at a center usually turns over quickly, resulting in a less stable relationship between the child care provider and child.
- Family child care homes tend to **close fewer holidays** than centers.
- Significant research has provided evidence that **warm, loving and home-like settings are natural environments** for children during early childhood. Relationships and trust developed between the caregiver and child become the solid foundation on which life skills, a love of learning, and academic, social, and emotional skills are built.
- Family child care is a widely used type of out-of-home care for young children in the United States, **and is the preferred choice for infants and toddlers**.
- **The foundation of family child care is relationships**. Relationships between parents and providers, providers and the children and the children with each other. Family child care fosters emotionally secure interpersonal relationships with all families involved in care.
- Family child care offers the **safety and comfort of home** and provides a consistent caregiver throughout the years. Family child care is the care of choice for many parents.
- Family child care tends to offer **smaller ratios of children to adults**, often allowing early intervention and special needs care to be more readily available.

What began years ago as an informal approach to providing child care as a way to support working parents, family child care providers today are making an intentional career choice to offer quality early care and education in their homes. Many quality family child care programs offer a preschool curriculum. Family child care providers are dedicated to delivering high quality, emotionally secure and educational child care in a home setting to children of all ages.



If You See Your Children in This Position, Immediately Stop Them!

by admin@healthadvisorgroup.com | Posted on December 24, 2015

The W-positions is one of many sitting positions that most children move into and out of while playing, but it's a four-letter word to some parents. Why is it presumed to be ok for some children and forbidden for others?



When playing in these other sitting postures, children develop the trunk control and rotation necessary for midline crossing (reaching across the body) and separation of the two sides of the body. These skills are needed for a child to develop refined motor skills and hand dominance.

If You See Your Children Wit In This Position, Immediately Stop Them!

W-sitting is not recommended for anyone. Many typically developing children do move through this position during play, but all parents should be aware that the excessive use of this position during the growing years can lead to future orthopedic problems.

Why do children W-sit? Every child needs to play and children who are challenged motorically like to play as much as anybody. They don't want to worry about keeping their balance when they're concentrating on a toy. Children who are frequent W-sitters often rely on this position for added trunk and hip stability to allow easier toy manipulation and play.

When in the W-position, a child is planted in place or "fixed" through the trunk. This allows for play with toys in front, but does not permit trunk rotation and lateral weight shifts (twisting and turning to reach toys on either side). Trunk rotation and weight shifts over one side allow a child to maintain balance while running outside or playing on the playground and are necessary for crossing the midline while writing and doing table top activities.

It's easy to see why this position appeals to so many children, but continued reliance on W-sitting can prevent a child from developing more mature movement patterns necessary for higher-level skills.



W Position Continued

Who should not w-sit? For many children, W-sitting should always be discouraged. This position is contraindicated (and could be detrimental) for a child if one of the following exists:

- There are orthopedic concerns. W-sitting can predispose a child to hip dislocation, so if there is a history of hip dysplasia, or a concern has been raised in the past, this position should be avoided.
- If there is muscle tightness, W-sitting will aggravate it. This position places the hamstrings, hip adductors, internal rotators and heel cords in an extremely shortened range. If a child is prone to tightness or contractures, encourage another pattern of sitting.
- There are neurologic concerns/developmental delays. If a child has increased muscle tone (hypertonia, spasticity), W-sitting will feed into the abnormal patterns of movement trying to be avoided (by direction of the child's therapist). Using other sitting postures will aid in the development of more desirable movement patterns.

W-sitting can also discourage a child from developing a hand preference. Because no trunk rotation can take place when W-sitting, a child is less inclined to reach across the body and instead picks up objects on the right with the right hand, and those placed to the left with the left hand.

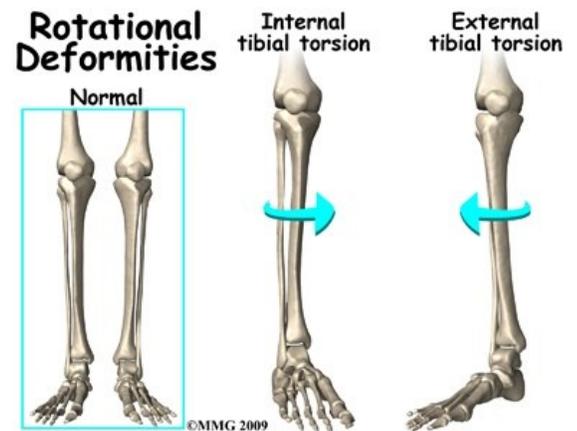
Try sitting in various positions. Notice how you got there, got out, and what it took to balance. Many of the movement components you are trying to encourage in a child are used when getting in and out of sitting. Transfers in and out of the Q-position, however, are accomplished through straight-plane (directly forward and backward) movement only. No trunk rotation, weight shifting, or righting reactions are necessary to assume or maintain W-sitting.

How to prevent W-sitting.

The most effective (and easiest) way to prevent a problem with W-sitting is to prevent it from becoming a habit in the first place. Anticipate and catch it before the child even learns to W-sit. Children should be placed and taught to assume alternative sitting positions. If a child discovers W-sitting anyway, help him to move to another sitting position, or say, "Fix your legs." It's very important to be as consistent as possible.

When playing with a child on the floor, hold his knees and feet together when kneeling or creeping on hands and knees. It will be impossible to get into a W-position from there. The child will either sit to one side, or sit back on his feet; he can then be helped to sit over to one side from there (try to encourage sitting over both the right and left sides). These patterns demand a certain amount of trunk rotation and lateral weight shift and should fit with a child's therapy goals.

If a child is unable to sit alone in any position other than a W, talk with a therapist about supportive seating or alternative positions such as prone and sidelying. Tailor sitting against the couch may be one alternative; a small table and chair is another.



SCLFCCA Members



Thank you for making our Association strong!

Dear SCLFCCA Members,

Thank you for making our Association strong! Your involvement, support and passion for your work enable us to be an amazing and thriving group. Our mission is to be an organization of licensed family child care providers committed to the development of child care programs and activities, educational classes, mentoring and support networks.

2015

*Over 50 classes were offered through the Association

*Membership is approximately 330 providers!

*We continue to offer Pathways as a means to help new providers build their businesses and have a toolkit of information to help them succeed

*We have a thriving website where prospective clients can search for providers, learn about family child care and find tools to help them in their search.

Our goals are:

To be a support group to all in-home licensed providers

To provide education by means of conferences, workshops, support groups and speakers.

To provide current child care trends and information in a newsletter and at trainings.

To support licensed providers in providing quality child care services to their local community.

We want to thank you for your feedback, input, questions and participation in our trainings. They help us be the dynamic Association that we're all so proud of.

As a Board, we volunteer our time each month to keep the Association running smoothly. Additionally, Board members volunteer time to plan, organize and host the trainings we offer. Like you, the Board members are all providers who are running their own businesses and navigating their personal commitments. As you await responses to questions or information you have submitted, we kindly ask for patience.

Some tips to make your experience the best it can be:

*Register for trainings and conferences BY the deadline dates. Last-minute calls and registrations complicate the experience for both the attendees and the trainers.

*Direct all training questions to michelle.herzog@yahoo.com with the Subject as "training." This will help ensure your message is handled with the correct priority

*Arrive early to trainings

*If you need to renew or purchase a membership, allow for extra time at the event. New Membership forms are available at www.sclfcca.com

*Submit any changes to the website as they occur. The more up-to-date the information, the better we can help support you and your business.

Thank you for your support of our Association. It is an honor to partner with you and serve the needs of the providers in Scott County.

Allison Rahn, Board Member



Family Child Care Pathways to Success Class—Fall 2015



Scott County—New Prague
Robin Denison & Nicole Bester



Scott County—Shakopee
Ashley Secord



Scott County—Belle Plaine
Tara Henke



Scott County—Jordan
Keri Vold and Bridget Powell



Scott County—Elko
Candace Kromer



Family Child Care Pathways to Success just completed the 26th training of the 16 hour class. Congratulations to the providers trained in the Fall 2015 program!
Next class starts January 26th. www.sclfccca.com

Week of the Provider Conference and Banquet

The Magic of Laughter!

April 29th and 30th, 2016

Crowne Plaza West Hotel, Plymouth, MN

More information at www.mlfcca.org

Save the Date



50% Bonus Depreciation Rule is here for 2015 and 5 more years!!

Congress has reinstated the on-again, off-again 50% bonus depreciation rule for the next five years, starting in 2015.

This rule now allows family child care providers to depreciate certain items faster, allowing them to claim higher business deductions on their 2015 tax return.

To use the 50% bonus depreciation rule for 2015 you must have purchased new one of the following items: computers and other office equipment, fence, driveway, patio, furniture, appliances, car/truck, or playground equipment. It does not apply to the purchase of a home.

Computers and vehicles must be used at least 50% of the time in your business to be eligible to use this rule.

The rule has been expanded to include eligible items called “qualified improvement property.”

Qualified improvement property is defined as “any improvement to an interior portion of a building which is nonresidential real property” made after the home was first used in your business. It doesn’t include adding an addition to your home or improving the “internal structural framework” of your home.

What does this mean? The IRS considers the business portion of your home as “nonresidential real property.” So, it appears that the 50% bonus depreciation rule now applies to home improvements such as kitchen or bathroom remodeling, new windows, doors, roof, and wood/tile floors. However, I have not seen this language clarified anywhere, so I can’t be 100% certain that these home improvements would be eligible for this rule. I strongly recommend talking with your tax preparer and ask for guidance in your situation. When, and if, I get further clarification, I will post another article.

How the Rule Works

The 50% bonus depreciation rule allows you to deduct 50% of the business portion of eligible items in 2015 and depreciate the remaining 50% using the normal rules of depreciation.

Here’s an example of how the 50% rule works. Let’s say you bought outdoor playground equipment in 2015 for \$3,000 and your Time-Space Percentage was 40%. Your business portion would be \$1,200. Normally you would depreciate the \$1,200 over 15 years (as a land improvement). But the 50% depreciation rule allows you to deduct 50% of the amount, or \$600 ($\$1,200 \times 50\%$). You would depreciate the other \$600 over 15 years. Your 2015 deduction on the second \$600 would be \$30 ($\$600 \times 5\% = \30 first year of fifteen year depreciation) for a total deduction of \$630.

Without this new rule, you would have to depreciate the full \$1,200 over 15 years: $\$1,200 \times 5\% = \60 deduction for 2015.

The 50% bonus depreciation rule has been extended through 2019. However, in 2018 it will be reduced to a 40% bonus and in 2019 to a 30% bonus.

Weather Watch Chart

This Direction

Weather Watch Chart page 2

This direction.

Did you know your microwave could do the following things?

Microwave ovens provide us with quick alternative solutions to heat up our meals, steam our vegetables and shorten our prep time in the kitchen. What else might they do?

Test if a Container is Microwave Safe 1:00
Minute
High

- Fill microwave safe mug with cold water.
- Place mug in the container you want to test.
- If water is hot and container is cold—Safe! Container hot— Not safe.

Soften Brown Sugar :30
Seconds
Medium

- Place a dampened paper towel in the box or bag of hardened brown sugar and close tightly.
- Microwave 30 seconds.

Food Splashed Microwave? Steam Clean with Lemons 5:00
Minutes
Medium

- Squeeze and dunk 2 lemon halves into a bowl of water.
- Microwave 5 minutes.
- Remove bowl when done and immediately wipe down microwave sides.

Get More Juice From Citrus :20
Seconds
Medium

- Place in microwave for 20 seconds.
- Peel should be warm to the touch after heating.

Peeling Garlic :20
Seconds
Medium

- Place 1 head of garlic on microwave safe plate.
- Microwave 20 seconds.
- Cloves will slide out of the skin.

Tear-Free Onion Chopping :30
Seconds
Medium

- Trim off both ends of the onion and peel off outer layer.
- Microwave for 30 seconds, remove and chop.

Re-moisten Stale Bread :10
Seconds
High

- Wrap bread in a damp kitchen towel.
- Microwave for 10 seconds.
- Repeat until moist.

Scrambled Eggs 1:30
Minutes
Medium

- Beat eggs with a dash of milk and cheese in a coffee mug. Sprinkle with salt and pepper.
- Set microwave setting to medium.
- Stop at the half way point to stir.
- Silicone cupcake cups also work.

Leftovers Don't Last Forever

Sometimes “leftover day” can be a fun game of take-your-pick for lunch! It is a little harder to record for the Child and Adult Care Food Program! However, it might not end up so enjoyable if the food is no longer safe to eat. Follow these tips for safe leftovers:

- Set your refrigerator temperature at 40°F or below.
- When storing hot foods, store them in shallow containers no more than 2” deep, so that the food cools to 41°F (or lower) quickly.
- Follow the “4-Day Throw Away” rule: if the leftovers are not eaten on the fourth day after storing, throw them away! Download the 4-day Throw Away app at www.4daythrowaway.org for your smartphone.
- Leave a pen and sticky notes near the fridge. Label leftovers with the date when you prepared them.
- Make a “use-up” list. List the leftovers you have in the refrigerator and the freezer. Post it on your fridge. Create meal combinations to use up the leftovers while they are still safe to eat.
- Do you ever freeze leftover hot dishes in 1 or 2 serving size containers for a day when you have a smaller group of children?

Sources: ISU Extension and Outreach Spend Smart. Eat Smart. website, www.extension.iastate.edu/foodsavings

ISU Extension and Outreach Food Safety website,



Save Money, Eat Well

When grocery prices go up, it may not seem possible to eat healthy foods while on a budget. However, eating healthy on a budget is possible when following a few tips.

Five tips to save money while eating nutritiously:

Look for deals and plan your meals! Plan your meals around weekly ad specials and what you have on hand in the refrigerator, freezer, and cupboards.

Buy in season. Seasonal produce often costs less and has better taste. Visit snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce to find out which foods are in season.

Schedule a day to cook. Cook large batches of your favorite recipes to portion out and freeze for quick-fix meals throughout the week. For easy recipes to freeze, order the cookbook *Healthy in a Hurry—14 Main Dishes for Now or Later* from the ISU Extension Online Store (store.extension.iastate.edu).

Get creative. Make it a game with leftovers to find ways to incorporate them into meals and snacks before they are no longer safe to eat. Use fruit in smoothies, put leftover vegetables in pasta, or use leftover meat in a stir fry.

Shop smart. Check the unit price on items and compare brands to get the best value. Use unit prices to not only compare brands and product sizes but also to compare forms of a food like fresh, frozen, and canned. Visit the ISU Extension and Outreach Spend Smart. Eat Smart. website (www.extension.iastate.edu/foodsavings) for more information on unit prices.

Source: Choose My Plate Tip Sheet: Eating Better on a Budget, www.choosemyplate.gov/ten-tips-eating-better-on-a-budget



2016 SCLFCCA Officers & Meeting

President

Carrie Speikers
952-492-3811
cspeikers@frontiernet.net

Vice President

Roz Addler
952-233-5293
rozaddler1@yahoo.com

Secretary

Stacy Brule
952-492-3929
Stacy_brule87@comcast.net

Treasurer

Lisa Boys
952-445-0632
lisaboys@netzero.net

MLFCCA Representative

Linda Schesso
952-445-2240
schesso77@yahoo.com

Training Coordinator

Michelle Herzog
952-492-2104
Michelle.herzog@yahoo.com

Membership Coordinator

Karen Lebens
952-496-9105
klebens1@comcast.net

Liaisons

Joyce Dueffert
952-445-8335
jdueffert@msn.com

Cheryl Nelson
952-403-1732

Cheryl@cherylschildcare.comcstbiz.net

Alision Rahn **Mia Schulz**
952-831-3691 952-447-6943
airahn@comcast.net miamamas@aol.com

Jami Tetzloff **Holly Stier**
952-334-7179 952-873-3525
jamileat@hotmail.com holly.stier@yahoo.com

Community Support Representatives

Belle Plaine
Shara Hiles
952-873-6256
sha6626@yahoo.com

Elko-New Market-Lakeville-Webster

Amy Schumacher
952-461-2088
Schumacher@integraonline.com

Jordan

Stacy Brule
952-492-3929
Stacy_brule87@comcast.net

New Prague

Karen VonBank
952-758-2863
karensteveV@hotmail.com

Prior Lake

Kara Puterbaugh
952-226-6092
littledreams@integra.net

Savage

Tabytha Luikens
952-944-7522
luikens@mchsi.com

Shakopee

Roz Addler
952-233-5293
rozaddler1@yahoo.com

Web Site Coordinator and MLFCCA Alternate Representative

Deloris Friske
952-492-3827
friske@frontiernet.net

Up Coming Board Meetings March 14, April 11, May 9
7:00—9:00 p.m. Klein Bank: 16677 Duluth Ave SE,
Prior Lake, MN 55372

This and That News

State Income Taxes and the 50% Depreciation Rule

Some states do not follow this 50% rule and deny child care providers this deduction on their state tax return. They may require you to report as income on your state tax return some of the amount you deducted using this rule on your federal tax return. Check with your state department of revenue or your tax professional. Minnesota does not follow this rule.

Every Student Succeeds Act

The Leave No Child Behind school readiness law is now replaced with the **Every Student Succeeds Act**. President Obama signed this Act into law December 10th. It was passed with bipartisan support and gives more responsibility to states in managing their local education needs.

Standard Mileage Rates for Taxes

\$.575 for 2015 taxes \$.54 for 2016 taxes

Support Reps Update

SCLFCCA would like to reach out to providers who might need a word of encouragement. If you know of a provider who is going through a difficult time, such as a death in the family, a sick family member, or maybe even a licensing issue, please let your Support Rep know.

Have you looked at your face book page for your community?



2016 Redleaf Press Calendar Keepers



\$12.89 (Tax included) Member Price

Contact Michelle at 952-492-2104 or
Deloris at 952-492-3827

Mentors

for the Scott County Licensed Family Child Care Association

The following mentors will be working with participants in the Family Child Care Pathways to Success class. They are available to help any provider in Scott County. Please give them a call if you just need to talk.

Elko-New Market-Webster-Lakeville:

Karen Smith 952-461-9535

Jordan:

Kelly Elsenpeter 952-492-5205

Michelle Herzog 952-492-2104

Carrie Speikers 952-492-3811

New Prague:

Jenny Bartusek 952-758-8655 LeSueur Co.

Karen Von Bank 952-758-2863

Prior Lake:

Deloris Friske 952-492-3827

Savage:

Laurie Cornelius 952-894-4284

Virginia McLaughlin 952-440-3479

Shakopee:

Lisa Boys 952-445-0632

Cheryl Nelson 952-403-1732

Linda Schesso 952-445-2240

Sarah Stanko 952-445-2679

**Next Parent Aware Cohort: Contact Marie or Linda at 952-402-9824
mjohnson@capagency.org**



Milk Moola Fund Raiser for Training Scholarships



Kwik Trip
1522 VIERLING DRIVE EAST
SHAKOPEE, MN 55379
(952) 496-1081

Kwik Trip
8225 CROSSINGS BLVD
SHAKOPEE, MN 55379
(952) 233-1209

Kwik Trip
14175 VERNON AVE S
SAVAGE, MN 55378
(952) 440-6030

Kwik Trip
501 CRYSTAL LAKE RD WEST
BURNSVILLE, MN 55306
(952) 898-4774

Kwik Trip
16260 KENRICK
LAKEVILLE, MN 55044
(952) 898-3633

Kwik Trip
2201 WEST 78TH STREET
CHANHASSEN, MN 55317
(952) 470-4584

8921 CROSSROADS BLVD
CHANHASSEN, MN 55317
(952) 937-6915

Kwik Trip
2900 NORTH CHESTNUT STREET
CHASKA, MN 55318
(952) 368-1942

Kwik Trip
BELLE PLAINE
104 ASPEN LANE
BELLE PLAINE, MN 55011
(952) 873-2644



SCLFCCA Fund Raiser

We are saving Kwik Trip MILK MOOLA caps and milk bag tops to provide a **Training Scholarship fund**.

Please save the items listed below and bring to any SCLFCCA sponsored event.

Along with Milk Moola, we are saving the price ovals from boxes of Glazers.

We do not want to take away from any group you may already be saving for, but if you aren't saving, please consider saving for SCLFCCA.

Products that Qualify:

- Milk – bags, gallons, half gallons
- Orange Juice – bags, gallons, half gallons, quarts, pint
- Egg Nog
- Flavored Water
- Kwik Quencher Fruit Drinks



New Kwik Trip Store in Prior Lake Opening January 28, 2016
16751 Fish Point Rd. SE
Prior Lake, MN 55372



SCLFCCA
Box 42
Shakopee, MN 55379

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PRIOR LAKE, MN
PERMIT NO. 23



Scott County Licensed Family Child Care Association
Box 42
Shakopee, MN 55379

Phone: 952-492-3811
Carrie Speikers - 2016 President
E-Mail: sclfcca@yahoo.com

www.SCLFCCA.com

“Providers Working for Providers”

Update your web page today!
Email Deloris at
friske@frontiernet.net

THANK YOU!
SCLFCCA wishes to thank all
providers who will update
their web pages during the
January update.

**Remember.... If you have a
new opening, notify Deloris
and it will be changed on
your web page.**

