

# SEPTMEBER 2022



*Family Child Care Professionals of South Dakota, Inc*  
to empower family child care providers and achieve high quality care for all South Dakota children

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# Training Opportunities

**Poverty Escape Room - September 21st or October 5th 9am-11am**

**Location- Southeast Technical College**

**Register for free online at Event Bright**

Learn about how poverty impacts students and families we work with on a daily basis and how to begin conversations around poverty.

**Community Resilience Model Workshop-September 15th 6:30-9:30pm.**

**Register for free by emailing or calling Dana Dieter at**

**ecconn@rushmore.com or 605-342-6464.**

Join the CRM workshop to gain a better understanding of the mind-body connection between stress and regulation and learn concrete mental wellness skills for yourself that can be modeled and shared with children.

**Tri-State Early Childhood Conference - The Science of Nature**

**October 8th 9am- 3:45 Location: Camp High Hopes, Sioux City, Iowa**

**Register by September 26th. Registration is \$25 and is limited to 100 people.**

The day will include two separate sessions geared towards using nature and the outdoors with children of all ages. Network with other early childhood professionals and leave with ideas and activities to use in your setting.

**Watch Me! Celebrating Milestones and Sharing Concerns**

**Free training from cdc.gov available until August 1st, 2024**

**<https://www.cdc.gov/ncbddd/actearly>**

An online training for early care and education providers helping you fulfill this role by providing tools and best practices for monitoring the development of children in your care and talking about it with their parents.

**For more training opportunities in person or online go to**

**[dss.sd.gov/childcare/educationalopportunities](https://dss.sd.gov/childcare/educationalopportunities)**



# Provider and Family Resources

## University of South Dakota Center for Disabilities

The University of South Dakota Center for Disabilities has recently announced their new online resource for information and help with all things autism related. Their website touches base on autism in the classroom, at home, in the community, and the transition to adulthood. This resource is imperative for providers and families alike.

Found at <https://bit.ly/2HdjRIS>

## What You Will Find Online

- Book Recommendations
- Tips for helping the children in your lives
- Stories from parents of children with autism
- iPhone and iPad apps
- Blog posts



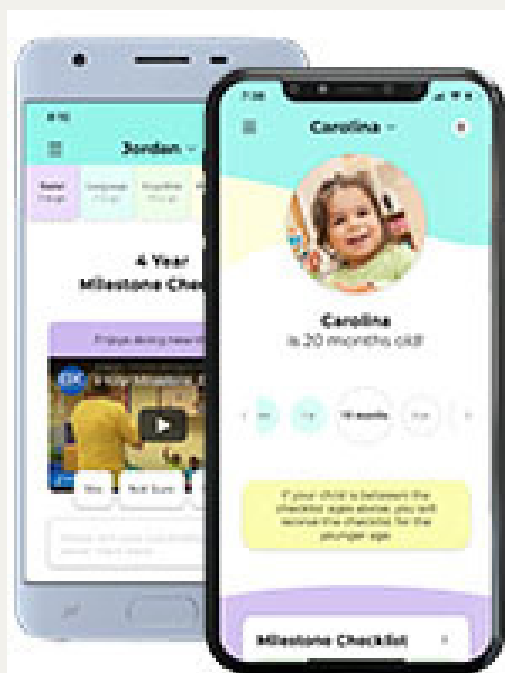
UnSplash: Caleb Woods

# Provider and Family Resources

## Milestone Moments

The Milestone Moment Books are helpful to parents and caregivers as they help better understand the child's developmental needs, pinpoint any developmental concerns, and gives parents an active voice in tracking milestones. Studies have shown that without tools only 30% of developmental disabilities are detected. With tools available, 70-80% of developmental disabilities are detected making it easier for them to receive early intervention.

Milestone Moments books, pamphlets, posters, and informational tools can be ordered for free or downloaded from [cdc.gov/actearly/freematerials.html](https://cdc.gov/actearly/freematerials.html) these materials are available in Spanish or English. There is also a Milestone Tracker app for families and providers. This app is available in English and Spanish and can be found on the App Store or Google Play.







# Vision Meeting



## September Vision Meeting for Family Childcare Providers of South Dakota

Saturday, September 10th the Board of FCCPSD gathered to talk of our visions and how we hope to grow our association. We have some very exciting things coming soon for our members that we look forward to announcing in the upcoming months.





# Loose Parts Play

## What are loose parts?

"In early childhood education settings, loose parts means alluring, beautiful, found objects and materials that children can move, manipulate, control, and change while they play. Children can carry, combine, redesign, line up, take apart, and put loose parts back together in almost endless ways. The materials come with no specific set of directions, and they can be used alone or combined with other materials. Children can turn them into whatever they desire: a stone can become a character in a story; an acorn can become an ingredient in an imaginary soup. These objects invite conversations and interactions, and they encourage collaboration and cooperation. Put another way, loose parts promote social competence because they support creativity and innovation. All of these are highly valued skills in adult life today." - Things, *Loose Parts: Inspiring Play in Young Children* By Lisa Daly & Miriam Beloglovsky

## How to Incorporate loose Parts

Loose parts can be added to any area of the classroom, in the kitchen blocks, rocks, rings, boxes, scoops can all be used as food or anything else the children can imagine. They can be used in the block or science area making ramps from boxes, paper towel rolls, pvc pipe pieces, building, making patterns and designs.

The thing to remember when setting up loose parts around the classroom is there isn't one way the child is supposed to use the items and they should be able to experiment and explore freely.





# Baked Hush Puppies

## Ingredients

- 2 large eggs
- 1/3 cup milk
- 2 tbsp vegetable oil
- 1/2 cup onion, minced
- 1/4 tsp salt
- 1 tsp baking powder
- 1/8 tsp ground black pepper
- 2/3 cup whole grain cornmeal (yellow or white)
- 1/3 cup enriched all-purpose flour
- cooking spray



## Instructions

1. Preheat oven to 350° F.
2. In a medium bowl, add eggs, milk, and oil. Stir until well combined.
3. Mix in onion, salt, baking powder, and black pepper.
4. Add cornmeal and all-purpose flour and gently mixed until just combined. Do not overmix.
5. Grease mini muffin tins with cooking spray and then scoop 1 tablespoon of batter into each muffin pocket.
6. Bake for 10-12 minutes. Test by putting a fork through a muffin and if nothing sticks, it's ready! If sticky, leave for 1-2 more minutes.

One hush puppy provides 1/2 oz eq grains.

Serving Size: 1 Hush Puppy Total servings: 14

Find this recipe and more at [cacfp.org](http://cacfp.org) under the recipe tab.

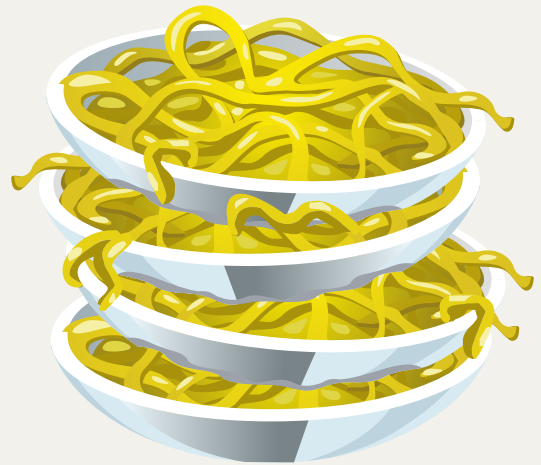




# Lunch Idea

## Ingredients

- 2 Tbsp soy sauce
- 2 Tbsp hoisin sauce
- 1/4 cup brown sugar
- 1/2 tsp ground ginger
- 1 tsp Asian sesame oil
- spaghetti noodles
- strips of chicken breasts



## Instructions

1. Mix soy sauce, hoisin sauce, brown sugar, ground ginger, and Asian sesame oil together in a bowl and put aside
2. Cook spaghetti noodles until al dente, then drain
3. Cook chicken in a pan or bake and cut into thin strips
4. Once both the noodles and chicken are cooked mix together over heat mixing the sauce into the mix

This recipe can be made with any amount of chicken and noodles, the bigger the batch, double, triple, or quadruple the sauce till it is to your liking.



# Children's Book Recommendations

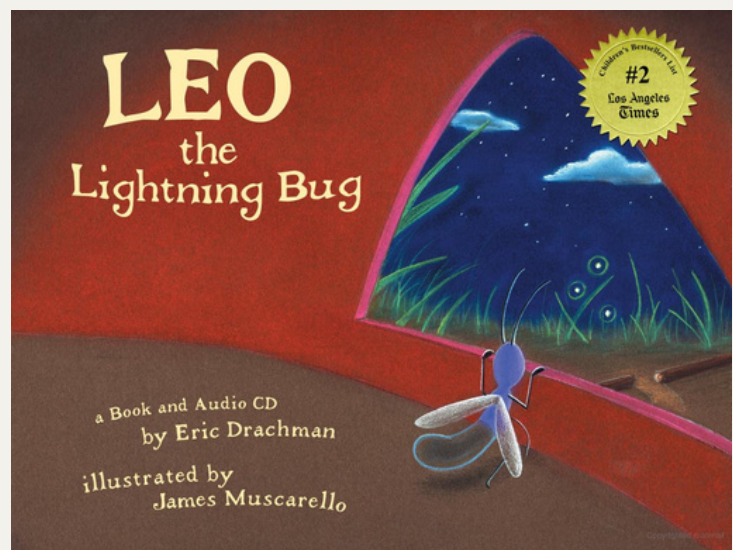


## Leo The Lightning Bug

By Eric Drachman

Author Eric Drachman wrote *Leo The Lightning Bug* was a storyline about a Lightning Bug that did not believe in himself, could he light up one day? We go on to read about Leo's friends laughing at him which leads to Leo feeling like he'll never be like the other lightening bugs.

This story can create a lot of conversations with your little ones as you read. Talk to your children about not comparing themselves because their time will come, ask what they would do in the situations Leo was in.. It's an inspirational tale of perseverance and self-acceptance I truly love.

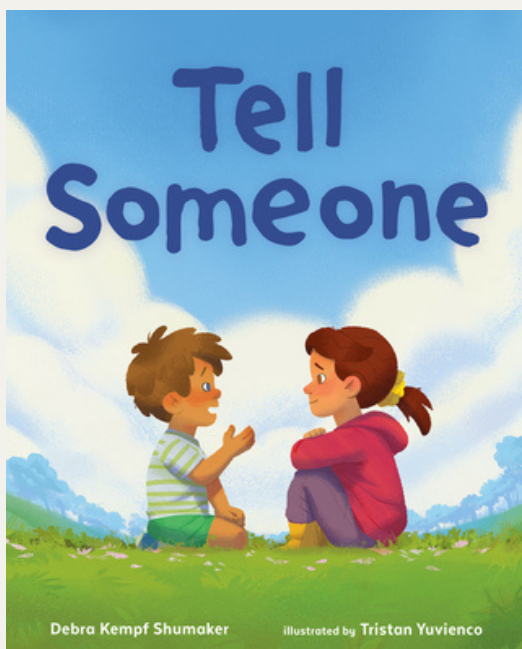


## Tell Someone

By Debra Kempf Shumaker

*Tell Someone* encourages children to tell someone when they are feeling happy, proud, sad, mad, or any other feeling. There are many situations shown in the book, like scraping your knee or the first day of school. *Tell Someone* also touches base on telling an adult if they have a secret that just doesn't seem right.

The book ends with a note from a clinical social worker with helpful tips for having successful conversations with your kids.





# Activity Ideas

## Puzzle Piece Find

Puzzles are great for improving memory skills, the ability to plan ahead and test ideas. This activity is a fun addition to how you might introduce puzzles to children. There are many ways to prepare this activity, wrap pieces in tin foil or wrap pieces in paper towels. Wrapping the puzzle pieces adds an element of surprise as well as extra fine motor skills work.



## Weaving

Weaving is an activity that can range in difficulty depending on how it is offered. For younger kids large beads are perfect to start with, there are a multitude of ways to set up weaving. A personal favorite is with eye hooks in a board using a variety of sizes in a variety of ways like zig-zags, straight lines, and curves making an array of difficulty levels for children to try.





# **The Beauty of Repurposing**

**By Lynette Lohan**

Raise your hand if you feel like you are the Queen of Repurposed stuff! As child care providers, we are constantly rotating our toys, books, activities and finding treasures at yard sales or gifts from parents. We bought our house 10 years ago, remodeled it to fit our needs. We took out a solid oak built in cabinet from the dining room and repurposed it putting the two cabinets back to back and installing countertop over it to make a serving station in the day care area. I stored my dishes on one side towards the corner table and benches and had storage on the other side. My family had sanded them down, painted them, moved the handle from the 80's middle to the corner and it served us well for ten years. I survived by hauling all foods downstairs from my kitchen with only a small dorm fridge in my day care. We now have a full size dining room table that has ten chairs around it and a full size kitchen in the daycare so had to eliminate the large island. We decided to repurpose the cabinets by stacking them on top of each other, securing them to the wall of course, and using them for storing nap items. The children can get their own items out and put them away, making them more responsible and helping me get the nap items off the floor faster for safety.

My philosophy is to have children help with as many chores as possible here. They put their own shoes and coats on, scrape their plates after meals, put their nap items away and bring their own water bottles here and get drinks when needed. I'm so thankful my husband and sons can help me repurpose items to make my day run efficiently. I challenge all of you to look around your area and see if you can repurpose something to better your space that you spend so many hours in. After you do, take a picture and let us know how it went, we'd love to inspire others.

# 2022 FCCPSD Steering Committee

Chair	Cynthia McConniel	<a href="mailto:chair@fccpsd.org">chair@fccpsd.org</a>
Chair-Elect	Tammy Remillard	<a href="mailto:chair-elect@fccpsd.org">chair-elect@fccpsd.org</a>
Past Chair	Allegra Fink	<a href="mailto:past-chair@fccpsd.org">past-chair@fccpsd.org</a>
Secretary	Lynette Lohan	<a href="mailto:secretary@fccpsd.org">secretary@fccpsd.org</a>
Treasurer	Dawn Wahl	<a href="mailto:treasurer@fccpsd.org">treasurer@fccpsd.org</a>
Newsletter/Networking	Ali Hartman	<a href="mailto:newsletter@fccpsd.org">newsletter@fccpsd.org</a>
Advocacy	Sara Kiefer	<a href="mailto:advocacy@fccpsd.org">advocacy@fccpsd.org</a>
Professional Development	Susan Dotson	<a href="mailto:professional@fccpsd.org">professional@fccpsd.org</a>
Conference Chair	Aylissa Willrodt	<a href="mailto:conference@fccpsd.org">conference@fccpsd.org</a>