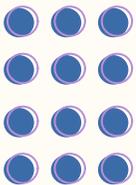


# AUGUST 2022

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

## WHAT'S INSIDE:

- Sensory Ideas
- Lynn Manfredi/Petitt
- History of FCCPSD
- Business Side of Family Childcare
- Book Recommendations
- DIY Toddler Activities
- Teaching Colors
- Training Opportunities



# Sensory

## Benefits of Sensory Play

Sensory play includes any activity that stimulates your child's senses: touch, smell, taste, movement, balance, sight, and hearing. This can start early on with different textured blankets and toys, crinkle paper, black and white books, and eventually sensory bins or other sensory experiences.

Sensory play supports language development, fine and gross motor skills, problem solving using math and science, social/emotional skills, and supports creativity and imagination. Research shows 80% of brain development happens by age three—sensory play is a great way to foster that growth.

## Nature Fillers

- Water
- Dirt
- Sand
- Grass
- Pebbles/ Rocks
- Twigs/ Sticks
- Flowers
- Leaves
- Pinecones/ Acorns
- Sea Shells

Always supervise sensory bin play and use caution with children under the age of three for choking hazards.



# Sensory

## Food Fillers

- Cereal
- Dry beans
- Chickpeas
- Green Split Peas
- Lentils
- Dry rice
- Quinoa
- Dry or cooked pasta
- Oats
- Corn Starch
- Flour
- Jello
- Lemons/ Limes
- Cranberries



Always supervise sensory bin play and use caution with children under the age of three for choking hazards.

# Sensory

## Low Cost Fillers and Recycled Fillers

- Cotton balls
- Pompoms
- Yarn pieces
- Crimped paper
- Water beads
- Marbles
- Aquarium gravel
- Aquarium marbles
- Cut straws
- Shredded newspaper or paper
- Packing peanuts
- Ripped tissue paper
- Bubble wrap
- Hole punches
- Corks
- Cut up toilet paper rolls
- Bottle caps



Always supervise sensory bin play and use caution with children under the age of three for choking hazards.

# Lynn Manfredi/Petitt

Written by Lynette Lohan

I received a sad e-mail this past month, our first ever keynote speaker for our first childcare conference in 2006 passed away on July 17, 2022. Lynn Manfredi/Petitt had an extended illness and will be missed by many.

I saw her last when I went to the National Family Childcare conference in Florida in June of 2019. She taught me and others so much about the importance of relationships at our “Growing Together” conference. I still remember standing in line to purchase a book at the 2004 National Conference in Kansas City, chatting with Lynn, and dreaming of having our own South Dakota conference someday and if we could make it happen, I would want her to be the keynote and that dream came true. That dream did one day come true as she was FCCPSD's first keynote speaker in May of 2006. Please keep her loving partner Bob Watkins and all her family and friends in thoughts and prayers as they miss her dearly.



Family Child Care Professionals  
of South Dakota, Inc. Growing  
Together

First Annual  
Family Child Care  
Conference  
*Growing Together*

Lynn Manfredi/Petitt  
Author of  
“Circle of Love: Relationships Between Parents,  
Providers, and Children in Family Child Care”  
Family Child Care Provider for 25 years!

Sheraton Hotel and  
Convention Center  
1211 West Avenue North  
Sioux Falls, SD

Saturday, May 6, 2006  
7 A.M. to 6 P.M.

A Fun Friday Night Kick-Off!  
7 P.M. to 9 P.M.

# How FCCPSD Came to Be

- A wise man once said that in order to recognize where you are, you have to understand where you've been. I beg your indulgence while I give you a brief history of how this organization came to be.
- In the Fall of 2001, a group of child care providers testifying in front of legislature stated that there were little supports for FDC in SD and bemoaned the lack of a mentoring program.
- Over the next two years, the Division of Child Care Services, and a group of child care providers worked to develop a family child care mentoring program. Your out-going Chair, Dawn Wahl, was involved in the preparations for this project from the start.
- In June 2003 the first training for family child care mentors was held in Pierre. Child Care providers from across the state, dedicated to their profession, came together and met others that thought the same way they did. It was magic! One of the providers who attended told me that this training made her view herself as a professional for the first time. Six of the seven charter officers were among the child care providers trained: Dawn Wahl, Renae Boehmer, Debby Bullis, Lynette Lohan, Lavonne Luellman and JoAnne Geiser. (the 7<sup>th</sup> officer, Janet Hofer, was trained the following year). For the first time, child care providers were making connections with other providers, not just in their own community, but from across the state. They quickly found they had a lot to offer each other, and the seeds of a dream were sown.
- In May 2004 – The family day care mentors were offered an opportunity to travel to the National Association for Family Child Care 14<sup>th</sup> Annual Conference in Kansas City, Missouri. Six of the mentors decided to attend this conference (4 of who were charter officers of this organization: Debby Bullis, JoAnne Geiser, Lynette Lohan and Dawn Wahl). One of the primary focuses of the conference was the development of statewide provider organizations. The conference educated and inspired the participants and the seeds of the dream began to sprout.
- After dinner one night at the conference, the mentors, four of the five SD Early Childhood Enrichment site directors and I met to discuss the concept of a statewide SD family child care association. The ideas were flowing and the enthusiasm was contagious.
- For the rest of the year, this core group, and other family child care mentors met to plan a statewide organization. What had started as a dream was rapidly taking shape and becoming a reality.
- In February 2005, an organizational meeting for the Family Child Care Professionals of SD was held during the SD AEYC/ SD Head Start Association Conference in Sioux Falls. Officers were elected, and the association began to grow.
- So you see, this organization didn't spring full-blown in the past year. It has taken dedicated child care providers, working hard for several months, to bring this group to fruition. These ladies have gone above and beyond what most others would do to provide you with a common voice, and a networking opportunity second to none.
- The 7 child care providers who have made up the steering committee for this organization have more than 115 years of child care experience between them!
- Before the upcoming elections, and the changing of the guard, I would like to ask you to join me in recognizing these hard-working, visionary women for the roles they've played in the past year to make a difference in all of our lives:
  - Dawn Wahl – Chair
  - Renae Boehmer – Chair Elect
  - Secretary – Debby Bullis
  - Treasurer – Janet Hofer
  - Networking Chair – JoAnne Geiser
  - Advocacy Chair – Lavonne Luellman
  - Professional Development Chair – Lynette Lohan
- Deborah Bowman, the Department Secretary for the Department of Social Services has asked me to present each with a certificate, recognizing them for their achievements of the past year.
- I thought long and hard for something I could do to commemorate the effort they have dedicated to this association. Plaques are nice, but end up being dust-catchers. Pins are small and easily lost. Finally I decided: the one thing that they each donated willingly and joyfully was time. And so, I would like to present each of them with a watch. Every time they wear it, every time they look at it, I hope they think of the admiration and respect they have earned with their efforts. The seeds of the dream are in full-bloom, and we are all truly "growing together".

# Business Side of Family Child Care

## Written by Susan Dotson

If you are a state-registered Family Child Care provider, you have been blessed with some large grants. Even if you aren't state registered, the topic of record-keeping for taxes is super important. However, many providers don't think about taxes until the end of December.

My challenge to you is to take an afternoon and get caught up on your receipts for 2022. Another challenge is to use a calendar and keep a close record of the time you spend after hours doing things for the daycare business. I took a calendar and kept track of the month of January and realized I was missing hours spent doing activities for my program. This turns into hours that affect your time-space percentage on your taxes. I also went through my credit card statements and discovered I was missing purchases I made for the program.

A little extra time now may save you money when you file in 2023. If you don't know where to start with record-keeping, Tom Copeland has a blog and has written books on this topic.



Picture from Unsplash  
JessBaileyDesigns

# Book Recommendation

## For the Kids

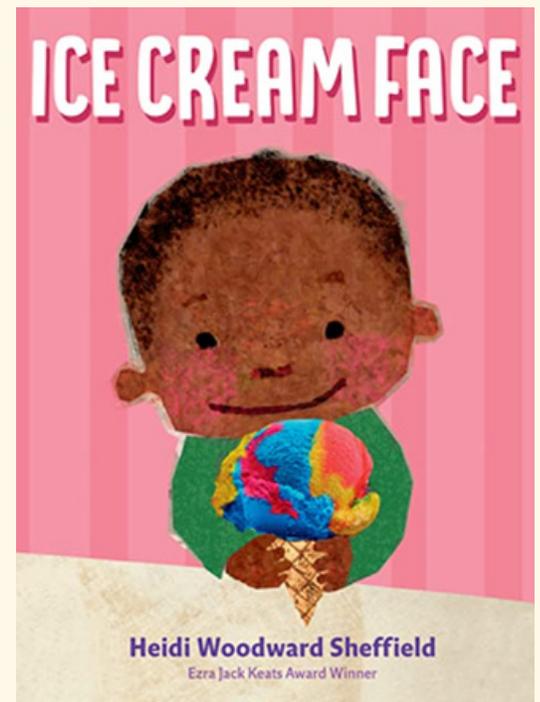
### Ice Cream Face

Written by Heidi Woodward Sheffield

This book has a multitude of positive attributes. The illustrator did an amazing job using joyful and bright illustrations, the ice cream scoops are actual photographs of ice cream, there are collages, different textures, and even some painted effects. The illustrations themselves make the book stand out.

*Ice Cream Face* is a story about a boy who LOVES ice cream, we go along with him as he goes through many emotions such as impatience and jealousy while waiting, excitement as he has his first few bites, and sadness and disappointment when his cone falls. We see the community come together at the end to help him as well.

This title is great for summer time with many social - emotional lessons to talk about with your little readers.



# Book Recommendation

## For the Provider

### No Such Thing as Bad Weather

Written by Linda Akeson McGurk

Swedish born and raised Linda Akeson McGurk lives in Indiana with her husband and two children. She learned quickly after having her children that there are a multitude of differences in the outdoor lifestyle she grew up with and how her children would grow up.

Throughout the book, you learn about different cultural approaches to getting your time outdoors. A few examples are no snow days in school and more time outdoors during the school day, independence and risky play, how to dress warmly, outdoor naps, and so much more.

Not only does she express the differences in a well written manner but she educates on why being outdoors is so important to the health and development of your child, and our own personal health as well. *There's No Such Thing as Bad Weather* was eye opening and informative, a great read!



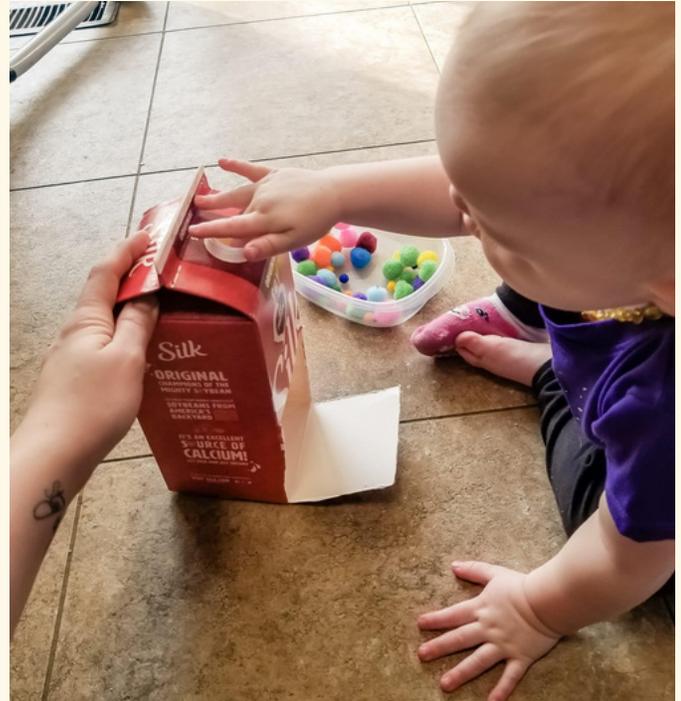
# Toddler Activities

## Pom Pom Drop

**What you need:** Milk Carton or similar carton, pom poms or cotton balls

**Set up:** Cut out a flap from the empty milk or juice carton and have your little one poke the pom poms through the top spout.

This activity is perfect for deepening their understanding of object permanence, strengthens their fine motor skills, and gives them the opportunity to practice their focus and concentration.



## Animal Tape Rescue

**What you need:** Tape, animal figurines, cookie sheet or another surface to attach them.

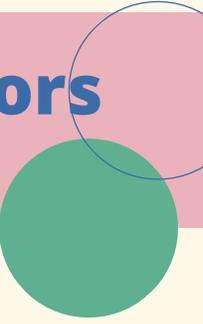
**Set up:** Tape animals onto the wall, cookie sheet or other surface. Once set up, the child can remove all of the animals and the tape, this can be a challenge for their little fingers!

This animal tape rescue activity strengthens their fine motor skills, grows their vocabulary while you talk them through what they are working on, hand eye coordination, problem solving, and also planning and decision making.



# Research Based Tips for Teaching Colors

## 2010 Study Done By Stanford University



Stanford's research uncovered three helpful tips for teaching toddlers' colors. Although learning through play is undoubtedly the best way to learn, if you are looking for more intentional ways to talk to children while playing or helping set up activities, here are the three tips.

1. Noun First: "The truck is red." or "The block is blue." Research has found that this narrows their focus and has more success as children learn and understand nouns first.

2. Recommended order: red, blue, yellow, green, black, white

3. Set up matching games or activities where they can be successful rather than quizzing them, "what color is this ball?". Repetitive language comes before expressive language so kids can identify colors well before they can actually say the name of the colors. Kids tend to identify colors around 18 months old and can name different colors around two and a half years old.

These tips can be very helpful whether you are talking with a child while playing or setting up an activity. With younger kids it is okay to do two colors at first and work your way up.



# Training Opportunities

Trainings from CACFP - For More Information Visit  
[info.cacfp.org/calendar](http://info.cacfp.org/calendar)

**Virtual Farmers Market Field Trip - August 18th 2:00-2:30pm or 8:00 - 8:30pm**  
**Register online**

Learn how to identify, purchase, and serve farmers market products. This training will earn you .5 hours of continuing education credits.

**Special Diets Boot Camp - August 30- 31**  
**Registration Fee \$99 or \$129 after August 21st**

Learn how to accommodate needs of children with special diets, gain more ideas and get recipes and resources. This training will earn you 7 hours of continuing education credits.

**Virtual Summit - September 12-15**  
**Registration Fee \$99 or \$129 after September 2nd**

They will be bringing you workshops on nutrition, program administration, operations, financial management and more! There will be up to 10.5 hours of continuing education credits available to participants.



# 2022 FCCPSD Steering Committee

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