

# *Family Child Care Professionals of South Dakota, Inc*

to empower family child care providers and achieve high quality care for all South Dakota children



*fccpsd*

*March 2022*



# SD ECE START: Child Care Provider Portal



## Market and Promote Your Registered or Licensed Child Care Program!

Through this portal you can create a profile for your program. Your Provider Profile provides you with complete control to maintain and update your program's profile information.

Having your current information available and easily accessible to families seeking child care is a free benefit to you and is a huge benefit to families in South Dakota!

### Benefits of SD ECE START:

- Update your information as often as you'd like
- Add hours of operation, rates, and ages of children you provide care for
- Update your openings (if you are full, simply do not enter any openings)
- Add your program's special areas of expertise or experience (letting parents know what makes your child care setting unique)
- Add up to 5 pictures to showcase your program to families
- Free promotion of openings by the Helpline Center and the SD Early Childhood Enrichment (ECE) System.

### Provider Profile Login:

[helplinecenter.org/childcare](http://helplinecenter.org/childcare)

Click on Provider Intake/Update Information

#### First Time Users:

Click the **Create Account** button and a pop-up window will prompt you to enter the following: email address, password, license ID, and zip code. Click Save.

#### Returning Users:

Enter your log in credentials and you are good to go!

#### Do You Have Multiple Licensed Locations?

You can use the same email address to manage each site, but you will need a separate password per site.

The South Dakota Department of Social Services, the South Dakota Early Childhood Enrichment (ECE) System, and the Helpline Center have partnered to bring you the new online provider portal known as SD ECE START.

Call the Helpline Center's Child Care Helpline at 605-274-1410 with any questions







Home » News » Press Releases

## Pandemic Caused Significant Child Care Struggles For Already Vulnerable System, Experts Say At Hearing

Mar 2, 2022 | Press Release

*American Rescue Plan has aided recovery, but long-term investment is needed*

Washington, D.C. (March 2, 2022) – Today, the Select Subcommittee on the Coronavirus Crisis, chaired by Rep. James E. Clyburn, held a hearing to examine how the coronavirus pandemic impacted the child care sector, and the effects on families and the economy.

Chairman Clyburn said in his opening statement, “The coronavirus pandemic has put tremendous strain on America’s families and caregivers. Many of us have seen firsthand—in our own families, with our friends, and among our coworkers—the difficult challenges that parents, teachers, and other caregivers have faced in the last few years.”

“[T]he American Rescue Plan,” he continued, “included a historic \$39 billion investment in child care. This investment has already had a positive impact on child care providers ... When we support American families and invest in the professionals who help to care for our nation’s children, we are making an investment in both our present and our future. The time is now to invest in child care providers and families, so that we can build a better, stronger and more equitable economy.”

Today’s witnesses were: Gina Forbes, early childhood educator and parent from Brunswick, ME; Dr. Betsey Stevenson, Professor of Public Policy and Economics at the University of Michigan; Dr. Lea J.E. Austin, Executive Director of the Center for the Study of Childcare Employment at the University of California; Dr. Lynette M. Fraga, CEO at Child Care Aware of America; and Carrie Lukas, President of the Independent Women’s Forum.

Witnesses provided the following testimony at the hearing:

[The Coronavirus Pandemic Hit the Already Vulnerable Child Care Sector Particularly Hard, Forcing Parents and Caregivers to Leave the Workforce.](#)

This is a screen shot of the web page. To see the full article and links to audio and other resources, click on the image above or the web address below.

[https://coronavirus.house.gov/news/press-releases/pandemic-caused-significant-child-care-struggles-already-vulnerable-system?utm\\_campaign=State%20of%20the%20Union%202022&utm\\_medium=email&\\_hsmi=206292102&\\_hsenc=p2ANqtz-8Zyqf2Fok\\_mNeKkcyb0HTn9zZr8xeB\\_1IEczCLTY8SIEh8jP\\_UAtrguYqTPqHuyRAsu87\\_dy0C7dVSCBmyhPNOQxB5Cw&utm\\_content=206292102&utm\\_source=hs\\_email](https://coronavirus.house.gov/news/press-releases/pandemic-caused-significant-child-care-struggles-already-vulnerable-system?utm_campaign=State%20of%20the%20Union%202022&utm_medium=email&_hsmi=206292102&_hsenc=p2ANqtz-8Zyqf2Fok_mNeKkcyb0HTn9zZr8xeB_1IEczCLTY8SIEh8jP_UAtrguYqTPqHuyRAsu87_dy0C7dVSCBmyhPNOQxB5Cw&utm_content=206292102&utm_source=hs_email)

# Inspire

*Lynette Lohan*

*I hope you are enjoying reading these INSPIRE articles, with questions and answers from providers who have all cared deeply for children and other providers. This month's pleasure is a continuation of the interview with our friend, Renae Boehmer.*

**What was your favorite things to do regularly and/or special event/time you can remember spending with the kids?**

I have always loved arts and crafts - so I loved how we would get out THREE materials from the craft cupboard and see what each person might do with just those three items! It was so fun to watch how their brains worked differently...and I always participated myself as well.

I loved playing games with them. I picked up a big set of Sesame Street cards at a rummage one time for \$1 and we played with those all the time (sometimes by the rules on the box, but oftentimes making up our own rules). I have no doubt it cost less that

1/2 cent per game that we played....and many of the kids asked if I still had those cards when I went to their graduation parties a decade later!!

We also had a summer picnic every year that families attended together. I loved that families connected not just with me but with one another as well.

## Egg Shell Gardens

Science for Kids



[https://www.steamsational.com/egg-shell-garden-science/?](https://www.steamsational.com/egg-shell-garden-science/?_ga=2.123352011.1513102460.1645753841-143854017.1645753841)

[\\_ga=2.123352011.1513102460.1645753841-143854017.1645753841](https://www.steamsational.com/egg-shell-garden-science/?_ga=2.123352011.1513102460.1645753841-143854017.1645753841)



## **What's your advice for working with parents?**

Let's see - it's exactly what it is for working with kids - use your patience, curiosity and unconditional love. Think of parents just as big kids who are also struggling and learning and feeling inadequate at times. When they pick up late or don't pay on time or ignore rules about taking shoes off when they come in the house, start with being curious as to why this might be happening rather than going straight to frustration and anger. (This took me lots of re-dos to learn how to do well!!)

## **Tell me about the best/worst day in your childcare years...**

I'll never forget when 9/11 happened. I was having a "normal" day playing with small children when one of my friends called to tell me what was happening. I couldn't turn on the TV...but had to continue the day for the kiddos as planned. It was pretty excruciating. Once they all fell asleep at nap time, I turned on the TV and saw the devastation for myself. I think we spent most of the time after naps just snuggling and holding each other tight.

I also remember the day I had strep throat and didn't close my child care. I thought I was indispensable. I felt guilty causing inconvenience for parents. So, I didn't take care of myself and we all suffered that day. I would NOT recommend doing that!

The other worst day was the last day I provided care. I questioned myself over and over again whether I was making the right decision. We (kids, parents and me) all cried a lot of tears at pick-up time. I wondered if maybe I was making the worst decision of my life. In hindsight, though, I have sure learned there is a time and a season for everything...and I can cherish those memories with great love while I also move on to new adventures and challenges....and that's exactly what I've done.

ALL the other days were the BEST days (o:





## Cauliflower Say Cheese

The Food Network's Good Eats program by Alton Brown is delightfully fascinating. Since I never watched TV in my years caring for children, this 16 year old program has been an enlightening entertainment for me.

This recipe for a **baked cauliflower cheese dish** will have everyone enjoying this healthy vegetable.

<https://www.foodnetwork.com/recipes/alton-brown/cauliflower-say-cheese-recipe-1923976>

## Cauliflower Cheese Pie With a Potato Crust

See it here:

<https://www.foodnetwork.com/recipes/cauliflower-cheese-pie-recipe-1941653>

# Ukrainian Meat Filled Cabbage Rolls

These cabbage rolls contain ground pork. They are delicious.

<https://www.allrecipes.com/recipe/48815/ukrainian-meat-filled-cabbage-rolls/>



## Chef John's Golden Chicken

This uses our budget-friendly favorite, chicken leg quarters.

<https://www.allrecipes.com/recipe/8352963/golden-chicken/#recipe-body>



# Hand Strengthening Activity with an Egg Carton

This portion of the original article is from The OT Toolbox at [www.theotttoolbox.com](http://www.theotttoolbox.com)



“This hand strengthening activity with an egg carton is an easy way to use a recycled egg carton to work on fine motor skills, hand strength, pincer grasp, tripod grasp development, intrinsic hand strength, eye-hand coordination, and other fine motor

hand strength skills. Recently, I shared how intrinsic muscle strength benefits handwriting and specifically a functional grasp on the pencil. Today, I’ve got a super easy way to work on endurance with the lumbrical muscles that are used in maintaining a nice pencil grasp. This will enable a child to write at appropriate speeds and lengths of time without fatiguing and allow a child to color in a picture without stopping because their hands are tired.

The bonus to today’s activity is that the strengthening tool is very easy to re-create and (almost) completely free.”

To read more of the article, see the instructions and the benefits, go to <https://www.theotttoolbox.com/intrinsic-muscle-strengthening-activity-egg-carton/>



# Brain Building Basics™

We've made the science of early learning simple! Remember these 5 easy ways to help build your child's brain anytime.

## Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!



## Follow

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements, and ideas! Then respond with your own words and actions.



BA BA BA

## Chat

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!



## Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!



## Stretch

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how, or why!



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## Dehydrated Citrus Packs

When you can't always buy the fresh fruit, or it spoils before you get to it, these packets of real dehydrated citrus are an amazing pantry staple. I've used the lemon in lemonade, lemon water, and lemon flavored baking. The lime is excellent in homemade quacamole. The grapefruit is quite distinctive. The orange will enhance any orange flavored food. Don't confuse these with their drink mixes, though.





# Renew child care conference

May 6-7, 2022

## Richard Cohen Presents

Zen and the Art of Early Childhood Education

The Heroes of Our Time

Grownups' Night Out

## SD Child Care Services—Sponsored Classes Specifically for Family Child Care

Marketing Your Child Care Business

Planning for the Future: Accounting and Financial Statements

## Our other excellent presentations

Full STEAM Ahead Reloaded

Building Your Bounce

CSI: Curiosity, Science & Investigation

Child Development Made EASY: LTSAE

SD's Developmental Disabilities Network

Self-Compassion for Kids and Caregivers

Beyond the Book - A Make & Take

SD Public Broadcasting Resources & Ideas

Stay OK with the Community Resilience Model

Strategies for Early Literacy Learning

Learning Environments & Planning

The Impact of Technology on Early Childhood

## Huron Event Center

Call Crossroads Hotel  
(800) 876-5858 and  
mention FCCPSD to  
reserve your 89.90 room  
with free breakfast,  
microwave and  
refrigerator. Online  
reservations will not give  
you this rate.

Register to attend at  
[fccpsd.org](http://fccpsd.org)

General Admission \$99

VIP \$159

Questions? 605-391-4414

Online registration is open and will close April 18. Once it is closed, only walk-in tickets will be sold at the registration table for \$125. Unpaid registrations will be deleted from our system on April 19, so be sure to register and pay by April 18. Walk-In tickets are not guaranteed the Saturday lunch due to ordering restrictions.

The first 100 paid registrations will receive a FREE gift!

## VIP Admission Includes

All General Admission Advantages PLUS

VIP Exclusive Friday Evening Banquet with Richard Cohen

\$10 VIP Vendor Gift Card (no cash value)

\$10 VIP Silent Auction Gift Card to be used when you win a Silent Auction bid (no cash value)

VIP Gift Basket

Entry into VIP ONLY Drawing for an extra special gift

VIP gift table from which you select your choice of item

Personalized Table Tent to Reserve Seating in any room



# Renew Conference: A Sneak Peek

*Two more class descriptions from our wonderful choices*

## Beyond the Book: A Make & Take

Janessa Bixel

Professional Development Specialist

Early Childhood Connections SDECE

Books can be a wonderful starting point for engaging young children in learning concepts other than literacy. In this fun, hands-on session, we will be exploring the book “10 Black Dots” by Donald Crews. During the session we will engage in several activities to extend learning beyond the book. You will be challenged to share your own ideas too. Bonus - all session participants will receive a copy of the book!

## Strategies for Early Literacy Learning

Darbi Hunt

Birth to Five Learning Specialist,

SD Statewide Family Engagement Center

Strategies for Early Literacy Learning helps adults support young children’s language and literacy skills to increase their school readiness in childcare and home environments. Participants will learn to apply evidence based strategies in individualized ways that work for their environments and the children they support. The interactive format encourages participants to share best practices and learn from each other as well as the presenter.

# Should We Let Children Play?

<https://www.npr.org/2022/02/10/1079406041/researcher-says-rethink-prek-preschool-prekindergarten>

## A top researcher says it's time to rethink our entire approach to pre-school

This thinking comes as NO surprise to family child care providers, and to the members of our association, especially to those who have attended our conference classes on PLAY over our 16 years, but this recent report of a long-term research study is causing consternation among the established preschool educational world.

The model of young children filling out worksheets in a traditional classroom setting has failed the children with significant, long term detriment of their emotional and academic well-being.

This is a fascinating article and is well worth reading. Your day care parents need to be informed.

We'll publish your comments on the article, and the study, in the next newsletter. You may send your comments to [newsletter@fccpsd.org](mailto:newsletter@fccpsd.org). We'll publish everything. Let us know if you wish to remain anonymous.

Here is an excerpt, to whet your appetite:

*That's right. A statewide public pre-K program, taught by licensed teachers, housed in public schools, had a measurable and statistically significant negative effect on the children in this study.*

*Farran hadn't expected it. She didn't like it. But her study design was unusually strong, so she couldn't easily explain it away.*

*"This is still the only randomized controlled trial of a statewide pre-K, and I know that people get upset about this and don't want it to be true."*

# CHILD CARE PROFESSIONALS' TRAINING DAY

SATURDAY, APRIL 2, 2022

Prairie Center - 1000 E. 23rd St - Sioux Falls, S.D.

(On the Avera McKennan Hospital & University Health Center campus)

Sponsored by Avera Family Life Education

This half-day workshop will provide you with up to 3.0 hours of training.

**Registrations must be received by Monday, March 28**

**8:15-8:25 A.M.** Registration/ Packet Pick up

**8:25-8:30 A.M.** Welcome

## WORKSHOP SCHEDULE

8:30-9:30 A.M.....SESSION 1

(Please number your choices)

\_\_\_\_\_ **Positive Discipline Techniques for Children**

Dawn Soulek, Dawn Soulek MSW CSW-PIP  
Clinical Therapist

\_\_\_\_\_ **Music in Early Childhood**

Twila Perkinson, BS, CCLS, Pathways Trainer

9:45-10:45 A.M.....SESSION 2

(Please number your choices)

\_\_\_\_\_ **Parents as Partners**

Patricia Bates, BS, Family Life Educator

\_\_\_\_\_ **Kids and Babies... A Germ's Best Friend**

Judy Lamphron, RN, BSN, CIC,  
Infection Prevention and Control Manager

11 A.M.-NOON.....SESSION 3

(Please number your choices)

\_\_\_\_\_ **Grit and Resilience**

Allison Bogue, BS, MA, Family Life Educator

\_\_\_\_\_ **Toddler Activities**

Karen Rieck, AS, Family Life Educator

## New Guidelines Due to COVID 19:

- Screening of all participants
- Masks worn by presenters and participants
- Limited class sizes so social distancing can be obtained
- Increased sanitization

For more information, please contact us at 605-322-3660 or [familylifeeducators@avera.org](mailto:familylifeeducators@avera.org)

## REGISTRATION:

Registration fee: \$45. This includes 3 sessions.

EmBe staff members may attend the training at a reduced rate of \$30.

Payment can be made by check, payable to Avera McKennan, or online by going to [Avera.org/child-care-training](http://Avera.org/child-care-training)

**Please copy this form as needed; one form for each participant.**

**Return the contact information (and payment if paying by check) to:**

Avera McKennan Family Life Education  
911 E 20<sup>th</sup> Street Suite 603  
Sioux Falls, SD 57105

or email us at [familylifeeducators@avera.org](mailto:familylifeeducators@avera.org) with all the information requested on this form.

NOTE: The registration form still needs to be completed and returned to us if you pay online. ONLINE IS FOR PAYMENT ONLY.

Name \_\_\_\_\_

Child Care Center \_\_\_\_\_

Phone \_\_\_\_\_

Email Address for Confirmation

Check Enclosed \_\_\_\_\_

Online Payment \_\_\_\_\_

Class descriptions on reverse



## CLASS DESCRIPTIONS

### ***Positive Discipline Techniques for Children / All ages***

Pathways Training: Guidance

This workshop will present ways to use positive discipline techniques for children. The workshop will also discuss what to expect from children in different developmental phases and how to tailor the discipline based on the developmental phase of the child.

### ***Music in Early Childhood/ All ages***

Pathways Training: Growth and Development

Early childhood is a time of wonder, exploration and growth. Explore the relationship between music and child development.

### ***Kids and Babies... A Germ's Best Friend/ All ages***

Pathways Training: Communicable disease prevention and reporting

Kids get sick! The developmental characteristics of young children make them especially vulnerable to communicable disease. There is much that child care providers need to know and do to protect the children in their care.

### ***Parents as Partners/ All ages***

Pathways Training: Partnerships with Parents

This session will provide information on how to deal with parent complaints, improve customer service, and techniques to improve communication. Learn how to strengthen relationships and partnerships with families.

### ***Grit and Resilience/ All ages***

Pathways Training: Mental Health

A new year comes with new goals whether it is in your personal life, or work life. This also comes with many challenges, so the question is, do you have GRIT? Grit is the ability to keep working towards a goal, overcoming challenges and sticking with it even when it's hard. Learning to have grit is not learned in 1 hour but learning to understand what it is can make your day to day experiences can create a stronger understanding of yourself and others.

### ***Toddler Activities/ Ages 1-3***

Pathways Training: Age Appropriate Play

Ever feel like you're doing the same thing over and over again with your toddlers? Are your toddlers getting bored with the same old same old? If so than this is the class for you. Let's take a look at what you have in your environment and how you can revamp it into something new and exciting. Make a list of 5 items you currently use, want to use, or simply forgot you had and let's collaborate together on refreshing ideas and inviting new ways to utilize these items. Let's get passed the "I don't know what to do with this" idea together!

# Dip Into National Peanut Month with a Tasty Recipe

From CACFP Sponsors Association

“Whip up a satisfying snack with National Peanut Board’s Peanut Butter Vanilla Yogurt Dip. Simply combine 1 cup of vanilla yogurt and 4 tablespoons of peanut butter and mix well. Portion into  $\frac{1}{4}$  cup containers. Refrigerate until ready to serve. One quarter cup provides 1 oz meat alternate. For a full CACFP creditable snack, serve with  $\frac{1}{2}$  cup fruit or a  $\frac{1}{2}$  oz equivalent of grains, such as pretzels.

CACFP Tip: Make sure your yogurt meets the CACFP sugar limits!”

## Start Dipping





## 2022 FCCPSD Steering Committee

Chair	Allegra Fink	chair@fccpsd.org
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