

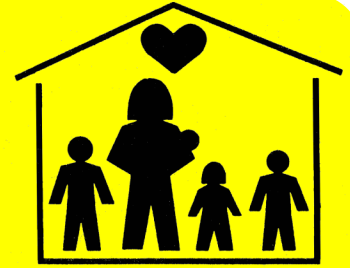
A PUBLICATION OF
PFCCA FOR FAMILY
CHILD CARE
PROVIDERS

SPECIAL
POINTS OF
INTEREST:

- See inside for details about the upcoming Board Elections.
- Training in Salt Lake City with well known National Trainer, Peter Stewart February 2, 2013.
- Interested in NAFCC Accreditation? Scholarship money available. Read more inside.
- Read about the advantages of joining PFCCA and networking with other providers.

PFCCA

The Professional Family Child Care
Association



WINTER ISSUE

JANUARY 2013

Letter From the President

Cindy Smith

Greetings to each of you and welcome to 2013! My name is Cindy Smith and I feel honored to be part of this association. I was elected to be a part of this board in 2012. I have been involved with Family Child Care for 10 years and I still love it.

I want to thank the board for all their hard work and dedication to the association, without their hard work and dedication, PFCCA would not exist. Each member of the board is mentioned in the latter part of this newsletter. Please take the time to recognize each of them, for without them this board could not progress to its full potential. It is an honor to work with each one of these ladies along with seeing the love and enthusiasm that they have for family child care.

There are many things going on in the family child care field. I am hoping to meet each of you in person, through a phone conversation, email or at our conference on February 2nd with Peter Stewart. We are so excited for this conference and hope that you will share our enthusiasm and join us.

One of the goals of PFCCA is to empower providers to be active in their local chapters and network with each other. PFCCA offers great trainings to you at a small charge. One goal is that we would like to have an annual state wide conference for family child care providers focusing on family child care issues. This is also done through your local chapters. I encourage all of you, including parents and advocates to become members and be active in your local chapter. PFCCA will be sending out newsletters quarterly. If you would like to submit an article or something that you think would be of interest please submit that to us so that we can get it printed. If you know of discounts or sponsors who would like to support family child care providers, make sure that you send it to the newsletter editor so that we can distribute the information.

As a last message for this issue: Let's all embrace the call to a higher level of service delivery to the families and children we work with and each other. I promise to respect each of you as members and family child care providers. You all deserve a board that is responsive, committed to high quality business practices and above all, professional. If you would like to become part of the board please contact us. Thank you for taking a stand for the children here in the state of Utah! Remember I am never too busy to speak with you. Thank you for this opportunity to meet and serve you.

Training 2013...

I Make a Difference!

Peter Stewart, BA in Music Composition
Saturday February 2, 2013

9:00 am – 2:00 pm

Board of Directors



President

Cindy Smith
 (801) 550-7492
 cindys0831@gmail.com

Treasurer

Laurie Reynolds
 (435) 781-6144
 blreynolds@ubtanet.com

Chapter Liaison

Teresa Larsen
 (801) 726-8642
 cecluvsu@yahoo.com

Vice President

Diane Wilkinson
 (435) 752-8628
 diane@patchworkplayhouse.net

Website Editor

Rebecca Malone
 (801) 688-3783
 littlemonkeyschildcareutah@hotmail.com

CCR&R Liaison

Sonia Aguilera
 (801) 326-4372 OR 355-7444
 Sonia@cssutah.org

Secretary

Ana Cuenca
 (801) 550-9170
 cuencaslearnandgrow@gmail.com

Membership Representative

Vivian Hardy
 (801) 725-6919
 vhardy@nafcc-mail.org

Child Care Licensing Liaison

Karrie Phillips
 (801) 584-8292
 kphillips@utah.gov

*Feeling
 overwhelmed and
 alone at times?*

*Family child care
 does not have to
 mean isolation
 from the
 outside world!*

What is PFCCA?

The Professional Family Child Care Association of Utah (PFCCA) is a state-wide, non-profit professional organization that is actively working on behalf of all family child care providers. There are currently 14 local chapters throughout Utah. These chapters are full of opportunities to connect with other family child care providers in your area. The

meetings offer training, support, networking and fun.

PFCCA is committed to increasing professionalism among members, awareness to the public and is an advocate for family child care providers. PFCCA is building networks with many groups including the Bureau of Child Care Licensing (BCCL), the Federal Child & Adult Care

Food Program (CACFP), State Legislators and Child Care Resource & Referral Agencies (CCR&R).

PFCCA distributes a quarterly newsletter with updates on licensing rules, professional training, creative ideas for curriculum, provider spotlights, chapter training ideas and many other resources especially for family child care providers.

NAFCC Accreditation Scholarships Are Available Now!

NAFCC sponsors the only nationally recognized accreditation system, designed specifically for family child care providers. This system was designed by hundreds of providers, parents, and early care and education experts in an effort to create a quality indicator for family child care programs across the country.

NAFCC Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation. Accreditation reflects a high level of quality through a process that examines all aspects of the family child care program:

- Relationships
- The Environment
- Developmental Learning Activities
- Safety and Health
- Professional and Business Practices



ELECTIONS

Our members deserve a board that is responsive, committed to high quality business practices and above all, professional. A unified voice that represents family child care in Utah is important for our communities, our profession and the families we serve. If you would like to become part of the board please contact us. Nominations are being accepted for the following Executive Board positions:

Vice President
Secretary
Membership Representative
Chapter Director Liaison

Appointed Positions 2013 –2014

President Elect
Newsletter Editor

We need to fill our Board of Director positions. Thank you for taking a stand for the children here in the state of Utah!

LOCAL INVOLVEMENT

One of the goals of the association is to empower providers to be active in their local chapters and network with each other. PFCCA offers great trainings to you free of charge. These trainings are specifically for family child care providers and focus on family child care issues. We encourage all of you to become active in your local chapters and encourage all to be members including parents and advocates.

Let's all embrace the call to a higher level of service delivery to the families and children we work with and each other.

WEBSITE

PFCCA has launched our website and we are so excited to share it with you! If you are a member of PFCCA, you can get your newsletter online. If you would like to submit an article or something that you think would be of interest please let us know.

The website has links to useful information and contacts! Find out about your local chapter meetings and blog with other providers.

You won't want to wait another moment to log on and check it out!

Visit our website at: www.pfcca.org

Cooking With

Children—

- **Developmentally Appropriate**
- **Builds Self-Esteem**
- **Makes Memories**



This is a quick and easy-to-make after-school snack. Try adding ham or chicken as a topping for added protein!

Prep time: 5 minutes

Ingredients:

- ½ whole-wheat English muffin
- 2 tbsp. no added sodium tomato sauce
- 2 tbsp. part skim mozzarella cheese
- 1 tbsp. fresh basil, chopped
- 2 tsp. tomato, diced

Utensils:

- oven (you'll need help from your adult assistant)
- measuring spoons

Directions:

1. Preheat broiler.
2. Place English muffin on a small baking sheet.
3. Spread tomato sauce over top of muffin.
4. Top with cheese.
5. Sprinkle fresh basil and tomato on top.
6. Broil until cheese is brown and sauce is bubbly.
7. Serve immediately.



The Professional Family Child Care Association of Utah

Professional Development Training SAVE THE DATE SATURDAY FEBRUARY 2, 2013

Join Peter Stewart, National Trainer, Composer, Author and Performer. He has lead people in song for over 40 years all across America! His blend of music, humor and interaction with the audience make him a much sought out motivational speaker!



"I Make a Difference!"

Presentation will include:

This is a very inspirational keynote!
We sing a song about each point made:
 Slowing down
 Going with the flow
Playing with the children! We will sing, dance, laugh and hug!

- Voyage Around the World in Song
- Leave a Legacy

Cost: \$20.00

9:00 AM - 2:00 PM
Light lunch served

5.0
Credit Hours

Visit pfcca.org and download the registration form or contact Vivian Hardy (801-725-6919) to receive a registration form.

Nursing babies only please.

Training Approved for Career Ladder Credit Hours

Funding is provided by the Utah Department of Workforce Services
Office of Work and Family/Office of Child Care



The Professional Family Child Care Association of Utah

I Make A Difference by Peter Stewart REGISTRATION

First Name _____ Last Name _____

Address _____

City _____ Zip Code _____

Email _____ Phone Number _____

Register Today:

Join Today:

Registration \$20.00 _____

PFCCA Membership \$10.00 _____

NAFCC & PFCCA Membership \$40.00 _____

Total enclosed _____

Detach and send in with payment

Make checks or money orders available to PFCCA and mail to:

PFCCA of Utah
C/O Laurie Reynolds
917 North 2000 West
Vernal, Utah 84078

Space is Limited!
Registration Deadline:
January 28, 2013

Saturday
February 2, 2013
9:00 AM - 2:00 PM
Light lunch served
Cost: \$20.00

Location: NAFCC Building
1743 Alexander Street
Salt Lake City, Utah 84119

Training Approved for Career Ladder Credit Hours
Funding is provided by the Utah Department of Workforce Services
Office of Work and Family/Office of Child Care

Affiliate Spotlight

The Professional Family Child Care Association of Utah

The Professional Family Child Care Association of Utah (PFCCA) was founded in 1969 when child care providers united together to advocate for adequate wages. The State of Utah was proposing to withdraw a recent pay increase for state subsidized child care. Providers received an increase from \$2.00 per day to \$2.65 per day and legislators wanted to revoke the 65¢ increase. This change would also affect private pay to child care providers as many providers established their rate on subsidized funding. Twelve providers band together to formally "Stand Up" against lower child care pay.

In 1971, The Professional Family Child Care Association of Utah filed the incorporation papers to become a legal recognized organization. Utah was the second state in the country to organize a formal association. This period was a time of helping providers find a voice or known in our history records as the "Rebel Stage" of our association. During this time, providers fought primarily for professional recognition. The community identified the providers as "babysitters" and viewed their efforts as "trouble makers". They were not respected for petitioning for children's rights or for their

concern about provider related issues.

In early 1980, Linda Geigle was elected as president. She took initiative to become an advocate for children and with the help of her executive board, brought PFCCA into a new limelight. Beginning in the 1980's child care had become an absolute necessity for families; quality initiatives in child care became the central focus. Community agencies were beginning to realize that PFCCA was a valuable asset to the state of Utah. The board made it a priority to represent family child care at any meeting that affected the profession. They also began to share information and reach out to other associations. It was a period of tremendous growth in the association.

"PFCCA offers the opportunity for providers, advocates and educators to work together to increase quality child care for the children and families we serve."

Vivian Hardy
PFCCA Board Member

During this time, family child care was growing as a recognized profession throughout the country.

During the 1990's, the PFCCA Board, under the direction of Linda Draper made a goal of helping providers to grow professionally. The board implemented "Scads of Supplies" association fundraisers in which materials and curriculums could be purchased to help association members to create a better learning environment for the children in their care.

In 1994, PFCCA received a grant from the Utah Office of Child Care for Association Leadership Training. The training consisted of twelve workshop sessions covering association structure, principles of leadership, planning and goal setting techniques, communication skills and many other related topics. The executive board members serving at this time and several national professionals energized and gave momentum to the association.



The board developed and implemented association goals, a mission statement, new and legal bylaws, job descriptions and designed a new logo.

After completing this training program, the PFCCA Board of Directors attended the 1995 National "Save the Children" conference in Atlanta, Georgia. The board members returned to Salt Lake City, Utah with energy, commitment and enthusiasm. Infrastructure was definitely the highlight of this era.

The enthusiasm and momentum we had achieved continued with Tracy Halverson's presidency from 1996 to 1999. Tracy along with her executive board traveled throughout the state of Utah to each of the 17 affiliate chapters to present workshops to all family child care providers. In addition to the workshops, PFCCA presented statewide annual conferences with approximately 300 participants. The Utah Office of Education Child Care Nutrition Programs and the

Utah State Office of Child Care co-sponsored these annual conferences with PFCCA in the years of 1995, 1998, and 1999.

"As a Family Child Care Provider, it's easy to feel like you're an island in a big ocean. You can feel like you're isolated at times. PFCCA and NAFCC help bridge that gap and bring providers together to share and build friendships, as well as provide growth through training opportunities."



Debbie Caldwell
PFCCA Past President

PFCCA is growing with great new leaders, supporting providers throughout the state with professional training and support for their businesses. PFCCA

administers a grant to assist providers in Utah to become NAFCC Accredited.

PFCCA members from around the state are unified with purpose! Each member contributes to the success of quality family child care in Utah. Members of PFCCA are intentional providers striving for professionalism in the child care field. When individuals are asked, "What is your profession?" or "What job do you do?" Some people answer, "I am a doctor, I am an engineer, I am a technician." We say, "I raise doctors, I inspire engineers, I motivate future technicians--I am a family child care provider!"

To learn more about The Professional Family Child Care Association of Utah please visit <http://pfcca.org/>.



Are you highly committed to the professional development of family child care?
Are you interested in being a member of a team who can make change happen?

We invite you to volunteer for a position on the PFCCA board!

BRIEF DESCRIPTION OF OPEN BOARD POSITIONS

President Elect

The president and president-elect are the spokespersons for the association. Together, you share the responsibility of presiding at board meetings, following up with leadership and assuming a facilitator role. It will be your responsibility to work with the president to assist the organization in meeting its mission and goals. Your second year on the board will be as president, where you will work with that year's president elect.

Newsletter Editor

The Newsletter Editor oversees the newsletter. You will gather and review all articles for publication, edit articles and return them to their authors for final approval, write fill in articles as needed, report all activities to the secretary ten (10) days prior to board meetings, and submit budget to the treasurer by March 1st annually.

Membership Representative

The treasurer maintains accurate financial records and handles all financial matters. Your job is to bring fundraisers and grants to the association. You will keep the president informed on financial matters and set the budget.

Secretary

The secretary maintains a file of all Executive Board and chapter minutes, compiles and delivers an agenda for all Executive Board meetings seven (7) days prior to the board meetings, and attends all board meetings, including annual retreat and training.

Chapter Liaison

The chapter Liaison works directly with the chapter directors. You will coordinate and report chapter meeting schedules and chapter reports to the board. With the vice president, you will actively promote CDA and NAFCC Accreditation and organize new chapter groups throughout the state.

How Does Someone Amend a City Code?

The state licenses group family child care providers to a ratio of 16 children to two providers if the space allows it. Here in Sandy, UT the city limited us to a max of 12 children to two providers on our business license. A small group of us decided to apply for a change in the code, and this is how we did it.

We met with some of the staff from our city office and discussed how to best go about such an application. We learned that when writing the application letter they wanted answers. We drafted it in a way to address various concerns neighbors could possibly have such as traffic impact (we compiled a list of five providers and the exact stops per day), noise, property value and why the amendment would help us pay an employee more competitively.

The application cost us \$400. We collected the money from several providers and PFCCA also helped us out. Unfortunately for us the staff at Sandy City put forward a negative recommendation. The planning commission met first and at the public hearing we argued our case and convinced them to vote and put forward a positive recommendation to the city council.

The staff then prepared a positive recommendation for the City Council members, which met about two weeks later. We again plead our case with emphasis on the traffic and how as home child care providers we have families with two or more siblings, which reduces the number of vehicular stops in our neighborhoods. They passed the motion to amend the code to match the state rules of 16 children to two providers.

We had to individually apply for a conditional use license again and met with the planning commission. The staff still limited us to a total of 24 total vehicular stops a day, but we are now licensed to provide care for 16 children a day.

We overcame a few obstacles throughout this journey, but in the end it was so worth it, and totally do-able. I want to encourage other providers to do the same! Feel free to contact me as I would be happy to assist – Ilse Wilson (dba Fairyland Day Care) Group Family Child Care Provider in Sandy, Utah. 801-702 7004.



PFCCA VOLUNTEER APPLICATION

(Please print or type)

Name:		
Home Phone:	Fax:	
Work:	Cellular:	
Email:		
Address:		
City:	State:	Zip:

Please answer the following: (Use additional paper if necessary)

- 1 What is your involvement in family child care?

2. Why are you interested in serving on the PFCCA Board or as a Committee Chair?

3. Which skills can you bring to PFCCA from your work, education or volunteer experience?

4. The position I am most interested in serving in is:

<input type="checkbox"/> President Elect	<input type="checkbox"/> Vice President	<input type="checkbox"/> Membership Representative
<input type="checkbox"/> Newsletter Editor	<input type="checkbox"/> Secretary	<input type="checkbox"/> Chapter Liaison

Please mail above information to:

PFCCA Nomination Committee
 Attention: Vivian Hardy
 753 East 425 South
 Layton, UT 84041

Board of Director Applications must be postmarked March 1, 2013



The Professional Family Child Care Association of Utah

Membership Application

Date: _____

Check all that apply:

Individual Membership: \$10.00 Renewal: \$10.00 PFCCA & NAFCC: \$40.00

Provider Advocate Parent Chapter Director Board Member Agency

PLEASE PRINT

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____

E-mail* _____

Home Phone Number _____

Cell Phone Number _____

Preferred Language _____

Birthday (Month/Day) _____

**Emails are for the use of the association delivering information. Emails will not be sold, rented or given out without the Permission of the member.*

MAKE CHECKS PAYABLE TO: PFCCA

Total Amount Enclosed _____

Check or Money Order # _____

Mail Payment and Application To:

**PFCCA of Utah
C/O Laurie Reynolds
917 North 2000 West
Vernal, Utah 84078**

Active Play Makes the Day!

Fruit and Vegetable Twist

Twister Game Mat

Spinner Board

Pictures of Fruits and Vegetables



Start with a twister mat and put pictures of either fruit or vegetables on the colors by row. Add the same pictures to the spinner. Once your game board is ready, you can have a person spin and then have the children play the game.

Ways to adapt the game for younger children: Have the children find the matching picture and have them stand or dance on it while playing music until it is their turn to spin again.



Bees in a Hive

Divide the children into groups of three. Have two children in each group hold hands to form a beehive. Have the third child stand inside the bee hive. You could play *Flight of the Bumble Bee* or another song for this activity. Have the children buzz around and dance until the music stops. When the music stops, they must find a new hive and climb in.

Toe Drawing

Large pieces of paper

Tape

Crayons

Tape a sheet of paper on the floor for each child. Have the children put a crayon between their toes and use their legs and feet to draw on the paper. Have fun!



**PFCCA
5531 Bellagio Court
Herriman, UT 84096**



PFCCA Mission Statement

“The Professional Family Child Care Association of Utah is dedicated to supporting the family child care community by raising awareness, encouraging professionalism and strengthening families one provider at a time.”

The PFCCA of Utah is a non-profit association. Each board and committee member gives of their time freely. If you know of any one in the community who would like to make a monetary or product donation, please contact us at 800-430-6026 or email cindys0831@gmail.com. All donations are tax deductible and will directly benefit family child care providers.

**800-430-6026
cindys0831@gmail.com
PFCCA
5531 Bellagio Court
Herriman, UT 84096**