

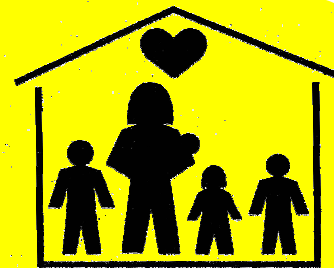
**A Publication
of PFCCA for
family Child
Care providers**

**Special
points of
interest:**

- **Read the bio's of the people nominated for the 2014-15 board**
- **See us at the UAEYC conference in March 2014**
- **Chapter Meetings in your area**
- **Free Curriculum downloads for Family Childcare Homes**

PFCCA

**The Professional Family Child Care
Association**



January 2014

Presidents Message

I cannot believe two years has come and gone since I was elected into PFCCA. What a great experience and organization to be involved in. I have been able to meet new providers, be a part of other great boards, learn new things and get to know amazing people. It has been such a privilege and honor to be in such a positive association.

This organization is going to go far with the new board members coming in. I am so excited to see it grow and become everything it is meant to be. Take a moment to get to know them and ask for their assistance when needed. They will be there along with their great support, insight and advice.

If you have not been to one of our chapter meetings find one in your area, they are great for trainings, support, creative ideas for your child care and new friendships. Our chapters help us to fulfill our mission which reads, "The Professional Family Child Care Association of Utah is dedicated to inspire children to reach their full potential; through supporting our family child care providers by increasing quality improvement, raising awareness and encouraging professionalism".

Thank you again for your friendships and allowing me the chance and opportunity to serve you when I could.

Sincerely,

Cindy Smith

"I may be small but I matter. Teach me, love me, believe in me, because when I'm all grown up, I'm going to be someone amazing"

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I Love You
Because no two
Snowflakes are
alike, and it is
possible, if you
Stand Tippy-toe,
to walk between
the Raindrops.
- Nikki Giovanni



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 several 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 Care About Childcare (CAC).

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.

HONK! HONK!

As the last colors of fall fade, temperatures are dropping and we are seeing the world of white and gray out our front window.

I had the chance recently to observe a gaggle of geese heading back south for the winter. It was beautiful to see their 'V' formation and made me curious to why they fly that way. Scientists have learned that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a 'V' formation, the whole flock adds at least 71 percent more flying range than if each bird were on its own.

Several principles can be formulated from the examples of our geese friends. When a goose gets sick or is wounded and falls out of formation, two geese fall out with the goose and follow it down to provide help and protection. They stay with it until it is either able to fly or is dead. As child care providers we are often isolated from others in our profession. When we fall out of formation, often, no one is there to notice we are even wounded. We are an interesting subculture, with very unique needs and interests. When we are given the opportunity to interact with others who understand what is involved in our 'normal' day we acquire a dependable support system. At PFCCA, we offer chapter meetings in your area. These are small groups of family child care providers that meet in the chapter leaders home to talk about child care, licensing, how to just make it through the day, music and curriculum ideas, etc. It is open conversation, a chance to build wonderful friendships, to trade recipes and yummy food, support and information is exchanged and face to face training hours are given for attendance to use toward your license hour requirement.

Chapter meetings are wonderful when you are feeling wounded, tired, beaten up, or just beat down. Your group will stand by you with ideas of where to turn for help and sometimes just a listening ear. Whenever a goose falls out of formation, it suddenly feels drag and air resistance from trying to go it alone. It quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

Your chapter group can help you from handling all the resistance alone, by lifting your spirits and helping you remember why you are in this profession.

Finally, never underestimate positive reinforcement. The geese honk from behind to encourage those up front to keep their speed. Your chapter members keep honking to help you keep up. HONK! HONK! When the lead goose gets tired it rotates back in the wing and another flies point. Sometimes you go to the chapter meeting to be Honked at other times to Honk for others.

To find out more about your chapter meeting, who your chapter leader is and where and when they meet, you can go to our website:

www.PFCCA.com and look under the tab 'chapters'. We are also trying to include this information when you join or renew your yearly membership.

Or feel free to contact:

Teresa Larsen (Chapter Liaison) [mail-to:cecluvsu@yahoo.com](mailto:cecluvsu@yahoo.com)

Julie Ellis (President-Elect) superstarstation@comcast.net



MISSION STATEMENT

The Professional Family Child Care Association of Utah is dedicated to inspire children to reach their full potential through supporting our family child care providers by increasing quality improvement, raising awareness and encouraging professionalism.

WEBSITE

PFCCA has a wonderful website.

Be sure to look at the monthly newsletter with updated chapter information. We are so excited to share it with you! 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 recently added a PayPal link to renew or apply for membership.

Connect socially at our Facebook page too!

www.pfccca.org

CHAPTER NEWS

We have 9 active chapter groups in Utah.

- Davis/Weber - Vivian Hardy 801 725 6919
- West SL County - Amy Christensen 801 889 7622
- Southeast SL County - Jackie Howard 801 349 0830
- Uintah County - Laurie Reynolds 435 781 6144
- Toelle County - Kathy Witt 435 830 9614
- South Utah County - Lori Taylor 801 789 3226
- Central Utah County - Missy Hunt 801 368 3413
- SLC Spanish Chapter - Graciela Madina 801 508 7717

**For more information please contact
Teresa Larson at ceclvsu@yahoo.com
or call 1- 800- 430 -6026**

Should they stay or should they go?

Send them to school, don't send them to school. It's a constant balancing act between not wanting to over react and not wanting to get a phone call from the nurses office.

Here's when to keep a kid home:

1. The thermometer insists her temperature is 101 degrees. **"Anything over 100 degrees means she should stay home,"** says Amy Williams, MD a pediatrician at University of Utah Healthcare South Jordan Health Center.
2. He was sick to his stomach last night and this morning he doesn't want breakfast **"If they're not feeling well and they're not going to be able to engage in the information shared at school, they should stay home,"** Williams says. But **"it's a bit of a gray zone."**
3. She needs to be quarantined, and you don't have enough hazmat suits for entire student body. **"Strep Throat, Pink Eye, Diarrhea, Flu, and sever colds"** are all reasons to call in sick to second grade.

Professional Family Child Care Association of Utah

Board Nominations 2014—2015

Ilse Wilson President-Elect

My name is Ilse Wilson, and I am the owner, teacher, cook, and accountant at Fairyland - My Family Child Care program. My passion is childcare and that resonates in the quality I strive for in my home! I am a NAFCC Accredited provider and have a nationally certified outdoor classroom. I started caring for and educating children as a nanny in Germany at the age of 18. As this passion grew I studied and in 2008 completed my Associated Degree in Early Childhood Education, with director and group Certification. I also obtained a degree in Accounting. During my studies I worked and volunteered at different childcare center, gathering a wide variety of experience. Before opening my family child care I was the lead preschool teacher in the 4 and 5 year old class at a preschool in Holladay, UT for 2 years.

Since March 2013 I've been a trainer for our local Resource and Referral (Care About Childcare) agency, where I primarily teach the family childcare courses to other providers. Currently I am the website publicist for PFCCA, volunteer as presenter at local conferences and attend various board meeting to get updated information on matters affecting family childcare.

I grew up on a farm in South Africa however German is my first Language. I traveled from my home country to the USA in 2004 to be a nanny to wonderful families in Colorado and Virginia, I now live in Sandy, Utah with my husband and son. In my spare time I enjoy photography, and have written, and illustrated two children's books.

Laurie Reynolds Vice President

Hi. My name is Laurie Reynolds. I grew up in Southern California and moved to Utah in 1995. I worked at the Salt Lake Community College Lab School after relocating to Utah. I was delighted to instruct child care classes and work as a child nutrition food monitor for Children First in Salt Lake City.

In 1998 through 2000, I provided family child care in my home specializing in infant and toddler care. I love family child care! I served on the board of the Utah chapter of the Association of Early Childhood International (ACEI). I earned my degree in Early Childhood Education at the University of Utah in 2003 and my Teaching Certificate in 2005. I taught Kindergarten for three years. I currently reside in Vernal, UT and substitute teach for the Uintah School District. I also work for the Eastern Region of Care About Childcare and beginning in January 2014, I will be providing infant care in my home.

I am looking forward to continuing my involvement with family child care providers. I am very organized and I follow through on plan and commitments. I feel my past contributions to the board as Treasurer has provided a foundation for the role of Vice President.

Debbie Elmer Treasurer

My name is Debbie Elmer and I am really proud to serve on the PFCCA board. I currently hold the position of newsletter editor, and have learned so much this past year. I have been providing licensed childcare for sixteen years. It gives me great pride knowing that I can be a positive influence in the lives of children and their families. I have been married to my wonderful husband for 22 years, and am the mom of 4 great kids. My family enjoys camping, motorcycle riding and hot rods. I have a bachelor's degree from Weber State University, have been a PTA president and treasurer several times and am currently a Cub Scout Webelos leader. I am excited to continue serving with PFCCA board in the year to come and am committed to serve the family childcare community.

Amy Christensen Newsletter Editor

My name is Amy Christensen. I was born on March 9th 1974 in Wichita Falls, Texas on a military base. I was married to Josh Christensen on October 35th, 2001 and we have 3 children and one grandchild together. Before I started my child care I worked in retail as a manager for Albertson's and Lowe's. I was in retails management for twenty years and loved every minute of it. I decided to leave that profession so I could spend more time raising my children.

I have always loved being around children so I decided to open Helpful Hands Child Care from my home and it's been an amazing four years. I have spent the last two years taking classes through CCR&R and received my CDA last August.

I would love to represent your newsletter because I truly care about children's wellbeing and also love to help other providers with their education and success.

Courtnie Clawson Website Editor/Publicist

My name is Courtnie Clawson, I have lived in Utah my entire life and am the eldest of 5 children. I now have a daughter of my own who is the joy of my life and I have loved watching her grow and seeing her reach each milestone. I first found out about family childcare about six months after my daughter was born; before I had worked as a provider in centers. I started working at Fairyland Daycare, a home daycare in Sandy and both my daughter and I have loved family childcare and the multi age philosophy ever since.

Professionally I have been working towards my CDA and will complete it in January. In 2012 alone I completed over 10 hours of training as I keep on working on my career ladder till it is complete. This field has become my passion and I intend to make it a professional, educational, and wonderful experience for children and their families.

I am a member of NAFCC and last July was able to go to the conference in Scottsdale, AZ. I learned so much and had the chance to meet wonderful people. I hope that all my training and everything that I have learned can be brought to PFCAA in a positive and inspiring way.

JUST FOR FUN

Our Membership Representative Lynette Hamner tried and tested the following activity:

Collect fresh snow from outside (if you still have some) and build an indoor snowman. Be sure to use a large container to build your snowman. Be as creative as you want! The fun part is having snow inside and watching it melt.

How long does it take? What does it feel like? What melts first? Where did the snow come from? This learning activity promotes sensory learning, and science exploration.



Raisin Oat Muffins

Nonstick cooking spray

3/4 cups Whole Wheat Flour

3/4 cup All Purpose Flour

1 cup uncooked Oats

2 1/2 tsp baking powder

1/2 cup granulated sugar

1 tbs grated orange rind

1 egg slightly beaten

1 cup light sour cream

2 tbs oil

3/4 cup Orange Juice

3/4 cup Golden Raisins

Topping:

1/4 cup uncooked oats

3 tbs Brown Sugar

1 tbs Grated Orange Rind

1 tbs Butter melted

1. Preheat Oven to 400 F. Spray 18 muffin cups with nonstick cooking spray or line with paper liners.

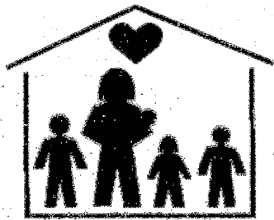
2. Combine Flours, oats, baking powder, sugar and orange rind in a large bowl" mix well.

3. Combine egg, sour cream, oil and orange juice in a medium bowl; mix well.

4. Add all at once to dry Ingredients. Mix only until blended. Gently stir in raisins. Spoon batter into prepared muffin cups until almost full

5. For Topping: Combine oats, brown sugar, orange rind, and butter in a small bowl. Mix well. Sprinkle over muffin batter dividing evenly and patting gently.

6. Bake 20—25 minutes, until wooden toothpick inserted comes out clean. Makes 18 muffins.



The Professional Family Child Care Association of Utah

Membership Application

Date: _____

Check all that apply:

- Individual Membership: \$20.00 Renewal: \$20.00 PFCCA & NAFCC:
\$50.00

PLEASE PRINT

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____

E-mail* _____

Home Phone Number _____

Cell Phone Number _____

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MAKE CHECKS PAYABLE TO: PFCCA

Mail Payment and Application To:

PFCCA of Utah

Total Amount Enclosed _____

C/O Lynette Hamner

651 North 650 West

Engaging and Inspiring Early Childhood Professionals



Utah Association for the Education of Young Children

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To receive updates RSVP @ utahearlychildhoodconference.com

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Family Child Care Homes Instructional Units Curriculum Free Downloads

The Family Child Care Homes Instructional Units curriculum, developed in 2012, is a standards-based curriculum for young children. The units are strongly rooted in an evidence-based framework. They are easily adaptable to the needs of children, ranging in age from older 2 year olds through 4 years of age in a variety of learning environments.

Instructional Unit Topics

Air Animals	My Community
All About Me—Body Parts/Senses	My Family and Friends
All About Me - My Feelings	Numbers
Care of the Earth	Opposites
Colors	Plants
Counting	Shapes
Day And Night	Transpiration
Land Animals	Water Animals
Letters	Weather

The Family Child Care Instructional Units curriculum is available free of charge from the following website

www.unf.edu/fie/ - Click on the Family Child Care Home Instructional Units (FCH)

**PFCCA
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Orem, UT 84057**



PFCCA Mission Statement

“The Professional Family Child Care Association of Utah is dedicated to inspire children to reach their full potential; through supporting our family child care providers by increasing quality improvement, raising awareness and encouraging professionalism.”

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, email pfccaofutah@gmail.com or go to our website at www.pfcca.org. All donations are tax deductible and will directly benefit family child care providers.