



SPECIAL
POINTS OF
INTEREST:

- See inside for a listing of board members
- Training in Salt Lake City on November 9, 2013.
- PFCCA new and improved mission statement
- Read about the advantages of joining PFCCA and networking with other providers.
- NAFCC Accreditation
- Membership changes

Letter From the President

.Cindy Smith

Wow can you believe summer is coming to an end, kids are back in school and we are back to more of a schedule with our kids.

As you can see we have new board members in which we are so excited. Every one of these ladies is giving time and talent to providers in Utah. Please let anyone of us know if can get involved in any way to assist you in your child care community.

We have been told that PFCCA does not do anything for their members so it is hard to really want to be a part of our organization. Let me tell you our goals and what we as PFCCA would like to do for you.

We are working on putting together chapters in all areas of Utah. This means that in your area you should have a place to go to receive support, ideas for your child care and training. What did I say that right? Yes training. You know those hours that you get to do on your own and pick a topic that has to do with child care, why not do those as a group and make it fun and more interesting. Are you interested in heading a chapter and being one of our Chapter Directors? If so please contact Teresa Larsen her information is listed on page 2 of this newsletter. Talk to her about being involved and getting other providers involved. We would love to have your input and concepts that are going on in your area and child care.

We also provide training for you that count towards your career ladder along with just getting those training hours that you need every year. Last February we had Peter Stewart, in November we will have Pat Dischler and also in January we will have Jeff Johnson.

If you need PFCCA there to be an advocate in your area to change ratios in your child care or just something you may want to modify within your city boundaries please call us and we will work on being there as support to your cause.

I feel privileged to be a part of such a great organization and learning more about the child care community through all of you. Please make sure you contact us with any questions or just to talk we would love to hear from you and find out what is happening in your neck of the woods along with what is or is not working for you.

“As a child care provider remember; get down and play with the kids you care for!”

I tried to teach my child with books;
He gave me only puzzled looks.
I tried to teach my child with words;
They passed him by often unheard.
Despairingly, I turned aside;
"How shall I teach this child," I cried.
Into my hand he put the key,
"Come," He said, "Play with me."
~~~~author unknown~~~~

## Training 2013...

Septemer 14, 2013 Chapter Director Training

November 9, 2013 Patricia Dischler..“Tea Parties Teach” 8:00 AM—12:00 PM

Coming in 2014, Jeff Johnson author of “Let’s Play”

# Board of Directors



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*...the best and most beautiful things in the world cannot be seen nor even touched, but just felt in the heart.*  
**HELEN KELLER**



## 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.

# NEW 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.

## CHAPTER GROUPS

Feeling tired?

Did you just find another Cheerio in your hair?

Has your creativity crashed?

There's no need to fear, your PFCCA board is here! We are actively working on behalf of all family child care providers in Utah..this means YOU. We are here to help connect your with other providers through local PFCCA chapters, help you in your professional training and in networking with others providers to talk about common problems, new ideas and curriculum and connecting you with may other helpful resources.

## WEBSITE

PFCCA has a 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](http://www.pfcca.org)

## LOCAL INVOLVEMENT

One of our goals is to encourage provider to become active in their local chapters. This type of networking provides opportunities for support, training, and links to valuable resources.

There are even Spanish speaking chapters.

Currently there are several active chapters in Utah. If you would like to attend a meeting or start a chapter in your area please contact us. More information is available from

**Teresa Larson**, at [cecluvsu@yahoo.com](mailto:cecluvsu@yahoo.com)  
Or our toll-free number  
1-800-430-6026

# Thank You

The future depends on our children, and it is through the caring efforts of people like you that a strong foundation is being built.



## TACO SOUP (creditable)

1 lb hamburger 1 can Corn  
1 small Onion 1 can Chili Beans  
1 large can Stewed Tomatoes 1 can Black Beans  
1 pkg Taco Seasoning 1 can Tomato Sauce

BROWN HAMBURGER AND ONIONS. COMBINE ALL INGREDIENTS IN A CROCK POT ON LOW FOR 2 HOURS. SERVE ON CRUSED CORN CHIPS. SPRINKLE WITH CHEESE, SOUR CREAM AND LETTUCE.



## Accreditation Scholarships

In past years, many state legislators and organizations have invested in opportunities and initiatives that promote high quality care and education to young children and their families. Family child care accreditation through NAFCC is one of those measurable tools that had been proven time and time again to increase quality. The foundation of NAFCC accreditation is relationships. The NAFCC Accreditation Standards are a guide to creating strong relationships. The relationships extend beyond provider-to-child. Relationships are established between providers and parents, child and child, and families to families. Family child care providers who meet the accreditation standards go above and beyond what most state standards require. For a family child care provider who is intentional about the care she provides, NAFCC accreditation is a must! Many providers who have been NAFCC accredited, strongly believe that accreditation has impacted the success of their businesses and effectively supported the growth and development of the children in their care. These providers agree that the investment into their program is worth every penny!

In today's uncertain economy,

funding accreditation can be challenging. Many state have experienced cutbacks in funding from Federal and State government: Utah is no exception. As you may be aware, in accordance with the Budget Control Act of 2011, a series of spending cuts, called sequestration, will cancel approximately 5% of Utah's Child Care Development Fund budget for the current year and the 2014 funding year. The consequences of sequestration will require the Department of Workforce Services/ Office of Child Care to make difficult decisions regarding our budget and funding priorities. As a result, the Utah office of Child Care will no continue to partner with PFCCA to support accreditation initiatives or fund providers through the accreditation process. We are researching other funding options and training to help us create partnerships with other organizations. The PFCCA board has recently been trained with grant writing efforts and techniques. The result of this training will help us lay a foundation for increased funding within the organization.

How does this affect you? If you have participated in the accreditation scholarships offered

through PFCCA, these are no longer available. PFCCA will continue to support accreditation and quality care through effective training offered through our local chapter groups. We will also help provide mentoring if you have questions about the accreditation process. As a professional organization, PFCCA will continue to support providers in their growth and development. We hope that you continue in your efforts to seek NAFCC accreditation, CDA and any other credential and training that encourage quality in our field. Providing care is more than a business, it is the foundation for lifelong learning in children that will eventually be our nation's leaders.





The Professional  
Family Child Care  
Association of Utah

## Professional Development Training **SAVE THE DATE** Saturday November 9, 2013

**Join Patricia Dischler, National Trainer, Author, Child Care Provider and NAFCC President in a half day of an informative and interactive workshop to enhance your child care business!**

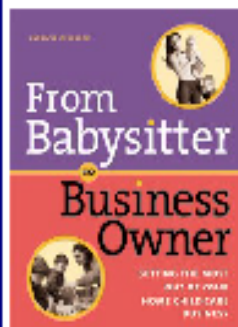


Patricia Dischler is the author of several books for early childhood professionals including *From Babysitter to Business Owner* and *Teaching the 3 Cs: Creativity, Curiosity & Courtesy*. Patricia shares her endless creativity in trainings across the country to early childhood professionals and inspires with stories of her 25 years in the field including owner of a nationally accredited family child care business as well as her years as a center teacher. She is the President of NAFCC and serves on several Wisconsin early childhood organization boards. She helps participants tap into their own creative juices, raise their level of professionalism and gain a strong positive attitude as they work to change the lives of children.

### **Tea Parties Teach**

**Presentation will include**

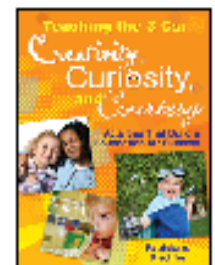
- **Tea Parties Teach**— Learn how to implement a “Tea Party Day” and fill your lesson plans with opportunities to spend quality time with the children, engage in activities that are easily adaptable to meet a variety of developmental levels, and create the anticipation and excitement that powers a child’s learning potential!
- **Inspiring Young Writers** – Engage children preschool through 3<sup>rd</sup> grade in activities that support their creativity, get them excited about books, and support their skills as emerging writers.



**PFCCA Member Cost: \$20.00**  
**Non-Members: \$40.00**  
(Includes 1 year PFCCA Membership)

**8:00 AM - 12:00 PM**  
**Light Snacks Served**

**Contact Laurie Reynolds at 801-450-5931 or  
blreynolds@ubtanet.com**



**4.0  
Credit Hours**



The Professional  
Family Child Care  
Association of Utah

## Tea Parties Teach by Patricia Dischler

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Registration: PFCCA Members \$20.00 \_\_\_\_\_ Non-Members: \$40.00 \_\_\_\_\_  
(Includes 1 year PFCCA Membership)

Additional Benefit, NAFCC Membership: \$30.00 \_\_\_\_\_

Total enclosed \_\_\_\_\_

Detach and send in with payment

Make checks or money  
orders payable to PFCCA

Mail to:  
PFCCA  
c/o Laurie Reynolds  
917 North 2000 West  
Vernal, UT 84078



Regularly \$27.95

Member: \$25.15



Regularly \$17.95

Member: \$16.00

Patricia's books will be available for pre-purchase or onsite at the training.  
Members of PFCCA will receive a 10% Discount.

Saturday  
November 9, 2013  
8:00 AM - 12:00 PM  
Light Snack Served

Contact: Cindy Smith  
801-550-7492  
cindys0831@gmail.com

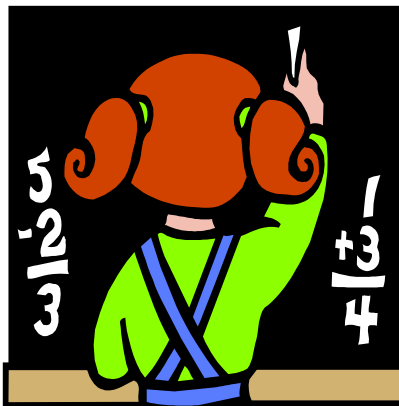
Location: NAFCC Building  
1743 West Alexander Street  
(2420 South)  
Salt Lake City, Utah 84119

# Three Cheers for School???

**Across the U.S., education experts are reimagining the school day to make it more engaging, effective and fun. Here are 7 inspiring ideas for a new and improved 21st-century classroom.**

- 1) Begin the day with breakfast. When students eat a good, nutritious breakfast, they can hit the ground running. A recent survey found that although 77 percent of young children eat breakfast everyday, only 50 percent of middle schoolers and 36 percent of high schoolers get a regular morning meal. Breakfast consumption may improve cognitive function and school attendance.
- 2) Emphasize Learning, not Testing. As a result of government policies like No Child Left Behind—which requires schools to improve on standardized test performance year over year—educators are overwhelmed with testing and test prep. We are producing many grads who are great test takers but not great learners. Students should know how to deal with confrontation, bounce back from defeat, and see two different sides of a problem. It turns out the students who are most likely to graduate from college aren't necessarily the ones who do best on the standardized tests, but the one who are able to develop these qualities.
- 3) Teach 21st-century skills. Emphasize long-term projects. Students need to develop the skills to revise, perfect, and present. Use technology to augment students work. Finally make classes multidisciplinary (think: digital media arts/geometry).
- 4) Flip the class work. Instead of spending class listening to the teacher lecture, students are sent home with short video lectures, then spend class time having the concepts reinforced.
- 5) Say "YES" to recess. It is counterproductive to push for more academic time without also allowing regular breaks for kids to process what they have learned.
- 6) Get creative! Creative pursuits and those that use tactile learning such as wood shop or cooking engage different parts of students brains.

- 7) Go longer and better. Supplement the school day with more opportunities for learning,



## DRAMA PLAY

### *The Three Bears*

**Materials:** small, medium and large versions of the following: chairs, bowls, spoons, blankets, pillows, books, cups, pitchers, plates and stuffed bears.

**What to do:** Set up your dramatic play area to resemble the home of "The Three Bears". Set a small table with the three sizes of bowls and spoons. Put our three sizes of chairs and make three "beds" on the floor with

*different size blankets and pillows. Gather the children and tell the story of "The Three Bears" Your might change the ending of the story by letting Goldilocks admit she goofed and apologize and offer to help clean up, repair the chair, or make more porridge. Invite the children to join in saying "Too big", "Too small", or "Just right". You may extend the concept of different sizes into other areas of the room such as: giving each child three sized of playdough chunks, encourage them to build three sizes of buildings in the block area, or put out three sizes of puzzles.*



## TRANSITIONS

YOUNG CHILDREN NEED TO BE REMINDED ABOUT ROUTINE. SHORTLY BEFORE A TRANSITION, GIVE THE CHILDREN A WARNING AS TO WHAT IS HAPPENING. THIS IS ESPECIALLY TRUE WHEN IT IS ALMOST TIME TO CLEAN UP, HAVE SNACK, OR GET READY TO GO OUTDOORS. GIVE THE CHILDREN SIMPLE DIRECTIONS FOR WHAT TO DO NEXT. FOR EXAMPLE, FIVE MINUTES BEFORE IT IS TIME TO CLEANUP, WALK AROUND THE ROOM AND MENTION TO THE CHILDREN THAT IT IS ALMOST TIME TO CLEANUP. DURING CLEANUP, REMIND THE CHILDREN WHAT NEEDS TO BE DONE. TELL THE CHILDREN WHAT TO DO OR WHERE TO GO WHEN THEY ARE FINISHED CLEANING UP. FOR EXAMPLE, YOU MIGHT SAY "WHEN YOUR ARE FINISHED WITH THE BLOCKS, YOU MAY PUT YOUR COAT ON TO GET READY TO GO OUTSIDE."



# 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
- 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 Lynette Hamner  
651 North 650 West  
American Fork, UT 84003**



# Active Play Makes the Day!

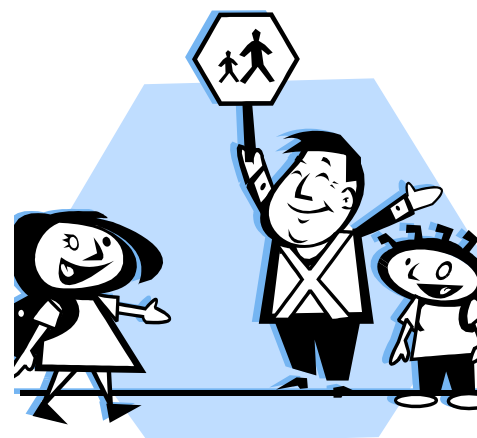
## Stop and Go Signs

**MATERIALS:** 2 paint stirrers, red and green poster board, marker, stapler or tape, scissors

**WHAT TO DO:** Create large STOP and GO signs by cutting out a large circle from green poster board and a large circle from the red poster board. Using large letters, write STOP on the red circle and GO on the green circle. Attach the stick to each circle.

At outdoor playtime provide riding vehicles and wagons for the children to use. Stand with the signs in the location where "accidents" are most likely to occur.

Regulate the children's movement using the STOP and GO signs.



## Fifty-yard Swim

Each child hops on one foot, carrying a paper cup of water. First one over the finish line with the most water wins.

## Table Football

Give each child a straw, and take a position around the table. With you face level with the tabletop the children blow a ping-pong ball placed in the center of the table. Try not to let the ball roll off your side of the table.



**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](mailto:cindys0831@gmail.com). All donations are tax deductible and will directly benefit family child care providers.**

**800-430-6026  
[cindys0831@gmail.com](mailto:cindys0831@gmail.com)  
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