



800-733-KIDS

15896 W 3rd Street, Hayward, WI 54843

715-634-2299

# Northwest Connection

## FAMILY RESOURCES

### Health, Nutrition & Physical Activity Awareness

Early care and education programs should have and implement written program plans addressing the health, nutrition, physical activity, and safety aspects of each formally structured activity documented in the written curriculum. These plans should include daily opportunities to learn healthy habits that prevent infection and significant injuries, and health habits that support healthful eating, nutrition education, and physical motor activity. Awareness of healthy and safe behaviors, including good nutrition and physical activity, should be an integral part of the overall program.

Young children learn better through experiencing an activity and observing behavior than through didactic methods. There may be a reciprocal relationship between learning and play so that play experiences are closely related to learning. Children can live by rules about health and safety when their personal experience helps them to understand why these rules were created. National guidelines for children birth to age five encourage their engagement in daily physical activity that promotes movement, motor skills and the foundations of health-related fitness. Physical activity is important to overall health and to overweight and Obesity prevention.

Some of the following nutrition and wellness tips for young children can be very beneficial, you can find these tips and much more from the Provider Handbook for the Child and Adult Care Food Program. For this discussion the four topics are: 1) Providing opportunities for active play every day, 2) Limiting Screen Time, 3) Making water available throughout the day and last but not least, 4) Building a Healthy plate with fruits and veggies.

**Active play and movement are important for every child's growth, health, development and learning.** Although they may seem to be active and energetic, most children do not get the amount of physical activity they need. Research shows that young children in child care still spend a lot of their time sitting or lying down. Children should not be seated for than 15 minutes at a time, except during meals or naps. Children need a healthy balance of high-energy active play like running and climbing, as well as passive play like sitting in the sandbox. Children spend many hours each day in your care, so providing the recommended amount of active play is important in helping children establish healthy habits.

How can you help children be physically active every day?

- Be a good role model. Participate with children in activities and show them that you enjoy active play everyday.
- Create opportunities for safe active play indoors and outdoors. Use toys and equipment that are the right size for the age of child. Children may be playing with certain toys for the first time. Make sure to show them how to play safely.
- Keep children moving. Encourage all children to participate by playing games that do not have them sitting for a long period of time.
- Be weather ready. When the weather is too severe for outdoor play, dance to music indoors and tell or read stories that children act out physically.

*Continued on Pg. 7*

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Northwest Connection Family Resources

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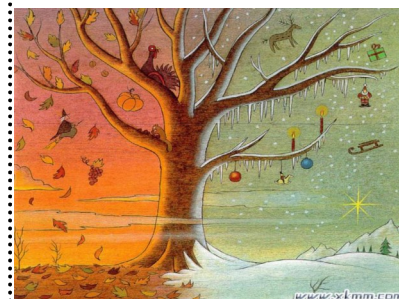
**THRIVENT FINANCIAL**

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*"To improve is to change; to be perfect is to change often." ~ Winston Churchill*

## Breastfeeding Friendly Child Care Provider Recognition

Special Recognition to the Chetek Kids Club in Barron County

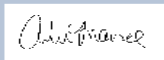
### Breastfeeding Friendly Child Care Provider

This certificate recognizes

Chetek Kids Club

as a Breastfeeding Friendly Child Care Provider, who showed achievement of the 10 Steps to Breastfeeding Friendly Child Care requirements on 9/2016.

Breastfeeding Friendly Status Through 9/2018



Amber France MS, MPH, IBCLC, Breastfeeding Friendly Childcare Ad-hoc Committee Lead



Mary Pesik RD, CD, WI Department of Health Services, Chronic Disease Prevention Unit Supervisor



Wisconsin Breastfeeding Coalition

Breastfeeding FRIENDLY CHILD CARE PROVIDER



On February 11th, 2014, the employees of the Chetek Kids Club child care center completed the "Breastfeeding Friendly" training sponsored by the Chippewa County Department of Public Health. The importance of breastfeeding and the support we can offer to families entering the Kids Club is great. We look forward to continuing to gather knowledge for families and build on the foundation to make breastfeeding an easy transition from home to center for nursing mothers. " - Connie Weis.

If interested in becoming breastfeeding friendly or learning more about the topic make sure to attend our fall conference: Inside Out on October 15th! You will learn about creating a breastfeeding friendly environment that supports breastfeeding mothers. You will also learn to offer opportunities for family engagement, healthy child outcomes, and positive marketing for your program. After all steps are completed child care providers are recognized by the Wisconsin Breastfeeding Coalition and the Wisconsin Department of Health Services as "Breastfeeding Friendly." Find out how this could help you achieve YoungStar points!



Here's what Family Child Care Providers & Center Directors are saying about their recent experiences with YoungStar Technical Consultants.

- ★ "Lisa made me more confident in my skills and her willingness to let me take the lead on what I know will benefit my program." -Rusk County
- ★ "Jessie is fantastic and very helpful to answer all my questions." -Ashland County
- ★ "Amanda makes portfolios doable, helps to see the good in the program and gives good feedback on the observations." - Douglas County
- ★ "Robin is always able to give new ideas for old ways of doing things." - Forest County
- ★ Very happy with the help from Tiffany! She was able to enhance the program with new assessment materials and provided new ideas/resources for hands on materials for Infant/Toddler." - Ashland County

## New and Improved Yearly Business Information Form

### It's as easy as 1, 2, 3!

If you are a Wisconsin child care provider, then completing your Business Information Form (BIF) on at least an annual basis makes good business sense. It benefits your business by keeping your program information current, making it easier for you to fill vacancies and for families to access care at your program. The good news? Completing your BIF just got a little easier!

1. The BIF is now in a new, more effective electronic format that is easier to use. The online BIF automatically fills in your BIF information from previous years, and updates your program details as soon as you enter them. A fan of the original paper BIF? No problem. The paper BIF will still be available to providers.
2. Updating your child care business information in real time with the online BIF makes parents looking for child care more likely to choose your program for their child care needs. If you have a program vacancy update your BIF right away so that families know you have a space for their child(ren).
3. When providers enter their current rates into the BIF these rates are compiled to provide a true reflection of WI child care market rates. This information helps to inform policy, including WI Shares Reimbursement.

### Where to access the Electronic BIF?

Every child care provider will receive a unique link from their local CCR&R to complete their BIF. You can use the same link to make changes and updates year-round. Just remember the sooner and the more regularly you complete the BIF the better! You have until the end of the current year to update your BIF at least once. Any Provider that has not received the link for the electronic BIF make sure to give us a call and let us know. We will also be mailing out a paper copy of the new BIF if you choose not to complete the forms online.

*\* This article is from the DCF Provider Newsletter*

## Musical Activities for Early Childhood Inclusion

### Follow the Leader

**Goals:** Following direction, motor planning, social interaction

**Equipment:** 3-4 basic percussion instruments (i.e. Maraca, sticks, drum, bells)

**Instructions:**

1. The group sits in a semi-circle while the teacher arranges each instrument side by side either on the floor or a small table within easy reach.
2. The teacher models 2-3 different movements and asks the group to imitate.
3. The teacher assigns a particular movement with each instrument. ( e.g. "Shake your body when you hear the maraca. Stomp your feet when you hear the drum.)
4. The teacher then plays each instrument one at a time and explains that the group must move their body in that particular way when the teacher plays a specific instrument.
5. The teacher chooses other group members to take turns being the leader.

*\* This activity was taken from coastmusictherapy.com*

# Upcoming Training Opportunities

## NCFR 22nd Annual Fall Conference:

### From the Inside Out.

Will be held at the Hayward Wesleyan Church in Hayward, WI on Saturday, October 15th from 8:30 am—4:00 pm. Call if you need more information.



## Sudden Infant Death Syndrome & Shaken Baby Syndrome Prevention Training

These trainings will help you to discover the causes, effects and ways to help prevent Shaken Baby Syndrome (SBS). You will also learn about Sudden Infant Death Syndrome (SIDS) and how to help reduce risk. This is a wonderful training for providers, parents, and community members. There is a \$20 fee for this combined training.

*Each month this training will be offered at NCFR in Sawyer County (see specific dates below)*

- ★ *Thursday, October 20th from 6:00 - 9:00 pm*
- ★ *Thursday, December 1st from 6:00-9:00 pm*

*Training Dates for SBS/SIDS being offered at Oneida County Law Enforcement Center in Rhineland:*

- ★ *Tuesday, November 29th 6:00-9:00 pm*

### Director's Meeting: The Brain Game

November 16th from 10:00 am to 2:00 pm  
at Northwest Connection Family Resources.

**More information to come.**

## Darkness to Light

This important training teaches adults how to prevent, recognize and react responsibly to child sexual abuse. This important training is valuable for all adults, including parents, teachers, coaches, child care providers, educators, and adults working within youth serving organizations.

Training is FREE.

- ★ *Thursday, November 17th at the  
Lakeland Family Resource Center in Washburn  
County from 6:00 - 9:00 pm*

## Art from the Heart:

### Fostering The Creative Process in Children

This training will provide education for providers on how to incorporate art concepts into their programs. Art will be explored through hands on activities. There is a \$15 fee for this training.

- ★ *Tuesday, October 11th  
Oneida Law Enforcement Center from  
6:00 - 9:00p*

**Please call for  
more information &  
to register for each training  
(715) 634-2299 or (800) 733-KIDS**

**Help us plan for upcoming trainings!**

Send suggestions for training topics to NCFR.

Please email Katie any questions or suggestions

nwchild3@cheqnet.net or

by calling (800) 733-KIDS



# Upcoming Training Opportunities

There is still time to register!!

## Historical Trauma

### October 26-28

**Lake of the Torches - Lac du Flambeau**

510 Old Abe Rd, Lac du Flambeau, WI 54538

October 26th - 28th, 2016

Registration is FREE!!

Presenter: Theda New Breast

Blackfeet Reservation - Northern Montana

**Wednesday, October 26, 2016 from 6:00 - 9:00 pm (dinner included)**

We've added this evening session for child care providers who may not be able to attend the 2 day training on Historical Trauma. A brief overview of the impacts of historical and intergenerational trauma will be given. Participants will assess their own life experiences and how that contributes to being trauma-informed. Where there has been trauma, healing is the answer. The evening will conclude with tools to bring healing into your life and the life of the clients you serve.

**Thursday, October 27, 2016 from 9:00 am - 4:30 pm and Friday, October 28, 2016 from 8:00 am - 3:30 pm**

An in-depth look into what is historical and intergenerational trauma from a Native lens will be provided. The connection between trauma and behavior will be discussed and participants will be able to assess how trauma has impacted their lives and the lives of the families they serve. Trauma is played out everywhere the workplace, families and communities; examples will be given in order to create a better understanding of how trauma infiltrates and more importantly, how we can proactively address the behaviors. The answer to trauma is healing. Time will be spent on discussing what healing is and solid tools will be given to introduce physical, mental, emotional and spiritual healing efforts for staff and families. Related topics such as Native wellness and self care will also be included.

**Hotels in the area available for October 26 - 27 under NCFR.**

**Lake of the Torches** - 510 Old Abe Rd, Lac Du Flambeau, WI 54538 Phone: [\(715\) 588-7070](tel:(715)588-7070)

**AmericInn** - 700 Old Hwy 51, Minocqua, WI 54548 Phone: [\(715\) 356-3730](tel:(715)356-3730)

**The Waters of Minocqua** - South, 8116 US-51, Minocqua, WI 54548 Phone: [\(715\) 358-4000](tel:(715)358-4000)

If you would like more information about attending this conference please call our office at (800) 733-KIDS or email us at [nwchild@cheqnet.net](mailto:nwchild@cheqnet.net).



**WISCONSIN INTER-TRIBAL CHILD CARE ASSOCIATION**



## The New Wisconsin Shares Child Care Subsidy Program and EBT Card

The child care subsidy electronic benefits transfer (EBT) card is part of an exciting new program modeled after the private pay, free market child care system.

### Reasons for Transition to an EBT Payment System

- ★ Empowers parents to become more involved in selecting the best child care provider for their children
- ★ Simplifies the billing and accounting process for child care providers
- ★ Reduces the opportunities for providers and parents to commit fraud
- ★ Eliminates provider attendance reporting to obtain subsidy payments
- ★ Modernizes and speeds payment practices by using electronic funds transfer
- ★ Payments will be made prior to services being rendered mirroring private pay practices
- ★ Utilizes a tiered reimbursement model that encourages parents to choose high-quality care

The MyWICildCare EBT card will provide Wisconsin families with the ability to pay for child care using approved Wisconsin Shares Child Care Subsidy funds using an EBT card. The MyWICildCare program will allow eligible parents to have an EBT card authorized with their approved child care subsidy. This approach represents a better payment management system than the current method, where the state makes the child care payments directly to providers without parents having any involvement or oversight of the billing process. Under the MyWICildCare model, the customer relationship shifts from one that is between the child care provider and the state, to a relationship that is between the child care provider and the parent. This shift will empower and promote parental responsibility by having parents directly involved in the negotiation of child care payments for their children. With the use of the MyWICildCare card, there is opportunity for improved customer relationship between parents and child care providers. The MyWICildCare EBT card will also serve as a strong fraud prevention tool and the new system will combine overall fraud policy with new state-of-the-art technology.

### Point of Sale Devices and Other Payment Processing Options

The Department of Children and Families will provide three different ways in which parents can make payments to providers using the MyWICildCare EBT card.

**Option 1:** The Department of Children and Families has contracted with EBT card vendor, FIS, to provide *optional* Point of Sale Devices (POS) to Wisconsin child care providers. *The system for MyWICildCare will only work with POS devices that have been provided by FIS.* The fee for a Point of Sale Device is \$14.50 per month. **Please note: third party POS devices will not be able to process the EBT Electronic Benefit Transfer transactions.**

**Option 2:** The FIS website <http://www.ebtEDGE.com>. Providers and parents can access the website via a desktop computer or mobile device to process or review payments. This option is provided at no cost and may be used 24 hours per day, seven days a week.

**Option 3:** A telephone-based IVR system. Providers and parents can process or review payments by telephone. This is provided at no cost and may be used 24 hours per day, seven days a week.

### Rollout Schedule

The Wisconsin Shares EBT Card will be rolled out in two phases:

- ★ Phase I - October 2016: The MyWICildCare Card will be issued to Wisconsin Shares parents in the La Crosse area.
- ★ Phase 1 counties include Buffalo, Clark, Jackson, Monroe, Pepin, Trempealeau, Vernon, and La Crosse counties.
- ★ Phase II – February 2017: The MyWICildCare Card will be rolled out state-wide to all parents receiving Wisconsin Shares benefits.

*\* Information is from Department of Children and Families Website*

## Health, Nutrition & Physical Activity Awareness: Cont. from Pg.1

**Limiting Screen Time:** Young children who spend a lot of time watching TV or playing video and computer games are less likely to be physically active in later childhood. They are also likely to eat foods that are less healthy, such as soft drinks and fried foods as well as more snacks. And may be more likely to become overweight. In many ways childcare settings, children spend 1 to 3 hours watching TV each day, You can make a difference by limiting or eliminating screen time and providing fun activities. Limiting screen time can help children maintain a healthy weight as they grow. Screen time can take away from activities that help brain development, imagination, and social skills, such as talking, playing, singing and reading. Make sure to practice good role modeling and participate in activities with them and limiting cell phone and computer use while children are busy with activities.

Ways to replace screen time with creative activities:

- Play music: Have children make up their own dances, maybe add ribbons and balls for more movement.
- Organize puzzle time: Have easier puzzles children can do alone or in pairs
- Involve children in part of the meal and snack preparation.

**Make water available throughout the day:** When children are thirsty between meals and snacks, water is the best beverage choice. The amount of water needed will vary among young children a, and can increase on hot summer days, during physical activities, and on dry winter days. You can help by making safe drinking water freely accessible to children throughout the day. Some ways to encourage kids to drink water could be by preparing pitchers of water together and leading by example, drinking water yourself. Drinking water can:

- Keep children hydrated and healthy.
- Help build and maintain strong teeth, if water includes fluoride.
- Help children develop a habit of drinking water that they will keep for life.

**Building a Healthy plate with fruits and veggies gives children the vitamins and minerals they need to grow and play.** Brightly colored vegetables can be the superstars in every meal and snack! Most children 2 years and older do not eat enough vegetables or a variety of vegetables. You can help by offering a variety during the week. Offering fruit is a quick and easy way to make meals and snacks healthier and colorful also! Once a child hits 4 years of age, they tend to consume less fruit, so it is important to offer fruit as part of your menu. Incorporating fruits and vegetables into menu plans helps with:

- Teaching healthy eating habits that children can use for life.
- Adds color, texture and crunchiness to the plates.
- Promotes proper digestion, helps children feel full, and maintain a healthy weight by providing dietary fibers.
- Helps children maintain a healthy weight as they grow.

Always important to have a variety of fruits and vegetables. Also, getting the children involved in cleaning, preparing and serving of their meals, motivates them to try and like more of the fruits and veggies!





**Northwest Connection**

**FAMILY RESOURCES**

15896 W 3rd Street

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(800) 733-KIDS or (715) 634-2299

Fax#: (715) 634-8743

Email: [nwchild@cheqnet.net](mailto:nwchild@cheqnet.net)

Website: [www.wisconsinchild.org](http://www.wisconsinchild.org)

RETURN SERVICE REQUESTED

**Office Hours**

Monday - Friday 8:00am - 4:00pm



Rice Lake



Northwoods

## **Scarecrow**

*(Tune of twinkle, twinkle little star)*

Scarecrow, scarecrow turn around,  
Scarecrow, scarecrow touch the ground.  
Stand up tall and blink your eyes.  
Raise your hands up to the sky.  
Clap your hands then tap your knees.  
Turn around and tap your feet.  
Scarecrow, scarecrow touch your toes.  
Scarecrow, scarecrow tap your nose.  
Swing your arms so very slow,  
Now real fast to scare the crows  
Raise your head, jump up and down.  
Now sit down without a sound.



**Have fun with your little ones  
with this interactive poem and  
see how much they enjoy it!**

**Happy Fall**