



800-733-KIDS

15896 W 3rd Street, Hayward, WI 54843

715-634-2299

Northwest Connection

FAMILY RESOURCES

Wisconsin Winter Outside Fun with Infants and Toddlers

Providing outdoor play for infants and toddlers

Here in Wisconsin, winter months may feel like a difficult time of the year for getting the little ones to engage in daily outdoor play. From the stress of getting all those small hands and feet into mittens and boots or snowsuits to parents who may not send in appropriate winter clothing, it may seem like there are way too many challenges to overcome.

Along with cold weather comes stuffy, closed up classrooms which allow an increase in germs spreading among children and staff. Many people believe going outside in cold or wet weather can cause colds or sickness; however, colds and flu are caused by germs, like bacteria and viruses. When children and staff spend long hours together indoors, illness spreads easily as everyone re-breathes germs throughout the day. One way to freshen the air indoors is to open the doors and windows in the classroom for 15 minutes before the children arrive. This allows the fresh air to circulate throughout the classroom and clear some of the germs out of the air.

Fresh air is beneficial and outdoor play, even when it is cold outside, can help keep children and staff healthy. The outdoor play provided to infants and toddlers during child care may be the only opportunity they have to engage in daily outdoor active physical play.

As Thelma Harms, one of the authors of the Environment Rating Scales has said, "there is no bad weather, only bad clothes."

Wisconsin DCF licensing rules require that programs provide daily outdoor activities except during inclement weather or when not advisable for health reasons. The recommendation is a least twice daily.

When planning high quality outdoor play experiences for infants and toddlers keep the following in mind:

- Explain to parents and staff the benefits of outdoor play to children's physical, cognitive and social development and the foundation it builds for literacy, math and science concepts.
- Develop a strong outdoor play policy for your program and encourage parents to provide appropriate outdoor clothing as well as a change of clothes in case children get wet or dirty. Start a clothing donation box so your program has extra clothing on hand.
- Encourage teachers to bring appropriate outdoor clothing that will allow them to engage in outdoor play with children. Teacher participation can stimulate and enrich outdoor play and maximize learning opportunities for children.
- Provide appropriate space for walkers, crawlers and non-mobile children. For non-mobile infants, a large tarp or play mat over the snow adds a layer of protection from the cold and wet. Blankets can be placed over the tarp or mat for added warmth.
- Use drop off and pick up times when the temperature is not too cold to be outside where children are already dressed warmly coming from their transport vehicles.

Adapted from Caring for the Little Ones by Karen Miller. Child Care Information Exchange 1/96

You can support us in several ways:

Smile.amazon.com or Thrivent Choice Dollars, choose

Northwest Connection Family Resources

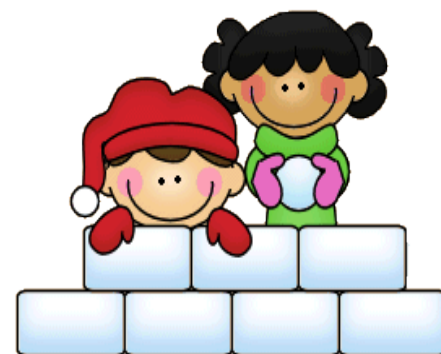


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Family Resources - Provider



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Practical Suggestions and Fun Ideas for Outside Time

1. Get children ready in pairs as part of a social activity. Everything should be pulled together ahead of time. Talk to the children while you are dressing them. Ask for their cooperation. Children seem to appreciate being included in the process.



2. Integrate getting ready for outdoors as a part of your curriculum with toddlers and twos. Allow for extra time and use it to build self-help skills and vocabulary. Keep talking. Help children think about the order for putting things on. Cards with word and picture by order are helpful for children and staff.

3. Make outside time after lunch before nap time. Deep breathing and cool air uses up energy and makes children tired so that they nap well. Try putting on snow pants and boots before lunch. Then all that needs to go on is the jackets, mittens, and hats before going outside. Outside time can be great right after morning snack. When children know that food is waiting for them it motivates them to be cooperative in pulling on their snow pants and boots.



4. If there is more than one person in the classroom, let one person go outside with the children who are ready first. It eliminates waiting. Those ready first can assist the ones who are in the process.

5. Being flexible with staffing for infants will allow the infants to be taken out two at a time for about 10-20 minutes (depending on outside temperature).



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

- ★ Washburn – “I learned the importance of a budget. There are lots of resources to help me.”
- ★ Oneida County – “I learned that there is such a thing as too many toys or options available in a classroom and that it can cause over stimulation or conflict.”
- ★ Washburn – “Lisa is very creative and has great ideas.”
- ★ Rusk – “My TC has been an amazing support. She is kind, compassionate & fun! I couldn't ask for more from my TC.”

Practical Suggestions and Fun Ideas for Outside Time continued:

6. Have small brooms and dustpans available for children to help in getting the play yard ready for play.

7. Winter activities include:

- Children being pulled around the yard on a large sled.
- Shovels available to fill up dump trucks.
- Large plastic blocks out for stacking or building forts or snow play.
- Keeping sidewalks clear and toddlers in large buggies can enjoy the winter scenery, a walk around the neighborhood to notice decorations and changes.
- Putting infants into flat-bottomed plastic infant bathtubs, pillows tucked around them and pulling them around the yard.
- Obstacle courses or pathways around the play yard with caves and snow benches for children to climb in and out or on.



Adapted from Caring for the Little Ones by Karen Miller. Child Care Information Exchange1/96.

Creamy Wild Rice

Prep time: 10 minutes

Cook time: 2 hours 15 minutes

Makes: 25 Servings

Ingredients:

- | | |
|--|---------------------------------------|
| 1 1/2 cups Wild rice, uncooked | 2 cups Brown rice, uncooked |
| 1 qt 3 cups Water | 3# 5oz Ground turkey, fresh or frozen |
| 1 qt Onion, fresh, 1/4" diced | 1 qt Celery, fresh, 1/4" diced |
| 1 qt Cream of Mushroom Soup, condensed | 3 cups Milk, Non-fat (skim) |
| 1/4 cup Garlic powder | 1 Tbsp 1 tsp Black pepper, ground |

Nonstick cooking spray

Directions:

Preheat oven to 350 degrees F. Combine wild rice, brown rice, and water in a large stockpot. Heat on medium-high to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 50-60 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork and set aside. Pre-heat extra-large skillet or a tilting kettle to medium-high heat. If using skillet: For 25 servings, use 2 extra-large skillet. Brown ground turkey. Drain. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds. When ground turkey is golden brown, reduce heat to medium, add onion and celery. Continue cooking on medium heat until onions and celery are soft, about 10-15 minutes. Stir frequently. Stir in rice and remaining ingredients. Bring dish to a boil and remove from heat. Lightly coat steam table pan(12"x20"x4") with nonstick cooking spray. Spread rice mixture evenly into pan. Cover with foil and bake for 45-50 minutes or until liquid has absorbed and dish is creamy. Serve 3/4 cup (6oz ladle).

For full details visit: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/creamy-wild-rice>



Upcoming Training Opportunities

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.

Northwest Connection Family Resources ,Hayward

★ *Thursday, January 25th 6:00-9:00pm*

★ *Thursday, March 22nd 6:00-9:00pm*

Oneida County Law Enforcement , Rhinelander

★ *Monday, February 19th 5:00-9:00pm*

Ages and Stages 3 Questionnaire (ASQ-3)

This developmental screening is a proven strategy for identifying children's strengths and opportunities for growth. Come learn more about the Ages & Stages Questionnaire and how to empower parents to meet their children's needs. There is a \$15 fee for this training including materials.

★ *Tuesday, January 23rd 6:00-9:00pm*

Northwest Connection Family Resources

★ *Monday, March 19th 6:00-9:00pm*

Siren Government Center Room 165

**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 call us or email any questions or suggestions to nwchild6@cheqnet.net

Discovering Science

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

★ *Monday, February 12th 6:00-9:00pm*

CESA 12, Ashland

WI Pyramid Model

This training examines why professional development in social emotional competence is important to children, families and child care providers. This training will be offered in a 8 part series in Washburn County, in which you must attend all sessions in the series. There is a \$50 fee for this training. * Limited # of stipends available (Call for more information).

★ *Mondays, January 29th, February 5th, 26th, March 12th, 26th, April 2nd, 9th, and 16th 6:00-9:00pm*

DNR Service Center, Spooner

Individual Learning: Planning Experiences & Documenting Learning

Participants will leave with a greater understanding of the teaching cycle process and how to incorporate practices that are part of the intentional process for planning to promote individual learning.

★ *Thursday, March 1st 6:00-9:00pm*

Holiday Inn Express, Superior

★ *Thursday, March 8th 6:00-9:00pm*



Upcoming Training Opportunities

WI Infant Toddler Pyramid Model

The course is built upon the Pyramid Model training and integrates infant mental health concepts and competencies, and includes materials and activities on reflective practices. The goal of the series is to offer theoretical foundations, explore and practice use of strategies to support optimal development, and professionalize the field of infant/toddler teachers.

- ★ *Saturdays, January 20th, February 17th, March 24th, and April 21st 8:00am-3:30pm*

Oneida Law Enforcement Building, Rhinelander

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.

- ★ *Monday, January 15th 6:00-9:00pm*

DNR Service Center, Spooner

- ★ *Tuesday, February 20th 6:00-9:00pm*

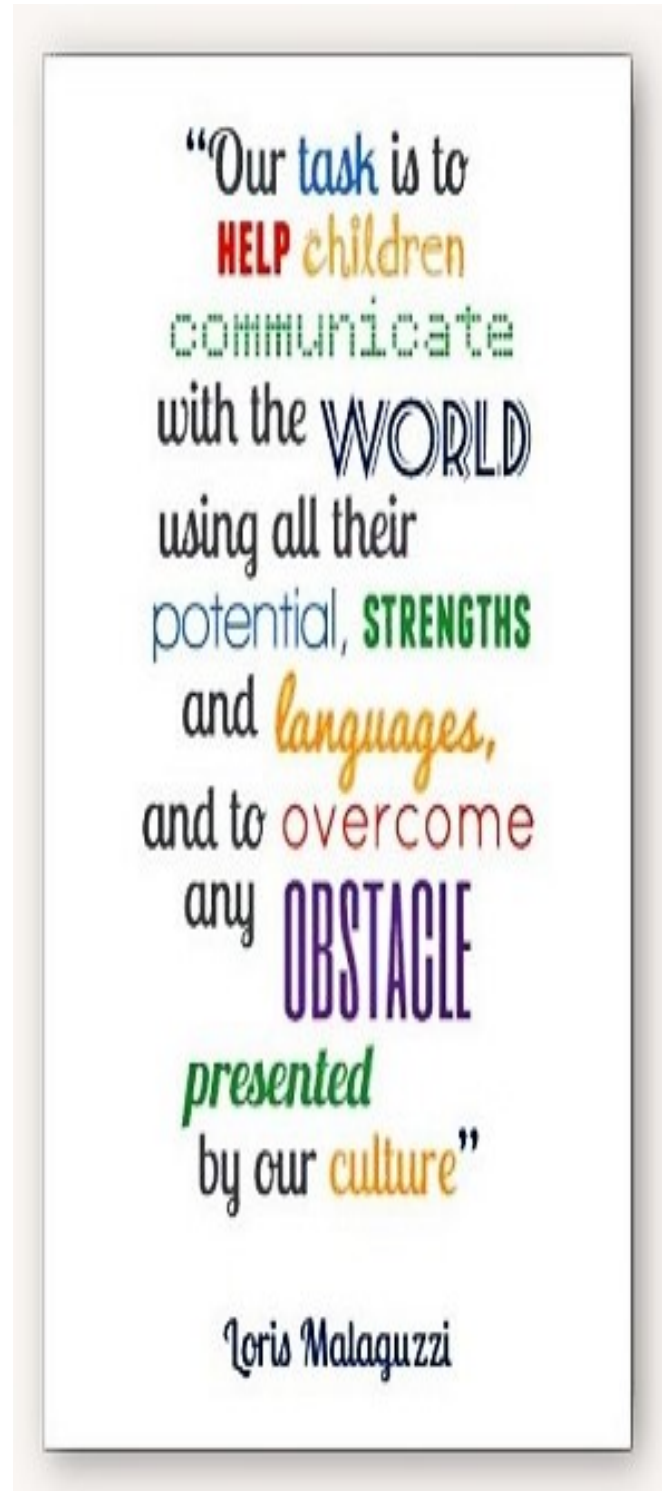
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Steward of Children (Darkness to Light)

Stewards of Children teaches adults to take responsibility to prevent child sexual assault. The workshop educates adults on the steps they can take to prevent, recognize and react responsibly to the reality of child sexual abuse.

- ★ *Thursday, March 15th 6:00-9:00pm*

Northwest Connection Family Resources





OPEN HOUSE

Northwest Connection Family Resources

January 25th, 2018 and March 22, 2018

5:00 - 6:00 pm

WHO SHOULD ATTEND?

If you are interested in becoming a certified, family licensed or group licensed provider or in the process of becoming regulated and you want to learn more about how YoungStar can positively impact your program from the first day you open **YOU SHOULD ATTEND.**

If you are a current child care provider and would like to learn more about ways to enhance your current child care programming and hear about a micro-grant opportunity **YOU SHOULD ATTEND.**

If you are attending the Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome Prevention (SBS) Trainings at 6:00 pm **YOU SHOULD ATTEND.**

(Separate registration and \$20 fee required to attend the trainings - Be sure to register - Registry credit given)

DOOR PRIZE DRAWINGS - RESOURCES - GREAT CONVERSATION

CALL TO REGISTER

(800) 733-KIDS

HEY WASHBURN COUNTY...

Are you interested in learning about becoming a certified child care provider?

Do you know someone who wants to learn about becoming a regulated child care provider?



JOIN US:

February 7th, 2018 5:30 - 9:00 pm

DNR Service Center

810 W Maple St. - Spooner

We'll discuss the benefits of regulation, good business practices, steps to become regulated and more.

FREE for Potential Providers who are Washburn County Residents-\$20 all others, Sudden Infant Death (SIDS) and Shaken Baby Syndrome Prevention (SBS) trainings will be held to get attendees started on their child care journey. **Snacks will be served!**

To register call Northwest Connection Family Resources at (800) 733-KIDS no later than February 5th.

Register and bring a friend to receive a free gift.

2018 Standard Mileage Rate Announced

DECEMBER 14, 2017



The IRS has announced today that the 2018 standard mileage rate will be \$.54.5 per mile for business trips.

The 2017 standard mileage rate is \$.535 for such trips.

Family child care providers using this standard mileage method may also deduct the following vehicle expenses: parking expenses, tolls, and car ferries.

In addition, providers who are sole proprietors (self-employed) may claim the business portion of any vehicle loan interest and vehicle property taxes (for those states that charge this tax).

The business portion of these last two expenses is based on the number of business miles driven divided by the total miles driven. For example, if a provider drove 3,000 business miles and a total of 10,000 miles in the year her business portion is 30%.

Providers can claim business trips if the “primary” purpose of the trip is business. Primary purpose means that more than 50% of the reason for the trip is business. This includes children’s field trips, trips to the bank to deposit parent fees, and trips to workshops. A trip to the grocery could be claimed as a business trip if more than 50% of the food purchased was for the business.

Although most family child care providers use the standard mileage rate, they can choose another method to claim vehicle expenses called the actual expenses method. To use this method, providers must save receipts for all vehicle expenses such as gas, oil, repairs, vehicle insurance, repairs, tires, and so on.

Many providers under-report their business miles because they either don’t keep accurate records or they do not realize that some trips taken are deductible.

Providers may use a variety of records to show their business trips: calendar notations, KidKare software, receipts, cancelled checks, credit or debit card statements, field trip permission forms, training certificates, mileage log, photographs, and other written records.

Therefore, it’s not too late to review your records for 2017 and record business trips on your tax return.

<https://www.irs.gov/pub/irs-drop/n-18-03.pdf>

Tom Copeland – www.tomcopelandblog.com

Image credit: <https://www.flickr.com/photos/cactusthesaint/>

<http://tomcopelandblog.com/2018-standard-mileage-rate-announced>



Northwest Connection

FAMILY RESOURCES

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Hayward, WI 54843

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

Fax#: (715) 634-8743

Email: nwchild6@cheqnet.net

Website: www.wisconsinchild.org

Office Hours

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

Dates Closed:

1/1/2018 – New Year's Day

2/19/2018 – President's Day

3/30/2018 – Good Friday

Non-Profit Org
U.S. Postage Paid
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Permit #64

RETURN SERVICE REQUESTED



Rice Lake



Northwoods



EASY HOMEMADE FROZEN FOAM DOUGH

How do you make Frozen foam dough you ask?

It's easy!!

* I used a 12 oz. box of corn starch, and a 10 oz. bottle of shaving cream.

Mix it up gently, put it in the freezer for a few hours until it sets. (Ours puffed up some and looked liked frozen whipped cream). Of course this is NOT edible.

Along with the fabulous frozen foam dough we added the Safari Arctic Animals miniatures to go with our theme.



<https://www.naturalbeachliving.com/arctic-and-antarctica-frozen-foam-dough/>