



# Northwest Connection

## FAMILY RESOURCES

800-733-KIDS

15896 W 3rd Street, Hayward, WI 54843

715-634-2299

### Building Empathy Instead of Forcing Apologies

*At snack time Claire reaches across the table for the bowl of strawberries and as she does she bumps Jackson's milk. It spills and both Jackson and Claire look to the teacher, waiting for her response.*

Teachers must choose how to respond to these types of situations each day. One common response teachers use is to tell Claire to say she is sorry. Saying sorry is sometimes used as a quick way to attempt to manage the situation. Teaching children how to make amends is another approach that can be practiced in early childhood and used life-long. Making amends and feeling remorseful requires the use of empathy.



Empathy is the ability to understand and share the feelings of another, which requires developing a range of social-emotional skills. Consider some of the ways you can encourage the development of empathy:

- **Empathize with children** *Are you feeling sad because your Grandma left? It is sad when Grandma has to go. I'll sit in the rocking chair with you until you are ready to play.*
- **Talk about the feelings of others** *Jaylen is feeling mad because you knocked his blocks down.*
- **Offer children suggestions about the ways they can show empathy** *Please ask Jaylen if you can help him fix his building.*
- **Read books about feelings and emotions** *The Feelings Book by Todd Parr Flabbersmashed About You by Rachel Vail Baby Happy, Baby Sad by Leslie Patricelli*
- **Be a role model** *Children learn from your examples. Be kind, respectful and caring as you interact with children and adults.*
- **Validate and acknowledge the emotions of children** *Feelings are part of life for everybody. Avoid rushing to fix every problem immediately while instead acknowledging the feelings of a child. You were disappointed when it was time to come inside. I understand and it's okay to feel disappointed. When you are ready, you can join us at the snack table.*

Think through the use of, "I'm sorry." We often insist children say this as a way to fix what they have done or to take responsibility for their actions but many children do not know what these words really mean. A more meaningful approach would be to help children learn how to focus on the feelings of the other person. Developing empathy takes time and is a skill that children will continue to develop throughout their life.

*"Oops, it looks like we had a spill. Jackson you look a little worried.*

*It's okay, Claire and I will help. Claire, can you get some paper towels to clean up the milk, and I'll help Jackson find a dry shirt."*

Source:4-C FOCUS Newsletter - April 7, 2018

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Northwest Connection Family Resources



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# Recycled Container Printing

To do some recycled container printing you'll need:

- A selection of containers and trays that have interesting bottoms
- Some paint and some containers to put the paint into
- Some rollers or paint brushes
- A BIG sheet of paper
- A wet cloth for cleaning up drips
- Somewhere to dry your creations



We found rollers were the easiest way to apply paint to the bumpy surfaces, but you could use a regular paint brush, or try dipping the containers into a large tray of paint. We managed to find containers with lots of interesting textures. Look for trays with different shaped indents, containers with ridges or lines and even little containers like yogurt tubs make interesting prints. We had success with meat trays, packaging from biscuits and frozen food packaging.



When covered in paint and pressed onto the paper they containers made an array of weird and wonderful printed patterns.

Source: <https://picklebums.com/recycled-container-printing/>



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

## **TESTIMONIES**

- ★ Ashland – “Our TC provided us with useful information to have in our center policies and great advice on resources to help staff members in creating portfolios.”
- ★ Oneida – “We learned about family engagement-book resources to support diversity.”
- ★ Oneida – “Our TC helped us with parent contract ideas and staff evaluations.”
- ★ Vilas – “We are going to have YoungStar paperwork on hand to give to parents and share information with the school board.”

*Save the Date**Northwest Connection Family Resources Annual Conference***THE STORY STARTS WITH YOU!****October 20, 2018****Hayward Wesleyan Church**

Everyone starts with a story, this year's conference, *THE STORY STARTS WITH YOU* will help us focus on just what that story is. The conference will have many presentations, weaving literacy and storytelling throughout the day. Our story has a beginning with our morning keynote, **The Power of Storytelling - Bob Kann**, who is a delightful and motivational presenter. The day will follow with break-out sessions to look at life as a book full of fun, adventure, mystery and imagination. The afternoon keynote **Kym Buchanan** UW Stevens Point, will present **The Joy of Teaching**. He will inspire and remind us why we love what we are doing. The afternoon break-out sessions will draw us to the end of our story with sessions that will challenge us to help each child as their story unfolds.

Don't forget to bring your Week of the Young Child Classroom Story Book to the fall conference for a chance to win an amazing prize. We look forward to seeing what you created to highlight the fun activities and projects you did during the week.

**If you have any questions, please call us at (800) 733-KIDS. Watch for the flyer August 1st.**




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**June 13, 2018: Governor Walker Announces Child Care Subsidy Rate Increases**

**MADISON** – Governor Scott Walker today approved substantial positive changes to the Wisconsin Shares child care subsidy program by putting an additional \$10 million annually in the pockets of low-income families who need affordable child care to support employment.

The targeted rate changes will assist parents in three significant ways:

Raise the subsidy rate by 5 percent for infants (ages 0-2) and for young children (ages 2-4) to help parents afford care during their children's early years, which are often the most expensive for parents and providers.

- Establish a statewide minimum subsidy rate of \$5/hour for infant care in licensed providers, making child care more affordable for young families, especially in rural areas.
- Reduce the penalty imposed on parents who choose a 2-Star provider, putting an estimated additional \$2 million in the pockets of parents for whom a 2-Star provider is the best choice or their only local option. "For Wisconsin to continue to thrive, we need to continue to remove barriers to work," said Governor Walker. "Ensuring that parents have access to affordable, quality child care empowers them to remain in the workforce and helps our children get the early education they need to be successful in school."

These rate changes continue Governor Walker's strong investment in early childhood education following his lifting of the child care rate freeze imposed in 2006. Since taking office, Governor Walker has now made multiple child care rate increases, approved higher quality incentive payments for 4 and 5 Star child care providers, and ended the "child care cliff" by creating a sliding scale for income eligibility for current participating in the Wisconsin Shares program.

<https://walker.wi.gov/press-releases/governor-walker-announces-child-care-subsidy-rate-increases>

# 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, July 26 6:00-9:00pm
- ★ Thursday, September 27 6:00-9:00pm

### Oneida County Law Enforcement, Rhinelander

- ★ Monday, August 13 5:30-9:00pm  
(Open House & Training)

\*See next page for additional opportunities.

## 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.

### Douglas County HHS, Superior

- ★ Tuesday, July 10 6:00-9:00pm

### Phillips Normal Building, Phillips

- ★ Thursday, September 20 6:00-9:00pm

## Healthy Bites Training

This course will empower early care and education programs to improve the quality of the meals and snacks served by including foods recommended for proper growth and development of children from birth through age 12, developing effective menus and making mealtimes enjoyable and pleasant while promoting healthy eating habits and behaviors. There is a \$25.00 fee for this training.

### CESA 12, Ashland

- ★ Saturday, September 8 8:00am-4:30pm

## Learning Environments and Curriculum Through the Lens of DAP

This training will provide participants with an in-depth review of the requirements for the developmentally appropriate environments as required by the YoungStar evaluation criteria. The materials, learning centers and interactions of the early childhood learning environment will be explored in relation to best practices and research in the field. There is a \$15.00 fee for this training.

### Crandon Library, Crandon

- ★ Tuesday, September 11 6:00-9:00pm

### DNR Service Center, Spooner

- ★ Tuesday, September 11 6:00-9:00pm

### Rusk County Senior Center, Ladysmith

- ★ Tuesday, September 11 6:00-9:00pm

### Northwest Connection Family Resources, Hayward

- ★ Thursday, September 13 6:00-9:00pm

### Siren Gov. Center Rm 165, Siren

- ★ Tuesday, September 18 6:00-9:00pm

### CESA 12, Ashland

- ★ Wednesday, September 19 6:00-9:00pm

### Holiday Inn of Superior, Superior

- ★ Thursday, September 27 6:00-9:00pm




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

Help us plan for upcoming trainings!  
Send suggestions for training topics to  
nwchild6@cheqnet.net

# Upcoming Training Opportunities

## New Approach to Wisconsin Model Early Learning Standards (WMELS)

This course will provide training to early child care education providers on implementation strategies for the Wisconsin Model Early Learning Standards. This course will walk providers through various aspects of the Teaching Cycle, and how to apply those practices to their program. There is a \$75.00 fee for this training. \*Attendance is required at all four sessions.

### Oneida County Law Enforcement , Rhinelander

- ★ Wednesday, September 12 6:00-9:00pm
  - ★ Saturday, September 22nd & October 6 8:00am-4:30pm
  - ★ Wednesday, October 10 6:00-9:00pm
- Some scholarships available-call for details!*



## Sales Tax Holiday for August 2018!

### What does this mean for the general consumer?

A sales and use tax exemption is created for sales of certain items during a **five-day period** in August 2018. The temporary exemption period, referred to as a sales tax holiday, will begin at **12:01AM on August 1, 2018, and continue through 11:59PM on Sunday, August 5, 2018.**

### During the sales tax holiday, the following items are exempt from Wisconsin sales tax (list is not all inclusive):

- \*School supplies, if the sales price of any single item is \$75 or less
- \*Clothing, if the sales price of any single item is \$75 or less
- \*A computer purchased for the purchaser's personal use, if the sales price of the computer is \$750 or less
- \*School computer supplies purchaser's personal use, if the sales price of any single item is \$250 or less

### During the sales tax holiday, the following items are taxable for Wisconsin sales tax purposes (list is not all inclusive):

- |   |   |
|---|---|
| *Cases for electronics devices  | *Cameras                                    |
| *Game consoles  | *Televisions                                |
| *Watches  | *Belt buckles sold separately from clothing |
| *Cosmetics  | *Handbags                                   |
| *Handkerchiefs  | *Jewelry                                    |
| *Nonprescription sunglasses   | *Most school art supplies                   |
| *Most sport or recreational equipment (except athletic uniforms \$75 or less) |   |
| *Text and reference books   |   |



Wisconsin's sales Tax Holiday Information is available on the department's website. Resources available include answers to common questions and printable lists for exempt and taxable items during the sales tax holiday.

**Source:** [www.revenue.wi.gov/Pages/Individuals/SalesTaxHoliday.aspx](http://www.revenue.wi.gov/Pages/Individuals/SalesTaxHoliday.aspx)



## MEET & GREET

### DNR Service Center

810 W Maple Street, Spooner

August 1, 2018

5:30 - 6:00 pm Open House      6:00 - 9:00 pm SIDS/SBS Training

### Northwest Connection Family Resources

15896 W 3rd Street, Hayward

July 26, 2018 & September 27, 2018

5:30 - 6:00 pm Open House      6:00 - 9:00 pm SIDS/SBS Training

### Oneida Law Enforcement Center

2000 East Winnebago Street, Rhinelander

August 13, 2018

5:30 - 6:00 pm Open House      6:00 - 9:00 pm SIDS/SBS Training

### Iron County Courthouse, Hurley

300 Taconite St Suite 207

August 20, 2018

5:30 - 6:00 pm Open House      6:00 - 9:00 pm SIDS/SBS Training

### **SPREAD THE WORD!**

Do you know someone interested in becoming a certified, family licensed or group licensed provider or in the process of becoming regulated who wants to learn more about how YoungStar can positively impact their program from the first day they open? If so, **invite them to 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 need the Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome Prevention (SBS) Trainings **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**

**Chicken or Turkey Taco - USDA Recipe D-130C for CACFP**

Makes: 25 Servings

**Ingredients:**

1/2c 1T 1t Fresh onions, chopped	2 1/4t Ground cumin
1 1/4c 2T Frozen corn	3/4t Paprika
2 1/4t Garlic powder	3/4t Onion powder
1/2t Salt	2qt 2c Frozen cooked diced chicken, thawed, 1/2" pieces
1t Ground black pepper	2qt 2c Frozen cooked diced turkey, thawed, 1/2" pieces
3/4c Canned no-salt-added tomato paste	1qt 1/2c Brown rice, long-grain, regular, dry, parboiled
3c Water	1qt 3c Fresh lettuce, shredded
1T Chili powder	1 1/2c Fresh tomatoes, chopped
2 1/2c Reduced-fat Cheddar cheese, shredded	50 each Whole-grain yellow corn taco shells

**Directions:**

1. Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.
2. Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.
3. Critical Control Point: Heat to 165 F for 15 seconds or higher.
4. Critical Control Point: Hold for hot service at 140 F or higher.
5. See B-03 for recipe ingredients and directions. Set rice aside for step 9.
6. For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.
7. Set cheese aside for step 13.
8. Assembly (2 tacos per serving):
9. First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2cup (about 4oz) rice on bottom of taco shells.
10. Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2oz) chicken mixture in each taco shell.
11. Transfer tacos to a steam table pan (12"x20"x2 1/2").
12. Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2oz) lettuce and tomato mixture on top of chicken mixture.
13. Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3oz) shredded cheese on top of lettuce and tomato mixture. OR instruct students to "build" their own tacos.

**Source:** <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-or-turkey-taco-usda-recipe-d-130c-cacfp>





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15896 W 3rd Street  
Hayward, WI 54843

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

Fax#: (715) 634-8743

RETURN SERVICE REQUESTED

Email: [nwchild6@cheqnet.net](mailto:nwchild6@cheqnet.net)

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

**Office Hours**

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

**Dates Closed:**

July 4 – Independence Day

September 3 – Labor Day



Rice Lake



Northwoods



## *Save the Date*

*NCFR's 24th Annual Fall Conference*

**THE STORY STARTS WITH YOU!**

**October 20, 2018**

**9:00am-4:00pm**

**Hayward Wesleyan Church**

