



800-733-KIDS

15896 W 3rd Street, Hayward, WI 54843

715-634-2299

Northwest Connection

FAMILY RESOURCES

Teaching Children the Practice of Mindfulness

Mindfulness is a state of awareness, which according to the Goggle dictionary, can be achieved by "Focusing one's awareness on the present moment..." We can improve the quality of our lives by practicing mindfulness. Teaching children how to develop mindfulness techniques can have a lasting positive affect in their lives. Some of the benefits of mindfulness include:

- Reduction of negative thoughts, less stress, memory boost, better focus and less attention problems, less emotional reaction, better cognitive flexibility, success in relationships/social skills, enhanced morality, intuition, and self-awareness.

Mindfulness Poses: Encourage and motivate children to engage in practicing mindfulness, by telling them that these fun poses help children to feel strong, brave, and happy. Create a safe, quiet space and together, teachers and children can practice one of the following poses:

Superhero Poses: Superman pose: stand with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible.

- Wonder Woman pose: stand tall with legs apart wider than hips and hands or fists paced on the hips.

Spidey Senses: Ask children to turn on their "Spidey senses"-using a super-focused sense of smell, sight, hearing, taste, and touch to help keep the world around them safe, just like Spiderman.

Mindful Jar: Mindfulness is also taught by teaching children how to control their emotions. Creating a "mindful jar" demonstrates for children how strong emotions can take over and how they can find peace when they experience those strong emotions.

Fill a clear jar with water (almost all the way). Add a big spoonful of glitter glue or glue and dry glitter to the jar. Close the lid and shake the jar to move the glitter around.

Use the following script:

Imagine that the glitter is like your thoughts when you're frustrated, mad or upset. Notice how they whirl around and make it really hard to see clearly. When this happens, it can be easy to make silly decisions when you are upset --- because you're not thinking clearly. Sometimes this happens in all of us (even grownups).

Place the jar in front of the children.

"now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you are clam for a little while, your thoughts start to settle and you start to see things much clearer" (Karen Young 2017).

This exercise is a great visual for children to learn and see how emotions can cloud their thoughts. The focus on the swirling of the glitter helps practice mindfulness as well.

Sources: 4-C FOCUS Newsletter - December 1, 2018

Davis, Daphne M., and Jeffery A. Hayes. "What Are the Benefits of Mindfulness?" *American Psychological Association*, American Psychological Association, 2012, www.apa.org/monitor/2012/07-08/ce-corner.aspx.

Ackerman, Courtney. "Mindfulness Activities for Children And Teens: 25 Fun Exercises For Kids." *Positive Psychology Program - Your One-Stop PP Resource!*, Positive Psychology Program, 3 Feb. 2017, positivepsychologyprogram.com/mindfulness-for-children-kids-activities/.

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The latest issue of the Department of Children and Families (DCF) **Child Care Provider Newsletter** is available online at <https://dcf.wisconsin.gov/youngstar/providers/newsletter>.

This issue is packed with valuable child care updates that you will want to read.

Program Integrity Updates

Favorite Attendance Record Tips

Background Check Updates

Use the Child Care Provider Portal to Submit Background Check Requests for Prospective Employees

Updating Your Policies and Procedures to be Compliant with Background Check Changes

Important YoungStar and Wisconsin Shares Updates

New Wisconsin Shares Policies to Promote Continuity of Care

Inclement Weather Hours Defined

How Head Start and 4K Impact Wisconsin Shares

2018 Annual Collaboration Survey

Physical Activity Ideas for the Winter Months

CCPP Access Request Process Change for Child Care Providers: <https://dcf.wisconsin.gov/files/youngstar/pdf/ys-newsletter/ccpp-access-request-process-change.pdf>

Find Child Care Information on Twitter!: <https://twitter.com/WisDCF>



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

TESTIMONIES

- ★ Washburn – "Our TC helped us with our playground ideas, classroom layouts and was amazing when we had questions about the new background check system."
- ★ Barron – "We love our TC's help & feedback and they are great to work with & always a great resource for our staff & center."
- ★ Oneida – "We learned about Maker's Space, how to use it and would like to have it in one of our classrooms."
- ★ Douglas – "We would like to add more outdoor games for transition times."

TIE DYED PAPER TOWEL ART YOU CAN DO WITH YOUR TODDLER

You will need a few of my favorite art supplies that are well worth the investment.

1. Pipettes – We use these all the time and they are super cheap. Highly recommend picking up a pack.
2. Liquid Watercolors – I love these. Liquid watercolors last a really long time so don't be intimidated by the hefty price tag. They are the gift that keeps on giving.
3. Paper Towels – You got this.

Simply place the watercolors and pipettes on a tray next to a paper towel and let your kids start squeezing. If you have a young one they may need a few practice sessions to get the squeeze and release down of the pipettes. My two year old recently got it down and Gigi (3.5) is an expert. Art Tip *Store liquid watercolors in baby jars so you can cover what you don't use.

Saturate the paper towels with different colors. Anything goes.

My girls usually love to get every white spot.

To dry them hang a rope somewhere, anywhere, and fold them over. It's really nice if you hang the rope low enough that your kids can reach.

<http://www.mericherry.com/2014/10/22/easy-holiday-garland-can-make-toddler/>



Chix Mix

5 Servings

Ingredients

- 1/4 lb Chicken, boneless, skinless, cut in chunks
- 2 Tbsp Barbeque sauce
- 6 Tbsp Black Beans
- 1/2 cup Yellow corn, frozen
- 1 Tbsp Yogurt, low-fat, plain
- 1-1/2 Spinach, raw

Directions

1. Place a large non-stick skillet over medium-heat. Add chicken, barbeque sauce, beans, corn and yogurt. Stir to combine. Cook until hot.
2. Wash and pat dry spinach.
3. Place 1/4 cup chicken mixture over 1/4 cup spinach greens.
4. Serve with pita wedges.

Recipe adapted from Food Network, www.foodnetwork.com/recipes-and-cookin/index/html, Accessed May 21, 2010.



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 31 6:00-9:00pm
- ★ Thursday, March 28 6:00-9:00pm

Oneida County Law Enforcement, Rhinelander

- ★ Monday, February 4 6:00-9:00pm

(Meet & Greet /Training)

*See next page for additional opportunities.

Strengthening Families in Early Care & Education

In this 3 hour training, participants will learn about the 5 protective factors which are demonstrated to strengthen family function. They will also be able to identify at least three next steps that they could take following the training to build protective factors within their early care and education setting and available resources to implement ideas. Participants will also be able to identify Strengthening Families resources. SCAN-MRT training is included. There is a \$15.00 fee for this training.

Online Training

- ★ Sunday, February 3-10

Northwest Connection Family Resources, Hayward

- ★ Thursday, February 7 6:00-9:00pm

CESA 12, Ashland

- ★ Thursday, February 28 6:00-9:00pm

DNR Service Center, Spooner

- ★ Tuesday, March 19 6:00-9:00pm

Learning Environments and Curriculum Through the Lens of DAE

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.

CESA 12, Ashland

- ★ Thursday, March 21 6:00-9:00pm

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.

Indianhead Community Action Agency, Ladysmith

- ★ Monday, March 25 9:00am-Noon

Bringing The Protective Factors to Life in Your Work!

As part of our mission to support families and healthy development of children, we are able to offer this 6 session training during which we will engage in a comprehensive discussion about the importance of bringing the Protective Factors to the forefront of the field of family support. You will leave with a renewed sense of purpose and enthusiasm for your work! This training is FREE!

Bad River Health & Wellness Center, Ashland

- ★ Saturday, March 2 & 9, 8:30am-3:30pm

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

Pyramid Model Training for Developmental Social Emotional Competence

The Pyramid Model training examines why professional development in social emotional competence is important for children, families, and teacher/caregivers. This training identifies how caregivers can implement the content and strategies of this high quality professional development related to promoting social emotional competence. Call NCFR to register 800-733-KIDS. Fee is \$50 per person (limited number of \$25 scholarships available–call for more information).

Microtel Inn & Suites, Rice Lake

Jan. 22, Feb. 5 & 19, March 5 & 26,

April 2 & 16, May 7

Tuesdays: 6:00pm-9:00pm

Oneida County Law Enforcement Center, Rhinelander

February 16, March 16, April 6, & May 11

Saturdays: 8:30am-3:00pm (Feb. 16, 8am)



MEET & GREET



DNR Service Center

810 W Maple Street, Spooner

Wednesday, February 6, 2019

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

Iron County Courthouse

300 Taconite St., Hurley

Monday, February 11, 2019

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

If You Give a Discount to a Parent, Can You Deduct It?

November 8, 2018

The short answer is "No."



Family child care providers sometimes offer discounts or scholarships to parents to help them afford their child care services.

For example:

- * A provider gives a parent a \$100 discount on her services because the parent lost her job.
- * A provider gives a parent a \$300 scholarship by forgiving the amount the low-income parent was supposed to pay her as a co-pay.
- * A provider gives a parent a reduced fee of \$50 on the first week of care as an incentive for the parent to enroll in her program.
- * A parent leaves a provider owing her \$700. The provider decides not to try to collect from the parent.
- * A provider has a child of her own in care. This child takes up a space that would normally mean \$160 a week in income.

In all of these situations the provider cannot deduct the amounts involved as a business expense.

Instead, the provider will report less income on her taxes, and pay less in taxes as a result. Only report as income money that you receive. Do not deduct money that was owed to you and not paid or amounts that you offered to reduce your rates as a discount or scholarship.

Have you offered discounts or scholarships to parents, and if so, why?

Tom Copeland – www.tomcopelandblog.com

Image credit: <http://www.thebluediamondgallery.com/handwriting/d/discount.html>

2019 Standard Mileage Rate Announced

DECEMBER 14, 2018

The IRS has announced today that the 2019 standard mileage rate will be \$.58 per mile for business trips.

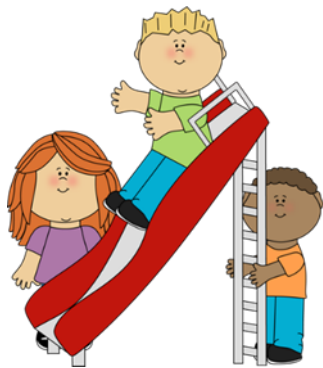
The 2018 standard mileage rate is \$.545 for such trips. This is one of the biggest single year increases in decades!

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

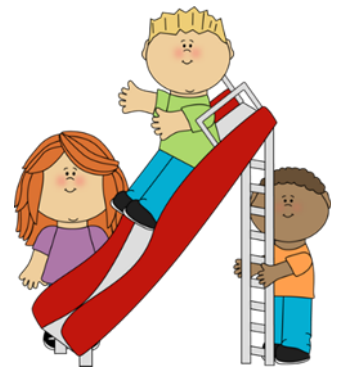
For the full article check out the link:

<http://tomcopelandblog.com/2019-standard-mileage-rate-announced>





SAVE THE DATE!
Saturday, May 18, 2019
9:00am-4:00pm
Nicolet College
5364 College Drive
Rhineland, WI



Active Play! Fun Physical Activities for Young Children with Diane Craft, Ph. D.

Learn Fun, inclusive, developmentally appropriate physical activities to lead with children 18 months to five years of age. These physical activities work in small spaces and use only readily available, inexpensive equipment to give children many opportunities to explore moderate to vigorous movement as they develop their fundamental movement skills. View videos of young children playing these fun activities and try a few, too!

Diane H. Craft, Ph. D., is a professor of physical education at SUNY Cortland. She has co-authored four books on developmentally appropriate, inclusive physical activity for young children including *Active Play! Fun Physical Activities for Young Children*. In addition, Dr. Craft has given over 240 highly-acclaimed presentations, workshops and keynotes on preschool physical activities to audiences across the nation. She is currently consulting with the Centers for Disease Control and Prevention as the subject matter expert on Early Childhood Physical Activity.





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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:

January 1, 2019

February 18, 2019

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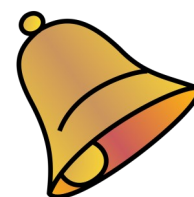
Rice Lake



Northwoods



Just a Reminder



If you have a new email/changed your email address, please make sure to update it with your licensor/certifier.

Thank you!!

NCFR