

Issue #36

October, November, December 2018



### Our Mission

To enhance and support a quality early childhood education system by providing resource and referral services to families, child care programs, and communities.

### Wisconsin Rapids Office

1107 West Grand Avenue  
Wisconsin Rapids | WI 54495

office hours:  
8:30am - 4:30pm  
715-423-4114

### Wausau Office

1500 Merrill Avenue, Suite 201  
Wausau | WI 54401

office hours:  
9:00am - 5:00pm  
715-301-1800

Both Childcaring locations accommodate office hours by appointment

1.800.628.8534  
www.childcaring.org  
info@childcaring.org



Serving: Adams | Clark | Langlade | Lincoln | Marathon | Marquette | Portage | Taylor | Waushara | and Wood Counties



# The Resource Connection

## Healthy Parent Child Relationships Give Children the Love and Respect They Need

At some point, every family needs support. Parenting can be tough. Many parents struggle with feelings of inadequacy because they feel overwhelmed, have difficulty meeting their family's basic needs, or simply feel alone. Despite these feelings, the truth is that most parents are doing their best to support and nurture their children. But sometimes parents need a little support, too.

Research shows that when Protective Factors are well established, family strength and optimal child development emerge. Someone with a lot of protective factors – will be better equipped to overcome life's obstacles. Strengthening Families™ is based on engaging families, programs, and communities in building on the five protective factors. **Childcaring is offering Strengthening Families in Early Care and Education training online December 6-12.** 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.

Child Care Resource & Referral Agencies work to ensure that Wisconsin's youngest children have high quality early childhood experiences. CCR&Rs have something to offer everyone, whether they are a family looking for care or supports, early care and education providers in need of professional development opportunities, or communities looking for information, data or solutions.

### Contact Childcaring for family resources such as:

- Consumer education related to child care.
- Information to make the most informed child care choice for their family.
- A list of referred providers based on every family's unique needs and priorities.
- Technical assistance regarding child development and parenting strategies.
- Connections to community resources.

*What We Know: Families thrive when protective factors are robust in their lives and communities.*

### 5 Protective Factors

#### Parental Resilience

Being Strong and Flexible

#### Social Connections

Parents Need Friends

#### Knowledge of Parenting and Child Development

Being a Great Parent is Part Natural and Part Learned

#### Concrete Support in Times of Need

Everybody Needs Help Sometimes

#### Social & Emotional Competence of Children

Parents Need to Help Their Children Communicate



# YOUNGSTAR CORNER

## Changes to YoungStar for 2019/2020

Following several YoungStar Refinement Advisory Committee meetings, feedback from stakeholders, and a review of independent research and DCF's current resources, it has been determined that the YoungStar program will make three important changes to its rating criteria in 2019/2020.

1. YoungStar will refine its 3 Star educational threshold for Lead Teachers/Group Leaders and Family Child Care providers. This change will reduce cost and other structural barriers to higher education completion and support family child care programs.
2. YoungStar will now **require** programs to demonstrate developmentally appropriate materials, interactions, and learning centers for 3, 4, and 5 Star programs. Trainings around the new Developmentally Appropriate Practice (DAP) requirements are currently available to providers.
3. YoungStar will simplify the rating criteria language for Family Engagement and has a goal of reducing the current options down to the four indicators that most align with child outcomes.

For more information:

<https://dcf.wisconsin.gov/files/youngstar/pdf/ys-2019-20/2019-ys-changedoc.pdf>

## Welcome Audrey!



Hello! My name is Audrey Bittner, and I am the new Early Childhood Consultant/Trainer in the Wausau office. I have been working with children and families for over 10 years. I began as a Floater in a child care center, then worked as a Lead Teacher and a Classroom Manager in preschool classrooms for several years. I have also spent time working as a Center Director! I earned my bachelor's degree in Human Development with a minor in Psychology from UW-Green Bay. I live right in Wausau with my husband and twin boys! Outside of work, I enjoy spending time with my family, cooking and baking, road trips, and watching football! I am looking forward to getting to know everyone! ☺.

## Childcaring Staff

Kelly Borchardt ~ Executive Director

Micki Krueger ~ Assistant Director

Linda Francis ~ Office & Financial Manager

Audrey Bittner ~ Early Childhood Consultant/Trainer

Kristine Joyce ~ Early Childhood Consultant/Trainer

Mary Olson ~ Early Childhood Consultant/Trainer

Susie Sandow ~ Early Childhood Consultant/Trainer

Lori Shafranski ~ Early Childhood Consultant/Trainer

Carrie Steinke ~ Early Childhood Consultant/Trainer

Kao L. Xiong ~ Early Childhood Consultant/  
Trainer - Bilingual

Gayle Schiszik ~ Training Coordinator/Certifier/  
Pre-licensing Consultant

Rachele Johnson ~ Program Coordinator

Tracy Verjinsky ~ Program Coordinator

Shelley Nelson ~ Referral & Communication Specialist

Tara Biebl ~ Resource & Referral Specialist

Sarah Agena ~ Child Physical Activity & Nutrition  
Consultant/Flexible Nutrition Solutions, LLC  
(Independent Contractor)

## Provider Support / Advocate Groups

**Adams, Clark, Langlade, Lincoln,  
Marathon, Marquette & Waushara  
County:**

Contact Childcaring if interested in developing  
an advocate group at 800.628.8534

**Portage County:**

Portage County Child Care Association  
Joan Garski at 715.341.5873

**Portage County Leaders**

RoxAnne Forrest at 715.346.4370

**Taylor County:** Meet the 3rd Monday of month  
For more information, call Kelly Emmerich at  
715.465.0993

**Wood County:**

Marshfield Area Child Care Association  
Krisann Mauritz at 715.387.2218

Wisconsin Rapids Child Care Advocates Council  
Jamie Lane 715.323.2546

# Training Opportunities

Visit our online training calendar for the most up-to-date training opportunities.

## Art from the Heart:

### Fostering the Creative Process in Children

This training will provide hands on opportunities to learn how to incorporate art materials and concepts into your program and support children's experiences with art. Participants will explore the relationship of art within the Environment Rating Scales.

- **Monday, October 8 (6:00-9:00pm)**  
CAPsell, Wautoma  
\$20 / Register by Monday, October 1

### Learning Environments and Curriculum Through the Lens of DAP – Stevens Point

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.

- **Wednesday, October 10 (5:45-8:45pm)**  
Mid-State Technical College, Stevens Point  
\$20 / Register by Wednesday, October 3

### The Process of Developing a Child Portfolio

This training will introduce participants to methods and sample tools for obtaining valid, useful information, both quantitative and qualitative for children's portfolios.

- **Thursday, October 11 (6:00-9:00pm)**  
Immanuel Lutheran School, Medford  
\$20 / Register by Thursday, October 4

### Learning Environments and Curriculum Through the Lens of DAP – Wausau

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.

- **Wednesday, November 7 (6:00-9:00pm)**  
United Way of Marathon County, Wausau  
\$20 / Register by Wednesday, October 31

### Shaken Baby Syndrome Prevention

This training will provide participants with an in-depth review on the identification, prevention and grave effects of SBS.

- **Thursday, November 15 (10:30am-12:00pm)**  
Childcaring, Wisconsin Rapids  
\$15 / Register by Thursday, November 8

### Strengthening Families

This training will provide participants the connections between the factors that prevent child abuse and neglect and the strategies that quality early childhood programs can use to build them up.

- **Offered Online – Thursday, December 6-  
Wednesday, December 12**  
\$20 / Register by Friday, November 30

This online course is self-paced for participants to complete within a seven-day period.

## CPR with AED

The training will provide participants with Infant, Child, & Adult CPR and automated external defibrillator training

- **Tuesday, November 13 (6:00-9:00pm)**  
Childcaring, Wausau Office  
\$50 (book included)



## Caring Hands Brings You ... Strategies for All Children

Presented by:

**Allison Lourash**, Northern Regional Children & Youth with  
Special Health Care Needs Center

Learn about strategies to incorporate into your daily activities  
that not only include children with disabilities in child care  
settings, but are helpful for all children.

Everyone who attends will receive a copy of the resource book:  
*A Thinking Guide to Inclusive Childcare*

for those who care about young children with and without disabilities  
Written by: Mark Sweet, PhD

**Tuesday, October 23**

McMillan Memorial Library, Wisconsin Rapids

6:30-8:30pm

-OR-

**Tuesday, November 13**

Streitel Conference Center, Marshfield

6:30-8:30pm

Intended audience: Childcare providers, teachers, caregivers, and parents  
To register please contact : Childcaring at: 715-423-4114 or 800-628-8534

Sponsored by:



# Childcare Physical Activity and Nutrition Program Gives Children a Healthy Foundation



Good nutrition and plenty of physical activity are essential to a young child's growth and development. These behaviors begin early in life and are fostered by the environment in which children live and play. Because many children spend much of their day in childcare settings, you are essential

to the development of healthy behaviors. Childcaring would like to offer you a FREE opportunity to work together with a Health Consultant to find ways to integrate more physical activity and healthier foods into their lives.

The Childcare Physical Activity and Nutrition Program is designed and proven to be user friendly, time and resource efficient, and easily integrated into your busy day. During a 4-6 month period of time you will work with your Health Consultant to fill out a self-assessment survey, set up goals according to your survey results, attend a training and educational opportunity to help meet your physical and activity nutrition goals, receive ongoing support and finally complete a post self-assessment.

For every step of the program your facility completes, you will receive incentives that will help you be successful in achieving your goals. Incentives may include plastic water bottles, physical activity toolkits and healthy cookbooks.

For more information or to participate in the program contact:  
 Sarah Agena, MS, RD  
 Health Consultant  
 Phone: (715) 423-4114 or (800) 628-8534  
 Email: [sarah@childcaring.org](mailto:sarah@childcaring.org)

Funding for this program is provided in part by the Aspirus Health Foundation

# Professional Learning Cohort for Child Care Center Directors

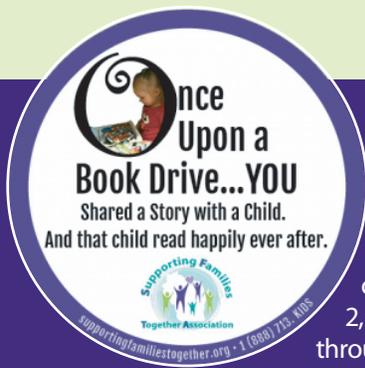
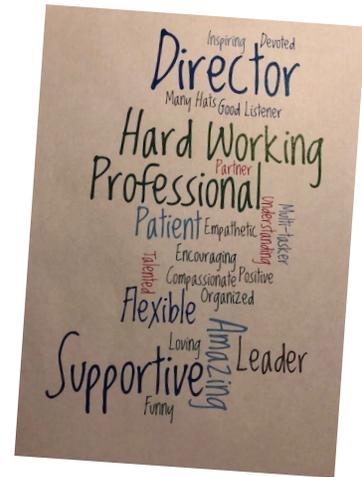
*Directors Share Experiences and Learn From a Group of Peers*

The Professional Learning Cohort for Child Care Center Directors is an opportunity for directors to discuss current happenings in early education and build relationships with other directors in the area. The cohort, facilitated by Lori Shafranski & Kristine Joyce, started meeting in March and the final session is in October. 16 center directors have come together monthly to learn, discuss, and reflect in a small group setting.

Cohort session topics, chosen by the group include:

- Learning Environments
- Staff Evaluations
- Communication and Listening
- Building Relationships
- Coaching Staff

One director emailed these sentiments about the cohort to the facilitators, *"I just wanted to let both of you ladies know how much I have appreciated the Director's meetings. You both do a wonderful job at leading us and your efforts put into our monthly meetings are extremely helpful to an owner/administrator like myself. I am hopeful that there will be more opportunities in the future for programs just like this one. I was so engrossed in what we were discussing that I lost track of time. That feeling of not wanting to leave the meeting definitely speaks volumes to me that you both do a wonderful job. Just thought I needed to share my sentiments with you. Thank you for all that you both do! See you both in October."*



# Childcaring Collects 2,819 Books to Distribute Locally

Childcaring, in partnership with Supporting Families Together Association (SFTA) and SFTA's member and participating SFTA member Child Care Resource & Referral (CCR&R) agencies and Family Resource Centers (FRCs) agencies statewide, completed the annual Once Upon a Book Drive this year with over 7,900 books collected for WI children in need. This is nearly 3 times last year's statewide total. This year, Childcaring collected 2,819 of these books to distribute locally. This is the highest number of books Childcaring has ever collected throughout the 5 years of the book drive!

Programs like Once Upon a Book Drive increase early access to literacy materials. Studies show that positive early literacy experiences are integral to language, reading and writing development, skills that play a significant role in the development of a child into adulthood. A young child accessing quality literacy materials now is more likely to be successful later, in areas of school readiness, employment and self-sufficiency. Books collected through Once Upon a Book Drive will be distributed to early education programs and families in need throughout Wisconsin by SFTA and member CCR&Rs and FRCs.

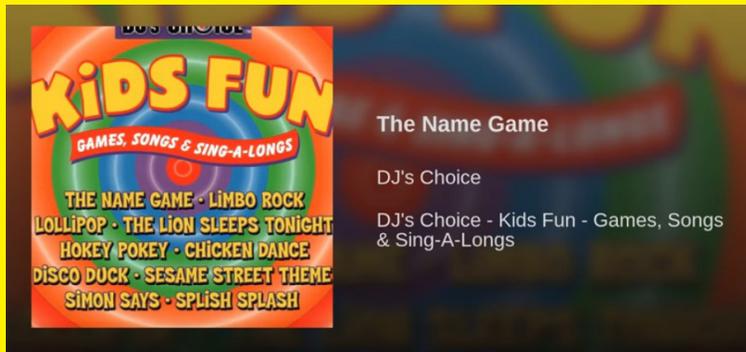


A special thank you to the organizations who served as local drop off sites for the book drive: Lester Public Library of Vesper and T.B. Scott Free Library, Merrill. Also, a special thank you to Wausau Child Care for organizing a book drive within their child care centers and school age programs! They surpassed their goal of 500 books with a total donation of 1,507! We hope to continue these partnerships in the years to come.

## Start with your goal(s), then go searching for your activities:

WMELS AC.EL.1 Develops ability to detect, manipulate, or analyze the auditory parts of spoken language.

We know that if we have a child practice a skills during the time they are with us AND they also practice that skill when they are with their family they are more likely to retain and apply that skill. If you are working on the above goal a suggestion might be to teach the children "The Name Game." If you don't know it check it out on YouTube. I bet many parents and or grandparents will know it so it would be easy for them to have fun with it at home - changing up the names for family members or things in the home. Even if they forget WHY (your goal) they are doing it, they will be providing a lot of practice - and the nice thing is it can be done at home, in the car or on a walk! The beauty of using this song for this goal is that it appeals to and is developmentally appropriate for many levels of rhyming development!



Submitted by: Beth Tepper, CESA 9

## Wisconsin Family Child Care Association MINI CONFERENCE

Saturday, November 3, 2018

8:30am to 4:00pm

Zion Lutheran Church | 701 6th Street, Wausau, WI

Workshops include:

"Quality Improvement Options" by Leah Zastoupil & Celeste Swoboda

"Beyond the Pages" by Pam Haefner, Krystal Pijan & Peggy Bliese

"Loose Parts Play" by Pam Haefner, Krystal Pijan & Peggy Bliese

"You're Not Going to Throw That Away, Are You?"

by Joan Garski, Little Wonders Child Care

This mini-conference includes lunch but is limited to 50 registrants, download the flyer and registration at:

<http://www.wisconsinfamilychildcare.org/miniconference.shtml>

Additional Mini-Conference Dates/Locations:

October 13, 2018 - Eau Claire, WI

February 23, 2019 - Kimberly, WI



Connections

2018 WECA Annual Conference

Madison Marriott West | Middleton, WI  
October 26-27

## 2018 Business Information Forms Needed:

If you haven't yet, please fill out and send us your Business Information Form (BIF) to Childcaring as soon as possible. Call or email us for a direct link to your program info to make updates. We appreciate your help with this. Your completion of this form allows us to give out accurate information.

## Healthy Choices

### How can you tame TV temptations and promote healthier eating?

- **Avoid watching TV while eating.** As a family, agree not to watch TV (or use other electronic devices) during meals or while snacking. Eating together regularly without distractions also offers the opportunity to promote healthful eating and family bonding.
- **Watch children's programs without advertisements.** Consider buying or renting DVDs for children or recording programs in order to fast forward through the commercials. Watching shows on public television stations is another option.
- **Spend time together learning about foods.** Try growing a garden, visiting a farmer's market or browsing the produce section at the grocery store. Older children can be taught how to use the Nutrition Facts label and help with shopping for healthier foods.
- **Let kids help in the kitchen.** Young children have a willingness to learn and a genuine desire to help. This is a great time to introduce food safety, such as washing hands before handling food, and assigning simple tasks, like setting the table or tearing lettuce leaves for a salad.
- **Set limits around screen time.** Children of all ages are spending more time in front of TV and other electronic devices. Although, some of this time involves educational activities, there is still concern about how it could affect their health and development. The American Academy of Pediatrics recommends no more than one hour per day of screen time for children 2 to 5 years old and the use of a family media plan for school-age children.
- **Be a good role model.** Kids learn so much simply by observing others. As a parent, choosing healthier foods and beverages, while limiting the use of electronic devices can help to reinforce the habits you are trying to encourage in your children.

Resource: [www.eatright.org](http://www.eatright.org)

## Wisconsin Rapids Office

1107 West Grand Avenue | Wisconsin Rapids | WI 54495

## Wausau Office

1500 Merrill Avenue, Suite 201 | Wausau | WI 54401



Partner Program

Childcaring is supported in part by:



Xav tau kev pab pes/txhais daim ntawv xovxwm  
no thov hu tuaj rau  
Kao Lai Xiong 715-301-1800  
Hnub Monday-Friday 9:00 txog 5:00.

*We would like to wish you and your family a happy holiday season.  
We look forward to working with you in the new year!*

## Vision

For all Central Wisconsin children to benefit from the best child care possible.

## 2018 Childcaring Board of Directors

Brad Gast, President

Donna Ginzi, Vice President

Nick Faber, Treasurer

Joan Krohn, Secretary

Jane Brandt

Rebecca Hardell

Kelly Oleson

Michelle Rantala

Tammy Schreiber

Nancy Vance

Barry West

## Employee Spotlight

I am **Tracy Verjinsky**, the YoungStar Program Coordinator and have been with Childcaring for 8 years. If you have ever had a question about YoungStar between visits with your consultant, we have probably talked! I work alongside the consultants to support programs in their quality improvement. I also do a lot of the behind the scenes work for YoungStar, tracking and entering all the applications that come in, documenting ratings earned, writing reports, and making sure the process is smooth for both the consultants and the providers. Another project I have become involved in is Parent Café. It has been so rewarding to see families coming together to support each other through the joys and challenges of parenting.

Before coming to Childcaring, I earned a degree in Family and Consumer Education from UWSP, and an Administrators Credential through Nicolet College. I also worked in group child care as both a teacher, and an assistant director. My husband and I are celebrating our 20 year anniversary, and we have one daughter who started high school this year. This summer we traveled with her and her team to the Northern National Softball tournament in Illinois. We were excited to cheer them on all the way to a second place finish!

