



Issue #33  
January, February, March 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



# The Resource Connection

## YoungStar Technical Consultation Offers Support to Child Care Providers

### What Do You Work On During Your Consultation Time?

Program visits are a great opportunity for technical consultants to answer questions and provide resources to support providers with whatever they may need. "When I visit with a child care provider during their consultation hours, I take the time to talk with them and understand how we can best partner to improve their program," says YoungStar Quality Improvement Specialist Kao Xiong.

The Khang family has participated in YoungStar since 2011. In that time, they have improved from a 2 star rating to a 3 star quality rating. Kao Xiong visits the program annually.

A recent YoungStar consultation visit to the Khangs included reviewing the MAP Self Assessment, which is a program quality assessment tool. Kao also helped the Khangs fill out the program's Business Information Form to make sure their program information is up-to-date. The consultation time also helped the Khangs determine resources to purchase with their YoungStar micro-grant.

YoungStar technical consultants help child care providers set goals and measure progress. "Having Kao visit helps us by being able to ask her questions about some of the more technical child care concepts and education. We can then help the children more and that is most important," said Xong Khang.

Talk with your technical consultant to determine how to best utilize their knowledge and skills to meet the needs of your program. What do you work on during your consultation time? Contact Childcaring if you are interested in sharing a short story about how you are working with a YS Consultant to improve your program's quality.



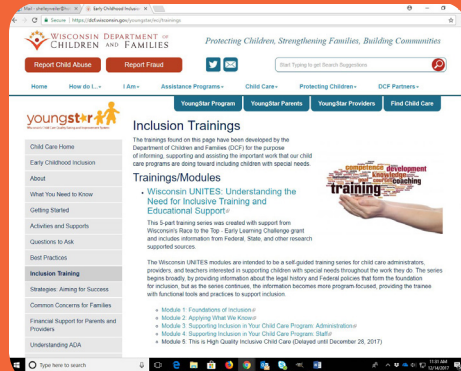
Kao Xiong, Quality Improvement Specialist/Bi-Lingual visits Khang Family Child Care Center, Rudolph.

# YOUNGSTAR CORNER

## Wisconsin UNITES: Understanding the Need for Inclusive Training and Educational Support

This 5-part training series was created with support from Wisconsin's Race to the Top - Early Learning Challenge grant and includes information from Federal, State, and other research supported sources.

The Wisconsin UNITES modules are intended to be a self-guided training series for child care administrators, providers, and teachers interested in supporting children with special needs throughout the work they do. The series begins broadly, by providing information about the legal history and Federal policies that form the foundation for inclusion, but as the series continues, the information becomes more program-focused, providing the trainee with functional tools and practices to support inclusion. (<https://dcf.wisconsin.gov/youngstar/eci/trainings>)



## Childcaring Staff Attended Professional Development Training Tuesday, December 12



Childcaring staff professional development training focused on learning and integrating a variety of self-care practices into daily life. Facilitated by Jackie Bredl-Dietrich, Whole Life Visions, some of the objectives of the day included: **Live in the moment** by practicing simple ways to be mindful and present. **Laugh out loud** through the experience of Laughter Yoga exercises. **Love with a grateful heart** by enhancing your awareness and focus on gratitude.

**"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."** ~ Melody Beattie

# Childcaring Staff

- Kelly Borchardt ~ Executive Director
- Micki Krueger ~ Assistant Director
- Linda Francis ~ Office & Financial Manager
- Kristine Joyce ~ Quality Improvement Specialist
- Mary Olson ~ Quality Improvement Specialist
- Susie Sandow ~ Quality Improvement Specialist
- Lori Shafranski ~ Quality Improvement Specialist
- Carrie Steinke ~ Quality Improvement Specialist
- Chelsey Thill ~ Quality Improvement Specialist
- Kao L. Xiong ~ Quality Improvement Specialist/  
Bi-Lingual
- Gayle Schiszik ~ Training Coordinator/Certifier/  
Pre-licensing Consultant
- Rachele Johnson ~ Program Coordinator
- Tracy Verjinsky ~ Program Coordinator
- Jessica Frick ~ Resource & Referral Specialist
- Shelley Nelson ~ Referral & Communication Specialist
- Sarah Agena ~ Child Physical Activity & Nutrition  
Consultant/Flexible Nutrition Solutions, LLC  
(Independent Contractor)

## Provider Support / Advocate Groups

**Adams, Clark, Langlade, 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

**Lincoln County:** Contact  
Dolly Tanck at 715.536.7581

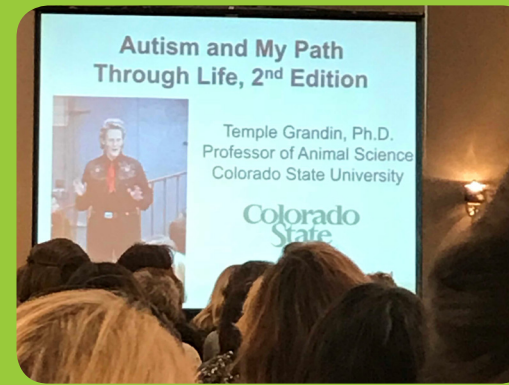
**Taylor County:** Meet the 3rd Monday of month  
For more information, call Kelly Emmerich at  
715.748.6192

**Wood County:**  
Marshfield Area Child Care Association  
Krisann Mauritz at 715.387.2218

Wisconsin Rapids Child Care Advocates Council  
Jamie Lane 715.323.2546

# Milwaukee Autism & Asperger's Conference with Dr. Temple Grandin December 5

Childcaring staff Susie Sandow, Kristine Joyce, and Linda Francis attended the conference in Milwaukee last month. The event featured Dr. Temple Grandin, who serves as inspiration and a role model to hundreds of thousands of families and people with autism. Backed by her personal experience and evidence-based research, Temple shared her valuable insights on a wide variety of topics, and offered useful do's and don'ts.



## TRANSFORM CHALLENGING BEHAVIOR

BY: **BARB O'NEILL, ED.D.**

PRESENTER AT THE 2017 LEADING THE WAY CONFERENCE AND NAEYC CONFERENCE

Struggling with kids' behavior at circle time, center time, or during transitions? Barb O'Neill, Ed.D., founder of Transform Challenging Behavior, offers tips to help early childhood teachers and administrators transform challenging behavior. Below are some simple, fast-impacting strategies that will allow you to create change today.

**1) Chose your words, carefully.** Whether I'm in classrooms coaching teachers or listening to teachers describe daily power struggles in a training, over and over again I hear early childhood educators across the United States saying things like, "can you choose a spot on the rug?" "it's time to put that in your cubby, ok?" and "do you want to get a book to read?" It seems that this has become part of the culture of how we speak to children in early childhood. I am not sure how it happened. Perhaps its because most of us grew up with more traditional ways of teaching and in an effort to be developmentally appropriate, child centered, and offer choices we get a bit mixed up on how to give children choices.

We become too nicey-nice and unnecessarily permissive, perhaps in an effort to speak in warm, loving ways. In each of the examples above we are inviting children to tell us, "NO!"

We are asking them a yes/no question or giving them a yes/no choice about something that is not a real choice. What to do instead?

Instead of, "Can you...." **offer two choices that work for you:** "Do you want to sit next to \_\_\_\_\_ or next to \_\_\_\_\_."

Instead of, "It's time to put that in your cubby, ok?" **add a motivational explanation:** "It's time to put blankets in cubbies so we can play with our new black play dough and marbles."

Instead of, "do you want to get a book to read?" **use "let's" to convey you're on the child's side:** "Let's hurry up and get a book so we have time to read before the lights go out for nap time."



How do you speak to children? You may think you always offer choice in a helpful way and never say, "...ok?" but are you sure? Because I teach this and I still catch myself doing it at times! Listen to yourself over the next few days...and listen to your colleagues. See what you learn. See if you can tweak your language to set you and the children up for success.

**2) Use your body language.** When you speak to children does your body language convey confidence? Are you conveying with how you stand, hold yourself, and gesture that you expect them to follow the rules and routines of the classroom? Are you holding yourself as you would after you scored a goal, received recognition for your work, or are just generally feeling like a rock star? Or, are you so frustrated and convinced that "nothing works" that you are inadvertently conveying defeat? Are you getting into power struggles so much that you inadvertently invite them because your body language is that of someone coming home after a long hard day's work? If you're going to tweak your language as suggested above then say it like you mean it!

**You're the leader. You can be loving and powerful at the same time.**  
**Want to learn more?** Visit <http://www.transformchallengingbehavior.com/> and download The No More Challenging Behavior Cheat Sheet.

# Training Opportunities

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

## Shaken Baby Syndrome Prevention

Training in identification, prevention and the grave effects of SBS.

- Thursday, January 18 (10:30am-12:00pm)  
Childcaring, Wausau  
\$15 / Register by Thursday, January 11
- Thursday, March 15 (10:30am-12:00pm)  
Childcaring, Wisconsin Rapids  
\$15 / Register by Thursday, March 8

## New Training!

### WI Pyramid Model for Social Emotional Competence-Infant Toddler Modules

A course designed specifically for infant/toddler teachers to support their professional development, increase their reflective capacities that will support optimal development and well-being of infants and toddlers (and families) in their care.

- Fridays: January 26 & April 6 (8:30am-3:00pm);  
Thursdays: February 1, 22 & March 1, 15  
(5:30pm-8:30pm) Must attend all sessions  
Trinity Lutheran Church, Stevens Point  
\$60 / Register by Friday, January 19

## Strengthening Families in Early Care and Education

The Strengthening Families initiative is a strength-based approach to preventing child abuse and neglect. A component of this training is aligned with and meets the bi-annual Licensing and YoungStar requirements to complete training in Child Abuse and Neglect Prevention and Mandated Reporting.

- Offered Online - February 1-7  
\$20 / Register online by Thursday, January 25  
This online course is self-paced for participants to complete within a seven day period.
- Thursday, April 5  
Trinity Lutheran Church, Stevens Point  
\$20 / Register by Thursday, March 29

## Intentional Environments in Afterschool Care

This training will help providers intentionally set-up a quality environment for **school age children**. The training includes: Developmentally Appropriate Practice, Program Space, and Set-Up and Activities to keep school age children busy on non-school days or in the summer.

- Thursday, April 26 (6:00pm-9:00pm)  
Childcaring, Wisconsin Rapids  
\$20 / Register by Thursday, April 19

## New Training!

### The Ages and Stages Questionnaires: Social-Emotional-2

Learn about the parent-or-caregiver completed screening tool that accurately identifies children at risk for social-emotional delay.

- Tuesday, May 8 (6:00pm-9:00pm)  
Central Clark County Community Child Care Center  
This program is also supported by the Clark County Health Department and Clark County Birth to Three  
\$20 / \$10 reduced cost for Clark County providers only  
Register by Tuesday, May 1



**Public Health**  
Prevent. Promote. Protect.  
Clark County Health Department

## CPR with AED

- Monday, February 12
- Monday, March 12  
Classes are 6:00pm-9:00pm  
Contact Childcaring for location  
Cost to Attend: \$45, Book: \$5



## SAVE THE DATE!

### Professional Learning Cohort For Group Center Directors

Foster your professional learning in a setting where you can share your experiences and learn from a group of peers.

**Eight sessions will be held.**

First session: Wednesday, March 7  
(1:00pm-3:00pm)

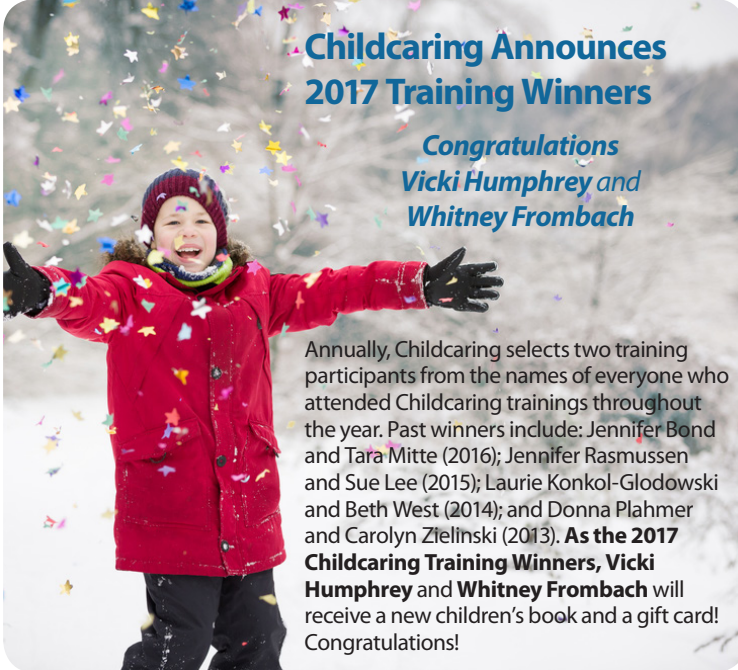
Future dates and times will be determined by participants on March 7 (bring your calendars)

MSTC Stevens Point Campus-CER634

FREE. Register by Wednesday, February 28

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



## Childcaring Announces 2017 Training Winners

*Congratulations  
Vicki Humphrey and  
Whitney Frombach*

Annually, Childcaring selects two training participants from the names of everyone who attended Childcaring trainings throughout the year. Past winners include: Jennifer Bond and Tara Mitte (2016); Jennifer Rasmussen and Sue Lee (2015); Laurie Konkol-Glodowski and Beth West (2014); and Donna Plahmer and Carolyn Ziellinski (2013). **As the 2017 Childcaring Training Winners, Vicki Humphrey and Whitney Frombach** will receive a new children's book and a gift card! Congratulations!



## ADAMS COUNTY PARENT CAFÉ SESSION:

2018 sessions to start in April ~  
check the Adams County Parent Café FB page for details.

**What happens at a Parent Café?** Families will gather to enjoy dinner together. After dinner, the children will transition to a separate area and enjoy developmentally appropriate activities. Parents will gather together to begin the Parent Café. Parents will discuss various questions in small groups facilitated by a Parent Host. FREE Dinner and Child Care Provided!

Registration is appreciated so we can plan appropriately for meals and child care. To register or for questions, contact Childcaring at 1-800-628- 8534 or [info@childcaring.org](mailto:info@childcaring.org)



## Breaking down the Behavior: Understanding Adverse Childhood Experiences

Saturday, February 17, 2018 ( 9:00am - 4:00pm)

ACEs are serious childhood traumas which result in toxic stress that can harm a child's brain. Join us for a day full of learning tools and strategies relevant to adverse childhood experiences, trauma informed care, and how to better provide for children dealing with these experiences.

Adverse Childhood Experiences can include but are not limited to: emotional, physical or sexual abuse, emotional or physical neglect, exposure to violence, household substance abuse, parental separation or divorce, incarcerated family member, bullying, or homelessness.

- Northcentral Technical College,  
1000 West Campus Drive Wausau, WI  
Main Entrance - Room E101/102  
Cost to Attend: \$35

5.5 Hours of Continuing Education Credit!  
Registration will open January 5, 2018

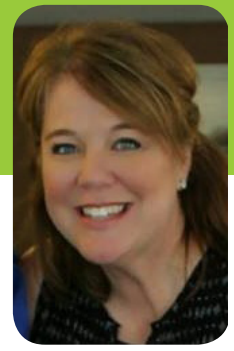
More information coming soon on speaker topics,  
breakout sessions, and registration

For more information on this event,  
contact Continuing Education at 715.803.1301, 888.682.7144, Ext. 1301 or [ce@ntc.edu](mailto:ce@ntc.edu)

*In partnership with*



# Congratulations on Your Accomplishment Carrie!



Childcaring Quality Improvement Specialist, Carrie Steinke has earned WI-AIMH Endorsement for Culturally Sensitive, Relationship-focused Practice Promoting Infant Mental Health® as an Infant Family Associate. The Wisconsin Alliance for Infant Mental Health (WI-AIMH) is focused on promoting the healthy social and emotional development of all Wisconsin children from birth through age five.

This Endorsement is an internationally recognized credential that supports and recognizes the development and proficiency of professionals who work with or on behalf of infants, toddlers, and their families. It is based on a set of Competencies designed to support and enhance culturally sensitive, relationship focused practice within the framework of infant mental health. An applicant demonstrates acquisition of these competencies through education, work, specialized training and reflective supervision experiences.

## Baby Business 2: Strengthening Today's Workforce, Preparing Tomorrow's

Early learning investments are essential to Wisconsin's future. On Wednesday, November 15, over 55 business and community leaders attended Baby Business 2. This event was a sequel to the successful Baby Business forum. Attendees moved from an understanding of early childhood development and its impact on community development to considerations for local action.

Meeting objectives included:

- Understanding the value of early childhood investment and support
- Seeing early childhood as a tool for attraction and retention of employees and a foundation for future workforce talent
- Being able to identify or commit to action on business strategy supporting early childhood priorities.

Kelly Borchardt, Childcaring; Laura Hunt, Communications/Video & Content Creation, and Amber Anderson, Senior Accountant, S. C. Swiderski; presented, Priority Business-Early Childhood Topic: Child Care Conundrum. "While quality child care programs may cost more, the fact remains that it is important for children to have quality care. When children are in a quality child care program they are able to develop, explore, and grow. A safe and nurturing early learning environment allows children to get ready for school, and their parents are able to focus on work or school knowing that their child is in a healthy, caring environment. It also prepares children to be productive citizens in the future," stated Borchardt.



Priority Business-Early Childhood Topic: Defining a Family Friendly Workplace  
Presented by: Dave Eckmann, Wausau Region Chamber of Commerce;  
Jen Nieuwenhuis-Hardel, REI; Linda Esker, Crystal Finishing Systems;  
and Chris Anderson, Greenheck

"For American business, high-quality childcare is a smart investment. It supports the workforce of today (parents), while helping lay the strong foundation necessary for success in the future workforce (children). High-quality, affordable childcare is critical to a healthy, prosperous economy."

***The U.S. Chamber of Commerce Foundation Center for Education and Workforce*** is out with a new toolkit to help businesses be better advocates for high-quality, early-childhood education. Suggested ways for the business community to get involved are laid out in the report, "***Leading the Way: A Guide for Business Engagement in Early Education.***"

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



With all the concern about mental health and trauma we can be proactive teaching young children strategies which help them be successful in handling social emotional situations that might arise. We have guidance in the Wisconsin Model Early Learning Standards:

C.EL 1 Uses senses to take in, experience, integrate, and regulate responses to the environment.

A.EL.1 Expresses a wide range of emotions (Demonstrates awareness of own emotions and exhibits self-control.)

Make a breathing buddy with the children from a sock. The directions can be found at: <http://www.mindfulschools.org/inspiration/how-to-make-breathing-buddies-with-early-childhood-students/> The technique for these is to breath in and out as you go over bumps on the "buddy." Another technique is to put the buddy on your belly and watch it as it goes up and down as you breath. Both of these strategies help teach children to self-regulate, recognize when they need to use their buddy by being aware of their emotions and helping others to know when they might need to take a breathing buddy break.

Submitted by: *Beth Tepper, CESA 9*  
Visit: *Mindfulschools.org*

## Standard Meal Allowance Rates for 2017 Income Tax Returns (in the continental U.S.)

\$1.31 for each breakfast

\$2.46 for each lunch/supper

\$0.73 for each snack

(up to 3 snacks per day for each child)

<http://tomcopelandblog.com/2017-2018-food-program-rates-announced>

## Celebrate NAEYC's Week of the Young Child™

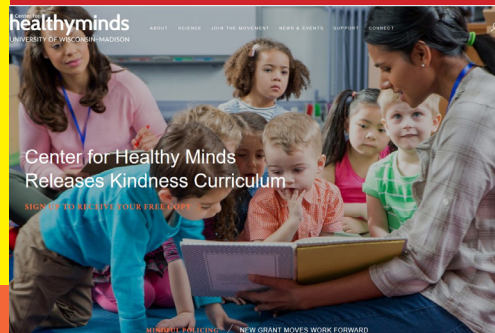
April 16–20, 2018

The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families.

<https://www.naeyc.org/woyc>

## National Read Across America Day Celebrate Dr. Seuss Day With Childcaring

Dr. Seuss Day is Friday, March 2, 2018 and Childcaring staff would like to celebrate the day by reading to the children at child care programs in our area! Although we would love to, we can't possibly get to every program, so we will randomly select programs on Wed., February 13. For your chance to participate, please email [info@childcaring.org](mailto:info@childcaring.org) with the name of your program and your phone number, enter in the subject line: Celebrate Dr. Seuss Day With Us. You can also give us a call and we can enter you as well. We will contact the programs to finalize the details well in advance, so please submit your request by February 13. We truly love the silly goose -- We truly love him -- Dr. Seuss!



## Center for Healthy Minds Releases Kindness Curriculum

What if kindness and compassion were taught in schools just like math and reading? What if kids were taught how to pay attention not only to lessons, but also to their own emotions? What if we all took steps to improve well-being in our lives and communities? Sign up to receive your FREE copy of Kindness Curriculum: [centerhealthyminds.org/](http://centerhealthyminds.org/)

## Healthy Choices

### Jazz Up Cooked Cereal

For a great grain breakfast, add flavor and nutrition to cooked cereals (instant or not), such as oatmeal, cream of wheat, grits, brown rice or whole-grain couscous.

- Use fruit juice — apple, orange, or other 100-percent juice — or low-fat or fat-free milk as the cooking liquid.
- For cooked cereal, blend in grated cheese, chopped fruit (apple, peach, banana, kiwifruit), dried fruit (chopped apricots, papaya, dates, raisins) or nuts.
- Fortify cooked cereal with dry milk for more calcium.
- Liven it up with spices: cinnamon, nutmeg, allspice or cloves.
- Top it with fresh fruit of any kind!



(Tips from the Academy of Nutrition and Dietetics)

## Wisconsin Rapids Office

1107 West Grand Avenue | Wisconsin Rapids | WI 54495

## Wausau Office

1500 Merrill Avenue, Suite 201 | Wausau | WI 54401



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.

## Vision

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

## 2018 Childcaring Board of Directors

Brad Gast, President

Donna Ginzl, Vice President

Nick Faber, Treasurer

Joan Krohn, Secretary

Jane Brandt

Rebecca Hardell

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Tammy Schreiber

Nancy Vance

## Childcaring Staff Spotlight

Hello my name is Lori Shafranski. I am a YoungStar Technical Consultant/Quality Improvement Specialist. I will celebrate 5 years of employment at Childcaring in March. I love working with child care programs. I have met so many dedicated teachers and directors that are working hard to provide quality care to children.

I grew up in Stevens Point and graduated from UW-Stevens Point with a degree in Early Childhood Education. I have held many jobs in the early childhood field. I started my career teaching kindergarten in West Bend, WI. I owned a preschool program and taught three and four year olds when we lived in Rhinelander, WI. I also taught 4K for one year and was a child care center director in Stevens Point for five years prior to coming to Childcaring. All of my early childhood experience has guided me in my current work as a technical consultant and trainer.

My husband, Tom, and I have been married for 35 years. Tom has been an educator and athletic administrator his entire career. We have two grown sons and we recently rescued a Pomeranian named Bailee. Our oldest son, Jamison, lives in Milwaukee. He is a senior client services representative at FIS, Inc. which is a global leader in financial services and payment technology. Our younger son, Grant and his fiancé Angela, live in Andover, MN. He is the owner of Grant Shafranski Golf Academy, which oversees all golf instruction at the Minneapolis city courses. He is also the Minneapolis Program Director of The First Tee of the Twin Cities.

### What is your favorite children's book or toy and why?

I loved to read as a child. I would walk to the public library and spend hours reading. I loved the Little House on the Prairie series and the Boxcar Children series. Also, reading stories to children has always been my passion.

