



May - June 2017

## May 2017

### The Burden of Obesity and Its Impact on Young Children

Childhood obesity has more than doubled in children in the past 30 years. The percentage of overweight children in the United States is growing at an alarming rate, with 1 out of 3 kids now considered overweight or obese. There are a number of factors that contribute to the rise in this significant health problem, including a more sedentary lifestyle. This course explores some of those factors and provides information on how child care programs can play a positive role in obesity prevention in young children. KCF: II.D; CDA: 2; PA: 4, 6, 8

NEW!

**Monday, May 1 6:30 PM - 9:30 PM**  
**Cost: \$30.00**

**Perkins Restaurant**, 1155 W. Broadway Ave., Forest Lake, MN 55025 **Plan to arrive in time to order a beverage or meal to eat during the seminar.\***

### What to Expect and When to be Concerned

This interactive seminar will provide an overview of the red flags for developmental delays in young children, how to share developmental concerns with families, and local referral resources. Attendees will receive useful information describing typical child development and red flags for atypical development and other resource information. (CICC) KCF: IV.A; CDA: 7; PA: 2, 10

**Monday, May 22 6:30 PM - 8:30 PM**  
**Cost: \$20.00**

**Perkins Restaurant**, 1155 W. Broadway Ave., Forest Lake, MN 55025 **Plan to arrive in time to order a beverage or meal to eat during the seminar.\***

## June 2017

### How Do We Give Children a Good Start? Know the Key Emotional Milestones (Key#2)

This seminar focuses on the important emotional milestones caregivers can help children achieve as the foundation for positive mental health. This class will discuss how to use social and emotional development checklists to identify where children are in their development and look at strategies to support them as they progress to the next social/emotional milestone. KCF: II.C; CDA: 3, 8; PA: 4, 8

**Monday, June 26 6:30 PM - 8:30 PM**  
**Cost: \$20.00**

**Perkins Restaurant**, 1155 W. Broadway Ave., Forest Lake, MN 55025 **Plan to arrive in time to order a beverage or meal to eat during the seminar.\***

## Program Services

## Seminars on the Road

Schedule your own! No need to wait for us to put it on the calendar. Gather your colleagues, choose your date, and select the seminars that meet your needs. Meet at your facility or a nearby restaurant, coffee shop, or library. Host private seminars or invite other child care professionals, parents, youth leaders, etc. Day and evening times possible. If you would like more hours, schedule a series of seminars on a Saturday.

## Papillon Business Group

If you are ready to take your child care business to the next level, then you should join us. To be added to the invitation roster, send your request to [info@pla-inc.org](mailto:info@pla-inc.org) with **PBG** in the subject line; include your full name, business name, and contact information. While open to any Rule 2 business in good standing, membership is on a first-come, first-served basis. Direct competitors of current members must wait for the next Business Group to form.

## Consulting

If you prefer a personalized session (or need in-service in a hurry), consider on-site or phone consulting. You determine the session content. Day and evening times available. Maximum group size is three.

## Environment Evaluation

In-home business owners have been asking for assistance to re-evaluate their environments. We are pleased to announce that we now offer a one-hour on-site evaluation. We will discuss your thoughts about and goals for your space and provide suggestions for changing it. Included in the fee is a one-hour education certificate and written summary of the visit.

*\*Meet in the lobby by 6:25 PM. Plan to arrive in time to order a beverage, appetizer, meal, or dessert to eat during the seminar. Be respectful; do not bring in your own beverage. You may eat during the seminar. On Mondays, generally, one piece of pie is complimentary when you purchase an entree. And don't forget your participant guide (if required) or your viewing device!*

## Other Opportunities and Resources

### Measles Outbreak

For information about immunizations, how measles spreads, and obtain info to share with parents, visit: <http://www.health.state.mn.us/divs/idepc/diseases/measles>

### Your Expertise is Requested

PLA is seeking talented volunteers to assist with data base management, small survey and research projects, and social media applications. You can work from

home. Understanding of and appreciation for confidentiality, attention to detail, accuracy, creativity, and project completion dates is imperative. There are several projects from which to choose; you need not be skilled in all areas to be helpful. Call or email our office for additional details. Thank you!

### Ticks

Mid-May through July is peak tick season. Black-legged ticks ("deer" ticks) are quite common and live on the ground in wooded, brushy, grassy areas. They grab onto people or animals that brush against vegetation and climb up to bite. A tick must be attached for 24-48 hours to spread bacteria. Lyme disease is the most common tick-borne illness in Minnesota; symptoms vary among individuals and during the course of the disease. Minimize your risk by staying in the center of a trail; wear long-sleeved shirts and long pants tucked into the top of socks or boots; keep lawns mowed and debris cleared; keep play sets in sunny, dry areas; use tick repellent products that contain permethrin or up to 30% DEET. Check for ticks daily and remove promptly using tweezers to grasp the head close to the skin and pull slowly outward. Avoid folk remedies; they aren't safe or effective. Shower soon after being outdoors. Call your doctor if you get a fever or rash. For more information, call your county's Disease Prevention and Control Department or go to the Minnesota Department of Health website: [www.health.state.mn.us](http://www.health.state.mn.us).

### Employment Opportunity - St. Andrew's Lutheran Church, Mahtomedi, MN

**Preschool Director:** Manage preschool programs and ensure the preschool is compliant with all required DHS licensing rules and regulations. Candidates must be director and teacher qualified in accordance with MN DHS guidelines. For a complete job description, visit [www.saintandrews.org](http://www.saintandrews.org)>About Us>Employment or contact Adam Huntley, Director of Human Resources at [ahuntley@saintandrews.org](mailto:ahuntley@saintandrews.org).

**CRC Child Care Advocate:** St. Andrew's Community Resource Center is seeking a dedicated individual who can provide a fun and safe environment for children. The role is to supervise children ages birth through middle school in the CRC Mondays through Thursdays while their parents are working toward their goals of finding housing and employment. Experience in child development and ability to work with a diverse group of children a plus. Position is 24 hours per week. Email cover letter and resume to [Liz Schreier, lschreier@saintandrews.org](mailto:Liz.Schreier@saintandrews.org).

### Thrivent Financial

We are so excited to have had the 2016 and 2017 Institutes partially supported by **Thrivent Action Team Grants**. If you are a Thrivent member, you can

make an immediate impact on the children and families in your community. Apply for Seed Money Grant Packages of \$250.00 to support projects or professional development events near you - even the Institute. Sponsor an instructor, for example, or request a professional development event near you. It's easy! Visit [www.Thrivent.com](http://www.Thrivent.com) or contact our office for more information.

### Important Dates

World Water Day - March 22

[www.projectwet.org](http://www.projectwet.org) (Lots of good stuff here.)

Autism Awareness Month - April

[www.fraser.org](http://www.fraser.org)

[www.pacer.org](http://www.pacer.org)

[www.autism-society.org](http://www.autism-society.org)

Weather Awareness Week - April 17 - 23

[www.nws.noaa.gov/om/severeweather/severewxcal.shtm](http://www.nws.noaa.gov/om/severeweather/severewxcal.shtm)

<https://dps.mn.gov>

Earth Day - April 22

[www.earthday.org/earthday](http://www.earthday.org/earthday)

Week of Young child - April 24-28

[www.naeyc.org/woyc](http://www.naeyc.org/woyc)

Provider Appreciation Day - May 12

[www.providerappreciationday.org](http://www.providerappreciationday.org)

National Environmental Education Week - April 23 -29

[www.neefusa.org](http://www.neefusa.org)

World ocean day - June 8

<http://www.worldoceansday.org>

**National Arbor Day** is held on the last Friday in April, Minnesota is one of only a few states to also celebrate Arbor Month. **May is Arbor Month in Minnesota**, which gives us 31 days to celebrate trees. This year's Arbor Month theme, "Get your daily dose of trees for a healthy you and me!" celebrates the health benefits of trees. To encourage people to get their daily dose of trees, the DNR launched a #31DaysOfTrees challenge in May on Facebook, Instagram and Twitter. For challenge details and challenge prizes, visit [mndnr.gov/arbormonth](http://mndnr.gov/arbormonth). Watch videos of Minnesotans getting their daily dose of trees and how trees improve your health, too. Some benefits include: helping reduce skin cancer, decreasing mental stress, promoting healing, cleaning the air, reducing childhood asthma rates, reducing stressful noises by 50%, providing healthy fruits and nuts.

### Prescription Drug Take-Back Day

Minnesota Attorney General Lori Swanson and the U.S. Drug Enforcement Administration are encouraging Minnesota residents to participate in the 13th National Prescription Drug Take-Back Day on Saturday, and to rid their homes of unused, unneeded, or expired prescription painkillers and other medications.

"Deaths from prescription painkiller abuse and other opioids continue to rise in Minnesota, and most people who abuse prescription drugs get them from friends or family members," Swanson said. "The best way to keep prescription drugs from being abused or diverted is to safely dispose of them as soon as they are no longer needed." Kenneth Solek, Assistant Special Agent in Charge Minneapolis-St Paul District Office, DEA, states, "The National Prescription Take-Back Initiative provides the perfect opportunity to safely dispose of unwanted and potentially dangerous medications before they can be abused, often with deadly consequences." Take-Back Day is sponsored by the DEA, which hosts two take-back days each year, one in the spring and one in the fall. Take-Back Day events will be held in more than 100 locations across the state on Saturday, most of them from 10 a.m. to 2 p.m. A complete list of event locations is available on the DEA's website at [https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](https://www.deadiversion.usdoj.gov/drug_disposal/takeback/). Participating agencies can also be found at <https://doseofreality.mn.gov/drug-takeback/take-back-events/> and [www.deadiversion.usdoj.gov/drug\\_disposal/takeback](http://www.deadiversion.usdoj.gov/drug_disposal/takeback).

## Activities

### Seed-Starting Pots

**Materials Needed:** black and white newsprint, ruler, marker, scissors, 6-ounce can or plastic water bottle, tape, fresh seed-starting potting soil, seeds (e.g., parsley, squash, carrots, lettuce, spinach, chard, radishes, peppers, cucumbers, melon), wooden craft sticks, waterproof tray (e.g., take-out container or edged cookie sheets or jelly roll pan).

**Process:** Measure and cut 6" x 22" long strip of newsprint (for a bigger pot, use a larger can or bottle and adjust paper size accordingly). Set the can sideways along one end of the paper strip. Leave 1-3/4 inches beyond the base of the can. Roll the paper evenly around the can to make a cylinder. Tape at the end to secure paper.

Starting at the outer seam, fold the paper edge several times over the bottom of the pot to create a flat base. Tape in place. Remove can and fold the top of the pot inward 1/2" to form a rim. Fill pot with moistened soil. Plant seeds; water. Write plant name on wooden sticks and insert in the pots. Set them on waterproof tray.

Repeat with more pots and seeds. Keep pots out of direct sunlight until seeds sprout, then move to a sunny window. Water when dry to the touch; do not overwater. When ready to transplant, set tray outside for a day or two in the shade to adjust. Plant whole pots in the ground or container.

## Support Our Supporters

### Volunteer Appreciation Month

April is volunteer Appreciation Month. To the many individuals who have shared their expertise, time, support, and wisdom over the past 15 years, **THANK YOU!!** We celebrate **you!** Please know that the Institutes, Sensational Saturdays, and other professional development events simply cannot happen without **you**. Your contributions have enriched these events and those who attend them (and those who plan them!). *Please accept my deepest thanks and admiration for you.*



### Assure Child Care (fka Adults & Childrens Alliance)

When purchasing or renewing liability insurance from ACC, list **PLA-INC.** as your Community Partner. By writing **PLA-INC.** or **9075** on the application form, we will receive funds for professional development from ACA/ACC. There is NO additional cost to you. A big **"THANK YOU!"** to those who already do that and to Assure Child Care! (<http://www.assurechildcare.com>)

### Minnesota Association of Child Care Professionals

MACCP is a new association formed by licensed family child care professionals "to strengthen the family child care profession by advocating for policy improvements, offering additional support and services to providers, and promoting family child care as an exceptional option for quality care and early childhood education." Visit [www.maccp.org](http://www.maccp.org) for information about its activities and membership.

### Nona Marquart - Condolences

Nona Marquart was a founding member of the Lakes Area Child Care Professionals (1993) in Forest Lake. LACCP was an area group of the Licensed Child Care Providers of Anoka County (LCCPAC). Some of you were there then, too. Nona passed away at home on April 4. She is survived by her husband, Larry, and three children, Tanya, Nathaniel, and Anthony, and other family and friends. Nona's infectious smile and good humor kept many a meeting moving along. Her wit and wisdom and passion for children (and her family!), were a remarkable blessing during the group's start-up and growing pains. Services were held at Roberts Family Life Celebration Home in Forest Lake. Our most sincere condolences to her family and friends.



"Like" us on Facebook!



Visit [www.pla-inc.org](http://www.pla-inc.org) often for updates on seminar schedules, news, and information.

## CELEBRATING 15 YEARS!

YOU are the reason we are here to celebrate today. YOU are AWESOME! *Thank you! Thank you! Thank you!*

