Handouts are limited. Bring paper and pen to each seminar. Plan to arrive in time to order a beverage or meal to eat during the seminar. Do NOT bring in food or beverage from the outside. Bring a colleague or parent! Pre-registration is expected.

Seminars sponsored by PLA-INC. are approved and taught by approved instructors (MNCPD).

October

Supporting Resilience in Children – The Little Engine that Could (Key 5)
This seminar examines characteristics of resilience and its key relationship to children’s mental health. Participants will explore the role resiliency plays as a critical factor in how children who are at risk will handle stress, react or adapt to negative situations, and overcome obstacles in their emotional growth. (CICC) CC: 1; CDA: 8; PA: 7
Monday, October 12 6:30 PM – 8:30 PM
Cost: $20.00
Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025

November

Creating Cultural Connections in Child Care*
Families and communities provide the foundations children need to be successful. This seminar will examine the resources and reflective skills caregivers need to work successfully with diverse families. Methods to find and promote the strengths of families as a way to promote child development will also be discussed. CC: V; CDA: 4; PA: 9
Mondays, November 2 and 9 6:30 PM – 9:30 PM
Cost: $60.00
Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025  *Must attend both to receive credit.

Exploring the Family – Caregiver Partnership
In this interactive seminar, you will examine the importance of building quality relationships with children and families with special needs as an essential element in successful child care placements. Specific strategies will be developed from building parent-provider partnerships, including open communication, trust, respect, and other key components necessary for achieving the goal of successful inclusion and retention of all children. (CICC) CC: V; CDA: 4; PA: N/A
Monday, November 30 6:30 PM – 8:30 PM
Cost: $20.00
Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025

December

Sudden Unexpected Infant Death (SUID) and Abusive Head Trauma (AHT)
This course meets DHS education requirements for both SUID and AHT. Content includes recommendations to reduce SUID including SIDS, suffocation, and other sleep-related infant deaths, safe sleep environments, and Minnesota child care regulations related to safe sleep, as well as symptoms and consequences of abusive head trauma, risk factors for AHT, and strategies to use when stressed, angry, or frustrated. CC: VI; CDA: 1; PA: N/A.
Monday, December 7 6:30 PM – 8:30 PM
Cost: $20.00
Dunn Bros, 2751 E. County Rd. E., White Bear Lake, MN 55110

Understanding Temperament: A Practical Approach to Meeting Individual Needs (PITC)
Infants come into this world with different temperamental tendencies that play a major role in their behavior. This seminar will provide an overview of temperament by presenting different temperamental types and traits along with strategies to work with individual children. (CICC) CC: VI; CDA: 8; PA: 1
Monday, December 14 6:30 PM – 9:30 PM
Cost: $30.00
Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025

February 2016

14th Annual Child Care Professional Institute
Saturday, February 27, 2016
Forest Hills United Methodist Church
Forest Lake, MN

Program Services

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 goals and objectives for your space and follow up with ideas. Included in the fee is a one-hour education certificate and written summary of the visit.

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

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shop, or library. Host private seminars or invite other child care professionals, parents, youth leaders, etc. Day and evening times possible.

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.

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 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. A complimentary informational meeting will be scheduled soon.

Other Opportunities and Resources

Child Care Provider Network of Chisago County
This association typically meets in North Branch. For class times, topics, and location, contact Sue Tower (651.462.5651 or smmtower@aol.com) or Mona Kopy (651.462.2744 or melk16@frontiernet.net).

Visit the Seminar Schedule and download Informational flyers at www.pla-inc.org.

Of Interest

Updates on Unionization
Facebook:
Childcare providers who are Happy to Be Union Free

Children’s Dental Services in Washington County
Forest Lake WIC Clinic: 1st Friday of each month.
Cottage Grove WIC Clinic: 2nd Friday of each month.
Stillwater WIC Clinic: 2nd Wednesday of each month.

For children (birth – 21 years old) and pregnant women. Dental care includes: exams, x-rays, cleanings, fluoride treatments, plastic sealants, fillings, crowns, extractions, and other treatments if needed. Call for appointments: 612.746.1530 or 866.543.6009. Medical Assistance, Minnesota Care, private insurance, and sliding fee applicants accepted.

Child and Teen Check-Ups in Washington County
If you or your child is between 0 – 20 years old and on Medical Assistance, you are eligible. For information, call 651.430.6750.

CPSC Recalls
Be sure to check this website for the most accurate information regarding equipment recalls. You can set up alerts for product categories of your choice. www cpsc.gov.

Early Childhood Screening
Check with your local school district for the appointment phone numbers. Share this information and encourage your clients to have their children aged four (4) years screened. This is particularly important if, based on your observations, you suspect a potential diagnosis. If you suspect a special need, suggest parents seek the screening earlier.

Volunteers Needed
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!

Recipes

Macaroni and Cheese (Like a Hug from Mom)
8 oz. macaroni
3 T. flour
3 T. milk
1/4 t. salt
1/8 t. ground pepper
1/4 lb. grated American cheese
1/2 - 1 c. breadcrumbs
1 t. mustard powder (opt.)
1/4 t. ground nutmeg (opt.)

Preheat oven to 350°. While cooking the macaroni per package directions, combine milk and flour in heavy saucepan over medium heat. Stir or whisk vigorously to blend. Cook until thickened, stirring frequently. Add butter, salt, and pepper (mustard and nutmeg), and ¼ cheese to pan, letting it melt together, stirring consistently. Drain macaroni and place in greased, round casserole. Pour cheese sauce over macaroni and stir to combine. Sprinkle the remaining cheese and breadcrumbs over the top. Bake at 350° for 30 minutes. Serves 6. *Or your favorite combination of cheeses. (By Jeanna Van Sickel)

Mom’s Chocolate Cake
2 c. flour
1 t. baking soda
1 t. salt
3/4 c. oil*
1 1/4 c. sugar
1 t. baking powder
3/4 c. cocoa powder
3/4 c. water or cooled brewed coffee *(or applesauce)
2 t. pure vanilla extract
3 eggs
1/2 c. water

Preheat oven to 350° (375° for cupcakes). In a large bowl, combine first 8 ingredients. Mix thoroughly. Add vanilla, eggs, and water. Beat for 2 minutes until smooth.

Whipped Cream Frosting
1 c. whipping cream
1 1/4 t. pure vanilla extract
1 T. powdered sugar

Preheat oven to 350° (375° for cupcakes). In a large bowl, combine first 8 ingredients. Mix thoroughly. Add vanilla, eggs, and water. Beat for 2 minutes until smooth.

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Quick and Easy (Plan Ahead) Brain-Building Breakfasts and Lunches

Egg Burrito: Crack 8-10 eggs into a bowl; add salt and pepper to taste; whisk well. Cook eggs in non-stick pan until scrambled. Turn off burner just before eggs are done. Divide eggs among five flour tortillas. Top with shredded cheddar cheese. Roll to form burritos. Freeze for up to five days. To eat: Remove one from freezer; wrap in a wet paper towel and cook in microwave for one minute. Wrap in foil and go.

Parfait: Spoon ½ c. yogurt into a mug, Mason jar, or plastic cup. Top with ¼ c. grapes, blueberries, or raspberries and a pinch of cinnamon. In the morning, add 2 T. of any type of nut and 2 T. of granola. Grab spoon and go. Can make 3 – 4 days ahead.

Overnight Oatmeal: In a Mason jar or other glass container, mix ½ c. rolled oats with ½ c. milk. Stir in 1 T. peanut butter. Put in fridge overnight. In the morning, stir well; top with 1 T. jam or jelly and 1 t. chopped walnuts or almonds. Microwave if desired.

Smoothie: Freeze all ingredients in a plastic bag overnight; in the morning, dump into a blender and add liquid. To blender, add one whole frozen banana, ⅛ c. yogurt, and a splash of orange juice. Blend until smooth. (Opt: Add a scoop of vanilla protein powder.) If not using frozen fruit, add a few ice cubes before blending.

Support Our Supporters

Adults & Childrens Alliance/Assure Child Care

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 ACA/ACC! We appreciate it! (www.acainc.org or www.childcareassure.com)

Miscellaneous News


September: Suicide Prevention Month
September 10: World Suicide Prevention Day
(President Barack Obama signed a Resolution.)

www.suicidepreventionlifeline.org
www.stompoutsuicide.org
www.sprc.org

October: National Bullying Prevention Month
Unity Day - 10/21: Wear orange to show your support www.PACER.org

World Animal Day: 10/2

November: Diabetes Awareness Month
www.diabetes.org

The Importance of Proper Hand Washing or How to Keep More Illness OUT of Your Child Care Facility (and Save Money on Medical Appointments and Lost Time)

Washing with soap and water helps prevent infection because:

- Germs from unwashed hands get into food and beverages.
- Germs from unwashed hands can be transferred to tabletops, handrails, or toys – and then transferred to other people.
- Removing germs through careful and frequent hand washing helps prevent diarrhea and respiratory infections and may help prevent skin and eye infections.

Feces (poop) from people or animals is a source of germs like Salmonella, E. coli 0157, and norovirus that cause diarrhea. It can also spread respiratory infections such as adenovirus and hand-foot-mouth disease. These germs transfer after using the toilet, changing a diaper, or handling unclean raw meat; coughing and sneezing spreads through the air and lands on surfaces that will be touched by others. These germs may then be passed from person to person. Some of these germs remain viable for hours or days. Frequent cleaning and disinfecting reduces germs that cause illness. Studies also suggest that washing hands with soap (not just water!) improves child development outcomes and increases school attendance, partly due to less illness and inflammation, which leads to better nutrition intake. Chronic, heavy diarrhea may cause developmental delays. (http://www.cdc.gov/healthywater/hygiene/programs/child-development.html. Retrieved 9/20/15.)

Download Fact Sheets in English and Spanish here: http://www.cdc.gov/healthywater/hygiene/resources/factsheets.html. (Retrieved 9/20/15.)

“Like” us on Facebook!

“Professional Learning Alternatives, Inc.”
www.pla-inc.org     651.464.8777
Child Care Professional Institute: February 27, 2016

(Exceptional education for child care professionals who care.)
BLOX of TYME

Are you grappling with your professional development budget? Seeking better management of your time and money? Wishing there were seminars close to home? Needing someone with whom to talk over sensitive situations (or simply to vent)? Looking for a mentor? Focusing on your business development?

We have the answer for you! Manage your time with BLOX of TYME. Use your BLOX of TYME for most any PLA-sponsored professional development service. While BLOX are not transferrable, you may spend them on yourself, your helpers, and your substitutes. Spend them on seminars, consulting and mentoring services, environmental evaluations, and even the annual Child Care Professional Institutes.

Here’s how it works.

Purchase BLOX of TYME. You choose the number of BLOX and the financial investment in – your commitment to – your business. Each BLOX of TYME is $20.00. Pay in advance for your BLOX of TYME and receive a 10% discount. With this generous discount, we cannot offer refunds on unused BLOX. The minimum upfront payment (investment in your business) is 50% of the number of BLOX you choose.

For example: Purchase 6 BLOX and the total cost is $120.00. You can pay $108.00 in advance ($120 - $12 [10%] = $108.00) or pay $60.00 semi-annually ($60.00 x 2 = $120.00). Or purchase 20 BLOX and the total cost is $400.00. You can pay $360.00 in advance ($400 - $40 [10%] = $360.00) or pay $200.00 semi-annually ($200.00 x 2 = $400.00).

Purchase as many BLOX of TYME as you wish as often as you wish, with a minimum purchase of 4 BLOX. The more you purchase, the more you save. BLOX of TYME expire one year from the date of purchase.

It’s convenient!

You can pay for your BLOX with a credit or debit card and by check. You can still register for seminars and services online. You may choose to email or phone in your registrations or even use the USPS.

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<tr>
<th>SERVICE</th>
<th># BLOX of TYME</th>
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<tbody>
<tr>
<td>Seminar (2 hours)</td>
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<td>Seminar (2.5 – 3 hours)</td>
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<td>Individual Phone Consultation (30 minutes)</td>
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<td>Group Phone Consultation (30 minutes w/2 – 4 persons)</td>
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<tr>
<td>Group Phone Consultation (60 minutes w/2 – 4 persons)</td>
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<td>Environmental Review (60 minutes) (Rule 2 Business)</td>
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<td>Environmental Review (60 minutes plus written report) (Rule 2 Business)</td>
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<td>Annual Child Care Professional Institute 2016</td>
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Center Directors

If you prefer on-site customized professional development for your staff, purchase BLOX of TYME in BLOX of $160.00 with a minimum purchase of 4 BLOX. As in the examples above, when you pay upfront, take advantage of a 10% discount. For example, purchase 4 BLOX and the total cost is $640.00. Pay upfront and pay only $576.00 ($640.00 - $64.00 [10%] = $576.00). We will make the onsite arrangements with you. BLOX of TYME expire one year from the date of purchase.

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