**July 2019**

**ADHD: Seeing the Disability Behind the Behavior (#315167)**

Navigating the landscape of a child with ADHD might be easier if providers had a 'map' to follow! Join other participants in this interactive seminar in discovering the myths and facts of ADHD as well as exploring successful and practical strategies for inclusion of children with ADHD. (CICC) CC: IV; CDA: 3

**Monday, July 8**
**6:30 PM – 8:30 PM**
**Cost:** $22.00
**Perkins Restaurant,** 1155 W. Broadway Ave., Forest Lake, MN 55025

**Arrive in time to order a beverage or meal to eat during the seminar. No outside food/beverage, please.**

**Limits Create Happier Parents, Happier Kids, Happier Families (#317184)**

Explore techniques that inspire children to learn and grow through their mistakes and consequences. Set limits with children through loving relationships that encourage their cooperation. Examine enforceable statements that aim to reduce power struggles with children. Plan problem solving methods to overcome common challenging situations with young children. Guide children with empathy and open their minds to learning. Based on the Love and Logic Early Childhood Parenting Made Fun! ® curriculum. KCF: ILC; CDA: 3

**Monday, July 15**
**6:30 PM – 8:30 PM**
**Cost:** $22.00
**Perkins Restaurant,** 1155 W. Broadway Ave., Forest Lake, MN 55025

**Arrive in time to order a beverage or meal to eat during the seminar. No outside food/beverage, please.**

**Active Supervision: School-Age Children (#316353)**

Meets the Family Child Care provider annual supervision professional development requirement. This curriculum focuses on the supervision of school-age children in a mixed age group setting. It will identify factors in the environment that affect supervision: identify and evaluate how activities may increase supervision of school-age children; and discuss how relationships may affect supervision, including bullying behavior and girl friendships. KCF: VII.B; CDA: 1

**Monday, July 22**
**6:30 PM – 8:30 PM**

**Cost:** $22.00
**Perkins Restaurant,** 1155 W. Broadway Ave., Forest Lake, MN 55025

## Nutrition in Children from Birth to Six Years (Level 2) (#316354)

This course will cover healthy eating behavior of infants, toddlers and preschoolers, explain current eating patterns of young American children including information about food insecurity; the role of good nutrition in children's physical, mental, and social/emotional development; and high-quality foods from many cultures. KCF: VII.C; CDA: 1

**Monday, August 5**
**6:30 PM – 9:30 PM**
**Cost:** $33.00
**Perkins Restaurant,** 1155 W. Broadway Ave., Forest Lake, MN 55025

## September – October 2019

**CPR and First Aid**

Date and Location TBD. Watch our website for the schedule.

**Program Services**

**Papillon Business Group**

We have some persons in the northern metro area who have expressed a serious interest in forming a group. If you would like to invest in and grow your business, gain insights from a peer advisory group in a confidential setting, enhance your skills, then contact our office today. There is no charge for this introductory gathering.

While open to any Rule 2 or 3 business in good standing, membership is on a first-come, first-served basis. The date for the next meeting is **Monday, July 29**.
it will be an overview of the workings of PBG as well as your responsibilities as a member. Direct competitors of current members must wait for the next group to form.

We will meet at the Perkins in Blaine (12545 Ulysses Street NE, from 6:30 PM – 8:00 PM. Food will be provided. Registration is REQUIRED no later than Friday, July 26 via phone (651.464.8777) or Deb@pla-inc.org.

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 goals for your space and provide suggestions for changing it. Included in the fee is a one-hour education certificate. Additional services also offered as requested.

Need an Instructor?
Need an instructor for your area group or child care professional association meeting or conference? We can arrange for quality educators on the topics you desire. Let us be there for you. Contact us for details.

Support Our Supporters

Minnesota Association of Child Care Professionals
MACCP is an active 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 for information about its activities and membership or find them on Facebook.

Child Care Providers of Chisago County (CCPNCC)
This child care professional-operated organization typically meets the fourth Thursday of each month in North Branch. CCPNCC offers approved professional development as well as networking, fire extinguisher servicing, well water testing, and other resources. Contact Mona at 651.462.2744.

Assure Child Care (IkA 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 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)

Washington County Child Care Conference
Save the date for the Fall Child Care Seminar on Saturday, September 21, 2019. Washington County Community Services is sponsoring the 19th annual event at Prestwick Golf Course in Woodbury. Dr. David Walsh is the keynote speaker. Six hours of professional development are offered along with breakfast, lunch, exhibitors, and door prizes. Registration is open to the first 150. Watch for registration information on the website: www.co.washington.mn.us/childcarelicensing.

Resources and Information

RECALLS by Consumer Product Safety Commission


Family Child Care Task Force
Applications are being accepted for the Family Child Care Task Force, which was established on May 30, 2019, when Governor Walz signed Minnesota Laws, Chapter 9, Art. 2, Sec. 132 (see pages 164-167). This task force will discuss issues related to family child care licensing and Parent Aware. It will include family child care providers, parents, family child care association representatives, legislators, DHS, county licensors, and appointees from various child care-related organizations. The task force will meet between August 2019 and February 2021.

This task force includes 25 members, 10 of which are open to the public—six appointed by the Commissioner of Human Services, two by the Speaker of the House, and two by the Senate Majority Leader.

DHS will select four parents of children who are enrolled in family child care programs. Parents interested in applying for one of these positions should submit an application on the Secretary of State’s webpage by July 8, 2019. (https://commissionsandappointments.sos.state.mn.us/Position/Details/2914)

DHS will also select two individuals who represent DHS-recognized family child care associations from greater Minnesota. Individuals interested in applying for one of these positions should submit an application on the Secretary of
Family Child Care: Upcoming Changes to Licensing and Background Studies

Visit the DHS webpage for complete information. You may wish to subscribe to receive updates via email. [https://mn.gov/dhs/general-public/licensing/legislative-changes](https://mn.gov/dhs/general-public/licensing/legislative-changes).

This is a summary of changes that are effective on September 20, 2019 unless otherwise noted. Unless otherwise noted, licensors will begin providing technical assistance on the new licensing requirements on Sept. 30, 2019. Licensors will provide technical assistance for the first year of implementation, meaning they will not cite family child care providers for violating the new requirements during annual licensing visits completed between Sept. 30, 2019 and Sept. 30, 2020. By Oct. 1, 2020, all providers will be expected to be in compliance with the new requirements. However, providers will need to be in compliance with all new background study changes based upon the effective dates below.

This email is a high-level summary and does not include specific details of all of the changes. Because some changes take effect on July 1, 2019, a couple in August and many others take effect on Sept. 30, 2019, the Minnesota Department of Human Services (DHS) Licensing Division will email a two-part implementation plan that will detail the changes and describe what providers and county licensors need to do. The first plan will address background study changes that will take effect on July 1, 2019. The second plan will address licensing changes that will take effect later, most of which will take effect on Sept. 30, 2019. Each of these plans will be emailed before the changes take effect.

Use of substitutes: Providers can now use substitute caregivers for up to 500 hours annually rather than 30 days in a calendar year. Providers must document the substitute caregivers’ names and the dates and number of hours for which they provided care.

Variance for extended use of substitutes: DHS may grant time-limited variances to providers who need to use substitute caregivers for more than 500 hours annually. Providers who are granted variances must notify parents and guardians.

Supervision of provider’s own child: This law clarifies that under certain conditions an individual who is related to the provider may be in the home and may supervise the provider’s own child without completing training requirements.

Emergency replacement: In an emergency, when a provider needs to close down their business for the day, an adult who has not completed training or a background study may stay with the children if certain conditions are met.

Fire code: The law updates family child care fire code standards to align with the State Fire Code, almost of all of which are a reduction in requirements.

Clarification when requirements are disputed: Providers may seek clarification from DHS if they dispute their county licensor’s interpretation of a licensing requirement during a licensing inspection or exit interview. County licensors cannot issue a correction order for the disputed licensing requirement until DHS has provided clarification to the licensor and provider about the requirement.

Emergency preparedness plan: Emergency plans will need to include how providers would accommodate infants and toddlers in the case of an emergency. DHS will be updating the template emergency plan and, for those who want to simply add to their current plan, providing an additional page.
that can be filled out and attached. Although the plan will need to be available upon request of a parent/guardian, providers no longer need to post or share emergency plans with parents or guardians.

**Changes to telephone requirements:** Providers are no longer required to post emergency numbers by their phones. The law also clarifies that a cell phone can be used to meet the telephone requirement.

**Reporting suspected child maltreatment policies and procedures:** Providers will need to use DHS’ policies and procedures for reporting suspected child maltreatment.

**Training requirements following relocation:** A licensed child care provider who relocates within the state does not need to complete orientation training.

**Child care background study subject:** The law clarifies when volunteers, contractors and others need a background study. (This change does not impact household members or employees. As noted above, we will provide more details in an upcoming implementation plan on background studies, which will be emailed before July 1.) (Effective: July 1, 2019)

**Changes for Licensors:**

These changes are effective September 30, 2019 unless otherwise noted.

**Reporting fires in providers’ homes by county agencies:** Licensors will need to report to DHS and the State Fire Marshal when there is a fire in a family child care setting that required the service of a fire department.

**Exit interviews:** Licensors cannot issue a correction order or negative licensing action for violations of rule or law that are not discussed during an exit interview, unless the provider does not participate in or complete the exit interview.

**Licensing data:** Correction orders and licensing fines that are more than seven years old will be classified as private data, which means they cannot be made available to the general public upon request. (Effective: Aug 1, 2019)

**Mandatory fraud reporting:** Licensors must immediately report any suspected fraud to county human services investigators or the DHS Office of Inspector General. (Effective: July 1, 2019)

**Child Care Centers: Upcoming Changes to Licensing and Background Studies**

Visit the DHS webpage for complete information. You may wish to subscribe to receive updates via email. [https://mn.gov/dhs/general-public/licensing/legislative-changes](https://mn.gov/dhs/general-public/licensing/legislative-changes).

This is a summary of changes that are effective on September 20, 2019 unless otherwise noted.

**In-service training hours:** The overall number of in-service training hours each calendar year is reduced to 24 hours for staff who work 20+ hours/week and 12 hours for those who work less than 20 hours/week. In addition, it clarifies who needs to complete in-service training and what types of training need to be completed at specific frequencies.

**Supervision policy:** Within the licensed space, a school-age child may use the restroom and retrieve items from a cubby/locker without direct sight and sound supervision. A program staff person must have knowledge of the child’s whereabouts and check on the child at least every five minutes.

**Reusable water bottle and cup policy:** Centers that develop a written policy that includes all requirements and follow Minnesota food code sanitation and health requirements may offer children drinking water in a reusable water bottle or cup rather than a disposable cup. A variance will no longer be required.

**Training requirements:** The center director, all staff, substitutes and unsupervised volunteers must receive Orientation, Child Development, First Aid, and CPR training initially and ongoing. If applicable, these individuals must also complete Sudden Unexpected Infant Death, Abusive Head Trauma Prevention, and Child Passenger Restraint System training. Training documentation must now include the person’s first date of direct contact and first date of unsupervised contact with children. These changes bring Minnesota into compliance with the federal Child Care Development Block Grant Reauthorization Act of 2014.

**Emergency plan:** Centers must include accommodations for infants and toddlers in their emergency plan.

**Telephone requirement:** A cell phone may be used to meet the requirement to have a telephone located within the center as long as certain requirements are met.

**Transporting children in care:** Training on the proper use and installation of child restraint systems is required before transporting a child under 8 years old (previous requirement was under 9 years old). Anyone with a current, valid driver’s license may transport children. The driver is not required to have a Minnesota driver’s license.

**Renewal deadlines:** All training and review of policies are moved from annual to calendar year.

**Child care background study subject:** The law clarifies when volunteers, contractors and others need a background study. It consolidates current law and makes several changes, particularly as they relate to in-house field trips and contracted specialty service providers. For full details, review the new language here: [https://mn.gov/dhs/assets/245C-bill-language_tcm1053-387020.pdf](https://mn.gov/dhs/assets/245C-bill-language_tcm1053-387020.pdf)

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**Exceptional education for child care professionals who care.**

**Why Go Outdoors?**
Abundant research demonstrates that when children have repeated and regular experiences in nature, they are happier, healthier, and do better in school. Start with an adventurous spirit and explain how to respect this environment. Here are a few suggestions for your enjoyment this summer. Contact our office for more!

**Take a hike during a gentle rain.** Follow the water’s path. Where does it go when it leaves your yard? Where are the puddles? Drop found objects into it; do they sink or float? Using a small spoon or shovel, scoop water into white ice cube trays – what do you see?

**Follow an ant trail.** What are they doing? Do they look alike? What are they carrying?

**Pretend to be an animal.** What kind of house do you need? What will you eat and drink?

**Find some sand.** Using a magnifying glass, determine how many colors you see. Pour water on it; what happens?

**Choose a tree.** Take photos of it (in all four seasons). Draw pictures of it, describe it, feel, it, smell it. Talk about what animals live in the tree. How do people use it? Read a book about trees while sitting under it. Talk about products trees provide for us.

**Make a sun dial and learn to tell time with it.** Compare your observations with a clock.

**Cut a circle out of a paper plate.** Place plate on the grass. Talk about what children see within the cut out area. Provide small magnifying glasses if possible.

**Listen to the birds; how many kinds (songs) do you hear?** Can you identify them? Consult a field guide book or visit [www.allaboutbirds.org](http://www.allaboutbirds.org).

**Go on a scavenger hunt.** Make a list (written or pictures or orally step-by-step). Find: a feather; animal's home; three pieces of trash; four stones or small rocks; ant hills, a red/yellow/red/white flower; a (you choose) letter shape “hidden” in natural items; locate three types of trees; five pine cones; two leaves.

12 Things to Do Before Summer Ends  
*Contributed by FunShine Express.*

Although most of us look forward to summer, the change in routine can be tough on children. The structure of the day is often more relaxed in the summer, creating a challenge for children who become bored easily. Here is a list of ideas for you to try this summer, many providing outdoor play and spanning several learning domains!

1. **Paint with water:** provide buckets of water and paint brushes and paint rollers. Invite children to paint the sidewalk, the fence, the building, or even the trees!

2. **Beanbag toss box:** cut holes in the bottom of a box and place it upside-down on the ground. Provide beanbags or rolled-up socks to toss into the holes.

3. **Read outside:** place a soft blanket in the grass, and provide a basket of books for the children to choose from. Read to the children or allow them to look through books on their own as they lounge on the blanket.

4. **Dance in the dark:** offer each child a flashlight, turn off the lights, and shut the shades. Turn on lively music and allow the children to dance freely.

5. **Explore watermelon:** take the children outdoors and examine a watermelon together. Cut it into slices and serve for a juicy snack. Rinse off with the hose when you’re done.

6. **Bake cookies to share:** invite children to help and bring them to a local fire department, police department, or elderly care facility.

7. **Face painting:** use face paint or watercolor colored pencils, and draw designs on the children's faces. Keep paper towels, soap, and warm water on hand to wash off the designs.

8. **DIY bowling:** set up a bowling alley outside with empty 2-liter bottles. Fill the bottoms of the bottles with a bit of sand to use as the pins, and use a regular ball to knock them down.

9. **Teddy bear picnic:** ask children to bring a favorite teddy bear or other stuffed animal, and set up a picnic for them.

10. **Streamers:** drape your backyard or play area with toilet paper or streamers. Invite the children to crawl under and over them, and then tear it all down.
11. **Window decorating**: use washable window markers and invite children to create masterpieces on your windows or sliding glass doors.

12. **Pool noodles**: cut them into different lengths and challenge children to create towers with them.

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**Look Before You Lock**


The U.S. Department of Transportation has indicated that heatstroke is the number one cause of vehicle-related deaths of children outside of car crashes. Do you know the signs and symptoms of heatstroke? Would you know how to help a child in a hot car?

**Did you know?** A child's body heats up three to five times faster than an adult's body. Heatstroke deaths have been recorded in 11 months of the year in nearly all 50 states. More than half of heatstroke deaths occurred when a distracted caregiver forgot a quiet child was in the vehicle. Creating reminders and habits is an effective way to ensure that a child is not forgotten in the vehicle.

Always check the back seats of your vehicle before you lock it and walk away. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. If someone else is driving your child, or your daily routine has been altered, always check that your child arrived safely.

If you do find a child left in a car, alone, here are steps you can take to help: Don't wait more than a few minutes for the driver to return. Don't worry about getting involved in someone else's business—protecting children is everyone's business. "Good Samaritan" laws offer legal protection for those who offer assistance in an emergency. **If the child is not responsive or is in distress, immediately:** Call 911. Get the child out of the car. Spray the child with cool water (not in an ice bath).

**If the child is responsive:** Stay with the child until help arrives. Have someone else search for the driver or ask the facility to page them. (For full text, visit [https://www.childcareaware.org/look-before-you-lock](https://www.childcareaware.org/look-before-you-lock))

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**Articles for Your Professional Library**

**How Sesame Street Talks About Trauma**

**Let Them Play!** Kids Need Freedom from Play Restrictions to Develop

**The Hidden Risks of Avoiding Risky Play**

**The More You Hug Your Kids, the More Their Brains Develop**

**Outdoor Play - The Influence of Outdoor Play on Social and Cognitive Development**

**Children Must Have Unsupervised Playtime to Develop Properly, Doctors Say**

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Dani’s Knits and Crafts

My name is Dani and I operate Dani’s Knits and Crafts. All of my products are handmade. My specialty is weighted blankets. These blankets are extremely beneficial for a number of disorders including anxiety, depression, autism, epilepsy, insomnia, and more. The weight from the blanket provides a deep pressure that aids the release of neurotransmitters that help calm the sensory system. I offer these in four sizes from small to extra-large; they can weigh from 1-20 pounds and can be personalized to a color/theme/pattern of the individual's choosing. They are very reasonably priced and can be shipped anywhere. More medical professionals as well as school staff are acknowledging the benefits of these blankets. I also make minky, fleece, baby, and hand-knit blankets. What can I make for you today? Contact me via cell: 651.302.1672.
Email: Danisknitsandcrafts@gmail.com.
Facebook: facebook.com/Danisknitsandcrafts

www.pla-inc.org