



New Providers

January 2024

- Daniela Jimenez
Oakdale



Provider Milestones

5 Years

- Jennifer Cass

10 Years

- Libby Clegg

15 Years

- Paulene Eling &
Darlene Tennant

20 Years

- Lori Horwath
- Jacqueline Telstad
- Kerry Veary

30 Years

- Liane & David
Tackes

Safe Infant Sleep Updates

New laws passed by the 2023 legislature include several changes to safe infant sleep. These changes have been added to [Minnesota Statutes 245A.1435](#) and went into effect Jan. 1, 2024:

- **Infants must not be placed down to sleep wearing clothing or sleepwear that has weighted materials, a hood, or a bib.** Providers must not place infants down to sleep with a pacifier that has an attachment such as a stuffed animal or an attachment to the infant's clothing.
- **If an infant requires a helmet for their development and would need to wear it for naptime, providers must use the Department of Human Services (DHS) form to obtain signed documentation from a physician, advanced practice registered nurse, physician assistant, licensed occupational therapist, or a licensed physical therapist.**
- **If a parent or guardian requests the use of a cradleboard for a cultural accommodation, providers may request a variance.**
 - If a variance is granted, the provider must check the cradleboard monthly to ensure it is structurally sound and there are no loose or protruding parts.
- **A new definition of swaddle was approved.**
 - A swaddle is a one-piece sleepwear that wraps over the infant's arms, fastens securely only across the infant's upper torso, and does not constrict the infant's hips or legs.
 - The provider must ensure that the swaddle is not so tight that it restricts the infant's ability to breathe or so loose that the fabric could cover the infant's nose and mouth.
 - The swaddle also cannot have weighted materials, a hood, or a bib.

The following forms have been updated to reflect the changes:

- Optional Form for Parent Statement: Infant Less Than Six Months of Age Regularly Rolling Over
- Swaddling Consent for an Infant
- Directive for Alternative Infant Sleep Position

The following are new forms to reflect the changes:

- Cradleboard Variance Form
- Parent Cradleboard Request
- Monthly Cradleboard Check Form
- Helmet Approval for Sleeping Infants

All the forms above can be found on the [Department of Human Service's Forms for Licensed Family Child Care Providers website](#).

Provider Highlight



Picking up trash while on a walk through the neighborhood.

The provider highlight for this edition is **Nancy Przybilla** of Cottage Grove. Nancy has been a provider for 21 years. She believes her kids should learn how to be good community members, learn basic life skills, and have fun in her child care program.

To help their community, Nancy and her kids take local walks to pick up trash in the neighborhood. In a normal, snowy winter, they shovel out the fire hydrants to make them accessible for emergencies. The kids talk and learn about emergency personnel such as fire fighters and police officers. A police officer visits the program every other year and teaches the kids about crossing the street safely, that police officers are there to help when needed, and about being respectful.



Child care children sitting in the back of a police car during one of their emergency personnel visits.

Nancy also works on basic life skills with the children. She grew up with a houseful of brothers and was encouraged to do anything she dreamed about regardless of gender. Different sizes of wood are used to help the kids learn to measure and practice using a hammer and a screwdriver.

Nancy also does ladder training at least two times a year so that all kids know how to safely climb a ladder. She has the kids take turns and she is always supervising their climbs.



Birthday celebration.



Finger painting with the child care children.

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Cleaning up leaves in the fall.

Another important life skill is how to ride a bicycle. When children are ready, she will teach them how to ride a two-wheeled bicycle in her yard and driveway.

Nancy usually has a smile on her face and enjoys having fun with the children. Some fun ideas she shared:

- In the summer she acquired large, four-foot-wide rolls of paper that she rolled down the driveway and poured fingerprint on. The kids rolled in the paint and then ran through the sprinkler
- She uses a “Five minute clean up song” which the kids really get into to clean hard for those five minutes.
- Birthday celebrations include drinks served out of plastic champagne glasses.
- She cuts pool noodles in half and lets the kids use them for drumming to the musical show “Danny GO”.

Pets

Child Care Licensing Rule allows only certain pets to be living in a family child care. The pets are limited to: dogs, cats, fish, guinea pigs, gerbils, rabbits, hamsters, rats, mice, and birds — *if the birds are clear of chlamydia psittaci*. **Birds need a blood test from the vet to verify they do not carry chlamydia psittaci prior to living in the home.**

If a provider wanted a pet that is not listed in rule, they would need an approved variance. *Washington County will not grant variances for any reptiles or amphibians.*

Please check with your county licensor before bringing home any pet that is not listed in rule.

Also in rule, make sure:

- To notify parents of pets’ presence.
- Children handle animals with supervision.
- Dogs and cats are current on rabies shots.
- Pet cages are located away from food preparation and serving areas.
- Play areas are free of animal excrement.

Test for Lead in Drinking Water

Minnesota Department of Health has a free testing program for lead in drinking water at schools and child cares. Lead exposure can cause long-term health and behavior problems. Lead is particularly harmful to developing children. This voluntary program provides participants with sample kits, certified laboratory analysis, and technical assistance.

Risk factors for lead in water:

- Plumbing installed before 1986.

- Building with lead service lines.
- Frequent building closures or extended breaks.

Interested providers can fill out an [online application](#) on the [Minnesota Department of Health’s Minnesota Lead Testing in Schools and Child Care in Drinking Water website](#).

Let Your Stars Shine!



One of the Star rated programs had this to say about Parent Aware, "I have been in business for 27 years. The inflated prices for repairs, maintenance, supplies,

and technology are hard to keep up with. We need to keep costs down for families. Parent Aware helps us to upgrade our supplies, keep costs down for families, and maintain professionalism. I really wouldn't change a thing."

Ready to get started? We're currently accepting applications for the July 2024 Full-Rating and Building Quality Cohorts! **There are currently a limited number of additional bonuses available for Washington County programs who have never been Parent Aware star rated or who participated and never received a star rating that apply and participate in the July 2024 cohort.**

Questions or more information? Call Tanisha Lungelow, staff leader of Quality Recruitment for the 7-County Metro Area, at 651-233-2297 or [email Tanisha](#).

To watch how providers in Parent Aware are **individualizing teaching and instruction** for children in their care and setting them on the path to successful kindergarten readiness, view this [YouTube video](#).

Debra S. Fish Childhood Resource Library

Find Early Childhood Educator Resources through the Public Library!

The Debra S. Fish Early Childhood Resource Library and Saint Paul Public Library have collaborated to create a collection of online resources for early childhood educators. View the collection on the [Early Childhood Educators website](#).

THE DEBRA S. FISH



Early Childhood Resource Library

The resource hub continues to evolve as we identify additional ways in which we can support educators in the field. Please email [Jennie](#) with any suggestions, questions, or feedback.

Thank you for the work you do for the early learners of Minnesota!

New Email Address or Phone Number

Please keep your licensor informed of any changes to your email address and home/cell phone numbers so you can continue to receive notifications from us. You may contact

your licensor directly or [email Child Care Licensing](#) with your changes.



Help Me Grow and Help Me Connect

Minnesota programs connect families and caregivers to support services for young children

In Minnesota, there are a lot of resources available to support families and their young children’s growth, development, and well-being.

Two of these programs are Help Me Grow and Help Me Connect. They can be good starting points for parents and caregivers who are looking to connect to local resources.

Help Me Grow is the connecting program that links families to information about the development of young children and potentially to early intervention services. The Help Me Grow website includes information on developmental milestones, caregiver strategies to support development, screening and evaluation opportunities, and connections to access support through early intervention services in their local school district.

Minnesota parents, family members, and professionals can use Help Me Grow’s website to find early childhood development information for children birth through age five. The website can also connect you to a free review of a child’s learning, moving, playing, and talking skills.

Help Me Connect is a new online navigator that connects pregnant and parenting families with young children birth to eight years of age with services in their local communities that support healthy child development and family well-being. With Help Me Connect, families and care providers can search for a variety of available programs and services closest to the family’s home address such as health and well-being services, early learning and childcare programs, COVID-19 resources, disability resources and services, basic needs, and Tribal Nation programs and services. People using Help Me Connect can create a unique account to save favorite searches and resources for future use.

Help Me Connect’s website offers a path for Minnesota families with young children to find early childhood services and other community supports to keep their family healthy and safe. The goal is to help families focus on the joys of watching their children grow while surrounded by the supports they may need along the way.

For more information about the programs, scan the QR codes below.



Help Me Connect is one of several activities funded by the federal Preschool Development Grant, a \$26.7 million grant from the U.S. Department Health and Human Services designed to remove barriers so families with young children can access life-changing early childhood programs.



Help Me Grow is funded by: The Region 11 Interagency Early Intervention Committee. This initiative is made possible through an interagency agreement from the Minnesota Department of Education to the Metro ECSU using federal funding under CFDA number 84.181 Special Education Grants for Infants and Families with Disabilities.

Training

DISCLAIMER: In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur. For training information, please check the sponsor listing to be certain of all the details related to the training.

Trainings sponsored by:

Washington County Community Services

CARS (Children and Restraint Systems) Training

Prior to transporting children under the age of nine, providers must satisfactorily complete training on the proper use and installation of child restraint systems.

KCF: VIIB

Date/Time: **Tuesday, March 19** • 6-9 p.m.

Fee/Credit: \$30 / 3 hours

Location: Stillwater Government Center

Registration: [Email child care licensing](#)

*Payment must be received within one week after registering.

- **Mail payment to:**
Washington County Community Services
Attn: Accounting Unit
P.O. Box 30
Stillwater, MN 55082
- **Online payment:**
View instructions on the Payment Instructions tab on our [Licensing Fees web page](#).

Develop

Registration: [On the Develop Tool Minnesota website](#).

In-Person Classes:

How Trauma Affects Child Behaviors

Examine trauma and its effects on behavior and development. Learn about the warning signs of adverse childhood experiences. Develop strategies to support children affected by trauma. KCF: IIC

Date/Time: **Wednesday, March 20** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Location: Room for Growing, Forest Lake

Pediatric and Adult First Aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED)

This American Red Cross Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first

aid emergencies. Students will learn how to respond to breathing and cardiac emergencies to help victims of any age. Special attention to pediatric (infants and children up to 12 years of age) care specifically for child care providers in all settings and any child caregiver. KCF: VIIB

Date/Time: **Saturday, March 23** | 10:30 a.m.-2:30 p.m.

Fee/Credit: \$45 | 4 hours

Location: Sun Ray Library, St. Paul

Active Supervision: Preventing Child Injuries in Family Child Care Settings

This training curriculum will identify the leading causes of early childhood injuries in general and specific to child care settings; discuss strategies to prevent child injuries in family child care settings via risk assessment and hazard mapping tools; and identify procedures to follow if an injury occurs during care to be in compliance with licensing regulations. KCF: VIIB

Date/Time: **Wednesday, April 17** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Location: Eagan Community Center, Eagan

Emergency Preparedness for Child Care Programs

It is crucial for child care programs to be prepared to respond and recover from emergencies. Discuss the importance of emergency preparedness in child care and how to respond to different types of emergencies, identify ways to support children's needs in emergencies, and create or update a written child care emergency plan. KCF: VIIB

Date/Time: **Thursday, April 18** | 6:30-9:30 p.m.

Fee/Credit: Free | 3 hours

Location: Think Small, Little Canada

Active Supervision: Provider Self-Care and Privacy

This training curriculum will define Minnesota Department of Human Services (DHS) Rule 2 licensing standards and best practices regarding supervision in family child care settings; identify the effects of provider stress/depression on supervision of and interaction with children; and identify appropriate self-care and privacy strategies that promote effective supervision and safety in child care. KCF: VIIB

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Date/Time: **Wednesday, April 24** | 6:30-8:30 p.m.
 Fee/Credit: \$10 | 2 in-service hours
 Location: Forest Lake Area High School, Forest Lake

Nature-Based Education Learning Conference

This conference gives educators an opportunity to observe and learn about nature-based education. Through a variety of presentations and workshops, find inspiration, engage in dialogue with colleagues, and learn practical ideas to help incorporate nature-based education into your classroom and school environment.
 KCF: VI

Date/Time: **Friday, April 26** | 8:30 a.m.-4 p.m.
 Fee/Credit: \$85 | 7 hours
 Location: Dodge Nature Center, West St. Paul

Online Classes:

I'm not a Preschooler! Age-appropriate Infant and Toddler Activities

Many infants and toddlers spend their days in structured, preschool-like settings...but they are not preschoolers. Learn about the unique needs and stages of development of infants and toddlers. Discover how to meet infants and toddlers where they are—through responsive caregiving—and guide them to where they can be through child-led environments that encourage their curiosity. Explore many fun, inexpensive, and developmentally appropriate infant and toddler activities that will have your other children wishing they were infants and toddlers again.
 KCF: IIA

Date/Time: **Thursday, March 14** | 6:30-8:30 p.m.
 Fee/Credit: \$10 | 2 hours

The Importance of Self-Care

Develop self-awareness and take care of oneself first. Early childhood professionals need high emotional intelligence to cope with on-the-job stressors and to serve as positive role models. This online training will cover how self-care strategies and mindfulness can accomplish this.
 KCF: VI

Date/Time: **Tuesday, March 26** | 6:30-8:30 p.m.
 Fee/Credit: \$10 | 2 hours

It's Time to Go Outside! Outdoor Play and Safety in Family Child Care Settings

Reflect on the exciting opportunities for children's exploration and learning that can only be found in the great outdoors! Explore important safety considerations and supervision needs that exist within

the environment, including playground equipment and materials, as well as the variables and hazards unique to family childcare settings. Create a plan for safety and supervision while promoting children's health and well-being in outdoor play spaces. KCF: VIIB

Date/Time: **Wednesday, April 3** | 6:30-8:30 p.m.
 Fee/Credit: \$20 | 2 hours

It's So Easy Being Green

Help your loved ones stay safe and healthy through this online training with tips, scientific evidence, and specific solutions for making your home, business, and life more "green," from chemicals to food, recycling to toys. Once you learn how to make your own natural cleaning supplies, soaps, and scrubs, you'll be surprised at how much green you can save! KCF: VIIA

Date/Time: **Thursday, April 4** | 6:30-8:30 p.m.
 Fee/Credit: \$10 | 2 hours

Mealtime Fun!

Bring your inner chef (and appetite) to explore activities, strategies, and foods to create fun mealtimes with children. Learn how setting healthy eating and table habits now will make a difference throughout their lives. We'll discuss simple ways to make ordinary foods seem extraordinary, from the words you use to the arrangements on the plate. Discover ways to work with picky eaters and accommodate dietary restrictions. Explore and prepare many unique, fun, and inexpensive foods that are sure to become favorites with the children in your care—and you. KCF: VIIC

Date/Time: **Thursday, April 11** | 6:30-8:30 p.m.
 Fee/Credit: \$10 | 2 hours

Group Time: Thinking Outside the Circle

Make group time fun and educational with activities and strategies that benefit every child, including ways to encourage everyone to participate. Explore many new games, songs, stories, and activities that will foster each child's social, emotional, physical, and cognitive development. Discover the benefits of group time, learn how to adjust times and activities based on the needs of each child, and find some helpful resources. Get ready to be amazed when the children beg you for group time.
 KCF: IIC

Date/Time: **Thursday, April 25** | 6:30-8:30 p.m.
 Fee/Credit: \$10 | 2 hours



Community Services
Child Care Licensing
14949 62nd Street North
Stillwater, MN 55082

RETURN SERVICE REQUESTED

Washington County Child Care Licensing Contact Information

- Annie Walton, Licensor: [Email Annie / 651-430-6539](mailto:AnnieWalton@dcsl.wa.gov)
- Becky Knighton, Senior Licensor: [Email Becky / 651-430-6574](mailto:BeckyKnighton@dcsl.wa.gov)
- Jenna Stringer, Intake Licensor: [Email Jenna / 651-430-6598](mailto:JennaStringer@dcsl.wa.gov)
- Jennifer Rodriguez, Licensor: [Email Jennifer / 651-430-6485](mailto:JenniferRodriguez@dcsl.wa.gov)
- Becky Motzko, Licensing Unit Supervisor: [Email Becky / 651-430-6476](mailto:BeckyMotzko@dcsl.wa.gov)
- Child Care Licensing Email/Case Aide Phone Line: [Email Child Care Licensing/Case Aide / 651-430-8307](mailto:ChildCareLicensing@dcsl.wa.gov)

Key Contacts

- Think Small:
 - Grants: 651-287-6919
 - Navigator: 888-986-8207 ext. 6005
 - Professional Development: 651-641-3549
- Training/register for classes through the [Develop website](http://www.develop.wa.gov)

Contact Us for Article Submissions

Contact Becky Knighton, using the information above, with questions or to submit article submissions. The Child Care Licensing program of Washington County Community Services publishes this newsletter bi-monthly.