

Caring and Sharing



Provider Milestones

10 Years

- Christina Himes
- Heather Kelly
- Kristy Moosbrugger

20 Years

- Peggy Elsasser

25 Years

- Jacqueline Kayfes

Contact Info.

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



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

[Child Care Licensing Website](#)

Provider Appreciation Day



May 10 is Provider Appreciation Day - congratulations!

National Provider Appreciation Day covers many child care professionals such as child care providers, teachers, and nannies - they are all child-raising partners! Provider Appreciation Day was started in 1996 by a group of volunteers in New Jersey, who saw the need to recognize the tireless efforts of providers who care for children of working parents. Support for this awareness day has grown each year.

Thank you for all you do for the children and families you serve. You have an important job in providing a safe, caring environment where children can grow and learn. You are appreciated!

Diapering in Child Care

Proper cleaning, sanitation, and disinfection practices lessen the harmful effects of germs (bacteria and viruses) by controlling them. These practices, combined with frequent handwashing and proper waste disposal techniques, reduce the number of germs on surfaces and objects that children use. Germs are often introduced by contact with bodily fluids, dirt, and other environmental contaminants. Using bleach and water as specified in [Minnesota Rule 9502.0435](#) is still the recommended product for diapering; however [Minnesota Statutes 245A.148](#) has allowed the use of alternative products if **all** the following criteria are met:

- The manufacturer's label or instructions state:
 - The product is registered with the United States Environmental Protection Agency (EPA).
 - The disinfectant is effective against staphylococcus aureus, salmonella choleraesuis/enterica, and pseudomonas aeruginosa.
 - The disinfectant is effective with a ten minute or less contact time.
- The disinfectant is:
 - Clearly labeled by the manufacturer with directions for mixing and use.
 - The product does not contain Triclosan or derivatives of Triclosan.
 - Used only in accordance with the manufacturer's directions.
- The diaper changing area should be cleaned after each child's use.
- Always keep bleach/bleach alternative out of the reach of children.



From left to right: Providers Sarah, Traci, Kim, Jenny, and Nicci toured our spring parade of homes.

Spring Parade of Family Child Care Providers' Homes

The second annual Spring Parade of Family Child Care Providers' Homes took place on Saturday, April 27.

This was a tour of three different licensed Washington County child care providers to get hands-on experience on their space and program. Both the host providers and those who attended enjoyed the experience and getting to meet other local providers.

Thank you to Kelly Anderson, Jen Sterner, and Tamara Gardner for agreeing to be host providers and welcoming others into their home and child care program. Sharing ideas and experiences makes everyone feel more connected.

Why We Test Your Water Temperature

Washington County is required to test your water temperature to make sure it is safe for children. [Minnesota Rule/Statute 9502.0435, subpart 15A](#) states that in sinks and tubs accessible to children, the temperature is 120 degrees Fahrenheit or lower.

- Water temperatures above 120 degrees have the potential to burn tender skin quickly.
- 140 degree water burns a child in as little as 2.5 seconds.
- 125 degree water burns in 30 seconds.
- A safe bathing temperature for children is 100 degrees.

What are your options if you want to keep your water heater over 120 degrees?

Within the last year or so, the Department of Human Services (DHS) has allowed child care providers to make sure water accessible to children be at 120 or less.

- Providers can either install a mixing valve under the sink used by the children to adjust the amount of hot

mixed with cold water so the temperature stays under 120 or turn off the hot water for the sinks or tubs that children can access.

- Anti-scald or shut-off devices can also be used to regulate the temperature of the water at the faucets.

Another reminder for hand washing is children should have separate towels to dry their hands. *Providers must have single use towels to use after washing hands before food preparation and after each diaper change.*

[Minnesota Rule/Statute 9502.0435, subpart 15.B.](#)

All hand washing procedures below should be followed by caregivers:

- Wash your hands with soap and water:
 - After each diaper change.
 - After assisting a child on the toilet.
 - After washing the diapering surface.
 - Before food preparation.
- Dry your hands with a single-use towel.

Fix-It Clinics

Have broken stuff? Don't trash it - Fix it!

Bring your broken items to a Washington County Fix-it Clinic and volunteers will help you troubleshoot and repair them for free. First come, first served. *Three item limit.*

Date/Time: **Saturdays: June 1 and Sept. 7**

10 a.m.-2 p.m. (*Last items accepted at 1:30 p.m.*)

Location: Washington County Environmental Center, Woodbury

Wading Pools and Family Child Care: What do You Need to Know?

Minnesota's warm weather and water - They go together like peanut butter and jelly for most of us. After all, we are the Land of 10,000 Lakes. Now that the days are becoming warmer, licensors will soon receive questions about wading pools, splash pads, and other water toy usage in programs. Additionally, licensing workers may be asked which activities require parent/guardian permission slips prior to water play.

[Minnesota Statutes, section 144.1222](#) defines a wading pool as a private residential pool, not as a public pool for purposes of public swimming pool regulations, as long as the portable wading pool has a maximum depth of 24 inches and can be manually emptied and moved. *There are many new products on the market that may not specifically be called out as a "wading pool," but would meet the definition of a wading pool as they hold up to 24 inches of water and can be manually emptied.*

This includes splash pads that have basins that collect standing water. **In these situations, we would expect that parents be provided the Minnesota Department of Health (MDH) notice and sign a permission slip as required in [Minnesota Statutes, section 245A.14, subd. 10](#).** Knowing that products are ever-changing, if you have a question about whether or not your product would fit under the above definition, please reach out to your licensor.

If a provider chooses to use water in other ways, such as a bucket of water for a car wash or a water table, these items would not typically fall under the definition of a wading pool. While they hold a small amount of water, they are not products that would allow a child to actually sit or swim in. *Providers are expected to use appropriate supervision when using materials or products that would require adult supervision.*

Stout Conference

On Friday, April 19, licensor Jen and I attended the Stout Early Childhood Conference. We had heard many good things over the years and decided it was time to go.

The conference was great! There was a nice selection of classes to attend and each training taught new ideas. The keynote on Friday was an early childhood-focus musician named Jim Gill. He had the whole room up singing and dancing with his catchy tunes and banjo playing. He reminded us all about the JOY kids and adults alike gain from singing and moving their bodies. His songs are made for children because the words are the actions.

If you are looking for some new ideas for your program, we highly encourage you to check him out. He created finger plays that can be used in circle time and active songs to do some large muscle movement. "May There Always be Sunshine" is a book that Jim developed with the help of children to promote literacy. It is a fun idea copied by many child care providers, schools, and libraries.

Source: Becky Knighton, Washington County senior child care licensor

Food Scraps Pickup Program

Over 20% of household trash is food scraps, like fruit peels, eggshells, coffee grounds, bones, and more. By separating your food scraps, you can help them turn back into soil instead of becoming waste. Learn why recycling food scraps matters and how you can act by participating in this innovative, new way to recycle them from home. We'll share how residents of eligible areas in Washington County can get started and tips for success. The Food Scraps Pickup Program is a joint program for Washington and Ramsey County residents through

Ramsey/Washington Recycling & Energy. The program is currently available to residents of Cottage Grove and Newport. Starting in spring 2024, it will also be available to residents of Grey Cloud Island Township, Landfall, Oakdale, St. Paul Park, and Woodbury. *This program will eventually be available to all Washington County residents.* Free food scraps collection containers will be available to eligible program attendees!

Date/Time: **Tuesday, May 21** | 6-7 p.m.

Location: Park Grove Library, Cottage Grove

Ideas to Help Your Toddler Manage Anger and Frustration

Challenging Behavior: Helping Your Toddler Manage Anger and Frustration

Around age 2, children have developed good communication skills and begin to assert their own ideas, wishes, likes and dislikes. At the same time, 2- and 3-year-olds have not developed patience, do not understand waiting and are not yet able to control their emotions.

Toddlers typically act out when things don't go their way or they are not getting their needs met. They may cry, throw things, yell or hit.

As caregivers, you can help your child learn how to handle frustration and anger in a number of ways:

- **Label the feeling.** When your child is frustrated or angry, say, "It makes you mad when you need to share."
- **Talk about feelings and ideas for handling feelings.** A good way to introduce different ways of responding to feelings is reading picture books where the characters are dealing with struggles and resolving issues. Talk about how the characters in the story are feeling and what they are doing to solve problems. Ask your child what other things the characters could do in these situations. Another idea is to tell your child what you are feeling when you are angry or frustrated, and include a strategy for dealing with your feelings. For example, "I'm frustrated sitting in the car in this traffic. Let's sing a song while we wait."
- **Offer ideas for how to manage strong feelings.** When you've said no and your child is feeling angry, give him some ideas for managing that anger. Suggest he run or jump, take a break and have some alone time, scribble or paint an angry picture. Provide a quiet space for your child to "cool off" when they are angry and need a break.

Another strategy is to help your child have a sense of control over some decisions. Offer choices such as which shirt to wear, which snack to eat or what game to play.

Young children may have a hard time delaying what they want or transitioning from one activity to another. Try using a timer to take turns with a favorite toy, to have some quiet time, or to know when it is time to leave. Explain to your child ahead of time what's going to happen and when: "First we will play this game, then it will be time to go to the grocery store. We can set the timer so you will know when it is time to go shopping."

Every young child has an occasional "meltdown" when things do not go their way – tantrums while shopping if they do not get a new toy or candy, crying when over-tired or over-stimulated, yanking a toy away from another child. If your child is in childcare or some other setting on a regular basis, it is important to talk with your child's other caregivers so that you are dealing with challenging behaviors in similar ways.

If your child always acts out and is not able to learn how to handle anger and frustration over time, or if you are reluctant to leave your child with other children due to her challenging behavior, talk with your child's health care provider about these concerns.

Reference: [Article on Help Me Grow website](#)



If you have questions or concerns about a child's development, refer the child through Help Me Grow MN by calling 1-866-693-GROW (4769) or visiting the [Help Me Grow MN website](#).

Washington County Crisis Response

The Washington County Crisis Response Unit provides mobile mental health crisis services for adults and children. **These services are available 24 hours a day.** The Crisis Response Unit can provide face-to-face, short-term, intensive, mental health crisis services that assist and support individuals and families with:

- Crisis counseling.
- Navigating the mental health system.
- Referral(s) to ongoing services.
- Resources and information.

Call: 651-275-7400 | Fax: 651-275-7401
[Email Crisis Response](#)

WHEN TO CALL **CICC**

Contact CICC when a child care program needs coaching support in any of the following situations:

INCLUSION

- Concerns regarding developmental red flags
- Considering expulsion or suspension of an enrolled child
- Caring for a child with a diagnosed special need
- Caring for a child exhibiting challenging behaviors

HEALTH & SAFETY

- Opening a child care program
- Experiencing challenges meeting health and safety polices or licensing regulations
- Creating safe and healthy learning environments for children
- Caring for a child with a special health care need

INFANT & TODDLER

- Meeting the unique needs of infants and toddlers
- Opening/expanding infant and toddler care
- Challenges related to an infant or toddler in their care
- Strengthening relationships of caregivers and children



CENTER FOR INCLUSIVE CHILD CARE

Who are we?

The Center for Inclusive Child Care (CICC) provides **free relationship-based professional development (RBPD)** including support, modeling and resources to child care programs throughout Minnesota. A coach will spend time in your program providing support focused on the successful inclusion of children with challenging behaviors or special needs, implementing health and safety best practices and/or supporting the unique needs of infants and toddlers in your care.

How can we help?

- Identify appropriate resource and referral information
- Provide hands-on support and modeling
- Provide information on topics related to inclusion, health and safety or infants and toddlers
- Help you access free resources and materials
- Develop an on-going relationship of support from trusted professionals

**CONTACT US FOR MORE INFORMATION OR
TO CONNECT WITH A COACH**



10520 Wayzata Boulevard, Suite 200, Minnetonka, MN 55305 | 651-641-8339 ph | 651-603-6327 fax
info@inclusivechildcare.org | inclusivechildcare.org



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What is Fare for All?

A great way to save money on high-quality foods!

- A community-supported, affordable grocery program with locations throughout MN.
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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, May 14** • 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:

Health and Safety I: Family Child Care

This series-based course intended for experienced providers meets licensing in-service requirements as well as the health and safety requirements from the child care development fund. *Required every 5 years.* KCF: VIIA

Date/Time: **Tuesday, May 14** | 6:30-8:30 p.m.

Fee/Credit: FREE | 2 hours

Location: M Health Fairview Sports Center, Woodbury

Courageous Conversations: Discussing a Child's Development with Families

Communicating with families when there are concerns about their child's development requires careful planning and preparation. Identify best practices for building

cultural competency in partnerships with families as a strategy to promote healthy child development. Model how positive parent-child interactions can foster warm and nurturing relationships within the family structure. Utilize relationship-based and reflective practice to engage parents and caregivers in courageous conversations that will lead to better outcomes for children experiencing developmental concerns. KCF: III
Date/Time: **Thursday, May 16** | 6:30-8:30 p.m.
Fee/Credit: \$10 | 2 hours
Location: Veterans Memorial Community Center, Inver Grove Heights

Health and Safety II: Family Child Care

This series-based course intended for experienced providers meets licensing in-service requirements as well as the health and safety requirements from the child care development fund. *Required every 5 years.* KCF: VIIA
Date/Time: **Thursday, May 16** | 6:30-8:30 p.m.
Fee/Credit: FREE | 2 hours
Location: M Health Fairview Sports Center, Woodbury

Super Saturday in St. Paul

Six hours of training all in one day. Three classes: Caring for Children with Disabilities; Inclusion: Developmentally Appropriate Care for All Children; and Living with Disability, the Family Perspective. *Please bring your own meals as food and drink will not be provided.*

Date/Time: **Saturday, June 15** | 8:30 a.m.-3:15 p.m.

Fee/Credit: \$20 | 6 hours

Location: Think Small, Little Canada

SUID (Sudden Unexpected Infant Death)/ AHT (Abusive Head Trauma)

This class meets DHS licensing training requirements. KCF: VIIB

Date/Time: **Thursday, June 27** | 6:30-8:30 p.m.

Fee/Credit: FREE | 2 hours

Location: M Health Fairview Sports Center, Woodbury

Birth-Five Powerful Interactions: How to Connect with Children to Extend Their Learning

Young children's relationships and interactions with adults have a great impact on their learning.

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Every moment the adults and children interact with one another is an opportunity to engage in meaningful interactions and builds positive relationships. Gain and examine your connection that builds positive relationships with children. KCF: IIA

Date/Time: **Saturday, June 29** | 8:30 a.m.-12:30 p.m.

Fee/Credit: \$20 | 4 hours

Location: Park High School, Cottage Grove

Online Scheduled Classes:

The Power of Story Making in Early Childhood

Improve oral language skills by allowing children to use their creativity and materials to make, explore, and share stories. During this virtual course we will develop goals for implementing story making and story sharing opportunities in early childhood settings. KCF: IIB

Date/Time: **Monday, May 13** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Marketing and Business Planning: Strategies that Strengthen Relationships with Families and Children

Explore the ways marketing and business planning can establish and maintain positive, collaborative relationships with families. Discover how creating open, cooperative, reciprocal relationships with each family builds an important relationship that will grow and strengthen your business. Enjoy a hands-on experience creating marketing tools and developing sound business planning ideas that communicate what children are learning in your program. KCF: III

Date/Time: **Tuesday, May 21** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Building Your Family Childcare Business:

The Interview Process

In this web-based course, explore how to make and use an interview book to secure families into your childcare program. Investigate what is essential to include to get that family enrolled in your program. Bring *a copy of your current policy and contract to guide you in your thought process*. KCF: VI

Date/Time: **Tuesday, May 28** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Every Moment Counts

Discover how strengthening emotional intelligence leads to greater health, happiness, and lifetime success in people of all ages. Explore emotional coaching strategies

that help children to work through big emotions, develop problem solving skills, and become more resilient and better equipped to face life's challenges. KCF: IIC

Date/Time: **Tuesday, June 4** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Working with Trauma Kids

Explore trauma and its effect on development. Discover how self-reflective practice and relationships aid in working with trauma kids. Find ways to implement environmental supports in our structure. KCF: IIC

Date/Time: **Tuesday, June 11** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Wondrous Ones: Exploring 1-year-old Development

In this web-based training, learn how the 1-year-old develops. Learn social/emotional development as well as cognition, speech/language, motor skills, and the importance of building positive relationships at this stage. KCF: I

Date/Time: **Monday, June 17** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Active Supervision: What Else is in the Home

Meets the family child care provider annual supervision training requirement. This training curriculum will assist participants in assessing and outlining possible hazards throughout the entire home; acting on and eliminating hazards using suggested resolutions and resources for additional information; learn to identify "hot spots" in the home; and develop a plan for regular review of home environmental hazards. KCF: VIIB

Date/Time: **Tuesday, June 25** | 6:30-8:30 p.m.

Fee/Credit: \$10 | 2 hours

Literacy-Creating a Print Prosperous Environment

Discover what every young child needs to build a foundation in literacy. This web-based course will break down the requirements of early literacy including language, listening skills, and usual experiences with books. When children have these experiences they are much more likely to be successful in school. KCF: IIB

Date/Time: **Thursday, June 27** | 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)
- Michelle McIntosh, Licensing Unit Supervisor: [Email Michelle / 651-430-6476](mailto:MichelleMcIntosh@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.