

# Caring and Sharing



## New Providers

### April 2024

- Marcela Kelton  
*Stillwater*
- Meghan Pinder  
*Cottage Grove*
- Amber Schenk  
*Cottage Grove*

### May 2024

- Julie Hartman  
*Oakdale*
- Hannah Mulvaney  
*Cottage Grove*

## Contact Info

Notify your licensor with changes to your email address and phone numbers.



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

[Child Care Licensing Website](#)

## Provider of the Year

On July 25 the Washington County Board of Commissioners recognized **Kathy Bischel** of Woodbury as the 2024 Family Child Care Provider of the Year.

Each year, Washington County recognizes family child care providers for excellence in providing family child care. Families in the community nominate providers, the applications are reviewed and the honoree chosen by a committee.

Kathy has been a provider for over 25 years. She left her job as an accountant to stay home with her children while earning an income as a provider and earning her Master of Business Administration (MBA). Although she never thought she would stay in this profession this long, she has decided that it is her calling. She also enjoys the business side of child care as she gets to keep spreadsheets and records like when she was an accountant. Kathy is a continuous learner who values the professional development she undertakes annually.

When asked what makes her unique as a caregiver, here were some of the answers: Annual Christmas party catered with a visit from Santa Claus; annual developmental assessment with parent conferences; end of summer picnic/graduation potluck dinner; family dinner on Halloween night; and birth to age 5 classroom with monthly themes, daily stories and activities.

Kathy was asked about her personal philosophy in working with children and parents. She feels the children are an extension of her family. Kathy focuses on creating a

*Continued on page 2*



The Washington County Board of Commissioners recognized Kathy Bischel as the county's 2024 Family Child Care Provider of the Year. The county commissioners with Kathy and her child care families are pictured above.



## Provider Milestones

### 5 Years

- Halima Abdi
- Amelia Turnblom

### 15 Years

- Cathleen Mogil

### 20 Years

- Jennifer Flock
- Renee Pryor

### 25 Years

- Amanda Holcomb
- Tera Hoffman
- Sheila Nitz
- Michele Phipps

## Community Ice Cream Social



Come and enjoy a free, old fashioned ice cream social. Bring a blanket and listen to live music on the lawn. Visit the variety of vendors offering activities and items for sale.

**Thursday, July 18 |**  
5-8 p.m.  
Historic Courthouse,  
Stillwater

*Continued from Provider of the Year on page 1*



Kathy with her child care children.

safe, secure and loving environment where children can grow and learn. She guides the children as they learn social interaction skills, motor skills, personal health habits and kindergarten skills.

Kathy has been invited to a wedding and numerous high school graduations of children previously enrolled in her child care. She has also been asked to make special cakes for her past families because they have kept good relations. Kathy received numerous nominations from current families who appreciate the care she provides for their children.

Congratulations Kathy Bischel and thank you for your ongoing care of child care children and their families.

Nominations for next year’s provider of the year are being accepted right now. Providers can be nominated by using the [online nomination form on our Child Care Licensing website](#).

## Staying Hydrated

Minnesota has a short summer so most of us want to enjoy it while we can. Many providers spend hours outside playing, learning and having picnics and it is essential to keep everyone hydrated. Water is critical to overall health. Every cell, tissue and organ in the human body relies on it to function properly. Water helps our bodies by:

- Regulating body temperature.
- Flushing waste from the body.
- Supporting a healthy immune system.

*Continued on page 3*

Continued from *Staying Hydrated* on page 2

- Promoting healthy digestion.
- Improving memory, alertness, mood and sleep quality.

The American Academy of Pediatrics offers guidelines that children between ages:

- **1 - 3 years old:**  
Drink four cups of beverages per day including water and milk.
- **4 - 7 years old:**  
Should aim for five cups of beverages per day.
- **Older children:**  
Seven to eight cups of beverages per day.

*This guideline may vary depending on activity level, heat and humidity.*

Did you know about 20% of your fluid intake comes from food with the remaining 80% from beverages? That is a great bonus to eating those fruits and vegetables.



Here are some foods that help hydrate:

- Cucumbers
- Spinach
- Watermelon
- Radishes
- Strawberries
- Broccoli
- Peppers

**Signs of dehydration to look for can include:** Thirst, headache, fatigue, increased body temperature, dizziness, flushed skin and other symptoms. *If you or a child are experiencing signs of dehydration, drink a glass or two of water right away.*

[Rule 9502.0445](#) States “Drinking water must be available to the children and offered at frequent intervals in separate or single service drinking cups or bottles.”

Source: Mayo Clinic

## Summer at Your Library!



Summer at Your Library is here! [Our summer programs for kids, teens, and adults](#) will run **June 1- Aug. 17.**

These summer programs are designed to be fun and flexible while supporting life-long learning opportunities for all ages. Learn more

about each program below and on our website!

### [Kids: Summer Adventure at Your Library](#)

Kids ages 0-11 can read, learn and explore with our alien friend, Zorb, all summer. *Complete 10 activities to get a reward book and enter an end-of-summer prize drawing*

*for tickets to the Minnesota State Fair!* This flexible program can be tailored to each child’s interests and learning needs.

### [Teens: Level Up](#)

Teens ages 12-18 can take their summer to the next level with our video game-themed program! Share six awesome activities to earn a reward book and enter a prize drawing for a movie, reading or camping prize bundle!

### [Adults: 10,000 Experiences at Your Library](#)

Luckily, kids and teens don't get to have all the fun this summer. Grab a game card, complete six activities and earn a great prize. This year's Babe-themed playing cards will be perfect for long summer evenings playing games on the patio.

## The Business of Family Child Care

Tom Copeland has developed a video series on the business of child care. They are intended to be used by individual providers, trainers and organizations serving family child care providers. Topics include:

- Record keeping tips
- Contract terms
- Insurance
- Business structure
- How to pay yourself
- How to choose a tax preparer
- Social Security
- Retirement savings

Tom Copeland is a lawyer who specializes in child care law. The videos were produced by the National Center on Early Childhood Quality Assurance. Each of the videos are 10-15 minutes long.

[View the Business of Family Child Care Video Series — Taking Care of Business.](#)

## Rule Reminders

### Reporting Crimes

[Minnesota Statute: 245C.05, subd. 6 \(b\)](#)

*If someone in your family/staff is subject to a background study, it is also a requirement to report to your licensor if you know of any possible crimes or maltreatment. This is something that is supposed to be reported immediately. Even though somebody had a background study, new things happen and they need to be reported. Example: Provider's son is charged with theft or Driving While Intoxicated (DWI). The provider should immediately report this to their licensor. If you have any questions on reporting responsibilities, please contact your licensor.*

### Bottle Cleaning

[Minnesota Rules 9502.0445 subd. 3 \(d\)](#)

*Bottles must be washed after use. The Centers for Disease Control provides some specific guidelines. "Bottles should be cleaned after every feeding. If the baby does not finish drinking a bottle within two hours, throw away the unfinished formula. Germs can grow quickly if breast milk or formula is added to a partially used bottle, or if a used bottle is only rinsed, rather than cleaned." Remember to separate all bottle parts when cleaning.*

## Weather Warnings

This spring/summer has gotten off to a rainy start. It is important to be aware of terms to know what potential danger is heading your way.

- **Advisory:** An advisory is issued when a hazardous weather or hydrologic event is occurring, imminent or likely. *Advisories are for less serious conditions than warnings that cause significant inconvenience and if caution is not exercised, could lead to situations that may threaten life or property.*
- **Watch:** A watch means weather conditions are favorable for dangerous weather to occur. In other words, *a "watch" means watch out for what the weather could do, and be ready to act accordingly.* You may wish to alter or have a back-up plan for any outdoor activities or travel.

For events that come and go quickly, such as severe thunderstorms, tornadoes or flash floods, *a watch means that the odds are good for the dangerous weather, but it is not yet happening.*

When a severe thunderstorm, tornado or flash flood *watch is in effect, it means you should look for signs of dangerous weather and maintain access to the latest information.* Sometimes a severe thunderstorm, tornado or flash flood can happen so quickly that warnings can't be issued in time.

For longer-lived events, such as floods or winter storms, a watch means that the event isn't an immediate threat. For either kind of event,

*Continued on page 5*

*Continued from Weather Warnings on page 4*

*a watch means you should keep up with the weather news and be ready to act.*

*A winter storm watch means it's time to prepare by stocking up on emergency supplies and making sure you know what to do if a warning is issued.*

- **Warnings:** For severe thunderstorms, tornadoes and flash floods, *a warning means the weather event is imminent or occurring somewhere in the defined warning area and that people need to take shelter as soon as possible.*

Outdoor tornado warnings are normally given by sirens. People indoors should listen to radios, TV or weather radio warnings to find out the latest information. Depending on local policy, other types of weather warnings may also broadcast via sirens. Check with local emergency management officials to learn about local siren activations.

*A winter storm warning means it's not safe to travel or venture outside. If traveling, head for the nearest shelter.*

### How to use technology to prepare:

#### Smartphones

- Program "in case of emergency" (ICE) contacts into your cell phone.
- Make sure you receive alerts and warnings and ensure the notifications are turned on. In an emergency, authorities may use the [Emergency Alert System \(EAS\)](#) to send [Wireless Emergency Alerts \(WEAs\)](#). The notification will sound just like Amber Alerts.
- Save your family's emergency meeting spot in your cell phone's map app as a favorite location.
- [Download the FEMA app](#) to access disaster preparedness tips, look for open shelters and Disaster Recovery Centers and report damages.
- In an emergency, keep phone calls brief to help reduce network congestion.
- Conserve your battery by reducing screen brightness, placing your phone in airplane mode, and closing unused apps.

Source: Homeland Security and Emergency Management

## Washington County Fair: July 31 - Aug. 4

Come visit the county fair this summer. Ages 8 and older: \$10 admission. Kids under age 7: FREE! The fair has many activities for the whole family:

- Carnival with rides and games
- Bingo
- Farm animals

- Great food and lots of vendors
- Talent show
- Entertainment including live music, magicians, jugglers and more

[View the Washington County Fair website](#) for more information and the daily schedule.

## Campfire Programs

Join area naturalists at the outdoor park amphitheaters for a variety of engaging nature programs.

- Each program will present live creatures, facts, and/or exhibits for hands-on learning.
- Programs include a bonfire when conditions allow.
- Bench seating and grassy areas are available. Visitors are able to bring camp chairs and blankets if desired.

- You do not have to be camping to attend the program. *Programs are free, but a vehicle permit or annual sticker is required.*

#### Summer Saturday nights | 7-8 p.m.

Lake Elmo Park Reserve and St. Croix Bluffs Regional Park

[View the Washington County Campfire Programs website](#) for more information and the weekly schedule.

## 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 9, providers must satisfactorily complete training on the proper use and installation of child restraint systems.

KCF: VIIB

**Tuesday, Aug. 13** | 6-9 p.m.

\$30 | 3 credit hours

Stillwater Government Center

[Register by emailing 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**

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. Participants will explore Minnesota Rule 2 licensing standards and best practices around health and safety. KCF: VIIA

**Thursday, July 11** | 6:30-8:30 p.m.

FREE | 2 credit hours

Woodbury Middle School, Woodbury

#### **Active Supervision: Preventing Child Injuries in the Family Child Care Setting**

Meets the family child care provider annual supervision training requirement. 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

**Saturday, July 13** | 8:30-10:30 a.m.

\$10 | 2 credit hours

Park High School, Cottage Grove

#### **Natural and Logical Consequences**

Participants will learn the difference between natural and logical consequences. Participants will gain the understanding why timeouts don't work and we will examine the positive effects from behavior and develop tools to apply positive consequences to your environment. KCF: IIC

**Saturday, July 13** | 10:45 a.m.-12:45 p.m.

\$10 | 2 credit hours

Park High School, Cottage Grove

#### **Health and Safety II**

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. Participants will explore Minnesota Rule 2 licensing standards and best practices around health and safety. KCF: VIIA

**Thursday, July 18** | 6:30-8:30 p.m.

FREE | 2 credit hours

Woodbury High School, Woodbury

#### **Young Children With Developmental Delays**

This course addresses the following topic areas: Risk factors related to developmental delay in young children; types of mild developmental delays across developmental domains including fine and gross motor delays, mild cognitive delays and speech and language delays; optimal practices that can be implemented in a child care setting;

*Continued on page 7*

*Continued from Training on page 6*

influencing factors for “transient” developmental delay; and Child Find and screening. KCF: I

**Wednesday, July 31 AND Thursday, Aug. 1 |**

6:30-8:30 p.m.

\$20 | 4 credit hours

Think Small, Little Canada

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

This class meets DHS licensing training requirements.

KCF: VIIA

**Thursday, Aug. 8 | 6:30-8:30 p.m.**

FREE | 2 credit hours

Park High School, Cottage Grove

**Understanding Developmental Movement Patterns**

Learn why graceful coordinated movement is not automatic and how to create movement-based opportunities to purposefully anchor the physical skills of learning. Support body awareness with specific activities from floor time to Brain Gym® activities. Define axial versus locomotive movements and explore activities that use one or the other. Expand from basic movements into more advanced movements that build spatial awareness, directionality, patterns and even stillness. KCF: I

**Tuesday, Aug. 20 | 6:30-8:30 p.m.**

\$10 | 2 credit hours

M Health Fairview Sports Center, Woodbury

**Imaginative Play in Early Childhood**

Discuss the role of imaginative play in early childhood and how it promotes children’s executive function. Explore strategies that encourage more imaginative play with young children. KCF: IIB

**Saturday, Aug. 24 | 9-11 a.m.**

\$10 | 2 credit hours

Eagan Community Center, Eagan

**Online Scheduled Classes:**

**Rediscover Your Passion and Purpose: Strategies for Thriving in the Early Childhood Profession**

Apply ideas, share advice, and develop strategies that embrace personal success online. Discover how to nurture yourself when you are feeling overwhelmed, frustrated, powerless, tired, and burned out. Examine your mindset and shift your focus from what is holding you back to reconnect with your sense of purpose. KCF: VI

**Tuesday, July 9 | 6:30-8:30 p.m.**

\$10 | 2 credit hours

**Sowing the Seeds of Empathy and Kindness**

Broaden your understanding of social emotional development by examining the cycle of attachment, the development of empathy, and the social dynamics of bullying. Explore methods that can be implemented with children birth through school age to nurture a healthy attachment, build empathy and reduce bullying behavior. KCF: IIC

**Tuesday, July 16 | 6:30-8:30 p.m.**

\$10 | 2 credit hours

**Keeping Boredom at Bay: Outdoor Activities for Children**

Learn how to keep children actively engaged and interested while outdoors through this web-based course. The discovery of providing a mix of teacher-led versus child-led activities into outdoor times supports children in the way they learn best while boosting wonder, peer play, and positive social interactions. Ideas will be shared to spark interest in what we can do with our outdoor play spaces to keep children interested in outdoor play.

KCF: IIA

**Wednesday, July 24 | 6:30-8:30 p.m.**

\$10 | 2 credit hours

**Capture a World of Wonder and Discovery Through Science and the Power of Play**

Promote a child’s natural curiosity through STEM (Science, Technology, Engineering, and Math). Create science activities and opportunities for early childhood learners where children gain developmental experience in a variety of Early Childhood Indicators of Progress (ECIPS) domains. Develop a plan that implements a learning environment that supports diverse skill levels through hands-on STEM activities for a mixed-age or prekindergarten class. KCF: IIB

**Tuesday, Aug. 13 | 6:30-8:30 p.m.**

\$10 | 2 credit hours

**Create a Family-Centered Program: Families and Stress**

Gain knowledge on ways you can create a family-centered early education program that recognizes all families’ needs. You will also identify ways to recognize and respond to families in stress. KCF: III

**Tuesday, Aug. 27 | 6:30-8:30 p.m.**

\$10 | 2 credit hours



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

RETURN SERVICE REQUESTED

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## Washington County Child Care Licensing Contact Information

- Annie Walton, Licensor: [Email Annie](#) | 651-430-6539
- Becky Knighton, Senior Licensor: [Email Becky](#) | 651-430-6574
- Jenna Stringer, Intake Licensor: [Email Jenna](#) | 651-430-6598
- Jennifer Rodriguez, Licensor: [Email Jennifer](#) | 651-430-6485
- Michelle McIntosh, Licensing Unit Supervisor: [Email Michelle](#) | 651-430-6476
- Child Care Licensing Email/Case Aide Phone Line: [Email Child Care Licensing/Case Aide](#) | 651-430-8307

## 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](#)

## 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.