

# Caring and Sharing

## New Providers

### December 2024

- Tadelech Yiman  
Woodbury

### January 2025

- Andrea  
Preston-Graves  
Newport

## Provider Milestones

### 10 Years

- Kirsten Charpentier
- Kathy Donahue

### 15 Years

- Tracy Evanoff

### 20 Years

- Susan Tschida

### 25 Years

- Greta Hammerlund
- Maureen  
Scharffbillig
- Lynn Turner



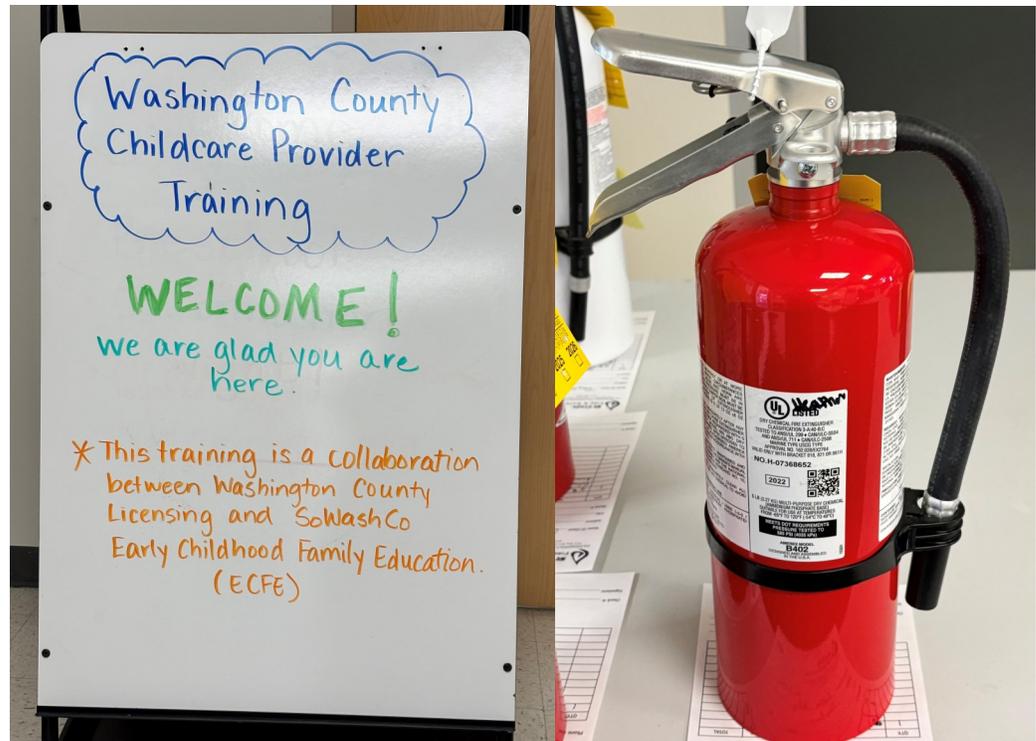
Community Services  
Child Care Licensing  
14949 62nd Street N.  
Stillwater, MN 55082

[Child Care Licensing  
Website](#)

## Winter Workshop

Our winter workshop definitely was “wintery.” On Feb. 8, we had 28 brave providers who made it through a snowy drive and a cold training room to get some training completed. Providers were able to benefit from learning with fellow county providers while they enjoyed warm coffee and hot chocolate.

Thanks to everyone who showed up and to our co-hosts at South Washington County Early Childhood Family Education (ECFE) for providing the space and an engaging training on managing challenging behaviors.



Providers earned up to 4.5 hours of training, had their fire extinguishers serviced, and won prizes at our free winter workshop.

## Family Child Care Revised Licensing Standards - Draft Two

**All providers received an email from the Department of Human Services (DHS) in mid-February with the second draft of the revised standards for family child care programs. THIS IS ONLY A DRAFT!**

History: In 2021, the legislature directed DHS to develop revised licensing standards which “are grounded in national regulatory best practices” and “must protect the health

*Continued on page 2*

*Continued from Family Child Care Revised Licensing Standards - Draft Two on page 1*

and safety of children and be child-centered, family-friendly, and fair to providers” for both child care centers and family child care. A first draft was created and shared in April of 2024.

DHS received a lot of feedback on the first draft of the standards. This second draft was created in response to the concerns and feedback received. There will be opportunities to engage with the second draft and share

your perspective. The final draft will be proposed during the 2026 legislative session.

Second draft: [Draft 2 Revised Family Child Care Licensing Standards \(245J\)](#)

If you have questions, [email the Child Care Regulation Modernization team](#).

## Provider Highlight

The provider we are highlighting this month is **Angela Langness**. Angela has been a family child care provider for 13 years and lives in Cottage Grove. She primarily cares for children ranging from 2-4 years old. Angela was chosen for emphasizing sensory play in her program. Sensory play focuses on activities that engage a child’s senses which help them develop motor skills and language development. It can encourage learning through exploration, curiosity, problem solving, and creativity.

**How do you get your ideas for sensory activities and how do you manage to make them work for the ages of children in your care?**

I typically look online and use resources like Pocket of Preschool or Pinterest and modify it to our theme of the month. I usually have the younger kids try it together with a few items and then the older kids will join in.

**What is one activity you did with the children this past year that stands out as a favorite?**

We had so much fun doing a penguin ice cube painting activity together. It was messy and the kids pretended the penguins were ice skating.

**What advice would you give to a provider who is looking to add in sensory activities?**

It doesn't always have to be super messy! Consider a sensory table



*Continued on page 3*

*Continued from Provider Highlight on page 2*

with a lid or even a few smaller buckets that can be brought out as needed. Start with a base such as pom poms, shaped pasta (which Angela finds at HomeGoods) and add in some cups, measuring spoons, tweezers, magnifying glasses. You can be creative based on holidays as well. Kids love scooping and pouring! Sensory activities can also be done on individual trays with shaving cream, Play-Doh, or slime. My group also loves activities with dance and movement, and I recently added a sensory swivel chair to my space.

**What do you think the children learn or enjoy from the different sensory activities they play with?**

The kids always have fun doing sensory activities! It helps

them learn to share, take turns, and use their imagination. Pouring, scooping, and working with small objects helps develop fine motor skills.

**Do you bring your sensory activities outside? Do you have separate sensory bins outside versus inside?**

I typically do a water table outside and will add bubbles to it and let the kids wash little cars and trucks.

**What was your theme for the month (February)?**

Valentine's Day, Feeling My Best, and Rainforest Explorers.

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## Reminders for Annual Visits

Continuous licenses are switching up when providers might see their licensor for their annual visit. Providers might have seen their licensor every year in July or August and suddenly their licensor is at the door in March, yikes! *There is no longer a set month or quarter that your visit will occur.* Licensors have already noticed an increase in correction orders on some routine items.

**Reminders:**

- **Crib inspections:** *These are required to be completed on a monthly basis on all cribs that are set up in your home.* You should fill in the top of the form with the make and model of the crib; mesh or rigid. Complete the back of the inspection form yearly as a way to ensure you verified there are no recalls on the crib.
- **Emergency drills:** Fire and storm drills are required to be documented and completed monthly with the children.

- **Rabies for cats and dogs:** *All rabies shots should be current.* For example, if your dog has a rabies shot that expires May 20, 2025, then the dog should have their new shot before May 20, 2025.
- **Paperwork on children:** *When you are caring for a child, the expectation is that all the required paperwork will be at your home.* Even if it is a child's first day, the licensor will expect you to have their forms. Make sure parents have completed everything before you care for their child.
- **Fire extinguishers:** *Fire extinguishers need to be serviced yearly.* If you have a new fire extinguisher, keep the receipt with it to show when purchased. For example, if your fire extinguisher was serviced June 20 of 2024, then it should be serviced again before the end of June of 2025.

Please reach out to your licensor if you have any questions on continuous licenses.

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## Rule Reminders

### *Criminal Charges*

[Minnesota Statute 245C.05](#), subd. 6 (b): If a background study is initiated by an applicant, license holder, or other entities as provided in this chapter, and the applicant, license holder, or other entity receives information about the possible criminal or maltreatment history of an individual who is the subject of the background

study, the applicant, license holder, or other entity must immediately provide the information to the commissioner. *This means if a provider learns of new criminal information for themselves or another person subject to a background study, the provider must*

*Continued on page 4*

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*Continued from Rule Reminders: Criminal Charges on page 3*

*immediately notify their licensor of this information.*

The licensor would need to know who the subject is and what the new criminal information entails.

### Locks and Latches

[Minnesota Rule 9502.0425](#), sub. 12: Door locks and latches must meet the following guidelines:

- A. A closet door latch must be made so that children can open the door from the inside.
- B. Every bathroom door lock must permit opening of the locked door from the outside and the opening device must be readily available to all caregivers.
- C. Double cylinder (key required on both sides) locks on exit doors are prohibited.

## Substitute Tracking

In 2025 and going forward, DHS is requiring counties to keep a substitute log in your county file. If you use a substitute in your program, your licensor will need to take a photo or get a copy of your substitute log. The log must

document the name, dates, and number of hours the substitute provided care.

If you have any questions on requirements of a substitute, please reach out to your licensor.

## Library News

Want to stay connected with Washington County Library? Sign up for one of the library's email newsletters! The monthly newsletter includes the latest library news and insider tips for making the most of your library card. Newsletters for kids and families, teens, and adults

include book recommendations and the library's most exciting upcoming events.

[Sign up on the Washington County Library website.](#)

## Tax Time

Civitas Strategies has partnered with Playground to bring providers essential tax resources designed specifically for child care business owners.

**Tax Workbook** includes:

- Answers to the most common tax questions from home-based child care providers.
- Tips to avoid common red flags that could trigger an audit.

- Guidance on the tax forms you'll need and how to correctly fill them out.
- Pro tips on how to keep year-round records organized.
- Tax deductions and credits you can take advantage of.

**TurboTax Guide** for child care providers is a free guide to help file business taxes.

[Visit Civitas Strategies' website for more information.](#)

## Join an Online Children's Cooking Club for Free!

Join Rusty's Cooking Club, an online cooking program designed by early childhood and nutrition educators at the **University of Minnesota Extension**. This year, you'll get to follow Rusty as he flies across the state to learn

about a new cultural food each month. From German soft pretzels to Mexican street corn, there is so much to be discovered!

*Continued on page 5*

*Continued from Join an Online Children's Cooking Club for Free! on page 4*

Getting young children in the kitchen early helps them appreciate new foods, practice fine motor skills, develop healthy eating habits, and make fun memories that last a lifetime. When you become a member of the club, on the first of every month you'll receive:

- An easy recipe with step-by-step pictures (in English and Spanish).
- Fun facts about cultural foods.
- A shopping and equipment list with pictures.

[Sign up online for Rusty's Cooking Club today.](#)

## Protecting the Developing Brain

First-time parents/caregivers and babies have something very important in common. They are both brand new. A parent is brand new to the job of raising a little person, and the baby is new to everything they experience after they are born. A parent/caregiver cares for both the baby and self during pregnancy and after the birth, they start their new parent job right way! The baby needs the parent/caregiver to help them grow and learn in the best possible way.

Your baby's brain keeps developing after birth. They need your talking, touching, looking at, and loving them to help their brain to keep growing strong and healthy. Did you know that over 1,000,000 learning connections happen in a baby's brain every second? It is true! Every time your baby hears a sound, sees things, or feels something, their little brain is making important learning connections. The more your baby hears, sees, or feels things that let him know you love them, the more connections grow in their little brain. In fact, almost 85% of a human's brain develops in the first three years of life! This means that your baby's first three years of life are the most important for their future health and learning.

Here are some ideas you can use to make sure your baby will grow in a healthy way:

1. **Cuddle your baby often.** Talk to your baby, smile, laugh, and play with them. Look into their eyes and tell them how happy you are that they are here. This shows your baby you love them! Babies need you and your attention to build a strong brain.
2. **Keep your baby and yourself healthy.** Fresh air and movement are good for both you and your baby. Getting outside for 20 minutes each day is good for your body and your mind – and Baby's, too!
3. **A clean environment and strong connection between you and your baby** keeps you both safe and able to learn well and grow. Smoking, drugs, and alcohol

affect the connection between you and your baby. Connect with your pediatrician or clinic staff for information.

4. **Ask for support.** Find the people in your life who can help you and your baby to eat healthy and rest often as you both grow and change each day. The most powerful ingredient for healthy development is human love. Your baby needs love, and you do, too!

You and your baby are both learning new things every day. You are learning the important job of being a parent and caregiver. Your baby is developing their physical, emotional, and mental skills. Growing and learning takes time and energy, whether you are an adult or a baby. Be patient and take care of yourself and your little one during these early months and years. It is building a foundation for future health and learning.

Resources:

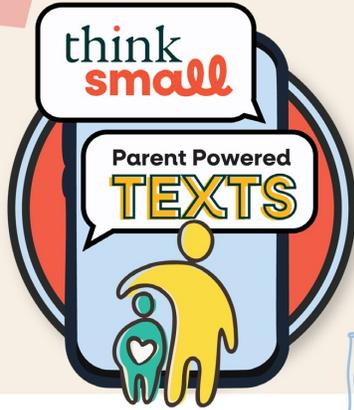
- [Harvard University: Center on the Developing Child](#)
- [First 1,000 Days – A Critical Time for Children's Brain Development. Masonic Institute for the Developing Brain](#)
- [American Academy of Pediatrics](#)
- [Greater Twin Cities United Way](#)
- [University of Connecticut Healthy Environments for Children](#)
- [Carrying Matters: Dr. Rosie Knowles](#)



[HelpMeGrowMN.org](http://HelpMeGrowMN.org)  
1-866-693-GROW (4769)



# Turn **everyday moments** into learning opportunities for your child.



Parents who sign up for Think Small ParentPowered Texts receive three messages per week with fun facts about your child’s development, and easy to implement tips on how to encourage intentional learning in the everyday moments like snack time, going to the store, or getting ready for bed.

Think Small ParentPowered Texts provides continuous support to parents throughout the year, doesn’t require a great deal of time, and covers all areas of development— social-emotional, health, literacy, and math skills.

**All messages are based on your child’s birthdate (mm/dd/yyyy).** Guaranteeing as your child grows, your messages will always be appropriate for their development.

### Example one:



### Monday | **Fact**

When your baby spends time on their tummy, they’re building the neck and torso strength needed for physical movement. Any time is great for tummy time!

### Wednesday | **Tip**

When your baby is awake and alert, place them on a soft blanket on the floor (tummy down). Say: Hello baby, you’re on your tummy. Do they lift up?

### Friday | **Growth**

Keep up the tummy time. You’re building your baby’s strength! Now shake a colorful rattle just above your baby’s head to encourage them to look up.

### Example two:



### Monday | **Fact**

To be successful in school, children need to be able to talk to their teachers & peers. You can get children talking by asking silly questions.

### Wednesday | **Tip**

On the way to school, ask: If you could make your own planet, what would you put on it? Dinosaurs, wizards and pizza? Talk about your planet too!

### Friday | **Growth**

Keep asking silly questions! Ask follow-up questions like: Do the wizards ride the dinosaurs? Where do they go? What do they do?

## Signing up is **free** & easy

**English**  
Text LMC to 70138

**Español**  
Envíe un mensaje de texto con el código LMC ESP a 70138

**Somali**  
U qor/text LMC SOM 70138

Learn more at [ThinkSmall.org/texts](https://ThinkSmall.org/texts)

@ThinkSmallEarlyLearning

@ThinkSmallMN #ThinkSmallTexts

**Questions?** Contact us at [ParentPoweredTexts@thinksmall.org](mailto:ParentPoweredTexts@thinksmall.org)



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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:

### Develop

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

#### In-Person Classes:

##### Health and Safety I

Enhance health and safety management in the family child care setting. Review Minnesota Rule 2 health and safety licensing standards along with best practices related to children's health/wellness, medication administration, responding to allergies, food safety standards, standard precautions, infectious diseases, and mandated reporting. Explore influences on health and safety and promote a safe environment with child care practices to minimize risks for children. KCF: VIIA

**Monday, March 24** | 6:30-8:30 p.m.

FREE | 2 credit hours

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

**Tuesday, March 25** | 6:30-8:30 p.m.

\$10 | 2 credit hours

M Health Fairview Sports Center, Woodbury

##### Love and Logic: Limits Create Happier Parents, Happier Kids, and Happier Families

Learn why setting limits by telling children what to do creates power struggles. Discuss how to set limits by describing what you will do or allow. Explore and practice strategies for applying enforceable statements to every

day issues such as meals, picking up toys, and whining. KCF: IIC

**Thursday, March 27** | 6:30-8:30 p.m.

\$10 | 2 credit hours

Park High School, Cottage Grove

##### Active Supervision: Provider Self-Care and Privacy

Identify the effects of caregiver mental health and well-being on supervision of and interaction with children. Identify appropriate self-care and privacy strategies that promote effective supervision and safety in child care.

KCF: VIIB

**Thursday, April 3** | 6:30-8:30 p.m.

\$10 | 2 credit hours

Park High School, Cottage Grove

##### Outdoor Play: Creating Engaging Environments

Develop a deeper understanding of the importance of outdoor environments in young children's development. Explore ways to create and implement more engaging outdoor play experiences for young children. Design a plan for enhancing your outdoor space. KCF: IIB

**Thursday, April 3** | 6:30-8:30 p.m.

\$10 | 2 credit hours

Eagan Community Center, Eagan

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

Content includes recommendations to reduce Sudden, Unexpected Infant Deaths (SUID) including Sudden Infant Death Syndrome (SIDS), suffocation, and other sleep-related infant deaths; safe sleep environments; MN Child Care regulations related to safe sleep; as well as symptoms and consequences of abusive head trauma, risk factors for abusive head trauma; strategies to use when stressed, angry, or frustrated KCF: VIIB

**Tuesday, April 15** | 6:30-8:30 p.m.

FREE | 2 credit hours

Forest Lake Area High School, Forest Lake

##### Milestones Matter: Key Insights into Child Development

Label physical, cognitive, social, and emotional growth of children from birth to age 5. Designed for early childhood educators, this training explores key developmental

*Continued on page 8*

*Continued from Training on page 7*

milestones, the factors that influence development, and the role of educators in fostering a supportive learning environment. KCF: I

**Wednesday, April 23** | 6:30-8:30 p.m.

\$10 | 2 credit hours

Oakdale Discovery Center, Oakdale

#### **Online Scheduled Classes:**

##### **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—in this virtual training. KCF: VIIC

**Tuesday, March 18** | 6:30-8:30 p.m.

\$10 | 2 credit hours

##### **Injecting Quality into Your Family Child Care Business**

Explore new opportunities for quality in your individual professional development, program offerings, and business operations. Using the case study of Betty's Daycare – walk through Betty's own evaluation of where she is at and how she can improve her outcomes with quality. KCF: VI

**Monday, March 24** | 6:30-8:30 p.m.

FREE | 2 credit hours

##### **Every Child is an Artist!**

Picasso once said, "Every child is an artist." Art offers children fun opportunities to express themselves freely and creatively, improving their overall development. Art boosts children's self-esteem, empathy, self-regulation, cooperation, problem-solving skills, socialization, fine motor skills, love for life and learning, and so much more. Use hands-on exploration with a variety of art materials, activities, and strategies for children of all ages and abilities, to discover these benefits and leave inspired to celebrate and encourage the artists in your program. KCF: IIC

**Thursday, April 3** | 6:30-8:30 p.m.

\$10 | 2 credit hours

##### **Creating Wonderland**

Does your child care environment inspire a sense of wonder and encourage imagination, or is finding the right set-up more elusive than the white rabbit?

Explore ways to foster children's growth and love of learning—and celebrate childhood—by creating an environment that is both fun and functional.

In this online training, we'll look at ways to make your environment work for you and the children in your care, from the furniture and layout to the materials KCF: IIA

**Thursday, April 10** | 6:30-8:30 p.m.

\$10 | 2 credit hours

##### **Those Icky Germs! Reducing Contagious Illness**

Design policies and practices that reduce the spread of illness to keep the children and their early educators healthy and happy! Support children's healthy well-being by teaching basic hygiene skills in fun and engaging ways. Create environments that contribute to children's health and safety while allowing them to explore and enjoy their messy world! KCF: VIIA

**Tuesday, April 15** | 6:30-8:30 p.m.

\$10 | 2 credit hours

##### **Play is not a Four Letter Word**

Discover that play is not a luxury but a fundamental part of learning. Unfortunately, society is robbing children of their childhood by eliminating play and treating them like mini adults. However, a play-based, child-directed approach fosters children's natural desire to learn instead of forcing it. Play creates opportunities for children to explore, imagine, discover talents, spark creativity, gain confidence, build relationships, problem-solve, expand language, and grow intellectually, physically, socially, and emotionally. Learn about the benefits of play, how to share this information with others, and explore fun activities that foster play. KCF: IIA

**Thursday, May 1** | 6:30-8:30 p.m.

\$10 | 2 credit hours

##### **Toddler Ages and Stages**

Become familiar with the physical, social, emotional, cognitive, and communication/language changes that occur during 16-36 months. In interactive discussions and activities discover developmentally appropriate activities for areas of development for toddlers and how temperament affects this. KCF: I

**Tuesday, May 6** | 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
- 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.