



Washington State Family Child Care Association

Summer Edition
June 2010

www.wsfcca.com
Toll Free—1 888-866-2555

THE PROVIDER

A Word From Your President, Carol Wilson



We are having your state meeting on Saturday, June 12th. As I have mentioned before I am a list maker, so here

is the list of the items we will be discussing:

- Next year's meeting places
- Are we having a dues increase this year or not?

- New Logo and new fresher look for WSFCCA
- A new vision, mission and value statement
- Our cookbook plans
- Next year's budget
- "Marketing your chapter"
- Bylaw Committee

I am sure there will be more, but these are the highlights right now. I urge you to make sure

your chapter is represented so you can have a voice in things.

I also want to thank you all for your support and help as I finish my first year as president. It has truly been a challenging/learning experience.

I hope to see you in June and wish you a wonderful summer.

Carol Wilson

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WSFCCA Board



Carol Wilson, President
360-943-6858
Email: wilson.carol@comcast.net



Linda Ramuta, Vice President
425-745-0511
Email: ramutalynn@aol.com



LaVonne Counley, Secretary
425-355-7169
Email: grandmavon@yahoo.com



Joan Aarts, Treasurer
1-888-866-2555
Email: aartsrags@hotmail.com



Donna Horne, Past President
Email: dauna@aol.com

Local Chapters

Columbia River
Kathy 509-493-8646

Cowlitz
Sandi 360-636-4289

Grays Harbor
Melissa 360-268-1427

East King
Carol 425-453-5657

North Snohomish
Lisa 360-653-7597

Pierce United
Cathy 253-864-8932

Skagit
Amber 360-826-4039

Sky Valley
Jeni 360-799-1282

Snohomish
Amber 360-659-2226

South Snohomish
Christine 425-774-9439

Southwest King
Suzanne 253-941-1118

Southwest Washington
Shari 360-834-0482

Thurston
Carol 360-943-6858

Whatcom
Kelly 360-671-4024

A Fresh New Look

At our State Meeting in April it was discussed that WSFCCA wants a fresh new look for their website and newsletter. We have a graphic designer working on a new logo and hope to have a few layouts to choose from at the WSFCCA State Meeting on June 12th in Olympia.

Look for a fresh new website to be published during the summer and a newer look to our newsletters.



Public Policy by Sue Winn



Sue Winn, 360-466-3077
swinn@fidalgo.net

Work continues on the Early Learning Plan. Lots of small group meetings going on, but we won't have a large group meeting for awhile. I continue to fight for community based trainings for providers as well as recognition for the job we do. There are members who also support this philosophy but it continues to be a battle. If you have the time, read the plan on the DEL website and let your thoughts be known.

The Early Learning Action Alliance is starting to plan our political agenda for this coming

year. We had several wins in this session. There was no reduction in Working Connection's and the Career and Wage Ladder for 66 centers was maintained. Our big loss was a big reduction in Child Care Resource and Referral money. Please take the time to let your legislators know how important R&R services are to you. There will have to be reductions in what is available as R&R tries to balance their budgets.

WAKIDS is accepting applications from school districts that want to participate in the Kin-

dergarten Assessment. We hope to hear who has been selected in the very near future.

“Read the Early Learning Plan on the DEL website and let your thoughts be known.”

I was hoping to have information from the Governor's Early Learning Advisory Council, but our meeting was moved to the 21st of May. So look for an update in the next newsletter.



Do I Really Need WSFCCA Accidental/Medical Insurance?

- WSFCCA Accidental/Medical Insurance Information can be found on WSFCCA website www.wsfcca.com
- Pay ONLY \$25.00 for coverage from now through September 2010.
- For more information contact Joan Aarts, 1-888-866-2555.

Amber Siebert of the Snohomish County Chapter says “YES”. This past October a child in Amber's child care fell on a toy cutting his mouth. The parents told her not to worry they had insurance.

The child needed to be sedated in order to have the ten stitches needed to repair the cut. The child's mouth healed nicely and everything was fine

until around February of 2010. The parents came to Amber with a bill for \$996.00. Their insurance denied the claim.

Luckily Amber paid the \$50.00 premium for the insurance when paying her membership dues. She called, filed a claim and the insurance company paid the \$996.00 bill. By spending \$50.00 she saved \$946.00 and avoided parent problems.

So when you're debating whether you can afford the \$50.00 it costs to cover up to 12 children for a year, think about what it could cost you if you don't spend the \$50.00.

For information about the WSFCCA Accidental/Medical Insurance go to wsfcca.com and visit the insurance page. You will find the policy and how to purchase it.



PayPal is Available on the WSFCCA Website

There is a small service charge included in your payment if you choose to pay with PayPal.. It is less than \$2.00.

WSFCCA is happy to announce that PayPal is now available on our website, www.wsfcca.com.

You will be able to use PayPal to pay your yearly dues, purchase insurance and make your payment for the Conference in 2011.

Visit our Membership page and

see how it works. Remember, if you are paying your membership dues through PayPal you will still need to fill out your membership application, which is also listed on the Membership page.

If you do not have a Pay Pal account and do not wish to open up one, you can still pay on the WSFCCA website with

your credit card or debit card.

WSFCCA strives to make it more convenient for our members.

Contact Kathy Miller, justlikehomeinc@charter.net if you have any questions or need help.



Where is the State Board Now?

WSFCCA Board Members have been making road trips all over the state visiting different Chapters in an effort to get to know their membership better! Linda and LaVonne are two of those board members and share some of their experiences.

It's been a lot of fun going to different Chapters and getting the chance to put faces to the names we know. We've learned that each Chapter does their meetings differently and they are a lot of fun. Chapters are very creative in their meeting locations. Some chapters meet at Churches, Libraries, Schools and the DEL office. All Chapters we've been to offer trainings to their members during the year. So far, we've been to:

- Snohomish- We enjoyed a potluck dinner at this meeting. They do potlucks or snacks of some sort at most of their meetings. The Health Department was there for a STARS Class about H1N1 and also the AFLAC Insurance information was given out.
- South Snohomish- We also had a great potluck at this meeting. Their STARS Class was Creative Curriculum and Communication for an hour each. It was a lot of fun.
- Skagit- Sue Winn gave a presentation about the new WACs for their STARS Class. There were about 12 people there and they shared their parent handbooks containing their child care policies with each other. It was a nice, relaxing time.
- East King- They had a huge group, snacks were offered to everyone. Their STARS Class for the night was How to Set up and Build your own website. It was really, really informative and we had a great time.
- Sky Valley: They had a really good training about respect and manners for children. It was really interesting and very good! They had lots of participation. The class was very impressive and quite a unique training. There was a lot of great infor-

mation. Sky Valley will be having a set of trainings in the fall that Resource & Referral will be doing for them. Also, when they do their STARS trainings, they email their members their certificates. That's another great idea!

President Carol Wilson and Treasurer Joan Aarts have visited 3 chapters since the new executive board has been in office. These visits have been a great way for us to see how the different chapters conduct their meetings and classes. Plus, we get to put faces with the names we are so familiar with.

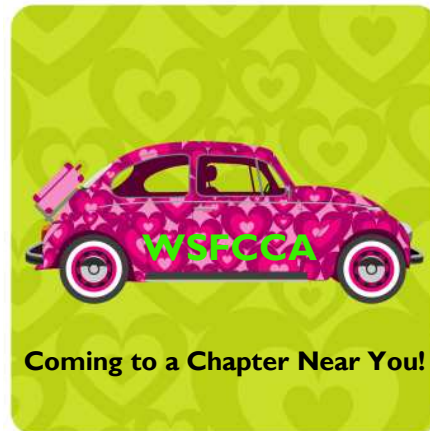
Since the SWW Family Child Care chapter is in Vancouver and is so far away we visited on a Saturday in January. The class was Creation Station presented by Frank and Joy Knight. We went away with lots of great ideas for our own child cares.

In February Carol visited Pierce United. While they don't have classes, they do get together for breakfast at one of the local Puyallup restaurants. Carol had a great time talking with the providers that were there.

May took us back to Vancouver to visit our newest chapter, Columbia River. Again, we went on a Saturday and thoroughly enjoyed their mini conference with Amy Lang "Playing Doctor, What's Normal and What's Not", and "Kindergarten Readiness" with Laura Dillely and Molly Mowrer from the Vancouver Public Schools. Amy Lang was awesome and getting information for kindergarten readiness is always a bonus for those of us that have children heading for school. Columbia River provided a wonderful luncheon for all in attendance.

Our next visit will be with SW King, we haven't been able to make our schedules connect but we are both looking forward to making that visit.

Chapters—Submit your pictures of road trip visits that you would like posted on the WSFCCA Newsletter.
Email: Tekla.Frederick@ebccare@aol.com



Coming to a Chapter Near You!

Pictures Highlighting Some of The Visits



Carol and Joan having fun at SWWFCCA Creation Station Workshop.



Columbia River Vice President Tekla Frederick, President Kathy Miller, Joan Aarts, Carol Wilson, Columbia River State Rep, Robin Hefely and Secretary Maria Carrillo during WSFCCA visit.



WSFCCA President Carol Wilson and Treasurer Joan Aarts taking notes during the Columbia River STARS training "Playing Doctor".



The Ultimate Germ Buster: Hand Washing

By Mark Kastenbaum, DEL Health Specialist and Joshua Verville, DEL Southwest Service Area



Josh Verville

In this age of technology, there is no substitute for hand washing. In fact, the research tells us children who wash their hands frequently throughout the day have fewer sick days due to colds and stomach illness. This translates into healthier children in your child care program, lower staff absences because the adults have less exposure to illness, and parents with fewer absences from work to care for sick children.



Mark Kastenbaum

Hand washing is the most effective means of reducing germs and infections in a child care setting. Studies have shown that unwashed or improperly washed hands are the primary source of infections. A lack of hand washing and poor hand washing techniques has contributed to outbreaks of diarrhea among children and staff in childcare setting. Hand washing is the primary defense against communicable diseases because people can carry communicable diseases without having symptoms and are contagious before they experience symptoms.

Most children are exposed to and transfer more germs than adults because they have not established hygiene routines, and they put their hands and many objects into their mouths. Children have an immature immune system and have not developed resistance for many common illnesses, so germs can easily lead to disease. Caregivers also need to protect themselves and the children they serve by washing hands on a routine basis.

Its important to remember, **people, not objects are the number one carriers** in the spread of “germs” (i.e., bacteria, virus, or fungi). Both adults and children collect germs on their hands each time a contaminated surface is touched, and all surfaces in a childcare environment should be considered contaminated. Scrubbing the hands with soap and warm water can remove up to 90 percent of germs on the hands.

Make sure you review the family home child care licensing rules around hand washing:

- WAC 170-296-0700: How often must staff wash their hands?, and;
- WAC 170-296-0710: How often must children wash their hands



Here are some fun activities teach hand washing to children in your care:

- Use Vaseline or cooking oil and a little bit of glitter on their hands to teach them what it takes to get germs off: soap, warm water, and scrubbing.
- Have the children sing while washing to help them learn to wash long enough. Twice through the Happy Birthday song works well.
- Blow bubbles and then talk about how making plenty of bubbles is important to getting germs off of hands.
- Read a book about germs
- Have the children draw pictures of what they think germs look like.

Remember, hand washing frequently with warm water and soap is the best prevention against communicable diseases and having a healthy child care!





2010 Summer Edition

State Meeting Information

Date: June 12, 2010
Hosted By: Thurston County Chapter of
WSFCCA
Location: Child Care Action Council
108 State Street
Olympia, WA 98501

8:30: Continental Breakfast
9:00: Meeting begins
Cost: \$10.00 per person

RSVP: Carol Wilson 360-943-6858
wilson.carol@comcast.net

Joan Aarts 360-754-0278 or
1-888-866-2555
aartsrags@hotmail.com

WSFCCA THE PROVIDER
561 Burnaby Avenue SE
Olympia, WA 98501

Driving Directions

Take exit 105A and follow signs to the State Capital

Go through the tunnel; turn right at the light (Capitol Way)

Drive down Capitol Way to State Street (1 block past 4th)

Child Care Action Council is on the corner of State and
Capitol.

Entrance is on State Street.

On street parking

Carol cell # 789-6497

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