

Caregiver Chronicle

12 Essential Benefits of Early Childhood Education

Writing in the Huffington Post, Vicki Palmer asserts that "from my professional experience of more than 35 years as a preschool teacher, I have identified 12 essential benefits of early childhood education:

- 1. Socialization:** Socialization with people other than the child's family in a safe environment is an essential foundational element to the below areas...
- 2. Concept of Cooperation:** Learning how to share, cooperate, take turns and persevere within a safe learning environment, guided by professionals who have the children's best interests at heart...
- 3. Encouraging Holistic Development:** The approach taken to build a strong foundation for a child's emotional, social, physical and mental development...
- 4. Enthusiasm for Lifelong Learning:** We need to inspire a thirst for learning with eagerness and enthusiasm...
- 5. Convey the Value of Education Through Experience:** While parents will always be the most important influence on a child's early life, introducing [children] to a preschool environment provides them with a new perspective on the importance of education that will remain with them throughout their schooling journey...
- 6. Respect:** There is no better place to learn this virtue than in a hectic preschool environment, where everything is shared and civility and manners are both taught and learned organically...
- 7. Teamwork:** Demonstrating and instilling the importance of teamwork that can teach respect for the opinions of others, listening, cooperation and equality...
- 8. Resilience:** It's important that early childhood educators and parents work together to develop resilience in children as early as possible...
- 9. Concentration:** During preschool years, children explore at every opportunity to discover new experiences, new friends and new environments...
- 10. Patience:** Children need opportunities to be involved in an abundance of social experiences, where they can explore and practice the social skill of patience...
- 11. Confidence and Self-Esteem:** A strong sense of well-being provides children with confidence, optimism and self-esteem which will encourage children to explore their talents, skills and interests...
- 12. Exposure to Diversity:** Valuing difference and diversity are crucial to a child's early development...



Read the full article here:

https://www.huffingtonpost.com/vicki-palmer/the-13-key-benefits-of-early-childhood-education_b_7943348.html

Contact Us:

Sydney Lindenfelser
763-783-4881
slindenfelser@accap.org

Doreen Jackson
763-783-4891
djackson@accap.org

Allison Frey
763-783-4823
afrey@accap.org

Stacy French
763-792-8759
sfrench@accap.org

Tara Johnson
763-792-8713
tjohnson@accap.org

Ashley Skogen
763-783-4736
askogen@accap.org

Amanda Judd
763-783-4737
ajudd@accap.org

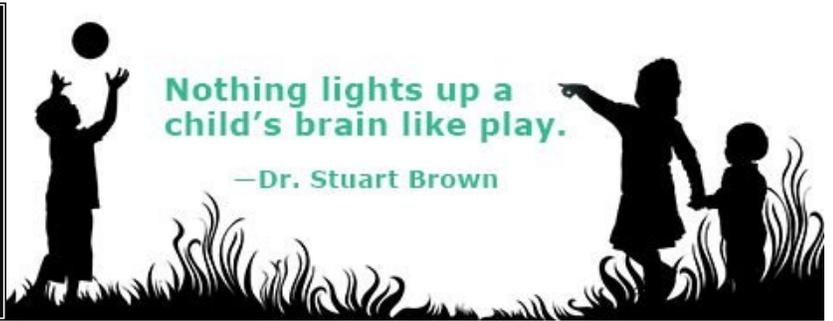
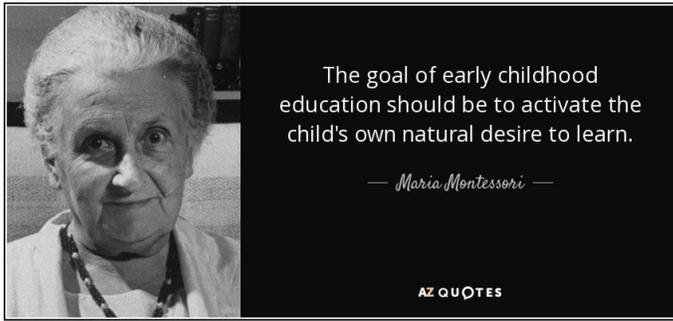
Annette Borman
763-783-4711
aborman@accap.org

Lori Schmidt
763-783-4973
lschmidt@accap.org

Terri Hoffman

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Emergency Preparedness Checklist from the American Red Cross "Together We Prepare"

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| <ol style="list-style-type: none"> 1. Water - have at least one gallon per person per day. 2. Food - pack non-perishable, high protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water. 3. Flashlight - include extra batteries. 4. First aid kit - pack a reference guide. 5. Medications - don't forget prescription and non-prescription items. 6. Battery-operated radio - include extra batteries. 7. Tools - assemble a wrench to turn off gas if necessary, a manual can opener, a screwdriver, hammer, pliers, a knife, duct tape, plastic sheeting, and garbage bags and ties. 8. Clothing - provide a change of clothes for everyone, including sturdy shoes and gloves. 9. Personal items - remember eyeglasses or contact lenses and solution; copies of important | <ol style="list-style-type: none"> papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books. 10. Sanitary supplies - you'll want toilet paper, towelettes, feminine supplies, personal hygiene items, bleach, etc. 11. Money - have cash (ATM's and credit cards won't work if power is out). 12. Contact information - carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded. 13. Pet supplies - include food, water, leash, litter box or plastic bags, tags, any medications and vaccination information. 14. Map - consider marking an evacuation route on it from your local area. 15. Gas - always keep your car's gas tank at least half full so you won't have to wait in line for gas when you should be evacuating an area. |
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- For more information, visit www.redcross.org.

15 MUST-DO END-OF-SUMMER ACTIVITIES FOR KIDS

<p>ROCK STAMPS</p> <p>Thrive 360 Living</p>	<p>Frozen Vinegar Cool Summer Science</p> <p>inspirationlaboratories.com</p>		<p>Tire Swing Pendulum Painting</p> <p>houseofhappines.com</p>
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CLICK

What Happens After You Refer a Child through Help Me Grow

Child care providers play an important role in children's development, as you help them learn, grow and gain new skills every day. If you have concerns about a child's development, it's important to discuss these with the child's parents or guardians in a private in-person meeting.

Encourage parents to talk with the child's health care provider and use Help Me Grow to refer a child for help. A referral is a powerful tool to connect a child to services as early as possible, to help a child learn and grow.

Child care providers have a responsibility to monitor a child's development. As soon as a developmental delay or special need is suspected, it is important to report this to a parent in an in-person meeting. This will help ensure that the child will have access to early and appropriate interventions, if needed.

How to refer a child: Any adult can refer a child by filling out a referral form online at helpmegrowmn.org or by calling 1-866-693-4769 (GROW). If you are considering referring a child, Help Me Grow recommends talking with the child's parents before making a referral.

An online or phone referral is sent directly to the child's local school district, which will contact the child's parents to set up a developmental screening or evaluation. All referrals are confidential.

This information is required when making a referral:

- * Child's name and age
- * Parent/guardian name, address and contact information
- * Your name, address and contact information, if you are not the child's parent or guardian, as well as whether you have discussed the concerns with the child's parents

What happens after referral

Once a child is referred, only the parents will be contacted about scheduling a screening or evaluation.

Parents can expect these next steps after their child is referred:

- An early childhood specialist from their local school district will contact them to talk about their child's development. This call will generally happen within seven to ten days of a referral.
- The call will help the early childhood specialist learn if the child needs a developmental screening or special education evaluation. A screening may be required before an evaluation. If the child hasn't had a screening, one will be scheduled before an evaluation.
- Follow-up phone calls for children ages 3 to 5 years take place during the school year. This may delay the district's initial contact with a parent if a referral is made during the summer months.
- A team of qualified individuals will lead the child's evaluation if it's needed. This evaluation will determine if a child is eligible and needs services.

If a child is eligible for services, early childhood specialists will work with the parents to create a personalized service plan which may take place at home, a child care setting or school.

For more information or to refer a child, visit helpmegrowmn.org.

Here is one family's experience with Early Intervention: "Being a part of the Early Intervention Program has been the helping hand we needed to get our preemie triplets on track developmentally and helped to identify the additional needs of our son with more long-term developmental delays. It's terrifying when your babies are born before they are ready to eat or breathe on their own --- and to have an extra set of hands and eyes once they come home to make sure that their learning keeps moving forward and that any problems that linger are addressed is so reassuring. It is also of immeasurable value to have the first three years of service come to us. With infants and toddlers who are immunocompromised from their early beginnings, using services in a public setting would have been difficult or dangerous for us, so having those services offered in our home while our boys got stronger saved us from potential additional hospital stays from illnesses their bodies wouldn't have been able to handle. The transition to preschool for two of our boys and Preschool Special Education for our third has been flawless and we feel surrounded by a team that is ready to keep our kids moving forward from where they are each day." - Metro Parent

This article originally appeared on the Help Me Grow website.

Petal Prints

Nature makes a stunning show at this time of year with brilliant displays of flowers both in gardens and in the wild. Here's a fun way to capture and preserve some of that color on paper.

You'll have to experiment with the different kinds of flowers and leaves available in your area to discover what makes the most successful prints. We found that marigolds and parsley (both abundant in our Pre-K garden) contained the most vibrant pigments. Besides flowers, all you will need is paper, wax paper, and a tree cookie or small stone to pound the petals with.

Watch how to do it here:

<https://www.communityplaythings.com/resources/slide->



Provider Spotlight

Nicci Diaz of Cottage Grove was recognized as Family Child Care Provider of the Year for 2018 by the Washington County Board of Commissioners on June 5, 2018. Historically, Washington County has recognized family child care providers for excellence in providing at-home child care. Families in the community nominate providers and the applications are reviewed by an ad hoc committee. Nicci Diaz was chosen as this year's recipient and celebrated with her family and child care children and families.

Nicci Diaz has been providing child care for five years as a licensed provider. She is a member of Parent Aware and has a certificate in Child Development. She understands the value of structure, but also allows for creativity, play, and children being themselves as part of the learning process. Nicci has many children in her care with allergies and keeps her food preparation area free of any items that could be harmful to children in her care. The children in her care have learned the benefit of giving back to their community. They have been

creating a lemonade stand the last three summers and choosing a cause to donate the money to. Nicci does learning activities such as having the local fire department come to the child care and help teach the children about fire safety. She also creates a weekly curriculum that focuses on growth and development, but also includes fun such as pajama day.

Congratulations to Nicci!

Stephanie Litkey, a Blaine family child care provider, was named Anoka County Provider of the Year.

She said "What an honor and a wonderful surprise!" She will start CDA classes soon and has lots of things happening now. Stephanie is also a Parent Aware Participant.

Congratulations Stephanie!

Representative Tom Emmer sent a congratulatory letter: "I have the distinct pleasure to share my sincere gratitude for your outstanding service as a child care provider in Minnesota's Sixth Congressional District. You have been recognized for your impressive dedica-

Update Your Email Address and Win a Prize!

Send us your email address and license number. Then each month, we will add your name to a drawing for a prize! Please email aborman@accap.org for a chance to win. Good luck!

Also, please send your email address to Annette if you would like to receive this newsletter by email each month or if your email address has changed.

Congrats to our
August winner:
Terri Mueller



Mark you calendars and plan on attending our Early Childhood Professional Learning Communities!

We have some great topics coming up and would love to see you there to participate in the conversations with our guest speakers!

Please RSVP to Annette Borman

TOPIC	Anoka County Date	Washington County Date
Debra S. Fish Library Receive a copy of Tom Copeland's book <i>"Family Child Care Contracts & Policies"</i> (while supplies last)	August 14, 2018 Blaine Human Service Center	October 18, 2018 Peace of Mind
Fire Safety and Fire Extinguisher Training Cottage Grove Fire Dept. Receive a copy of Tom Copeland's book <i>"Family Child Care Contracts & Policies"</i> (while supplies last)		August 16, 2018 Cottage Grove Fire Station
Contracts & Policies Tom Copeland	September 11, 2018 Blaine Human Service Center	September 20, 2018 Location to be determined
Tour a Family Child Care Outdoor Environment Kim Mueller	October 9, 2018 Kim Mueller's home	
Gardening & Cooking with Kids Dana Ellingson	November 13, 2018 Blaine Human Service Center	November 15, 2018 Peace of Mind
Sensory and Calming Activities	December 11, 2018 Blaine Human Service Center	December 13, 2018 (2nd Thursday) Peace of Mind
Powerful Interactions Jonathan Fribley Receive a copy of the book <i>"Powerful Interactions"</i> (while supplies last)	February 12, 2019 Blaine Human Service Center	February 21, 2019 Peace of Mind

Blaine Human Service Center
 1201 89th Ave NE
 Blaine MN 55434

Peace of Mind Early Education Center
 9025 Tamarack Rd
 Woodbury, MN 55125

Cottage Grove Fire Station #2
 8641 80th St S
 Cottage Grove MN 55016

Kim Mueller's Home
 2362 132nd Ave NW
 Coon Rapids MN 55448

If you will need an interpreter, you must make your request 7 business days prior to each event

Participants will receive a letter to confirm attendance at a Learning Community

Building Quality participants may count attendance as coaching hours