Attend an Information Session to learn more about how you can start YOUR path to a Parent Aware Star Rating

Thursday, June 6, 2019
6:30-8:00pm
Blaine Human Service Center
1201 89th Ave NE
Blaine MN 55434

Thursday, June 6, 2019
6:30-8:00pm
Cottage Grove City Hall
12800 Ravine Pkwy S
Cottage Grove MN 55016

Friday, June 7, 2019
1:30-3:00pm
Blaine Human Service Center
1201 89th Ave NE
Blaine MN 55434

Friday, June 7, 2019
1:30-3:00pm
Woodbury City Hall
8301 Valley Creek Rd
Woodbury MN 55125

Please RSVP to Annette Borman
aborman@accap.org or 763-783-4711

Join Parent Aware to get free coaching and technical assistance, and up to $3500 in quality improvement grants!

Deadline to apply is June 10th!

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Deadline to apply is June 10th!
You are invited to our Early Childhood Professional Learning Community

Join one of our meetings in June to hear from three different organizations that can provide resources for you.

We will have guests from:

- Early Childhood Family Education of the Anoka-Hennepin school district (Anoka County Meeting)
  South Washington County district (Washington County meeting)
- Minnesota Brain Injury Alliance
- Early Childhood Mental Health Consultation

**Tuesday, June 11th, 2019**
6:30pm to 8:30pm at:
Blaine Human Service Center
1201 89th Ave NE, #345
Blaine MN 55434

**Thursday, June 20th, 2019**
6:30pm to 8:30pm at:
Peace of Mind Early Education Center
9025 Tamarack Road
Woodbury MN 55125

**PLEASE RSVP TO:** Annette Borman
aborman@accap.org OR 763-783-4711

If you need an interpreter, please RSVP seven (7) days in advance.

Professional Learning Community meetings are not training sessions, and will not be added to your Learning Record. Check with your licensor if you have questions about licensing training requirements.

Meetings are a chance to come together with your peers and talk about topics that matter to early childhood educators. This may sometimes include a guest facilitator.

All PLC meetings are free!

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**Flutter, Flutter**
(Tune: Twinkle, Twinkle)
Flutter, flutter butterfly,
Floating in the summer sky,
Floating by for all to see,
Floating by so merrily.
Flutter, flutter, butterfly,
Floating in the summer sky.

**Oh, Watermelon**
(Tune: “O Christmas Tree”)
Oh, watermelon, big and green,
You are the biggest that I’ve seen!
Oh, watermelon, big and green,
You are the biggest that I’ve seen!
Underneath the green and white,
You’re juicy red. Let’s take a bite!
Oh, watermelon, fun to eat,
You are my favorite summer treat!

**Hug O’ War**
By Shel Silverstein
I will not play at tug o’ war.
I’d rather play at hug o’ war,
Where everyone hugs
Instead of tugs,
Where everyone giggles
And rolls on the rug,
Where everyone kisses,
And everyone grins,
And everyone cuddles,
And everyone wins.

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Page 2 Caregiver Chronicle
Airplane Art

Provide each child with two wooden tongue depressors or wide craft sticks. Let them paint and decorate their sticks any color they like. When the paint is dry, help them glue the sticks together to create an airplane shape. Next, glue the airplane onto a sheet of blue construction paper. Draw outlines of clouds, and fill these in with cotton balls that are glued into place.
Tips to Keep Food Safe This Summer

Summer promises sunshine, heat, and carefree gatherings with families and friends. It also coincides with an increase in food poisoning as warmer temperatures cause foodborne germs to thrive. When shopping for groceries or eating outside, make sure to refrigerate perishable food within 1 hour if it's 90°F or warmer. Read these CDC features for more tips on keeping food safe this summer, whether you're grilling, planning a party, or attending a fair or festival.

If you're preparing food in advance for a family reunion, a graduation party, or other event, divide cooked food into shallow containers and store in the refrigerator or freezer to cool it rapidly. Read more of CDC's advice on safely cooking, preparing, and serving food for large groups.

When grilling, throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

At fairs, festivals, carnivals, and rodeos, follow these tips to have a safe cooking, eating, and drinking experience. Before buying food, be sure the vendor has a license to sell food and that employees wear gloves and use tongs when serving food. Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands.

Don't eat raw oysters. They can contain harmful bacteria that can make you very sick, even if they look, smell, and taste like any other oyster. Learn how to protect your health and avoid vibriosis, a disease linked to eating raw oysters.

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**Does It Fly?**

Cut out pictures of animals and vehicles, some that fly and some that do not fly. Make a DOES IT FLY? chart with two columns labeled "yes" and "no". At circle time, show the children a picture of each item and ask "does it fly?"; discuss why or why not. Encourage the children to glue the pictures into the correct column. Display the chart and discuss how they organized the pictures into two different categories: things that fly and things that don't fly. Explain that this process is called classification.

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May 22, 2019 | Center for Disease Control
Why unstructured play is important to child development

Play benefits all areas of a child’s development. One important aspect of this time is unstructured play, also called free play.

Unstructured play allows children the freedom to explore, create and discover without predetermined rules or guidelines. It’s been shown to foster cognitive development while boosting physical development and social and emotional development. It specifically helps creativity and imagination, problem-solving abilities and social skills.

Creativity and imagination: Because there are no fixed rules to follow, children can make their own games and guidelines. This opportunity to create and use imagination is important to cognitive development.

Problem-solving abilities: Children work together during unstructured play to solve problems, like who takes the first turn in a game and establishing other rules of play. While activities should be supervised, allow children time to work together on problems before helping resolve a conflict or question.

Social skills: Unstructured play encourages social skills and teamwork. Children take turns, learn to listen and share, develop imaginary scenarios and make decisions together. Because they are the ones driving play, they have the chance to learn on their own among friends.

Playgrounds and outdoor spaces are ideal for free play because there are endless opportunities to explore and interact with the world. Children can race through a play structure, run in open spaces and create their own games based on what’s available. Children do not need large open spaces for creative play – often a quiet corner or under the kitchen table are just as fun.

Playing outdoors helps children grow healthy and strong

Playing outdoors is important to the healthy growth and development of children. Research shows that children who play outside regularly are healthier and stronger.

Taking play outside helps children connect with the natural world. It also improves coordination, encourages active imaginations and can help reverse childhood obesity rates.

Starting a child’s appreciation of nature can begin early, with walks in a stroller. As the child grows, visit playgrounds and parks, or spend time exploring the backyard.

Unstructured outdoor play can be especially beneficial because it encourages social skills, too. Children create games, take turns, make decisions together and learn about sharing as part of unstructured play.

Here are ideas to boost a child’s interest in nature and playing outdoors.

- Set up an outdoor play station: Use buckets, shovels, spoons and plastic containers while playing in sandboxes, water tables and wading pools. As children pour water or sand from one container to another they begin to learn about cause and effect. They also enjoy sensory play, as they recognize different textures, such as rough sand or wet water. These play areas can provide hours of unstructured fun.

- Create a water wall: This is a perfect activity for a fenced play area or backyard. Gather plastic bottles, food containers and twist ties. Cut off the container bottoms to form tubes. Poke holes through the plastic for the twist ties. Tie the first container near the top of a chain link fence. Attach other containers to the fence so water will trickle through the water wall as children pour water into the containers. Place tubs at the bottom of the wall to recycle water.

- Enjoy classic outdoor activities: Sidewalk chalk, bubbles, rubber balls and hoops encourage imagination and movement. Children can use a block of sidewalk as a canvas for chalk art, or create a hopscotch board to jump across. Chasing bubbles and rubber balls or twirling hoops builds motor development and coordination skills while releasing energy.

- Talk about what you see: Talking about what you see when outside encourages children to interact with their world. Ask them what they see, like a bird flying or a squirrel in a tree, or plants growing. Include all the senses, too. Talk about feeling the wind or the hot sun, smelling flowers or hearing birds.