



Arts & Crafts Corner

Source: www.busybeekidscrafts.com

Spider Web Lacing

Spider Web Lacing is an easy way to make a fun spider web decoration for Halloween! Not to mention that lacing is a great way to practice those fine motor skills! This is a great Halloween craft for a group since a ball of yarn or string can make many spider webs!

Ages: 3 and Up

Here's what you'll need...

- Black construction paper
- White yarn or string
- 2 black pipe cleaners
- Hole punch
- Scotch tape
- Scissors

Here's how you make it...

1. Cut a circle out of black construction paper, use a plate to trace around.
2. Cut a long piece of yarn or string, the longer your string the more intricate your web will be. Tape one end of the yarn close to one of the holes, and wrap a piece of tape around the other end (to make it easier for little ones to lace).
3. Thread the yarn in and out of the holes, in any direction you choose! When you are done, tape the end close to a hole. *If you want to add more to your web just tape on another piece of yarn and continue threading.*
4. To make the spider just cut each pipe cleaner in half (so you have four pieces), bundle them and twist them in the middle so your spider has eight legs. You can wrap one of the pipe cleaner legs around the yarn to make it stay on the web.



Hand Print Black Cat

This Hand Print Black Cat is a great Halloween Craft for toddlers on up. They can dip their hand in the paint and you can add the cat's face!

Level of Difficulty: Easy

Here's what you'll need...

- Black paint
- Paper Plate
- Black, orange, and white construction paper
- Glue
- Scissors

Here's how to make it...

1. Pour some black paint onto a paper plate. Dip a hand into the paint and smooch it on to a piece of orange paper. Turn the paper around so the cat's legs are facing down.
2. Cut a cats face from black construction paper. Make eyes by gluing on white circles or google eyes, or you can always draw them on with a white crayon or pencil. Glue the cat's face onto the hand print. Another, less messier, option is to trace the hand print on black construction paper and cut out.



Nutritious Nibbles: Fall Snacks



Source: perpetualpreschool.com

Jack-o-lantern Snacks

- English Muffin, Bagel or Rice Cake
- Cream cheese colored with orange food coloring (red and yellow mixed)
- Raisins

Spread cream cheese on muffin, bagel or rice cake and add raisins for eyes, nose, mouth etc.

Spider snacks

- Ritz Crackers
- Pretzel Sticks
- Raisins
- Peanut Butter

Put a dab of peanut butter in the middle of the Ritz cracker. Break the pretzel sticks and add to the sides of the peanut butter to create legs. Add raisins for eyes.

Mashed Potato Ghosts

Shape mashed potatoes into ghost shapes and place on an oiled cookie sheet. Brush with melted butter and place in oven to heat and brown.

Monster Bread/Toast

- Bread
- Milk that has been colored with food coloring
- Pastry brushes



Have children paint bread with milk then either eat or toast. Butter optional.

Indian Corn

- Graham Cracker
- Reese's Pieces
- Chocolate Frosting
- Muffin Cup



Break Graham crackers vertically. Spread with chocolate frosting. Add Reese's Pieces and wrap with muffin cup.

What's Inside This Issue:

- Certifier's Corner - Take Action...Fight Childhood Obesity
- 2011 Flu Immunization Clinics
- Professional Development, Networking & Training Corner
- Nature Books
- Autumn Leaves Science Projects
- Spotlight on a Provider: Shannon Marie Engelhardt
- Recall Items



CERTIFIER CORNER: Take Action...Fight Childhood Obesity

Waukesha County Certification Program is proud to help host a WECA Wellness Event coming this spring. The Wisconsin Early Education Childhood Association (WECA) received a wellness grant and plans to hold an information evening where family childcare providers can learn to develop and implement policies that improve the overall nutrition, physical health, and well-being of children. We hope you can join us for this exciting event. More information to come in the upcoming newsletters!



4 Ways to Get Your Child Moving

Source: www.scholastic.com

Fight childhood obesity and bust boredom by going outside to play, move, and groove!

1. **Create an action station.** Make it easy for you and your child to get going whenever the mood strikes. Keep equipment accessible and neatly stored. Add hooks and mesh bags near your door to store balls, jump ropes, cones (to set up a backyard obstacle course), and other sports equipment. Or use a large hamper as storage in your hall closet.



2. **Use child-sized equipment.** All skill development sports gear (balls, bats, and racquets) should be child-sized. Studies with kindergarten children have shown that playing catch with an oversized ball (or large balloon) resulted in significantly better performance than with smaller balls.

3. **Skip the stroller.** Minimize the time that your young child is confined. If you're out and about in the neighborhood, have him walk as much as possible, and only use the stroller when he gets tired.

4. **Be an advocate for change.** Push for increased physical education programs at school, as well as for [safe playgrounds](#) and community centers. Lobby for fresh, nutritionally rich, and higher-quality fast food.

Take Action! By Dr. Eric Strickland, PhD

Source: www.scholastic.com

Foster fitness with three fun ways to get your kids moving.

What you need:

- sturdy walking/athletic shoes
- garden hose
- old socks
- bucket of soapy water

What to do:

1. If you have safe place to walk — a park trail, sidewalk, cul-de-sac, or similar location — challenge your children to a short race: from one mailbox to another, one driveway to another. The quick starts and short races build cardiovascular strength and fitness, but your kids don't have to know it!

2. Need a car wash? Give your kids an old pair of socks to wear on their hands and a pail of soapy water. Encourage them to reach as high as they can and as low as they can while they help wash. (The reaching and bending help increase flexibility and contribute to cardiovascular health.) When the car is clean, use the hose to spray and chase your kids. Make wavy bands of water for children to jump over. Form a water arch for children to run and duck under, over, or even try to limbo under. Give them a turn with the hose too! Encourage them to find ways to jump over the water stream while they're holding the hose. Suggest that they spray a stream into the air and then see how far they can run before the last drop falls.

3. Try some of the games you used to play, such as "Mother May I," "Red Light/Green Light," and "Spin the Statue" — and play along. This is a great way to tell your child something about you, create a special bond, and let them know you can have fun too. If you can't remember any games, ask *your* parents.

Learning benefits:

- promotes family relationships
- supports good health

2011 FLU IMMUNIZATION CLINICS

Waukesha County Public Health Division has received 2011 influenza vaccine and has already begun administering the vaccine to the public. Vaccines are the most powerful public health tool to control influenza. The Centers for Disease Control (CDC) recommends yearly flu shots for *all* people ages 6 months and older. The Waukesha County Public Health Division is one of only a few places where the entire family can receive flu vaccine at the same time without needing to schedule an appointment. Children's flu vaccines (6 months through age 18) are available for a \$7 fee. No child will be turned away for inability to pay. Flu vaccines for adults (19 and over) cost \$30. The high dose flu vaccine is available for people age 65 and older due to the higher prevalence of complications from the flu in this age group. The high dose flu vaccine aims to provide more effective protection against flu and the fee is \$45. Cash, check or straight Medicare Part B accepted for payment. Bring card. No Medicare HMO's. Medicaid accepted.

Immunization Clinics are held each month in communities throughout Waukesha County. Immunizations are also available at the Waukesha County Public Health Center located at 615 W. Moreland Blvd., Waukesha, WI, Monday through Friday from 8:00 a.m. to 4:00 p.m. Walk-in service is available at all clinic locations. For immunization clinic dates, times (including evenings), and locations, please visit www.waukeshacounty.gov/flu or call the Waukesha County Public Health Division at (262)896-8430. Please call to confirm availability of vaccine as there is a limited supply.

Professional Development, Networking & Training Corner:

- **Child Care Appreciation Event sponsored by Waukesha County Child Care Work Group**
Tuesday, October 4, 2011
5:00-8:00 pm
Center of Excellence – Springdale Road in Waukesha. Patricia Dischler, author and current president of the National Association for Family Child Care, will be keynoting at this event. Any provider who attends this event will receive Pat's Business Kit - a \$65.00 value. So RSVP when you receive your invitation. See you there.
- **4C for Children** – 320 W. Vine St., Milwaukee – 414-562-2650 - www.4c-milwaukee.org
- **CPR Training – Pulses** – 1800 Dolphin Drive, Waukesha- Wednesday, October 5th – 6:30-10:00 p.m. Cost: \$40.00 – Call to register: 262-781-2294
- **DCF/MECA Special Needs Child Care Program**-call 414-289-6558 for registration. Classes held at Coggs Center- 1220 W. Vilet Street, Milwaukee- Room 104
- **Early Education Station**-8634 W. National Ave., West Allis –414-546-3960
- **Parents Place**- 1570 E. Moreland Blvd., Waukesha - 262-549-5987 - www.ppacinc.org
- **Waukesha County Family Day Care Association:** Administration Building- 1320 Pewaukee Road, Waukesha - October 18th - 7:00 PM
- **Waukesha County Technical College**-800 Main Street, Pewaukee, WI – Call: 262-691-5259 to register
- **Wisconsin Early Childhood Association (WECA)** - 1556 N. Farwell Ave., Milwaukee - 414-278-9322 - www.wecanaeyc.org
- **Wisconsin Early Childhood Association (WECA) 57th Annual Conference:** October 20 - 22, 2011
WECA Conference Scholarship Opportunity:
Congratulations to Jenny Bleimehl the Winner of a WECA Conference Scholarship.

www.wecanaeyc.org



NATURE BOOKS: Bring the outside in with this preservation project

Source: www.scholastic.com

What you need:

- Plastic baggies
- Posterboard or cardboard
- Glue
- Plants (leaves, flowers, etc.)
- Clear contact paper
- Hole punch
- Yarn
- Markers and/or crayons



What to do:

1. Go on a nature walk with your child, gathering plants, leaves, and flowers. Put the materials in plastic baggies for safekeeping.
2. Back at home, glue the plants to posterboard or cardboard "pages" (no larger than 8.5 x 11 inches). Once the glue has dried, cover the pages with clear contact paper.
3. Punch holes in the cardboard and use yarn to bind the pages together, placing blank pieces of cardboard on the front and back as covers.
4. Invite your child to decorate the covers with markers or crayons.
5. On rainy days or other days you can't go outside, pull out your nature book. As your child turns the pages, point out the different plants and flowers. Name the colors, as well as the parts. ("Those are leaves." "See the blue flowers?")

Learning benefits:

- Enhances vocabulary
- Supports awareness of nature

4. higher than 125 F.
4. Keep the jars in the water for at least a half-hour, longer if needed, until the alcohol has become colored (the darker the better). Twirl each jar gently about every five minutes. Replace the hot water if it cools off.
5. Cut a long thin strip of coffee filter paper for each of the jars and label it.
6. Remove jars from water and uncover. Place a strip of filter paper into each jar so that one end is in the alcohol. Bend the other end over the top of the jar and secure it with tape.
7. The alcohol will travel up the paper, bringing the colors with it. After 30-90 minutes (or longer), the colors will travel different distances up the paper as the alcohol evaporates. You should be able to see different shades of green, and possibly some yellow, orange or red, depending on the type of leaf.
8. Remove the strips of paper, let them dry and then tape them to a piece of plain paper. Save them for the next project.

PROJECT 2 - Separate Colors in a Fall Leaf using Chromatography

What you need: same as Project 1.

What you do:

Repeat step (1)-(8) from Project 1, this time using leaves that have changed color. You may have to wait much longer in steps (4) and (7). There is normally much less of the other colors in the leaves compared to the green chlorophyll.

PROJECT 3 - Observe how light affects color development

What you need:

- a tree with leaves that turn red in autumn
- aluminum foil or heavy paper and masking tape.

What you do:

1. Before the leaves turn colors in the fall, find a maple tree, flowering dogwood, sweet gum, or other tree or shrub that you know will turn bright red or purple.
2. Find several leaves that receive bright sunlight, and cover part of them with foil or heavy paper and tape.
3. After the leaves have changed color, remove the covering and observe the different colors underneath. These are the colors that were in the leaf all summer. The bright reds and purples are only made in the fall, with exposure to light.

AUTUMN LEAVES SCIENCE PROJECTS

Source:

www.sciencemadesimple.com

NOTE: ADULT SUPERVISION IS REQUIRED. Please read all instructions completely before starting. Observe all safety precautions.



PROJECT 1 - Separate Colors in a Green Leaf using Chromatography

What you need:

- leaves, small jars (baby food jars work well)
- covers for jars or aluminum foil or plastic wrap
- rubbing alcohol, paper coffee filters
- shallow pan, hot tap water, tape, pen
- plastic knife or spoon, clock or timer.

What you do:

1. Collect 2-3 large leaves from several different trees. Tear or chop the leaves into very small pieces and put them into small jars labeled with the name or location of the tree.
2. Add enough rubbing alcohol to each jar to cover the leaves. Using a plastic knife or spoon, carefully chop and grind the leaves in the alcohol. **SAFETY NOTE:** Isopropyl rubbing alcohol can be harmful if mishandled or misused. Read and carefully follow all warnings on the alcohol bottle.
3. Cover the jars very loosely with lids or plastic wrap or aluminum foil. Place the jars carefully into a shallow tray containing 1 inch of hot tap water. **SAFETY NOTE:** Hot water above 150 F can quickly cause severe burns. Experts recommend setting your water heater thermostat no

SPOTLIGHT ON A PROVIDER

Shannon Marie Engelhardt



Shannon is our featured certified childcare provider for October. She received her certificate in August and resides in Menomonee Falls with her 2 yr old daughter, Arianna. Shannon moved to Menomonee Falls when she was in the 7th grade and started caring for children when she was 12. Shannon has worked at West Allis Children's Center and Children's World. During this time she also was a nanny for a neighborhood family. It was during that time the children in her care started affectionately calling her "Shanny my Nanny." It was from that reference that she decided to call her childcare business "Shanny's Sweet Peas." Shannon describes herself as being very connected to her family and enjoys crafts, including sewing projects. She has made several baby slings, blankets and clothes.

Shannon enjoys caring for children and being in control of her own business. Shannon feels that the ability to stay home, offers her children a comfortable safe atmosphere and she is also able to connect with the parents on a more personal level. Her passion and comfort zone is caring for infants, and her long term goal is to eventually become a licensed in home childcare provider. We would like to thank Shannon for becoming a certified provider and wish her much success in her business.



RECALLS: <http://www.cpsc.gov>

Wooden Rattle Recalled by Manhattan Group Due to Choking Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission and Health Canada, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Twirlla™ Wooden Rattle

Units: About 3,300 in the United States and 145 in Canada

Manufacturer: Manhattan Group LLC, of Minneapolis, Minn.

Hazard: The toy's U-shaped parts can break, posing a choking hazard.

Incidents/Injuries: None reported.

Description: The painted wood rattle is approximately 6 inches long and has a yellow ball at each end, two U-shaped pieces (red and pale blue) and an orange bead in the center with a green center post connecting all pieces. The moving parts make noise when they come together.

Sold at: Baby and gift and specialty stores nationwide and online at ManhattanToy.com from March 2011 through July 2011 for about \$12.

Manufactured in: Thailand

Remedy: Consumers should take the rattles away from children immediately and return them to the store where purchased to receive a full refund.

Consumer Contact: For additional information, contact Manhattan Group at (800) 541-1345 between 8 a.m. and 5 p.m. CT Monday through Friday or visit the firm's website at

www.manhattantoy.com

Note: Health Canada's press release is available at http://cpsr-rscc.gc.ca/PR-RP/recall-retrait-eng.jsp?re_id=1403



Riding Toy Recalled by Radio Flyer Due to Fall Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Scoot 'n Zoom children's riding toy

Units: About 165,000

Distributor: Radio Flyer, of Chicago, Ill.

Hazard: The riding toy can tip over allowing a child to fall forward while riding, posing a fall hazard to young children.

Incidents/Injuries: The firm received reports of ten incidents with six injuries, including three where teeth were loosened or removed, and three with chin lacerations requiring stitches.

Description: The riding toy is red molded plastic with black wheels and measures 19 inches long, 11 inches wide and 13.5 inches tall. The riding toy's model number 711 can be found molded on the underside of the toy. Units with a yellow UPC sticker underneath the product with model #711B are not recalled.

Sold at: Walmart and other retailers, and online at Amazon.com and Target.com from August 2010 through August 2011 for about \$20.

Manufactured in: United States

Remedy: Consumers should immediately take the recalled products away from children and contact Radio Flyer to receive a free replacement unit or refund.

Consumer Contact: For additional information, contact Radio Flyer at (800) 621-7613 between 9 a.m. and 5 p.m. CT Monday through Friday, or visit the company's website at www.radioflyer.com



Pacific Cycle Recalls Swing Sets Due to Fall Hazard; Sold Exclusively at Toys R Us

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Playsafe Dartmouth Swing Set

Units: About 5,500

Importer: Pacific Cycle Inc., of Madison, Wis.

Hazard: The sling-style swing seats can crack or split prematurely, posing a fall hazard to consumers.

Incidents/Injuries: Pacific Cycle has received five reports of the sling-style swing seats breaking during use, including reports of minor injuries involving bruises and scrapes.

Description: This recall involves Playsafe's Dartmouth Swing Set, model number 22-PS340, with date codes FSD0115AA and FSD0315AA. The model number and date code can be found in the owner's manual. The swing set has six metal legs and includes two swings with yellow plastic sling-style seats, a yellow plastic sliding board, a two-person glider with yellow plastic seats, yellow plastic trapeze hanging rings and a four-person lawn swing with yellow plastic seats and footboard.

Sold exclusively at: Toys R Us stores nationwide from January 2011 through May 2011 for about \$270.

Manufactured in: China

Remedy: Consumers should immediately stop using the sling-style swing seats, remove the seats from the swing set and contact Pacific Cycle to obtain free replacement seats.

Consumer Contact: For additional information, contact Pacific Cycle toll-free at (877) 564-2261 between 8 a.m. and 5 p.m. CT, Monday through Friday, or visit the firm's website at

www.pacific-cycle.com or email customerservice@pacific-cycle.com



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Thank You For Caring



Very Special Thanks to
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