



Arts & Crafts Corner

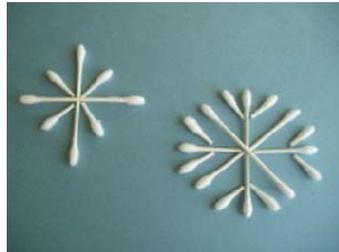


Source: www.busybeekidscrafts.com

Q-Tip Snowflakes

Materials-

- Blue construction paper or cardstock (or whatever color of background you'd like)
- Q-Tips
- Glue
- Scissors (optional)



Directions-

Cut your Q-Tips in various sizes or, just use them whole for younger children. Use them to create beautiful snowflakes on your blue paper. Glue all of your Q-Tips in place and you're finished. Remember, no two snowflakes look alike!

Touch-N-Feel Winter Scene

Materials-

- Blue cardstock or cardboard
- Construction paper
- Glue
- Pencil
- Cotton balls
- Rice
- Green food coloring
- Water
- Zipper baggie
- Wax paper



Directions-

Put 1 teaspoon of water and 6 drops of green food coloring into a zipper baggie. Add 1/2 cup rice, seal the baggie and mix until the rice is completely covered. Spread out on to a piece of wax paper to dry. Your rice will be dry and ready to use in about 1/2 hour to an hour depending on your climate.

On your blue paper or cardboard draw a line where the snow and sky will meet. Draw on some trees, you can either just draw triangles or trace around a cookie cutter. Spread some glue in each tree shape.

Sprinkle some green rice over your glue. Press it down a little bit if you want, and then shake off the excess. Now you have some prickly pine trees!

Glue your cotton balls onto the ground; don't forget to put some on the trees!

Cut out a bright yellow sun from construction paper, and anything else you'd like in your winter scene!

This craft will work on regular construction paper, but the rice is a little heavy which is why we recommend using a heavier paper like cardstock. If you don't have any just use a piece of cardboard (like the back of a cereal box) and cover it with construction paper!



Nutritious Nibbles: Cold Winter Snacks



Source: www.kidactivities.net

BANANA BLIZZARDS

To serve about 10 children - Blend together one cup cold milk with two or three bananas in a blender. Ask the children to count aloud as you add ten snowballs (scoops of vanilla frozen yogurt) to the blender. Invite the children, with adult supervision, to turn the blender on and off again to create a snow blizzard. Serve in 5 ounce cups.



MAKE SNOWFLAKES TO EAT

Ingredients-

- Flour Tortillas
- Oil
- Powdered sugar

Directions-

Warm the tortillas slightly in the microwave so you can fold them. Next fold the tortilla into half, then half again. Cut out designs just like you were making a paper snowflake. Put a small amount of oil into a skillet. Fry the tortilla in hot oil until crisp. (About 30 seconds on each side) Absorb extra oil on paper towel. Sprinkle with powdered sugar. (Note from Barb: I just made the three in the image. My husband R loved them! They would also be great sprinkled with cinnamon sugar or drizzled with chocolate syrup over the powdered sugar. Children would not be able to fry them- but they could fold and cut them into 'snowflakes'. They could also sprinkle on the sweeteners. 'R' has asked me to make them again!)



COTTAGE CHEESE SNOWMEN

Source: www.kidactivities.net

Ingredients-

- Cottage Cheese
- Carrots
- Cottage Cheese Snowman
- Raisins
- Slice of toasted bread
- Celery stalk
- Ice cream scoop and melon ball scoopers (for graduated body size)

Directions:

Place two or three scoops of cottage cheese on a salad plate. Place the raisins to create buttons and eyes. Cut a small piece of carrot for the nose and a slice of celery for the mouth. The leafy part of a celery stalk can be added for arms and the hat is cut from the toast.

What's Inside This Issue:

- Let's Celebrate
- Overcoming the Post-Holiday Blues
- Professional Development, Networking & Training Corner
- Winter Activities: Ice'cape to 2012 Jan-Boree
- New Year...New Bids are Due
- Fun Indoor Winter Activities
- Recall Items

LET'S CELEBRATE

This month's congratulation goes to Jan Eli, Flor Gonzalez, Rachel Green, Dawn Doyle and Nicole Kandziora.



Thanks for the outstanding level of care you all provide to the children of Waukesha County!

- **Jan Eli, Pewaukee** Initial Certification Date 1/9/84
- **Flor Gonzalez, Waukesha** Initial Certification Date 1/10/11
- **Rachel Green, Waukesha** Initial Certification Date 1/22/10
- **Dawn Doyle, Sussex** Initial Certification Date 1/24/11
- **Nicole Kandziora, Brookfield** Initial Certification Date 1/27/11

OVERCOMING THE POST-HOLIDAY BLUES

This year Waukesha County Certification staff wants to remind everyone to take care of yourself, just as well as you take care of the daycare children in your home.. Following are some ideas that might inspire you.

Here we are, with the holidays over, the chilly long nights and short days of winter stretching somewhere in gray skies toward spring, and we feel wonderful – right? Actually, winter season – especially after the holidays – is a period when many of us begin to feel a little down, if not downright depressed. But just because it's a common thing doesn't mean that we must endure the inevitable. The first step toward a remedy for the winter blues is to develop some understanding of influences that may work together for some of us to make a melancholy season.

The Post Holiday Influence

The first influence that may be behind the blues is the fact that the holidays are actually over. Who among us doesn't have some fond memories of the holidays, yet secretly hope the new holiday season will be at least a little better than seasons past. Yes, the picture-postcard holiday is on most of our minds, but the reality is that Uncle Harry got a little tipsy, the kids got into the cornbread – and you know that for a fact because the little one threw up on the tablecloth. I have met few people who don't face the holidays with both delight and dread – always hoping for the best and fearing the worst. And when they end, to the extent we were emotionally invested in the season, we must grieve the loss. Either the days were so wonderful, the company so delightful, that we miss them in the sudden silence – or we were so overwhelmed and stressed that the disappointment of a season coming up short leaves us wondering what happened. Actually, it's frequently both, because life tends to deliver experiences as a mix of things (you may have noticed). Regardless, there always seems to be less magic delivered than expected.

Another aspect of the post holiday influence is the opportunity to breathe again. All of the little social tensions, let-downs, disappointments, stifled arguments and indignities that have been toughed-out through forced smiles and cheery greetings are released with a sigh of relief, but the emotional impact of their unresolved issues can settle back on us like a heavy snow.

The Personal Inventory Influence (You know . . . the Resolutions)

The second influence behind the winter blues comes from our seasonal tendency to reflect on our lives – to take an internal inventory of where we stand in our life goals, our success in finding life meaning, and what changes we must make to meet these ends. We have a natural tendency to turn inward and be reflective during this time of year. But things can get ugly when we turn on ourselves. We become disappointed, even depressed, when we feel we are not achieving at our desired level, regardless of circumstances. Let's face the fact that it is a more difficult world to live in – certainly more complex. We can be overly hard on ourselves when we fall short of our goals, when we are facing yet another year of (fill in the blank), when the inventory we take looks worse than the one last year. Maybe expectations have not been met because goals were set too high, then we became overstressed carrying those goals over and adding new ones. There is a better way to do this.

Taking Care of the Emotional Life / Taking Action to Avoid or Reduce Winter Blues

There is much we can do for our emotional life to overcome winter blues. Proper care of our physical environment, as described above, can set the foundation. As part of our new year's inventory, we can finally take a look at unresolved issues that came up over the holidays. Becoming honest and authentic with ourselves sets the stage for becoming authentic with others. What did we gain by holding back? By needing to be right? What did we need to say, that we didn't – or what shouldn't we have said that we did? It's never too late to become real – especially with those we care about. Research indicates the special social activities of the holidays are especially missed when they end. We can extend those meaningful interactions and reach closure on unresolved issues by following through with authentic communication. Make post-holiday visits and phone calls; write thank you cards and letters. This puts a nice cap on the holiday season and sets a nice stage for the next.

Also, having a good relationship with ourselves in the New Year requires that we set realistic, attainable goals, realizing that unforeseen circumstances may change everything. We make ourselves suffer when we take responsibility for things outside our control, or avoid responsibility for consequences we create. Compassion begins when we accept ourselves and our lives, for better or worse, completely. With self-compassion, we can take responsibility for the changes we need to make.

Taking Care of the Mind

There are some very useful things we can do in the realm of mind to help overcome winter blues. In an earlier installment, we discussed the value of keeping a gratitude journal. There is never a better season than winter to start one. Begin by listing all the things you are grateful for. Add to the list and reread it daily. Keeping a positive frame of mind has a foundation in the things discussed earlier. By remembering how our mood states can drive the content of our thoughts, and vice versa, we can appreciate the importance of maintaining that delicate balance. As the shorter days place us into a reflective mode, we can follow the path of nature as it patiently waits out the winter sleep. This is a great time to engage the mind in the positive action of planning: the garden next spring; the vacation next summer; how to pay off the Christmas bills and credit cards (Yuk!); the holiday photo album. Reading can be a very fulfilling way to pass the quiet, introspective days of winter.

Taking Care of the Spirit

During this season of introspection, as the world is blanketed in winter, consider how you have answered the ultimate questions in your life. Have you answered them to *your* satisfaction? (Don't let anybody scare the answers into you, if you want to live without depression.) If not, how will you answer them? This is important: How we answer our ultimate questions determines how we live our whole lives, because the spiritual component is the essence that gives life its meaning. Celebrate and rejoice in the ways that open *your* heart. Practice random acts of kindness and senseless acts of beauty. Spend some of your reflective time writing in a journal, as well as reading to feed your spirit. People in most of the world, in every religious tradition, keep some kind of sacred space. This is usually, an area in the home dedicated to reading, prayer, meditation and contemplation.

This is a season for contemplation, meditation and introspection. We should not resist the natural impulse to isolate and feed our spirit. It is a quiet time, if we allow, where peace may settle on our spirit as the winter snow settles on the land, preparing us and renewing us for the coming spring.

Granville Angell (copyright 01/2006)

Granville Angell, EdS, LPC, NCC is a licensed professional counselor with 30 years experience. His private practice, TRANSITIONS Personal & Family Counseling Services (www.transitions-counseling.com), includes a specialized sub-practice focusing on holistic, intuition-enhanced counseling and clinical hypnotherapy, called SoulMentors.



Professional Development, Networking & Training Corner:

- **Waukesha County Health and Human Services - 500 Riverview Avenue, Waukesha, WI 53188**
Provider Gathering - Make-N-Take Night
January 9, 2012
6:00-8:30 pm
- **4C for Children** – 320 W. Vine St., Milwaukee – 414-562-2650 - www.4c-milwaukee.org
- **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 - January 17, 2012
- **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

Proven Recordkeeping Tips for Family Child Care Providers:

Wednesday, January 11, 2012

6:00-6:30 pm Check in/networking

6:30-8:30 pm Workshop

Dane County Parent Council

2096 Red Arrow Trail, Madison

Cost: Free! Please pre-register, so we know how many to expect.

This workshop will include:

- Proven recordkeeping tips to help you file your taxes and avoid audit issues.
- Reporting related to the child care food program.
- New tax law changes for 2011.
- Calculating the time-space percentage.
- Saving money with energy tax credits, depreciation and saver's credit.

Register online or call Nancy Webb 608-729-1027

Co-sponsored by Dane County AEYC and Satellite Family Child Care.

WMELS Training:

Saturday, January 14 & 28, 2012

8:00 am-4:30 pm

Here We Grow Learning Center

5206 Anton Dr, Fitchburg (near Verona Rd & Highway PD)

Cost: \$75, includes lunch each day, and all materials.

This training will include an overview of the Wisconsin Model Early Learning Standards and how to apply them within any early learning setting. Activities will emphasize:

- Planning for the "whole child" using the WMELS as a guide.
- Developing appropriate activities with targeted objectives.
- Assessing children's growth and development using informal and formal assessment strategies.

Register online now or call Nancy Webb 608-729-1027

Co-sponsored by UW Madison Waisman Center.



SUGGESTION BOX:

Certified Providers...We are looking for your comments and or feedback on our monthly newsletters. In addition, we are also looking for topic ideas to be featured in future newsletters. Please forward any ideas or suggestions to Jennifer Mantei, Beth Treder or Karen Narlow.

WINTER ACTIVITIES ICE'CAPE TO 2012 JAN-BOREE



JanBoree website: www.janboree.org

JanBoree Events: 262-524-3737

Weekend Event Hotline: 262-522-9356

Join the Waukesha JanBoree for a family fun winter celebration! Events will take place throughout the City of Waukesha from January 20-22, 2012. They have many family, children and adult events. Check out their website for a schedule of events. Come visit and take your time to see the wide variety of winter events that are available. It's a wonderful winter event with or without snow!



NEW YEAR NEW BIDS ARE DUE

Hello Day Care Providers...We are always in the process of updating our provider files so please alert the Certification Team of any **new** additions, subtractions or changes within your family business. For example, if you had a baby please update us so we can add your precious baby to your household page. If you had a child leave for college, let us know so we can remove this child from your household page. If you got married over the summer, we want to hear this exciting news. If you got a new job outside the home and are no longer doing child care, we need to know. **We would also like updated information on changed email addresses and/or new cell phone numbers.** Please be sure to let the Day Care Certification Team know of any recent changes.

2012 Background Information Disclosure (BIDS) forms will be mailed out in early January. Please fill this out by signing, dating and returning to Beth Treder. If you have any questions, contact Beth Treder at 262-548-7897.

FUN INDOOR WINTER ACTIVITIES

Source: <http://www.kidactivities.net>

PLAY A INDOOR SNOWBALL GAME

Materials- Several sheets of white paper, hula-hoop, laundry basket, ping-pong ball, empty plastic soda bottle/container

Directions- Crumple up the sheets of paper to make paper snowballs and try one or more of the following activities with the children:

1. Set a Hula-Hoop on the floor and try to toss the snowballs into the circle.
2. Place a laundry basket on a table and try to toss the snowballs into the basket.
3. Place a ping-pong ball on the mouth of an empty plastic soda bottle, then try to knock off the ball with the snowballs without knocking over the bottle.



PLAY A WINTER GAME OF "SIMON SAYS"

Directions- Play "Simon Says" according to the season and or theme of the day:

(Examples include: Frosty Says, The Snowman Says, The Polar Bear Says, The Penguin Says, The Gingerbread Boy/Girl Says, etc.)

PLAY "20 QUESTIONS" WINTER STYLE

Directions- One person picks something that is WINTER RELATED... and then the rest of the children ask "Yes -or -No- questions" (up to 20 questions only) until someone guesses who/or what the person has chosen. Another version of this game is to place something "Winter-ish" IN A BOX that the children cannot see. Play the game from there! (You could put in a mitten, snowball-in a baggie, hat, paper snowflake, Chap Stick, etc.)

**Target Expands Recall of Child Booster Seats
Following Additional Reports of Falls**

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: Circo Child Booster Seats

Units: About 375,000 (43,000 additional booster seats were recalled in August 2009)

Importer: Target, of Minneapolis, Minn.

Hazard: The booster seat's restraint buckle can open unexpectedly, allowing a child to fall from the chair and be injured.

Incidents/Injuries: Target has received 10 additional reports of booster seat buckles opening unexpectedly, including three reports of bumps and/or bruises when a child fell forward out of the booster seat, hitting an object or the floor.

Description: The expanded recall involves all Circo Booster Seats, including those sold as early as 2005. The plastic booster seats are blue with green trim and a white plastic restraint buckle. They attach to an adult chair to boost a child to a table. "Circo" and "Booster Seat" can be found on a green label located in the front of the booster seat.

Sold exclusively at: Target stores nationwide from January 2005 through June 2009 for about \$13.

Manufactured in: China

Remedy: Consumers should immediately stop using the recalled booster seats and return them to any Target store for a full refund.

Consumer Contact: For additional information, contact Target at (800) 440-0680 between 7 a.m. and 6 p.m. CT Monday through Friday, or visit the firm's website at www.target.com



**Britax Recalls B-Nimble Strollers
Due to Risk of Brake Failure**

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: B-Nimble Strollers

Units: About 20,000 in the United States and 800 in Canada

Importer: Britax Child Safety Inc., of Charlotte, N.C.

Hazard: An audible click heard when the brake pedal is pressed can give a false impression that the brake is fully engaged when it is not. When the brake is not engaged, the stroller can move unexpectedly posing a risk of injury to the child occupant.

Incidents/Injuries: Britax has received seven reports of the brake not being fully engaged. No injuries have been reported.

Description: This recall involves B-Nimble umbrella strollers manufactured on or after August 1, 2010. Strollers included in the recall have model numbers U311771, U311773, U311775 and U311780. The date of manufacture labels and model numbers can be found on the lower frame/tube on either the left or the right side. The strollers were sold in a variety of colors including black and silver, Cowmooflage (black and white), green and red.

Sold at: Juvenile product and mass merchandise stores nationwide and online retailers between September 2010 and June 2011 for about \$200.

Manufactured in: China

Remedy: Consumers should immediately stop using their strollers and contact Britax for information and to request an improved replacement stroller.

Consumers who resume use of their strollers while awaiting the replacement should always ensure that the brake is fully engaged.

Consumer Contact: For additional information, contact Britax toll-free at (888) 427-4829 between 9 a.m. and 5 p.m. ET Monday through Friday and, or visit the firm's website at www.britaxusa.com



On the stroller frame, near the storage basket, there should be a white label on either side of the stroller with the stroller's model number, batch number, and manufacture date.

**Child Safety Latches and Outlet Covers Recalled by
Prime-Line; Screw Breaks Can Allow Unintended Access**

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: Safety Latches and Outlet Covers

Units: About 37,000

Importer: Prime-Line, of Redlands, Calif.

Hazard: The screws on the safety latches and outlet covers can loosen and/or break. When this happens, young children can gain access to electrical outlets and other potentially hazardous items.

Incidents/Injuries: Prime-Line has received four reports of screws breaking. No injuries have been reported.

Description: This recall involves Prime-Line child safety drawer and cabinet latches and outlet covers with rotating receptacle covers. These products were sold under the brand name Child Safe.

The drawer and cabinet latches were sold three per package, in model number S 4439 with SKU 049793044396, and model number S 4444 with SKU 049793044440.

The outlet covers were sold one per package, in ivory, model number S 4447 with SKU 049793044471, and white, model number S 4461 with SKU 049793044617.

The model number and SKU are printed on the back of the package.

Sold at: Drawer and cabinet latches were sold at Ace Hardware, Bostwick-Braun, Cal-Do-It Centers, Do-It-Best, Friedman Brothers, Menards, Orgill, The Andersons Inc. and True Value stores nationwide between October 2010 and June 2011 for between \$2.50 and \$2.70. Outlet covers were sold at Ace Hardware, Cimarron Lumber & Supply, Do-It-Best, Friedman Brothers, Handy Hardware, Menards and W.E. Aubuchon stores nationwide between October 2009 and June 2011 for about \$3.50.

Manufactured in: China

Remedy: Consumers should immediately contact Prime-Line to receive a free replacement kit.

Consumer Contact: For additional information, contact Prime-Line toll-free at (855) 839-9555 anytime, or visit the firm's website at www.prime-line-products.com



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**Very Special Thanks to
Maureen Erb for designing
and producing our newsletter.**

