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OUR NEXT TRAINING
DATE: February 3rd
TIME: 6:30PM
LOCATION: YOUR ONLINE LEARNING SPACE
(CHOOSE A QUITE PLACE WHERE YOU WILL NOT BE DISTRACTED)
TOPIC: "Incarceration of Family Members – Impact on Young Children"



OUR NEXT GENERAL BUSINESS MEETING

DATE: March 10th

TIME: 6:30PM

**THIS MEETING IS FOR
ALL MEMBERS.
EVERYONE IS EXPECTED
TO ATTEND.**





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[Committee Chairpersons](#)

[Provider Resources](#)

Click on the button above to get information on our Board & Committee Members.



With an open heart..
WELCOME
FEBRUARY
New beginnings

New **month**
New **start**
New **focus**
New **blessings.**

looking forward to
more **lessons,**
more **laughter** and
more

Love



You have the
power to
change
someone's day
with your smile.

From Rhonda (President)

Happy February, this is the time of year we are working on preparing documents for taxes. Why do we do this to ourselves each year? lol. We promise ourselves we will do better next year but here we are running around again gathering up receipts and paperwork. I mentioned in our last newsletter all of the possible 1099's we may receive. Be sure to have all the correct paperwork when you go to your tax preparer.

This is also the time of the year we should take a moment to review and renew our business. What changes should we make in our handbook in reference to Covid-19. You should make your expectations clear to the parents that have children in your care.

- Are you still having parents take temperatures?
- Are you still working with the children in keeping on their mask?
- Are you wearing a mask around the children?
- Are you making the parents wear mask and wash their hands when they come in?

This list can go on and on. Licensing has stated we no longer have to follow such strict guidelines. But you need to keep in mind that those guidelines have kept you, your daycare children and your family SAFE. Some parents may give you pushback, but your main focus should be keeping everyone safe.

I would like suggestions on what you would like to do for Provider Appreciation Day in May. I know the end of Ramadan is also in May. We will select a date after the end of Ramadan. Please contact me at hfccabusiness@gmail.com.

Just a quick reminder when renewing your membership, you have to complete the online application (There is no paper application) and send your payment. When sending your payment please include your name in the memo session of the check or electronic payment. If you have not received your membership card within a week you need to reach out to hfccavpmembership@gmail.com Since this is the month of Love take this time to show love to yourself. Take yourself out for a date. You just received the grant money there is no excuse.

IMPORTANT INFORMATION

Howard County Health Department: 410-313-6284

Carroll County Health Department: 410-876-4900

Email your licensing specialist your answer from the health department or call 410-750-8771



From Angela (VP of Education)

This training will focus on the impact of the incarceration of a family member(s) on the development of young children. The participants will explore experiences they have had serving families where one or more members of the family were incarcerated and discuss the impact of this situation on young children. The participants will begin to become more aware of the implications of impact on young children in their program with a family member(s) who are incarcerated.

Core of Knowledge Area: Child Development



From Delali (Treasurer)





From Uyen (Secretary/Fundraising)

Tet-The Vietnamese New Year

TET is the Vietnamese New Year observed during the first several days of the lunar calendar beginning at the second

new moon after the winter solstice, normally it is in February. For most Vietnamese families, who are scattered around the U.S. and in some 70 countries around the world, the community comes together to celebrate the culture, language and traditions. It is a sense of belonging and identity. Even though one can't follow strictly to customs and traditions like back home, at least there are several Tet Fairs across different Viet communities overseas happening for a few days ahead of the official date of Tet. At those fairs, one can buy pretty much anything needed, such as flowers, Banh Chung (rice, square cake stuffed with mung beans and pork meat wrapped in banana leaves), preserved fruits, watermelon seeds, etc. Even just hanging around at those fairs and listening to Viet music, looking at people in the traditional dress, or watching dance performances by both adults and children help to heal one's soul and bring his/her heart closer to home.

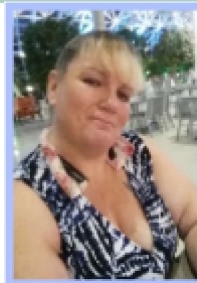
I hope you enjoy the pictures I have attached, and you can get an idea of what a Tet Fair looks like.





**CLICK THIS BUTTON TO FILL OUT AN
APPLICATION ONLINE**

From Lisa (Vice President of Membership)





From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Date Month	Newsletter
February 13th	March
March 13th	April
April 17th	May
May 15th	June
July 17th	August Summer 2022 (first newsletter of 22/23 Vol 43)

Please send your newsletter contributions to newsletterhcfcca@gmail.com. Any contributions to the newsletter are eligible for a PAU. **YOU must print out your article AFTER it is published in the newsletter.**



From Therese (Mentoring/Networking)

Joan Johnson and I plan on holding one support group each month to assist providers with NAFCC Accreditation and the Maryland Credential. Meetings will be virtual on the third Thursday of each month from 6:30 – 7:30 pm. Here is the link for the months ahead

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mco003bf5632c8cf1a135f7437af4ffd2>

Here is the meeting schedule

- *2/17/22 (Credential)*
- *3/17/22 (Accreditation)*
- *4/21/22 (Credential)*
- *5/19/22 (Accreditation)*

Please feel free to reach out if you have any questions or concerns

Therese Mason-443-850-3400

laurelbutterflychildcare@gmail.com

Or

Joan Johnson -410-313-1432

jmjohnson@howardcountymd.gov



All are welcome to join our women's walking group. We meet weekly either on a Saturday or Sunday 9am at local a walking path to socialize and get exercise together. Attend whenever it's convenient for you. Join our Facebook group or text me for more information.

https://www.facebook.com/groups/147690680847397/?ref=share_group_link



Application For Letter of Volunteerism

From Anita (Volunteer Coordinator)



**From Nancy (Parent Message Board
Coordinator)**

If you have a parent inquiring about an opening at your child care home and you are unable to accommodate

them, please offer to help them by taking their name, contact information (phone and/or email), their needs for care, and their location. Please email the information to me and I will in-turn forward it to the Association. Or you can certainly refer them to our Parent's Message Line at (301) 776-4841 or our website HCFCCA.com.



FEBRUARY
winter groundhog
love is in the air
President's Day
HUGS & KISSES 
LOVE
leap year friends
Valentine

From Deena (Marketing and Public Relations)

The Child Care Fair has been rescheduled for Saturday, February 26, 2022.

The Child Care Fair will be held at the same location. North Laurel Community Center, 9411 Whiskey Bottom Road Laurel, MD 20723 10:00 am - 2:00 pm

I am looking for 2 additional volunteers for this event. Please contact me at Dloveshearts@aol.com, you will receive a PAU for this event.

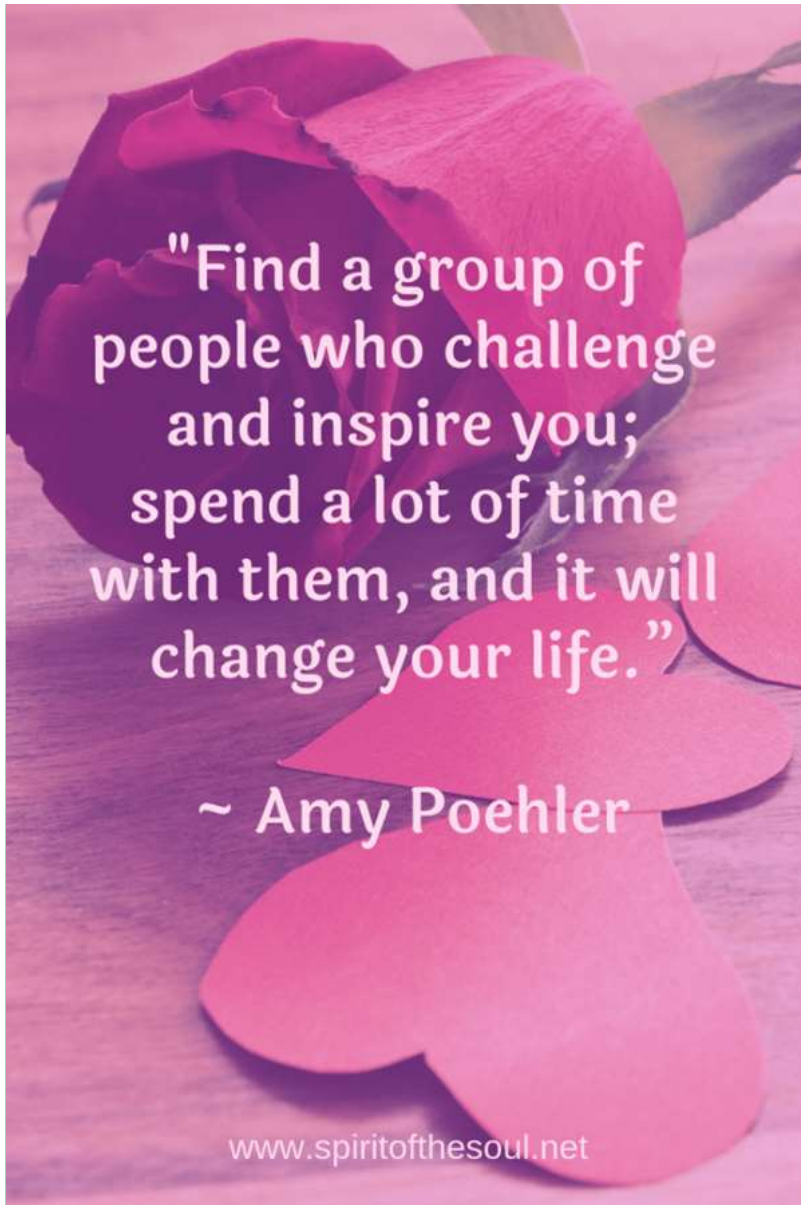
Save the Date for HCFCCA Conference on March 19, 2022. Our First Conference - so exciting!

Please keep in mind we also have the Discovery Fair coming up in April in which I am looking for volunteers, more information to follow.

Have a wonderful Love filled February!



From Thelma (MSFCCA Director)



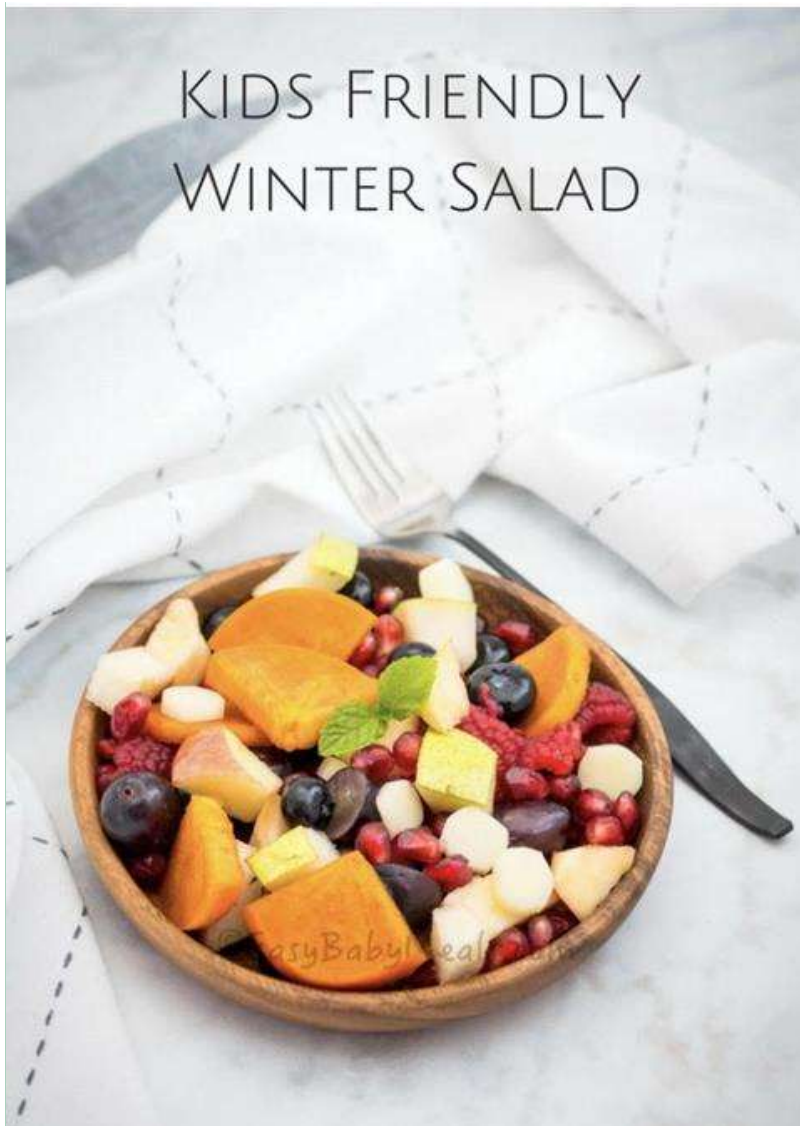
"Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life."

~ Amy Poehler

www.spiritofthesoul.net



KIDS FRIENDLY WINTER SALAD



From Claudia (Website Coordinator)

Kids Friendly Winter Salad

The joys of winter fruits in a bowl for your little ones and grown-ups.

Course Dinner, Lunch, Lunch Box, Salad
Cuisine American, Grown-Ups, Kids, Toddler Food

Prep Time 15 minutes

Total Time 15 minutes

Servings 2

Author Deepika Haldankar

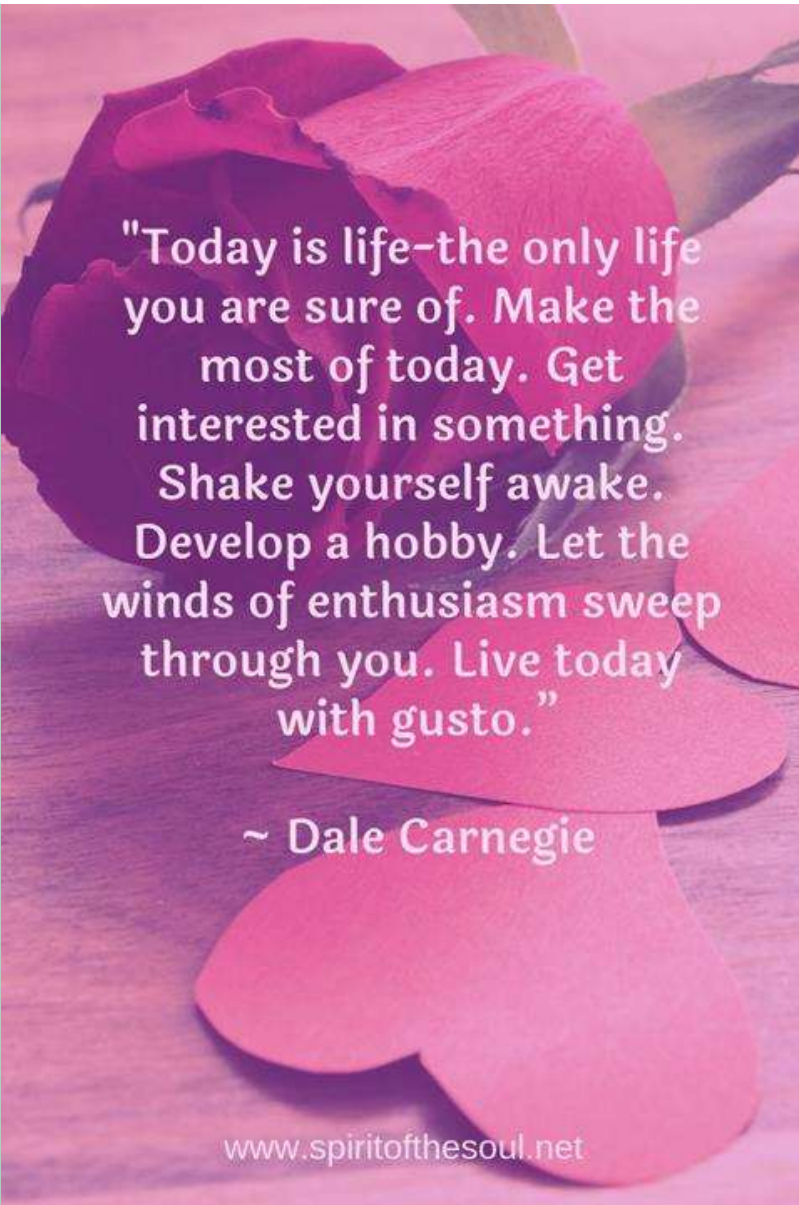
You Need:

- 1/4 cup Apple cut into small cubes
- 1/4 cup Blueberries
- 1/4 cup Raspberries
- 1/4 cup Grapes
- 1/4 cup Pomegranate Seeds
- 1/4 cup Persimmon (cut into small cubes)
- 1/4 cup Pear (cut into small cubes)
- 1/4 cup Mozzarella Cheese (cheese stick, cut into small pieces)
- 1/2 tsp Extra Olive Oil
- A dash of Dried Thyme

How To Make It:

1. Add all the above ingredients in a bowl. Mix everything well.
2. Serve with your meal.





"Today is life—the only life
you are sure of. Make the
most of today. Get
interested in something.
Shake yourself awake.
Develop a hobby. Let the
winds of enthusiasm sweep
through you. Live today
with gusto."

~ Dale Carnegie

www.spiritofthesoul.net

From Natacha (Social Media Chair)

Love is in the Air!

Love is an essential de facto in our life. We all search for love in part or in full - either at home, among friends or lovers, and even from among the enemies we hope to sense some type of feeling.

Love is what makes us the people we are. Life will be lifeless, incoherent, and inconsistent without love. We need love to think, to decide, and to live.

Although love is universal, everyone loves differently; some love big and some love small, some love to the moon, and others love down in the deep. No matter how you measure your love, love is always present and is constant, simply choose Love. Love always, love with no return in mind, just love.

Recipe for Love

2 hearts full of love

2 cups of kindness

2 armfuls of gentleness

2 cups of friendship

2 cups of joy

2 big hearts of forgiveness and

1 lifetime of togetherness

Whisk daily with happiness,

Humor, patience,

Serve with warmth, compassion, and respect.

Please be sure to join our private Facebook group, HCFCCA Providers. Click on this link to get to our Facebook page, [HCFCCA Providers | Facebook](#).

**Maryland State Department of
Education (MSDE)**

Division of Early Childhood		
Steven R. Hicks	Assistant State Superintendent	410-767-0335
Sharon Brooks	Executive Associate	410-767-0335
Vacant	Legislative Liaison/Program Developer	410-767-6786
Kenneth Blackman	Research Statistician	410-767-0583
Donna Pennewill	Fiscal Service Officer	410-767-0814
Eunice Lee	Fiscal Service Administrator	410-767-0339
Danella Scruggs	Agency Grants Specialist	410-767-7824
Kim Stewart	Agency Grants Specialist	410-767-7802
Alberto Stokes	Early Childhood Systems Specialist	410-767-0112
Alexis Washington	Communications and Outreach Specialist	410-767-7115
James McMahan	Specialist, ECCATS	410-767-6922
Rachel Demma	Director, Early Childhood System Development	410-767-0339
Office of Child Care		
Jennifer Nizer	Director, Office of Child Care	410-767-7823
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-7823
Early Learning Branch		
Judy Walker	Branch Chief	410-767-6549
Zina Spriggs	Administrative Aide	410-767-7798
Erika Anderson	Specialist, Early Learning	410-767-0646
Roslyn Coleman	Specialist, Early Learning	410-767-4441
Donald Corbin	Specialist, Early Learning	410-767-0240
Susan Harman	Specialist, Early Learning	410-767-0428
Charlie Mitchell	Specialist, Early Learning	410-767-0586
Nykia Washington	Specialist, Early Learning	410-767-0088
Vacancy	Specialist, Early Learning	410-767-7811
Licensing Branch		
Louis Valenti	Branch Chief	410-767-7128
Jaqueline Blanding	Administrative Aide	410-767-7128
David Hamauer	Criminal Background Investigations	410-767-0721
Teresa Lewis	Licensing Systems Project and Systems	410-767-7037
Manjula Paul	Nurse Consultant	410-767-1853
Child Care Scholarship Branch		
Rene Williams	Branch Chief	410-767-0140
Stephen Lenzner	Administrative Support	410-767-0578
Olivier Bithari	Quality Assurance Auditor	410-767-9655
Robyn Cobb-Randall	Policy Specialist	410-767-0649
Raye Dugger	Quality Assurance Specialist	410-767-7840
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7831
Beverly Ollivierre	Quality Assurance Manager	410-767-9654
Janielle Shorts	Monitoring Specialist	410-767-7832
Christopher Viamonte	Administrator	301-502-2999
POC HELPLINE		1-866-243-8796
Amber Green	Specialist, CCATS	410-767-8187
Eric Bundy	Specialist, CCATS	410-767-0440
Morgane Cole	Specialist, CCATS	410-767-9684
Allen Ward	Specialist, CCATS	410-767-0451
DeMoyné White	Specialist, CCATS	410-767-5964

Frederick County Office of Child Care (Region XII)		
5303 Spectrum Drive, Suite G Frederick, Maryland 21703 Janet Speak	Regional Manager	301-696-9766
Garrett County Field Office		
430 Weber Rd, Suite B Oakland, Maryland 21550 Dawna Rodeheaver	Lead Licensing Specialist	301-334-3426
Howard County Office of Child Care (Region VI)		
3300 North Ridge Road, Suite 190 Ellicott City, Maryland 21043 Sharon Afework Michelle Royal	Regional Manager Office Secretary	410-750-8770
Lower Shore Office of Child Care (Region IX)		
201 Baptist Street Suite 32, Multi-Service Bldg., 2nd Fl. Salisbury, Maryland 21801 Suzanne Roark Angela L. Bell	Regional Manager Office Secretary	410-713-3430
Montgomery County Office of Child Care (Region V)		
51 Monroe Street, Suite 200 Rockville, Maryland 20850 Carl Eggleston Latonya Jones	Regional Manager Office Secretary	240-314-1400
North Central Office of Child Care (Region XI)		
3105 1A/B Emmorton Road Abingdon, Maryland 21009 Beth O'Connor Alexandria Fortune	Regional Manager Office Secretary	410-569-2879
Prince George's County Office of Child Care (Region IV)		
807 Brightseat Road Landover, Maryland 20785 Danita Moore Kimberly Chambers	Regional Manager Office Secretary	301-333-6940
Southern Maryland Office of Child Care (Region X)		
41670 Courthouse Drive, P.O. Box 1709 Leonardtown, Maryland 20650 Susan Copsey Cathy Clements	Regional Manager Office Secretary	301-475-3770 800-874-6797
Upper Shore Office of Child Care (Region VIII)		
301 Bay Street, Suite 305 Easton, Maryland 21601 Sandy Kepler-Klunk	Regional Manager	410-819-5801

Collaboration and Program Improvement Branch		
Cynthia LaMarca Lessner	Branch Chief	410-767-0337
Levette Woodrum	Administrative Support	410-767-0583
Amy Beal	Judy Center Partnership	410-767-0675
Vacancy	Specialist Judy Center	410-767-7802
Wendy Dantzer	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleed	Communications Specialist	410-767-0602
Credentialing Branch		
Angeline Bishop-Oshoko	Branch Chief	410-767-6916
Adele Beulefeld	Administrative Officer	410-767-7805
Nancy Cahlink-Seidler	Training Approval Coordinator	410-767-7852
Deborah Langer	Training Specialist	410-767-7813
LaTanya Taylor	Credentialing Specialist	410-767-6947
Jacqueline Woodruff	Grants Specialist	410-767-8961
Agneatha Wright	Deputy Branch Chief	410-767-6923
EXCELS		
Lindi Budd	Branch Chief	410-767-7845
Vacancy	Administrative Aide	410-767-1664
Vacancy	Quality Assurance Coordinator	410-767-8961
Michelle Young	Community Outreach Specialist	410-767-7814
Jena Smith	Quality Assurance Manager	410-767-0580
Andrea Zabel	Quality Measurement Specialist	410-767-7863
Allegany County Field Office		
3 Pershing Street Cumberland, Maryland 21502 Ruth Lafferty	Lead Licensing Specialist	301-777-2385
Anne Arundel County Office of Child Care (Region I)		
49 Old Solomons Island Road Annapolis, Maryland 21401 Renee Woodard Tonya Smith	Regional Manager Office Secretary	410-573-9522
Baltimore City Office of Child Care (Region II)		
2700 North Charles Street, Suite 203 Baltimore, Maryland 21218 Sherry Tsigoumis Kay Abrams	Regional Manager Office Secretary	410-554-8300
Baltimore County Office of Child Care (Region III)		
409 Washington Avenue, Suite LL8 Towson, Maryland 21204 Amber Riley Andrea Brown	Regional Manager Office Secretary	410-583-6200
Carroll County Office of Child Care (Region XIII)		
1643 Liberty Road, Suite 205 Eldersburg, Maryland 21784 Sharon Afework	Regional Manager	410-549-6489

Washington County Office of Child Care (Region VII)		
1075-C Sherman Avenue Hagerstown, Maryland 21740 Dolores Harmon Dee Myers	Regional Manager Office Secretary	301-791-4585

Contacting the Division Branches

Office of Child Care –
earlychildhood.msde@maryland.gov

Early Learning Branch
early.learningbranchesmsde@maryland.gov

Collaboration and Program Improvement Branch
– collaboration.programimprovement@maryland.gov

Licensing – licensingocc.msde@maryland.gov

Credentialing –
credentialocc.msde@maryland.gov or 1-866-243-8796

Subsidy – ccscentral@conduent.com or 1-866-243-8796

Maryland EXCELS – info@marylandexcels.org

Tuesday Tidbits-January 25, 2022

Tuesday Tidbits-December 28, 2021



JOIN THE FOOD PROGRAM AND GET PAID TO SERVE NUTRITIOUS FOOD!

What is the Child and Adult Care Food Program (aka CACFP)?

- USDA CACFP is a federal program that reimburses family child care providers for serving nutritious meals and snacks to children.

Why join the Food Program?

- It's Free!
- All regulated FCC providers are eligible to join the CACFP.
- There are two main benefits:
 - Nutritional Benefits – You will receive the most up-to-date nutrition education based on USDA guidelines to help you plan and serve healthy meals and snacks to the children in your care.
 - Nutritious food contributes to the wellness and development of young children and teaches them healthy eating habits that last a lifetime!
 - Financial Benefits – Each month you will report, through KidKare (the free software we provide to our providers), the number of meals and snacks you serve. You will then receive a reimbursement to help you cover the costs of the food you served.
 - Providers receive reimbursement based on Tiering:
 - Tier 1 Rate – Higher rate of reimbursement if you live in a community that is economically in need and/or qualify by household income.
 - Tier 2 Rate – Lower rate – “All Other Providers”
 - If you serve one breakfast, lunch and a snack per day the average rate of reimbursement “per child” is:
 - Tier I (higher) - \$1,205 per year (20/21 Rate)
 - Tier II (lower) - \$577 per year (20/21 Rate)

NOTE: USDA Announced in April 2021 that because of the COVID 19 Pandemic a waiver has been put in place that allows all providers to receive the higher Tier 1 Rate of Reimbursement from JULY 1, 2021, through JUNE 30, 2022.

Is it financially beneficial for me to be on the program? What about taxes?

- Joining the food program makes financial sense. You are always financially better off on the Food Program.
 - Do you want to win the lottery?
 - If your spouse got a raise, would you accept it?
 - If your child care parents paid you more, do you want it?
 - The answer is “yes” to all the above. In each of these scenarios you earn more money, pay more in taxes, and have **MORE MONEY IN YOUR POCKET** after paying taxes.
 - **MORE INCOME IS ALWAYS BETTER!!!**
 - For every \$1000 you receive from the CACFP you can expect to keep about \$600-\$700 in your pocket after taxes.



Common Objections:

"It's too much paperwork" – Well we all know paperwork is no fun, BUT you are being paid to do the paperwork. The Planning Council pays for KidKare and offers it free to all providers. KidKare reduces your paperwork, and you can use your smartphone, iPad, laptop and/or computer to record your meals and attendance and use eForms to enroll your children, etc.

- If you spend 3 hours/week doing paperwork and care for 4 children, serve breakfast, lunch, and a snack = 156 hours/year
- Tier 1 – $\$1205 \times 4 = 4820 \div$ by 156 hours = $\$30.89$ per hour
- Tier 2 – $\$577 \times 4 = 2308 \div$ 156 hours = $\$14.79$ per hour

"I only qualify for Tier 2 Rate and the CACFP reimbursements don't cover the cost of my food."

- Some money is always better than no money.
- If you got \$1000 from the CACFP and your food costs were \$2500
 - Why give up \$1000 in income?
 - If you do not take the \$1000 income from the CACFP your food costs will not change.

"My enrollment is low; I'm Tier 2 and I only serve one (1) snack. It's not worth it to claim a 21-cent snack."

- Well, actually "NO" that is inaccurate.
 - You will earn approximately \$10.06 per hour by claiming a 21-cent snack.
 - 1 child x $\$.21 \times$ 5 days a week x 52 weeks = $\$54.60$ a year
 - 4 children x $\$.21 \times$ 5 days a week x 52 = 218.40 a year
 - 5 minutes a day to enter it into KidKare = 21.7 hours a year
 - $\$218.40 \div$ 21.7 hours = $\$10.06$ per hour for your CACFP hours.

"I will lose my food deductions if I join the CACFP so I will be worse off financially."

- Nope! This is a common misunderstanding.
- You are entitled to claim food expenses in the same way whether you are on the CACFP or not.
- You can deduct the meals/snacks you get reimbursed for by the CACFP.

JOIN Now! *There really aren't any serious objections to joining the CACFP. It's a wonderful nutrition program that will help keep the children in your care healthy and it's a significant financial benefit that will put cash in your pocket.*

TO GET STARTED CALL THE PLANNING COUNCIL @ 1-800-477-3993, ext. 3025 or 410-967-5848



CRAFT AND ACTIVITY

Colorful Collage

adapted from themailbox.com

Description

Students use their fine-motor skills to choose the items for this collage project.

Materials:

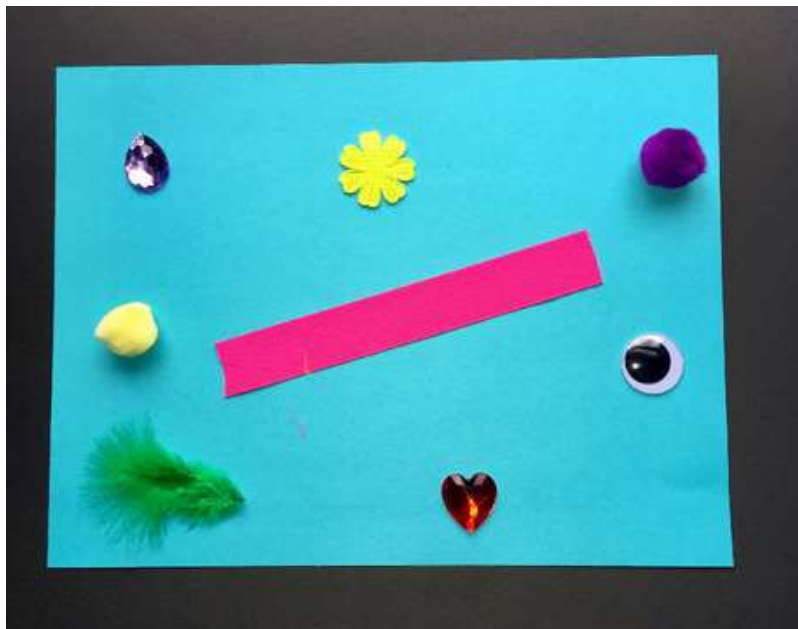
- clean plastic bottle (or bowl) with a large opening

- variety of art materials such as pom-poms, craft feathers, foam shapes, and large wiggle eyes
- tweezers
- construction paper
- glue

Setup: Place the art materials in the plastic bottle. Set the tweezers, paper, and glue nearby.

Art Process:

1. Use the tweezers to remove several items from the bottle.
2. Glue the items on a sheet of construction paper to create a desired design.



RECIPES

- **Juice from 2 lemons or limes**
- **1 tsp Garden sage fresh and chopped**
- **3 cups Shredded cabbage**
- **1 tbsp Better than bouillon vegetable paste • 2
tbsp olive oil**
- **2 tbsp Fresh parsley**
- **10 cups Water plus extra for cooking**
- **2 cups Vegetable broth**

*Instant Pot Soup Jouvou Ingredients to Marinate
the Meat*

- **2 Lbs. Angus Beef**
- **1 Cup Haitian Epis**
- **2 Tbsp. Ground Fresh Ginger**
- **2 Tsp. Kosher Salt**
- **2 Tsp. Black Pepper**
- **2 Tsp. Ground Cloves**

Instant Pot Soup Ingredients

- **1 Large Butternut Squash about 2 ½ - 3 lbs.**
- **1 Tsp. Kosher Salt**
- **2 Rosemary Sprigs**
- **5 Thyme Sprigs**
- **1 ½ Tsp. Allspice**
- **Fresh Sage about 3 leaves**

- **3 Large Carrots Peels**
- **1 Small Cabbage about 1 ½ lbs.**
- **1 Box Penne Pasta or about 3 cups of pasta**
- **2 Large Fresh Lemon**
- **2 Tbsp. Better Than Bouillon Paste Vegetable paste**
- **8 Cups Water**

Instructions

Stovetop Instructions

- 1. In a medium-size bowl, season the meat with salt and pepper, garlic, sage, 1 lemon or lime juice, and parsley.**
- 2. Marinate for 6-8 hours or overnight.**
- 3. Transfer the meat with the marinating liquid to a 5-quart Dutch oven, or deep pan. Add 8 cups of water and cook on medium-high covering the pan halfway. Cook the meat for 2 hours. Be sure to check the water quantity so it does not dry. Add more water if needed as the meat cooks. In the end, you should have about 2 cups of water left with the meat. Reduce the heat to low.**
- 4. Meanwhile, cook the squash until fork through (about 35 minutes). Remove the squash from the heat, cut in half, remove the seeds, and cut into small pieces. Feel free to leave the skin on. Place the squash the blender, blend until liquify with cups of vegetable broth and 2 cups of water.**
- 5. Pour the mixture into the meat, stir. Add the bouillon paste and vegetables, cook for 10 minutes. Stir constantly.**
- 6. Add the juice from the other lemon or lime, then add the noodles. Cook for 10 minutes. Stir. Serve warm with bread. Enjoy!**

Instant Pot Soup Jomou Instructions

1. Cut and wash the meat well. Pat dry and place in the instant pot basket. Add the marinating ingredients, mix well. Cover with foil and set aside. Let marinate for 30 minutes or overnight.

2. Wash the squash, then cut into large pieces. Then add the squash into the basket with the meat. Add 8 cups of water. Cover and turn the knob to seal. Pressure cook on high for 35 minutes. When the timer goes off, quick release. Place the meat in one bowl. Do NOT discard the water from the meat and squash. Place the water in large bowl to use for later. Add the squash to the Instant Pot Blender or good quality blender. Add 2 ½ cups of the water from the meat. Blend well to a smooth consistency.

3. In the Instant Pot, add the oil, carrots, cabbage, and noodles. Stir until well combined. Then transfer the blended squash to the vegetables and noodles.

Add the remaining ingredients - herbs, salt, lemon juice, allspice, and Better Than Bouillon Paste (See Instant Pot Soup Ingredients list above).

Add the cooked meat. Next, add the remaining water from the meat (broth) and stop until the liquid reaches the "max" mark in the pot. Do not overfill, otherwise the soup will overflow when cooking.

Stir lightly to mix the ingredients together. Cover and seal. Cook for additional 10 minutes. Quick release when complete.

Serve and enjoy.

HCFCCA FUNDRAISERS

HCFCCA Shaklee Fundraiser



When it comes to food, most of us are very conscious about using healthy ingredients. But what about the products we put on our skin? We don't always think about the ingredients in our lotions, cleansers, and moisturizers, but what we use on our body is just as important as what we put in it. Here's why it's a good idea to choose skin care with clean ingredients.

From the Outside In

Most of what you put on your skin is absorbed into your body. This means that any harmful ingredients in skin care products can potentially damage your skin and could even put toxins into your bloodstream. For example, some cleansers contain petroleum and paraffins that contain toxins and can clog pores. A safer alternative would be our Luminous Gel Oil Cleanser, which uses exfoliating green algae and avocado oil to calm and hydrate skin.

Allergens and Sensitivities Skin care products can contain allergens, so you'll want to take note if certain products cause itching or rashes. Even if you don't have allergic reactions, your skin may still be sensitive to common skin care ingredients, especially if there is some sort of acid present. Your best bet is to go with skin care that's considered clean beauty.

Clean Beauty

A clean beauty product is anything that doesn't contain harmful ingredients that are commonly found in skin care products, like parabens, phthalates, PEG derivatives, and artificial colors and fragrances. Usually, clean beauty contains ingredients that are naturally derived. Radiance C+E, for example, uses vitamin C and E and raspberry cell

extract to visibly reduce the appearance of fine lines and wrinkles. And for moisturizing and hydrating skin, Moisture Lock Day Cream and Moisture Activating Serum use a formula made with botanical ingredients, including cactus extract, muscadine grape, Lotus Japonicus, and Schisandra Chinensis. The best thing about clean beauty is that it prioritizes not only the look but also the health of your skin. It's time to clean up your skin care routine with products that use safe ingredients. If you need some ideas, our whole YOUTH ® line is FREE of over 2,500 harmful chemicals and questionable ingredients commonly found in skin care products. And remember—skin care ingredients matter because your health matters the most.

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INFORMATION

Technology in Early Childhood Classrooms

submitted by Uyen Felks, HCFCCA NEWSLETTER VOL 42 ISSUE 7 FEBRUARY

2022

When my son was around 2 years of age, I introduced him to ABCmouse.com for comprehension reading and to learn the alphabet along with numbers, shapes, and colors. Overall, I think this program is suitable as an introductory tool for preschoolers to start their academic learning. They have a good geography program, and children are rewarded with tickets to buy stuff. I found how much my son loved to build or change his own avatar. I believe the kids can get familiar with vocabulary while listening to music or storytelling. I don't get the idea of having an art and colors section for kids when they have the more traditional ways to do so. By using real papers and holding crayons. When my son used the iPad, he used his fingers to color on the screen, which I think was silly. Their alphabet learning part is not quite creative to me and their stories on emphasizing the letters learned are boring. Same with numbers. It seemed like they only focus on 1-10. Their program is very repetitive, so after a while my son was not engaged. To be fair, the program could be a good introduction for younger children to audio books, songs, geography, or letters/numbers/colors/shapes. When monitored by adults, it is something extra for the kids to do. For kids who become bored easily, I don't think this is the program for them. Overall, I would rather teach kids the traditional way, instead of using such program to do so. Also, their customer service was bad, and they were offline often.

I was first introduced to Starfall.com by a colleague while working as a Preschool Teacher for a homeless shelter in Fort Meade. One thing I noticed about this program is the diversity of their animated characters versus ABCmouse. Instead of step-by-step guide, the program is designed for children with special needs or have difficulty reading. It has more interactive activities to keep kids interested. Their math section's explanation is broken down, it is easier for kids to understand. It is a supplement for direct reading instruction. Children can interact with the characters through songs, stories, etc. Overall, it is a fun way to supplement reading and phonics learning for children. Their games could be updated, and their focus is on the classroom setting. Again, I don't believe Starfall could replace the traditional way of learning for children.

Last Christmas, I bought Osmo Coding program for my son and for the older kids in my daycare to introduce them into STEM activities with a particular focus on the coding world. Based on my observation, it took the kids awhile to figure out "Coding Awbie," which brought frustration for them at the time. As time went by, they seemed to get the ideas with a little help from me. This is more of a program for kids around 4 years and older. Coding is a great way to allow kids to explore and solve problems, utilizing critical thinking skills by using the tiles and recognizing patterning. It boasts an engineering way of thinking and becomes more difficult as the kids progress to the next levels. What I like about Osmo is the use of physical tiles to build the game. Awbie is a fun character that interacts with the kids throughout the building process. The colors are cheerful and attract the kids' attention. This is the beginning of teaching kids' basic logic, math, patterns, and control. I found both my son and

older daycare kids were glued to Awbie. It is just the matter of limiting their time. The downside of this program is the lack of human interactions during the coding process. It is quite pricey, but I still think is worth it to start the kids early in the coding world. I also purchased Osmo Monster to blend real life doodles with on screen action. I have to say my preschool kids love it. It is interesting for them to learn to draw by going on an adventure with Monster. They love to watch a time-lapse video of their creations. This program really brings out children's artistic and drawing skills at an early stage. Technology is here to stay. Although I have only explored certain programs out there to help children with learning how to read, do math, or basic coding, I find that if they spent too much time in front of the screen and without an adult sitting there to facilitate, they might become passive learners. I view technology as a supplementing way of learning for a short period of time during the day. It could make learning less boring, and it has really helped parents during the pandemic. However, I still prefer the traditional ways of learning to read, write, or do math for children.



The Office of Children and Families is excited to offer a free, new opportunity for infant and toddler early care and education providers. You are invited to partner with us to address the social and emotional needs of children.

The primary goal of this program is to increase early care and education providers' capacity to address the **social and emotional needs of children age birth to three** by providing coaching, consultation and training services in infant and toddler classrooms.

We provide infant/toddler staff the opportunity to:

- set the stage to decrease negative behaviors in the classroom;
- develop innovative strategies to manage challenging behaviors;
- teach children new skills to replace challenging behaviors; and
- support each other in addressing difficult behaviors

A partnership with the PPO I/T program will **provide your infant/toddler teachers with a certified coach**, offering a one-on-one approach within each classroom, and access to free resources and materials. Your coach will model techniques, observe staff/child interactions, and provide hands-on strategies to equip teachers of young children with the tools and information to better regulate and more effectively address the developing emotions of those in their care.

For more information, or to participate,
contact the CAREline at

410-313-CARE (2273)

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If you need this information in an alternative format, contact the Office of Children and Families at 410-313-1940 (voice/relay) or children@howardcountymd.gov.

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If you have been referred to the NACES website for an evaluation of your non-US studies, please select a NACES member organization from the list below. This list provides links to each member's website – we recommend that you contact our members directly to obtain information about the services they offer, their fees, and their requirements.

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CONTACT US

Howard County Family Child Care Association

HCFCCA

P.O. Box 2154

Columbia, MD 21045

(301) 776-4841

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