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**OUR NEXT GERNERAL TRAINING**

**DATE: October 7th**

**TIME: 6:00PM**

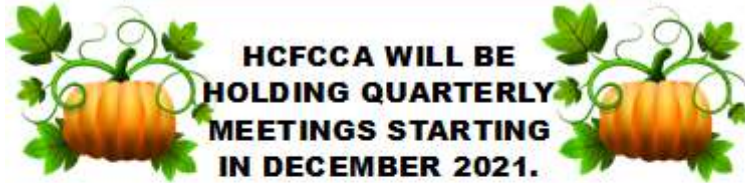
**LOCATION: YOUR ONLINE LEARNING SPACE**

**(CHOOSE A QUIET PLACE WHERE YOU WILL NOT BE  
DISTRACTED)**

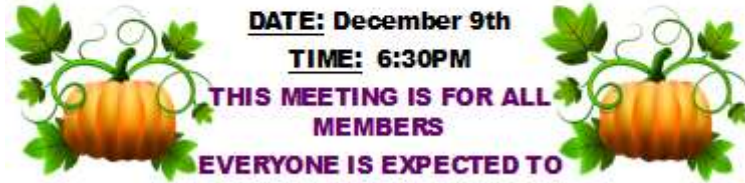
**TOPIC: Sustaining Teacher-Child Connections**



**OUR NEXT GENERAL BUSINESS MEETING**



**HCFCCA WILL BE  
HOLDING QUARTERLY  
MEETINGS STARTING  
IN DECEMBER 2021.**



**DATE: December 9th  
TIME: 6:30PM  
THIS MEETING IS FOR ALL  
MEMBERS  
EVERYONE IS EXPECTED TO  
ATTEND.**



**OUR NEXT BOARD MEETING**

**DATE: December 9th**

**TIME: 7:30PM**

**RSVP TO RHONDA WATSON.  
EVERYONE IS WELCOME.**



[Visit Us on the Web](#)

[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)

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



**From Rhonda (President)**

Happy October, someone asked me today why do I end my emails with “Thanks for taking the time to care”. I worked for Prudential Insurance company years ago. I was assigned to work with the seniors. I was new and no one wanted to work with that age group. I love the seniors. What I noticed is that most customers would end their conversation with thanking me for caring enough to help. I would like to take this time to thank all of you for taking the time to care.

I would like to take this time to thank all of the presenters of our September training.

If you applied, you will receive the Stabilization Grant this month. Please make sure you spend it in the areas that are approved. Remember to keep records of your spending in case you get audited.

We voted in our September Business meeting to have our general business meetings every quarter. This was done because of the lack of attendance. Our next general meeting will be December 9th. We will still have our board meeting every month.

If you are working on Maryland Excels level 3, we have 4 accredited providers that can help you. Please reach out to our mentoring person Therese Mason.

For those of you that have attended the NAFCC conference, I have reached out to Auburn (the organization that issues the CEU's). I was advised that as soon as they receive the information from NAFCC they will advise me so that I could pass the information onto you.

I noticed that some people have been sending in their check for membership with a handmade application. We no longer have a paper application. Our applications are now online. If you didn't receive the application link you can find it on our website [www.hcfcca.org](http://www.hcfcca.org), in our newsletter or contact Lisa McCourry. Also contact Lisa if you need help completing the online application.

## IMPORTANT INFORMATION

Howard County Health Department: 410-313-6284

Carrol County Health Department: 410-876-4900

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



**EVERY DAY  
MAY NOT BE  
GOOD.   
BUT THERE IS  
SOMETHING  
GOOD IN  
EVERY DAY. **

**From Angela (VP of Education)**

Thank you for a successful September class. I am looking forward to our next session with Better Futures.

Our next class is October 7, 2021

Project Base Learning

Participants will be introduced to the Project Approach and the benefits of the process the children experience as they engage in a project. This highly interactive session will engage the participants in conversations about the Project Approach and activities to begin to create a draft plan to introduce the Project Approach to the children.

Please join us.



### **From Kelly(Treasurer)**

Happy Autumn everyone! This is my favorite time of year. Pumpkins, apples, witches and all of the fun themes surrounding Halloween. For some it can be a stressful time of year. One way I learned to manage my stress during this last year of Covid, was by doing breathing exercises every morning. The Wim Hof Breathing Method takes about eleven minutes. There are several free guided breathing exercises using this method on YouTube. I found it to be a good way to shake off the morning stress and prepare myself mentally for the daily challenges of caring for the children of others.

For many it is time to renew your membership with our association. Don't forget the yearly fees have increased to \$80. Should you choose to send in a check, allow time for it to be processed. I check our P.O. Box and make bank deposits on Saturdays. Also, it is best if you pay your fees via Zelle or Cash Ap. More information can be found on our Website.

I hope to meet more of you in person at the Maryland State Family Childcare Association in a few weeks.







### **From Uyen (Secretary/Fundraising)**

September, for many East and Southeast Asian people, we celebrate the Mid-Autumn Festival for children. This holiday was said to have been a way for parents to make up for lost time with their children, traditionally after the harvest season. In Vietnam where I am from originally, this event is held on the 15th day of the 8th lunar month. Children and their families normally eat mooncakes in the evening while looking at the moon. Mooncake's taste is usually a combination of sweet, salty, and savory flavors originating from the lotus seed paste. The texture varies depending on the types, but they are generally dense cakes wrapped by a thin flour skin. Besides eating mooncakes, children have also received varieties of lanterns made from different materials with different shapes to parade in the neighborhood with their friends or neighbors' children. This is one of the childhood memories that I forever treasure. I am glad leaders in my

community as well as other ethnic groups are organizing such events for children every year. I always encourage my son to participate as the way to appreciate our heritage. Hope you enjoy some of the pictures here.



**[CLICK THIS BUTTON TO FILL OUT AN APPLICATION ONLINE](#)**

**From Lisa (Vice President of Membership)**

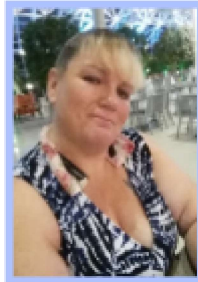
It was so nice seeing some of you at the 40th Anniversary! It was fun and exciting to see all who attended. I encourage you to go out and ask another provider to join us.

Thanks for your continued support with our growing membership and our Association.

Remember to check your emails for any news regarding your membership or training coming up.

We are now all electronic memberships. We still will keep a hard copy of the file as well. For those who do not use the computer, you can still mail one into us. If you do not get your membership renewed by the end of the month, you take a chance in not attending a class.

I am here to help you if you need anything regarding your membership.





I want to be like  
a Sunflower, so that even  
on the darkest days I will  
stand tall and find the  
sunlight.

**From Melissa (Newsletter Editor)**

**Newsletter Deadlines**

<b>Due Date</b> <b>Month</b>	<b>Newsletter</b>
<b>October 17th</b>	<b>November</b>
<b>November 14th</b>	<b>December</b>
<b>December 12th</b>	<b>January 2022</b>
<b>January 16th</b>	<b>February</b>
<b>February 13th</b>	<b>March</b>
<b>March 13th</b>	<b>April</b>
<b>April 17th</b>	<b>May</b>

**May 15th**

**June**

**July 17th**

**August Summer 2022 (first  
newsletter of 22/23 Vol 43)**

Please send your newsletter contributions to [newsletterhcfcca@gmail.com](mailto: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=mc0003bf5632c8cf1a135f7437af4ffd2>

*Here is the meeting schedule –*

- *10/21/21 (Credential)*
- *11/18/21 (Accreditation)*
- *12/16/21 (Credential)*
- *1/20/22 (Accreditation)*
- *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](mailto:laurelbutterflychildcare@gmail.com)*

*Or*

*Joan Johnson -410-313-1432*

*[jmjohnson@howardcountymd.gov](mailto: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](https://www.facebook.com/groups/147690680847397/?ref=share_group_link)



## Application For Letter of Volunteerism

From Anita(Volunteer Coordinator)



Well the cooler weather is upon us and the long days of summer behind us. I just wish the pandemic was too. Since we are not meeting in person for class, please consider joining other providers for the social events that are planned. We all need an outlet and time for ourselves with adults!

Below you will see a picture of the citation we received from the Governor and Lt. Governor. It was delayed but did finally arrive.

If you earned a PAU since June, please check your email and spam folders for your letter.



**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.



**From Deena(Marketing and Public Relations)**

I recently attended the Maryland Early Childhood Conference in Hagerstown, MD. I thoroughly enjoyed every class that I took. I met other providers from other counties. I also spoke to several Howard County Providers including Lisa McCourry who was a presenter!

Stephen Hicks was our first speaker. He spoke about The American Rescue Plan Act of 2021 - \$502 million, \$193 Million Child Care Development Fund, \$309 Million for

Child Care Stabilization Funds. Now that's a great deal of monies going to nurturing our children!

The keynote speaker, Becky Bailey was dynamic. Her subject "Conscience Discipline", spoke about 3 Super Powers,

Give Instead of Get, Self Regulate Instead of Demanding Others Change and lastly Offer Positive Intent. Of course she went more in depth but these 3 Super Powers are something to think about, we can learn and also teach our children!

I recommend attending Conferences when you are able.

Please reach out and help in Public Relations and Marketing for HCFCCA. All ideas are welcome and much appreciated!

Have an amazing, fun filled and spooky October!



**From Thelma (MSFCCA Director)**





**From Claudia (Website Coordinator)**

## HEALTHY APPLE PIE MUFFINS

This simple recipe doesn't require pulling out the mixer. Just a large mixing bowl, spoon and little stirring muscle. The batter is thick, but the muffins are surprisingly light. If you don't have apples on hand pears work well too.

### Ingredients

- 2 cups whole wheat pastry flour
- 2 tablespoons ground flaxseeds
- 2 teaspoons baking powder
- 1 teaspoon baking soda

- 1/3 cup maple sugar (or granulated sugar)
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 cup unsweetened applesauce
- 2 tablespoons melted butter
- 1/3 cup milk
- 2/3 cup chopped apple (about 1 apple)

### Instructions

1. Preheat oven to 400 degrees.
2. In a large mixing bowl combine dry ingredients; flour, ground flaxseeds, baking powder, baking soda, sugar, cinnamon and nutmeg. Add in applesauce, melted butter, milk and chopped apples. Stir until well combined.
3. Divide the batter evenly among muffin cups.
4. Bake for 15-20 minutes, until golden brown.
5. Allow to cool and store in an airtight container.

These apple spice muffins are great for a quick snack, or side in your lunch packing arsenal. My kids love muffins in their lunchboxes and this one makes the perfect lunchbox snack.



**From Natacha (Social Media Chair)**

### **The Dash Poem**

By Linda Ellis

I read of a man who stood to speak  
At the funeral of a friend  
He referred to the dates on the tombstone  
From the beginning...to the end

He noted that first came the date of birth  
And spoke the following date with tears,  
But he said what mattered most of all  
Was the dash between those years

For that dash represents all the time  
That they spent alive on earth.  
And now only those who loved them  
Know what that little line is worth

For it matters not, how much we own,  
The cars...the house...the cash.  
What matters is how we live and love  
And how we spend our dash.

So, think about this long and hard.  
Are there things you'd like to change?  
For you never know how much time is left  
That can still be rearranged.

If we could just slow down enough  
To consider what's true and real  
And always try to understand  
The way other people feel.

And be less quick to anger  
And show appreciation more  
And love the people in our lives  
Like we've never loved before.

If we treat each other with respect  
And more often wear a smile,  
Remembering this special dash  
Might only last a little while

So, when your eulogy is being read  
With your life's actions to rehash...

Would you be proud of the things they say  
About how you spent YOUR dash?



**From Lynda (Sunshine Committee)**



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

<b>Division of Early Childhood</b>		
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
<b>Office of Child Care</b>		
Jennifer Nizer	Director, Office of Child Care	410-767-7823
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-7823
<b>Early Learning Branch</b>		
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
<b>Licensing Branch</b>		
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
<b>Child Care Scholarship Branch</b>		
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
<b>POC HELPLINE</b>		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

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



<b>Collaboration and Program Improvement Branch</b>		
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
<b>Credentialing Branch</b>		
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
Agnetha Wright	Deputy Branch Chief	410-767-6923
<b>EXCELS</b>		
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
<b>Allegany County Field Office</b>		
3 Pershing Street Cumberland, Maryland 21502 Ruth Lafferty	Lead Licensing Specialist	301-777-2385
<b>Anne Arundel County Office of Child Care (Region I)</b>		
49 Old Solomons Island Road Annapolis, Maryland 21401 Renee Woodard Tonya Smith	Regional Manager Office Secretary	410-573-9522
<b>Baltimore City Office of Child Care (Region II)</b>		
2700 North Charles Street, Suite 203 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams	Regional Manager Office Secretary	410-554-8300
<b>Baltimore County Office of Child Care (Region III)</b>		
409 Washington Avenue, Suite LL8 Towson, Maryland 21204 Amber Riley Andrea Brown	Regional Manager Office Secretary	410-583-6200
<b>Carroll County Office of Child Care (Region XIII)</b>		
1643 Liberty Road, Suite 205 Eldersburg, Maryland 21784 Sharon Afework	Regional Manager	410-549-6489

<b>Washington County Office of Child Care (Region VII)</b>		
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](mailto:earlychildhood.msde@maryland.gov)

Early Learning Branch  
[early.learningbranchesmsde@maryland.gov](mailto:early.learningbranchesmsde@maryland.gov)

Collaboration and Program Improvement Branch  
– [collaboration.programimprovement@maryland.gov](mailto:collaboration.programimprovement@maryland.gov)

Licensing – [licensingocc.msde@maryland.gov](mailto:licensingocc.msde@maryland.gov)

Credentialing –  
[credentialocc.msde@maryland.gov](mailto:credentialocc.msde@maryland.gov) or 1-866-243-8796

Subsidy – [ccscentral@conduent.com](mailto:ccscentral@conduent.com) or 1-866-243-8796

Maryland EXCELS – [info@marylandexcels.org](mailto:info@marylandexcels.org)

**[Tuesday Tidbits-September 21, 2021](#)**

**[Tuesday Tidbits-August 10 2021](#)**

**[Tuesday Tidbits-July 27 2021](#)**

**[IMPACT from MSDE SUMMER EDITION](#)**



## 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

Adapted from themailbox.com

### Pointer Pointillism

Process Art: fingerprints

Materials:

white paper

ink pad

stencil

Description:

All you need for this dotted artwork is an ink pad and your fingertip! Fold white construction paper in half card-style; then trace the same stencil on each half. Using your fingertip and an ink pad, fill the inside of one tracing with dots; then fill the space around the remaining tracing with dots. Simply beautiful, inside and out!

Janet Boyce  
Tomball, TX

## RECIPES



Taken from [www.foodnetwork.com](http://www.foodnetwork.com)

### Roasted Turkey and Basil Cream Cheese Pinwheel Sandwiches

#### Ingredients

1 large head romaine lettuce

4 ounces whipped cream cheese

1 cup baby spinach leaves, loosely packed

8 large fresh basil leaves

Kosher salt and freshly ground black pepper

Four 10-inch flour tortillas

8 slices oven-roasted deli turkey (about 8 ounces)

1 whole roasted pepper from a jar, sliced into 1/4-inch strips (about 1/2 cup)

1 cup shredded carrots

Directions

Special equipment:

Toothpicks

1. Pull the largest four romaine leaves from the outside of the bunch and wash and dry carefully, trying not to tear the leaves. Cut the leaves at the base where they were connected to the root; the pieces should be about 9-inches long. Using a vegetable peeler, shave the center rib so the leaves roll up more easily. Set aside.
2. Combine the cream cheese, spinach and basil in a food processor and puree until smooth. Season with 1/4 teaspoon kosher salt and a few grinds of pepper.
3. Lay one of the tortillas on a clean work surface and add one of the romaine leaves to fit neatly on top. Place 2 slices of turkey next to each other, covering the lettuce. Spread 2 tablespoons of the cream cheese mixture over the surface of the turkey and line up a quarter of the roasted pepper strips along one edge. Line up 1/4 cup of the shredded carrot just above the peppers. Roll up the wrap tightly starting from the edge with the peppers and carrots, so the wrap holds together with the peppers and carrots in the middle. Place the wrap seam-side down. Repeat with the remaining tortillas, vegetables, turkey and cream cheese spread. Cut the wraps into 1-inch pieces, then pierce each segment with a toothpick or skewer from the outside of the tortilla through the seam on the bottom.

Never leave a child unattended in the kitchen. Limit the child to tasks that are safe and age-appropriate.

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For additional information, contact us at [crafft@betterfuturesdc.com](mailto:crafft@betterfuturesdc.com) or via phone (202) 587-5638.

## HCFCCA Shaklee Fundraiser



Hello, everyone!

Here is some few questions about our Get Clean ® Moisturizing Hand Sanitizer, so Dr. Erin Barrett took some time to answer. Here we go!

Q: When is it ok to use hand sanitizer and when should I

wash my hands?

A: The CDC recommends washing hands with soap and water whenever possible because handwashing reduces the amounts of all types of germs and chemicals on hands. When your hands are visibly soiled, you want to wash them with soap and water. But if soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others. If you want added protection after washing, you can sanitize too. So, if you're riding public transportation, touch a grocery cart, or touch an animal, situations like these are when you should use sanitizer.

Q: How does hand sanitizer work?

A: The active ingredient in hand sanitizers is isopropyl alcohol (rubbing alcohol), ethanol, n-propanol, or a combination of these ingredients. Alcohols have long been known to kill microbes by dissolving their protective outer layer of proteins and disrupting their metabolism.

Q: Are all hand sanitizers created equal?

A: It's important to make sure your hand sanitizer has at least 60% alcohol. Studies have found that sanitizers with lower concentrations or non-alcohol-based hand sanitizers are not as effective at killing germs as those with 60-95% alcohol. In particular, non-alcohol-based sanitizers may not work equally well on different types of germs and could cause some germs to develop resistance to the sanitizer. Most products contain between 60% and 95%, but don't assume that the higher percentages are more effective. To work at peak efficiency, these products also need to contain some water.

Q: How does Get Clean ® Moisturizing Hand Sanitizer stand out?

A: Our hand sanitizer is strong and efficacious, with 65% alcohol and water, killing 99.99% of many common harmful germs and bacteria in 30 seconds. But it's also really soft on hands, unscented, and lightweight. We were hearing so many people talk about how dry their hands were, and experiencing it ourselves, with hand washing



and sanitizing, so we added plant-based moisturizers, glycerin, and squalene. Ours is safe for the whole family, too!

Q: Lastly, how do I use hand sanitizer correctly?

A: You want to use enough sanitizer on your hands to cover all surfaces from the tips of your fingers to your forearms, and between your fingers. Rub hands together until dry.

### HCFCCA Shaklee Fundraiser

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INCLUDING HUMAN  
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<p><b>Daffodil – Jonquil-Outdoor</b></p> 	<p><b>Dumbcane (Dieffenbachia)-Indoor</b></p> 	<p><b>Eucalyptus-Indoor</b></p> 

### Procedure for Diapering a Child

#### 1. Get Organized:

a. Wash Hands and collect the needed supplies: Before bringing the child to the diaper changing area, perform hand hygiene, gather and bring supplies to the diaper changing area.

- Non-absorbent paper liner large enough to cover the changing surface from the child's shoulders to beyond the child's feet
- Fresh diaper and clean clothes (if necessary)
- Enough diaper wipes for the diaper change (including cleaning child's bottom, child's hands and provider's hands after taking the soiled diaper away from the child's skin)
- Child's personal, labeled Diaper Cream/Ointment, (provided by parents) removed from the container to a piece of disposable material such as facial or toilet tissue
- Trash disposal bag
- Supplies should be removed from their containers before starting the diaper change.

b. Diapering Surface: should be smooth, nonabsorbent, and easy to clean. Don't use areas that come in close contact with children during play, such as couches, floor areas where children play, etc.

- Place a non-absorbent paper liner large enough to cover the changing surface from the child's shoulders to the child's heels (in case it becomes soiled and must be folded over to give a clean surface during the change) on the changing table.

c. If using gloves, put them on now.

#### 2. Carry the child to the Diapering Table:

- Keep the soiled clothing away from you and any surface that cannot be easily cleaned and disinfected.
- Always keep a hand on the child
- If the child's feet cannot be kept out of the diaper or from contact with soiled skin during the changing process, remove the child's shoes and socks so the child does not contaminate these surfaces with stool or urine during the diaper changing.

#### 3. Clean the child's diaper area:

- Unfasten the soiled diaper but leave it under the child
- Lift the child's legs as needed and use the disposable wipe to clean the child, wiping from front to back
- Use a fresh wipe each time until the child is clean
- Put the soiled wipes into the soiled diaper, or directly into a plastic-lined hands-free covered container.

#### 4. Remove the soiled diaper and clothing:

- Fold the soiled diaper surface inward and put the soiled diaper into a plastic-lined, hands-free covered container. If reusable cloth diapers are used, put the soiled diaper and its contents, without rinsing, into a plastic bag or a plastic-lined, hands-free covered container
- If gloves were used, remove them and put them into a plastic-lined, hands-free covered can
- Whether or not gloves were used, use a fresh wipe to wipe the hands of the caregiver/teacher and another fresh wipe to wipe the child's hands

Procedure for Diapering a Child

5. Put on a clean diaper and redress the child:

- Slide a fresh diaper under the child
- Use a facial or toilet tissue or wear clean disposable glove to apply any necessary diaper creams, discarding the tissue or glove in a covered, plastic-lined, hands-free covered can
- Note and plan to report any skin problems such as redness, skin cracks, or bleeding
- Fasten the diaper.

6. Wash the child's hands and return the child to play area:

- Use soap and warm water, between 60°F and 120°F, at a sink to wash the child's hands
- The provider should not touch any materials in the classroom, other children, etc., at this point because their hands have not been properly washed yet).

7. Clean and sanitize the diaper-changing surface:

- Throw away the disposable paper liner in a plastic-lined, hands-free container
- Clean any visible soil from the changing surface with detergent and water
- Wet the entire changing surface with the sanitizing solution and wait 2 minutes (or allow surface to air dry) to allow the solution to kill germs before drying with a disposable paper towel.

8. Wash Hands according to the procedure and maintain documentation of diaper change log:

- Record what was in the diaper and any problems (such as a loose stool, an unusual odor, blood in the stool, or any skin irritation), and report as necessary.

Resources:

1. Caring for Our Children: National Health and Safety Performance Standards, Diaper Changing Procedure, 3<sup>rd</sup> edition. Diaper Changing Procedure-Last Modified 08/23/2016.
2. CDC. Safe and Healthy Diapering to reduce the spread of the germs.

3. MSDE Office of Child Care (OCC) Regulations

- Diapering Area: COMAR 13A.16.05 PHYSICAL PLANT AND EQUIPMENT .08 Sanitary Facilities and Supplies. COMAR 13A.15.05 Home Environment and Equipment .03 Cleanliness and Sanitation E. (3)
- Diapering Procedure: COMAR 13A.16.09 PROGRAM REQUIREMENTS .02 Activity Plans for Infants and Toddlers. B. (4). (d) COMAR 13A.15.05 Home Environment and Equipment .03 Cleanliness and Sanitation E. (1) (2)
- Hand Washing: COMAR 13A.16.11 HEALTH .03 Preventing Spread of Disease. COMAR 13A.15.05 Home Environment and Equipment .03 Cleanliness and Sanitation D (1) (2)
- Diaper Cream: COMAR 13A.16.11 HEALTH .04 Medication Administration and Storage. B. Topical Application A, D (2) COMAR 13A.15.11 Health .04 Medication Administration and Storage. B. Topical Applications A, U (2)

**1 Get Oriented**

Wash your hands.  
Gather what you need:  
 ✓ non-absorbent, disposable paper (recommended) or pad  
 ✓ fresh diaper  
 ✓ clean clothes (if necessary)  
 ✓ plastic bag for soiled items  
 ✓ disposable wipe  
 ✓ gloves (recommended)  
 ✓ diaper cream, removed from container and placed on a disposable tissue  
 Put on disposable gloves.

**2 Carry Child to Diapering Area**

Avoid contact with clothing soiled with urine or stool (feces).  
 Gently place child on diapering surface.  
 Always keep a hand on the child.  
 • Remove child's clothes, shoes and socks as needed.  
 • Place soiled clothes in plastic bag (keep separate for soiling home, do not reuse).

**3 Clean the Child**

• Remove stool and urine from front to back.  
 • Use fresh wipe or dampened paper towel with each front to back cleaning.  
 • Place soiled wipe or paper towel in plastic-lined, hands-free, covered trash receptacle.

**4 Remove Soiled Diaper**

IMMEDIATELY put disposable diaper in a plastic-lined, hands-free, covered trash receptacle.  
 Put soiled reusable diaper in a plastic bag, close securely for sending home. Do not reuse.  
 Remove gloves.  
 Dispose of immediately. Clean your hands with a disposable wipe.  
 Clean the child's hands with a fresh disposable wipe.  
 If disposable paper is used, fold paper this first over any spots.

**5 Put a Clean Diaper on the Child**

Slide fresh diaper under child's feet.  
 Use fresh tissue to apply needed diapering cream. Discard tissue in plastic-lined, hands-free, covered trash receptacle.  
 Adjust and fasten diaper.  
 Finish clothing child.

**6 Wash Child's Hands**

Take child to the sink. Hold child and wash child's hands with warm water.  
 If you are unable to hold the child for handwashing and the child cannot stand at the sink, use the fresh paper towel method. Use the first wiping and soapy for washing, the second clamp for rinsing and the third to dry hands.  
 Return child to supervised area.

**7 Wash Area**

Use disinfecting solution.  
 • If paper liner is used, dispose of paper liner in a plastic-lined, hands-free, covered trash receptacle.  
 Spray and wipe entire diapering area with disinfecting solution. (10000 parts per million (ppm) of bleach)  
 Spray and wipe entire diapering area with disinfecting solution.  
 If pad is used, spray both sides of the pad and the changing table surface with disinfecting solution. Spray with water. Spray both sides of the pad and the

**8 Changing table surface with disinfecting solution. Let disinfecting solution sit for 2 minutes. Air-dry or wipe dry.**

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**1**  
Obrigue a lavar las manos.  
Lávese las manos.  
Fécele las uñas cortas.  
Lávese las manos.  
Fécele las uñas cortas.  
Lávese las manos.  
Fécele las uñas cortas.  
Lávese las manos.  
Fécele las uñas cortas.  
Lávese las manos.  
Fécele las uñas cortas.

**2**  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.

**3**  
Limpie el frente del niño.  
Use un pañal húmedo o un pañal seco.  
Limpie el frente del niño.  
Use un pañal húmedo o un pañal seco.

**4**  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.

**5**  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.

**6**  
Limpie las manos.  
Use un pañal húmedo o un pañal seco.  
Limpie las manos.  
Use un pañal húmedo o un pañal seco.

**7**  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.  
Obrigue al niño a sacar el pañal.  
Córtales el pañal.

**8**  
Limpie el área.  
Use un pañal húmedo o un pañal seco.  
Limpie el área.  
Use un pañal húmedo o un pañal seco.

Procedimiento para cambiar pañales

Fig 1 of 1

# Promoting Positive Outcomes for Infants and Toddlers

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)**  
VOICE/RELAY

children@howardcountymd.gov • www.howardcountymd.gov/children



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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Credits from institutions in other countries shall be evaluated for comparability of degree and course work by an independent agency authorized to analyze foreign credentials. The agencies listed above are designated by the Department to provide this service. A course-by-course evaluation using original documents is required.



CONTACT US

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