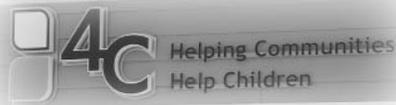


4c FOCUS

December 2009

VOLUME 32 | ISSUE 3

4-C Celebrates Ribbon-Cutting and Open House October 28, 2009



FROM THE EXECUTIVE DIRECTOR



Friends of 4-C,

The leaves have changed colors and the cooler air is upon us! What a wonderful fall season this has turned out to be. On October 28th, with much excitement and a lot of pride, 4-C welcomed the community into our new home with a ribbon cutting ceremony and open house. 4-C was honored to have the City of Madison's Mayor, Dave Cieslewicz, officially cut the ribbon for the new 4-C offices. If you haven't stopped in to visit us yet, please do so!

The new 4-C building is built on the same foundation of the old building, but has a whole new look! The new building is easily accessible with a main level ground entrance. The Resource Room and Training Facility are both located off the main entrance and are so easy to find. The Resource Room is fully stocked with a new die cut machine, laminator, and books. We are also continuing to work on replenishing the toy kits, so give us a call and make your appointment to utilize these exceptional resources!

In addition to the excitement of the new Resource Room and Training Facility, the Child Care Resource and Referral Programs will be restructuring throughout the state of Wisconsin beginning in 2010. The intent of the restructure is to ensure high quality consistent services to children, families, and the professionals who serve them. The new model will also increase inter-agency collaboration on a regional and statewide level. The goal of the Child Care Resource and Referral restructure is to provide optimal access in each of the 72 counties and 11 tribes in Wisconsin; accountability to families, providers, and communities; efficient, effective, comprehensive service delivery; and recognized and accessible services, all resulting in quality care for children and higher quality of living in communities.

What does the Child Care Resource and Referral restructure mean to 4-C? It means that 4-C will remain serving Columbia, Dane, Dodge, Jefferson, and Sauk counties; but will also be reaching out into Green, Rock, and Walworth counties. This is a very exciting opportunity for not only 4-C, but for the entire Resource and Referral System to bring higher levels of quality services to our communities' children. Please expect more information to follow on this restructure as we move through the end of 2009!

As the seasons change from fall to winter, continued thanks for all you do for our communities' children!

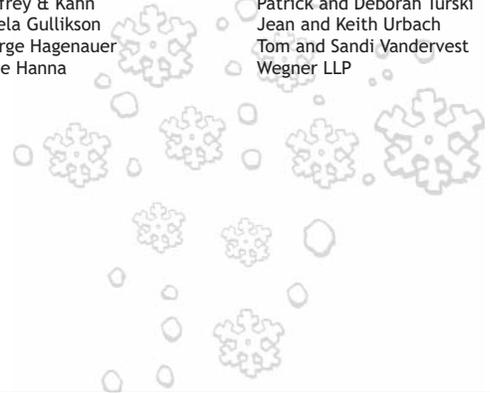
Sincerely,

Jody Bartnick
Executive Director

Our Thanks to Recent Donors

Our sincere thanks to the following businesses, companies, and individuals for their contributions to 4-C.

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FOCUS is the quarterly newsletter of Community Coordinated Child Care, Inc. (4-C). 4-C strives to advocate for the well-being of children in early childhood care and education and to assist parents and providers in creating quality care. The FOCUS newsletter offers information and articles on best practices for early education and care professionals. Focus is published quarterly and is distributed free to 4-C members.

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We would like to hear from you. Address your letters and comments to the editor.

Renovating, Repairing, or Painting?

What You Need to Know to Keep Your Home Safe for Children

By Kirsten Suer, 4-C Certification Specialist

DCF 202.08 (1) (c) requires a certified provider to inform the county agency (4-C for Dane and Columbia counties) when there is any construction or remodeling that might have an effect on the health and safety of children in care as soon as possible but no later than the next working day. We want to know how you plan to keep the environment safe during the remodeling project. While you may think about keeping children away from dangers like tools or building materials, there is one concern that is less obvious - dust from lead-based paint.

Lead-based paint on toys has been in the news lately and while this poses a concern, more children are exposed to this toxin in lead-dust from deteriorating lead-based paint in the home or contaminated soil that is tracked into your home. Exposure to lead-dust can cause lead poisoning, a serious condition effecting the brain and nervous system.

Lead-based paint was banned in 1978, so if your home was built before this year you need to be concerned about exposure to lead for both your own family and the children in your care.

Lead-dust is created through construction activities that disturb lead-based paint such as sanding, sawing, or demolition, or when lead-based paint is chipped off of surfaces like window sills, doors, or base boards. The lead-dust can be inhaled or ingested through normal hand-to-mouth activities like eating or playing. Young children are the most susceptible to lead poisoning as they commonly place toys or other objects in their mouth and spend much of their time playing on the floor.

There are some things you can do daily to decrease exposure to lead-dust. Be aware of any chipping, peeling, or deteriorating paint and make sure the area is made inaccessible to children and repaired immediately (this is also a certification regulation).

Regularly clean floors, window sills, and furniture. Wash children's hands, pacifiers, bottles, and toys often. Wipe off shoes before entering your home or make the children's play areas shoe-free zones.

If you plan on remodeling, repairing or repainting your home and it was build prior to 1978, the Environmental Protection Agency has created some guidelines for lead-safe work environments.

If you plan to do the work yourself:

- Make the areas where work is being done inaccessible to children and seal the area with plastic sheeting to contain any dust. This area should remain inaccessible until the work and clean up have been completed. This may require setting up an alternative entry way, kitchen, bedroom, or bathroom during renovations.

- Move furniture out of the areas where work is being completed and cover carpet with plastic sheeting that is taped down on all sides. Dust can settle into fabrics or fibers and be difficult to remove.

Health effects of Lead Poisoning

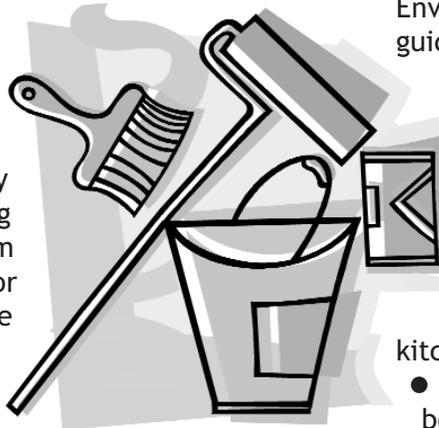
- Lead poisoning has been linked to brain and nervous system damage in young children, which can lead to developmental or behavioral problems
- Lead poisoning can cause high blood pressure and hypertension in adults.
- Lead poisoning can be transferred from a pregnant woman to her developing fetus.

- Anyone working on the renovations should wear protective clothing and gear and they should change their clothes and shower prior to having contact with children or entering other areas of the home to eliminate the spread of dust.

- Turn off forced-air heating or air-conditioning systems as dust can spread from room to room through the duct work.

- Call 4-C or visit the website listed at the end of this article and obtain a copy of the *Renovate Right* guide book. This booklet addresses common issues of working with lead-based paint. You should also make this booklet available to the families of children in your care during renovations. You can also call the National Lead Information Center at 1-800-424-LEAD for more information.

(Continued on page 10)

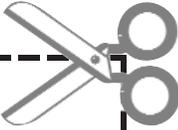




Not a 4-C Member? Join today to continue receiving the FOCUS!

Are you already a member of 4-C? If so...great! You'll continue to receive our newsletters, and other membership benefits. If you're not a 4-C member, you need to join today to receive all issues of the *FOCUS*. We are sharing this issue with you to give you a glimpse of what you are missing!

Photocopy or cut out the membership form (right) today and join! Please mail membership information to 5 Odana Court, Madison, WI 53719-1120.



Individual Membership \$25.00
 Child Care Professional Rate (Discounted) \$20.00
 Center Membership--Call 4-C for rate information.

Name _____
 Address _____

 Phone _____
 Email _____

Staff Delegate (centers only) _____
 Staff Delegate Address _____

Method of Payment: Check Visa MasterCard

Card Number _____
 Expiration Date _____
 Signature _____

4-C is on Facebook!

4-C has expanded its marketing and web presence to Facebook. Facebook is a free social networking service connecting individuals to their friends.

The new 4-C Facebook Page provides us with a platform to update you on 4-C events and happenings.

Show your support and become a "Fan" of 4-C today!



Visit our Facebook Page and select the text "Become a Fan." (Search for "4-C Helping Communities Help Children")

Not on Facebook? Join today and connect with 4-C and your friends.

Collaborative Team Award

The Wisconsin Division for Early Childhood (WDEC) and the Wisconsin Early Childhood Association (WECA) has named The Breakfast Club as one of two Collaborative Teams of the Year.

Teresa Hoveland and Pam Bennett began meeting occasionally when their programs were going through the new NAEYC Accreditation process. Teresa is with the Woods Hollow Children's Center and Pam is with the Meriter Children's Center. They decided to open up their meetings to other directors who may also need support while working on achieving this goal. Many others began meeting with them once each month to discuss how to successfully go through the process, as well as to give each other support. They discussed criteria issues and how to meet them. They celebrate each little step and accomplishment as directors and staff worked diligently toward their goals. Many have stated that they could not have done it without this teamwork outside of their centers.

The awards ceremony was held during the 55nd Annual Wisconsin Early Childhood Education & Care Conference, "Children Connect Us", October 22-24, 2009 at the Kalahari in Wisconsin Dells, Wisconsin.



2009 Holiday Safety Tips

From the American Academy of Pediatrics

TREES

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

LIGHTS

- Check all tree lights-even if you've just purchased them-before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

DECORATIONS

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

- In homes with small children, take special care to avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of the reach of children to prevent them from swallowing or inhaling small pieces. Avoid trimmings that resemble candy or food that may tempt a young child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.
- Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child or can cause a fire if near flame.

TOY SAFETY

- Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children.
- Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully.
- To prevent both burns and electrical shocks, don't give young children (under age ten) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Children can have serious stomach and intestinal problems - including death -- after swallowing button batteries and magnets. Keep them away from young children and call your health care provider immediately if your child swallows one.
- Children under age 8 can choke or suffocate on uninflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

Holidays Made Easy

By Jan Howe, 4-C Nutrition Specialist

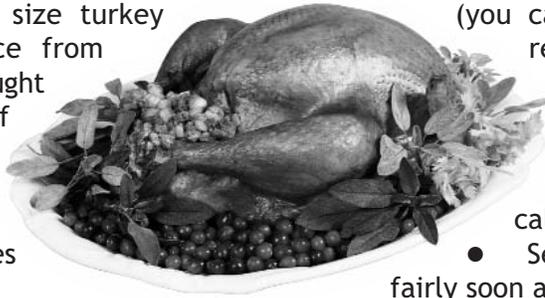
The following information is from a class by Lydia Critchley, a Madison area cooking instructor who teaches lively, informative classes, such as Cooking for Kids, Plan Ahead Meals, and Quick Food Instead of Fast Food. You'll find much more information offered in the class, but for the sake of time and space, these ideas should be a helpful start to happy holidays.

Tips for Hosting an Affordable Holiday Dinner

- Limit the menu. There's no need to serve every dish ever made for holiday dinners. Instead, choose one meat, one potato, one vegetable, and one dessert. Make stuffing or rolls, and serve some type of salad or cranberry sauce.
- Figure out exactly what size turkey you'll need. Use experience from years past. If last year you bought a 10-pound turkey and half of it was leftover, get a six-pound turkey this year. You'll save money and won't have to eat turkey sandwiches all week.
- Buy your food for less and take advantage of specials. Produce can cost less at a local farmer's market and vegetables purchased there are fresher and are locally grown. Alternatively, purchase enough at the grocery store to get a free turkey, even if it means buying some food for your normal grocery list at the same time.
- Serve less expensive food items at your holiday dinner. You may love asparagus, but it costs more than green beans or lima beans.
- Try a nontraditional menu. Turkey can be expensive. Serve something else instead. Holidays are about giving, so it shouldn't matter that much if you try something new.
- Cut down on paper costs. Make decorations out of things you already have in your home instead of purchasing paper decorations. Use regular dinnerware instead of buying paper plates and cups. This will help the budget and do less harm to the environment.

Healthy Tips for Holiday Cooking

- Turkey: Roast the turkey on a rack so that fat drips through and the meat doesn't sit in the drippings (and reabsorb them). Remove the skin before serving.



- Stuffing: Cooking the stuffing inside the turkey allows it to absorb fat, so try baking it in a separate, covered dish. Use less oil, butter or margarine when sautéing the onions and celery to be used in the stuffing. Use low-fat chicken broth for the liquid in the stuffing.
- Gravy: Skim the fat from the top of the turkey drippings or use a fat separator (it will accomplish the same thing).
- Mashed Potatoes: Instead of mashing potatoes with butter, use skim milk or try using low-sodium vegetable or chicken broth. Add cooked cauliflower florets and mash with potatoes. This will provide additional nutrients as well.
- Pie: Reduce the sugar in the recipe by half (you can do this with most baked goods recipes). Use skim or low-fat milk products. Use two egg whites instead of a whole egg (this will not affect the texture or taste). Making a pie without a crust is another way to cut calories.
- Serving: Put high-calorie foods away fairly soon after guests are finished. This helps to discourage grazing.

10 Low-Fat Ways to Use Leftover Turkey

You can do quite a lot with leftover turkey. First chop, dice, or shred your leftovers and store them in resealable plastic bags in the refrigerator. This way, you can reach for a bag or two as you need them.

1. Soups: Add 2 cups of chopped leftover turkey, a selection of chopped vegetables and 1 cup of uncooked rice or noodles to 3 cans fat-free, low-sodium chicken broth.
2. Salads: Add leftover turkey to a mix of arugula and spinach, sliced mushrooms, cranberries, shredded carrots, sliced red onions and a sprinkling of heart-healthy walnuts. Toss with your favorite low-fat or fat free fruity dressing or vinaigrette.
3. Sandwiches and wraps: Use slices of leftover turkey to make various kinds of sandwiches. Be sure to use whole grain breads and rolls, and low-fat or fat-free fillings. If you don't like the taste of fat-free mayo, use mustard instead, or flavor your mayo with a little

(Continued on page 7)

Continued from page 6: Holidays Made Easy

curry powder or another herb or spice. Make a turkey-salad filling with crunchy celery, cranberries and apple. Use plain low fat yogurt for the dressing. Stuff into a whole wheat pita or spoon into the center of a whole wheat tortilla wrap and roll up.

4. **Pizza Toppings:** Top a prepared whole wheat crust with ½ cup of tomato or barbecue sauce, 1 cup of chopped turkey and ½ cup reduced fat cheese. Bake for 10 minutes at 450 degrees.

5. **Quesadillas:** Combine shredded turkey with a little cumin. Spoon the turkey mixture on one half of a low-fat corn tortilla; sprinkle with reduced fat cheese; fold tortilla in half. Cook this quesadilla in a nonstick skillet (coated with cooking spray) for 5 minutes, turning once.

6. **Burritos, Enchiladas, Fajitas, and Tacos:** Add shredded turkey to salsa, black beans, low-fat sour cream and reduced fat cheese; or combine with sautéed onions and sweet peppers, with shredded lettuce and chopped tomatoes; or mix with mild green chilies, seasonings, scallions, and a can of enchilada sauce. Use low-fat flour or corn wraps or tortillas with these fillings.

7. **Pot pies:** Add leftover turkey, sliced mushrooms and leftover green beans and carrots to low-fat, reduced sodium condensed chicken or mushroom soup. Top with a low-fat biscuit topping (there's now a low-fat version of Bisquick) or phyllo pastry sheets. Bake.

8. **Casseroles:** Combine 2 cups chopped leftover turkey with 2 cups cooked whole grain rice, a can of fat-free, low sodium broth or chopped tomatoes, and a selection of chopped vegetables in a 2-quart casserole. Cover and bake at 325 degrees for 30-40 minutes, until vegetables are tender.

9. **Skillet Meals:** Add 1-1/2 cups of chopped leftover turkey to sautéed onion, mushrooms, broccoli and rice cooked in fat-free broth. Sprinkle with grated parmesan cheese before serving.

10. **Pasta dishes:** Add leftover turkey to any number of pasta dishes. Use shredded turkey instead of ground beef in your favorite lasagna recipe. Be sure to use reduced fat cheeses.

11. Finally, don't forget to use the turkey carcass. Put it in a big pot of water along with some onion, carrots, celery, peppercorns, and herbs; bring it to a boil, then simmer. After a couple of hours, you'll have a rich stock which you can de-fat and use for low-fat soups, stews, and gravies throughout the holiday season. Who knows, once that turkey is finally gone, you might even miss it!

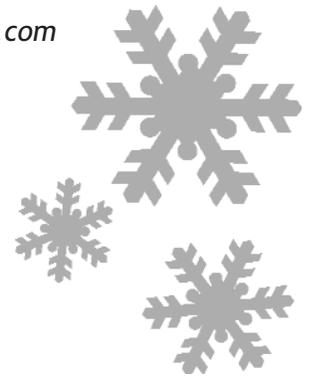
For more information and for classes contact:

Creative Cooking by Lydia Critchley, LLC

608-240-9773

creativecook@sbcglobal.net

www.creativecookingbylydia.com



Here is a creative, healthy recipe that won't break the bank:

Fruity Coleslaw

1 (16 oz) can pineapple chunks	2 Tbsp vegetable oil
4 cups shredded cabbage	1 Tbsp cider vinegar
1-1/2 cups mandarin oranges	2 tsp sugar
2 carrots, thinly sliced	¼ tsp salt
2 Tbsp finely chopped onion	¼ tsp pepper

Drain pineapple, reserving 2 tbsp juice. In a bowl, combine pineapple, cabbage, oranges, and carrots; mix well. Combine onion, oil, vinegar, sugar, salt, pepper, and reserved pineapple juice, stir into cabbage mixture. Cover and refrigerate until ready to serve. Yields 4 servings.



AVERAGE RATES DANE COUNTY FAMILY CHILD CARE HOMES

82% percent of the licensed family child care homes, 76% of the certified homes, and 63% of the provisionally certified homes returned surveys. That is an increased return from licensed and certified and a slight drop in provisional. Percentages or numbers in brackets () after a number indicate rate of change since 2008. City accredited homes are those homes inside and outside of Madison accredited by Satellite. The highest weekly rates in the ranges often reflect top rates on sliding fee scales or rates used by providers mainly doing part time care. The first line in each rate category is the number of homes using that rate. Hourly rates are for part-time care. Due to the recession, rate increases are minimal and there are some decreases. 16% of the certified homes and 17% (-3%) of the provisional only serve children on Wisconsin Shares subsidies and use the maximum state rate; their data is not included in the rate calculations. 34% (0%) offer discounts for siblings, 8% (+5%) have sliding fee scales. 17% reported serving children evenings or weekends.

	Dane	Madison	Outside Madison	City Accredited
Infants Under 1				
# Homes Reporting	242(-39)	104(-11)	138(-28)	34 (-2)
Weekly Range	\$110-\$375	\$110-\$375	\$135-\$375	\$150-\$340
Weekly Average	\$204 (2%)	\$214(3%)	\$197 (2%)	\$252 (3%)
Weekly Median	\$200	\$210	\$190	\$250
# Homes Reporting	103 (-50)	51(-4)	52 (-46)	21 (-5)
Daily Average	\$47.32 (1%)	\$49 (-6%)	\$45.50 (3%)	\$57(-5%)
# Homes Reporting	117 (-32)	69(-10)	48 (-38)	8 (-7)
Hourly Average	\$5.56 (1%)	\$5.69(0%)	\$5.56 (9%)	\$7 (14%)
Toddlers (Age 1-2)				
# Homes Reporting	249(-32)	107(-8)	142 (45)	35 (-1)
Weekly Range	\$110-\$375	\$110-\$375	\$135-\$375	\$150-\$325
Weekly Average	\$202 (3%)	\$212 (3%)	\$195 (2%)	\$250 (4%)
# Homes Reporting	105 (-48)	51(-4)	54 (-52)	22 (-4)
Daily Average	\$47.32 (1%)	\$50 (-3%)	\$45 (4%)	\$50 (-16%)
# Homes Reporting	119(-31)	69(-11)	50 (-36)	8 (-7)
Hourly Average	\$5.53 (1%)	\$5.64 (1%)	\$5.57 (6%)	\$7 (14%)
Two Year Olds				
# Homes Reporting	252(-24)	108(-3)	144 (-21)	35(0)
Weekly Range	\$110-\$375	\$110-\$375	\$125-\$375	\$150-\$325
Weekly Average	\$189 (1%)	\$205 (5%)	\$187 (3%)	\$238 (4%)
Daily Average	\$45.56(+2%)	\$47.80 (-2%)	\$43(3%)	\$54 (-4%)
Hourly Average	\$5.41(2%)	\$5.46(1%)	\$5.33(3%)	\$6.70 (14%)
Preschool Ages 3-5				
# Homes Reporting	247 (-16)	105(0)	142 (-16)	34(+1)
Weekly Range	\$110-\$375	\$110-\$300	\$125-\$375	\$165-\$300
Weekly Average	\$182 (1%)	\$185 (-3%)	\$180 (2%)	\$225 (2%)
# Homes Reporting	111 (-35)	55 (+5)	56 (-40)	26 (+3)
Daily Average	\$44.38 (2%)	\$47 (0%)	\$41 (-2%)	\$52.69 (-3%)
# Homes Reporting	132(-15)	72(+8)	60(-23)	8 (-6)
Hourly Average	\$5.22 (0%)	\$5.27 (0%)	\$5.28(+4%)	\$6.33 (9%)
School Age				
Hourly Average	\$5.26(2%)	\$5.25(0%)	\$5.05(0%)	\$6.68 (14%)
Summer Weekly Range	\$100-\$300	\$100-\$300	\$120-\$250	\$150-\$300
Summer Weekly Av.	\$175 (2%)	\$185 (4%)	\$169 (2%)	\$214 (2%)
Summer Daily Av.	\$41 (-9%)	\$44.41 (-1%)	\$38.25 (-1%)	\$47.50 (-5%)

2009 FAMILY CHILD CARE RATES

Dodge, Jefferson, Columbia and Sauk Counties

(For complete reports including fees and other data check www.4-C.org)

Jefferson				Dodge			
	Hourly	Daily	Weekly		Hourly	Daily	Weekly
Infants				Infants			
#Homes Reporting	10	5	9	#Homes Reporting	19	6	11
Range	\$2.50 - \$5	\$25 - \$36	\$130 - \$200	Range	\$2.50 - \$5	\$25 - \$30	\$120 - \$160
Average	\$3.55	\$32.25	\$153	Average	\$3.40	\$27	\$137
Toddlers (yr 1-<2)				Toddlers (age 1-<2)			
#Homes Reporting	10	5	9	#Homes Reporting	19	6	11
Range	\$2.50 - \$5	\$25 - \$36	\$130 - \$200	Range	\$2.50 - \$5	\$25 - \$30	\$120 - \$160
Average	\$3.55	\$32.25	\$153	Average	\$3.37	\$27	\$137
Preschool (age3-5)				Preschool (age3-5)			
#Homes Reporting	12	7	9	#Homes Reporting	20	7	12
Range	\$2.50 - \$4	\$25 - 35	\$125 - \$196	Range	\$2.50 - \$5	\$21 - 30	\$100 - \$160
Average	\$3.32	\$30	\$144	Average	\$3.25	\$25	\$125.50
Before/After School				Before/After School			
			Summer				Summer
#Homes Reporting	9	5	5	#Homes Reporting	21	6	9
Range	\$2.50 - \$4	\$36-\$35	\$120-\$150	Range	\$2.50 - \$5	\$20-\$30	\$100-\$150
Average	\$3.25	\$30	\$140	Average	\$3.20	\$25	\$118
Columbia				Sauk			
	Hourly	Daily	Weekly		Hourly	Daily	Weekly
Infants				Infants			
#Homes Reporting	13	5	11	#Homes Reporting	23	16	25
Range	\$2.25 - \$4	\$25 - \$35	\$115 - \$175	Range	\$3 - \$7	\$26 - \$45	\$120 - \$200
Average	\$3.18	\$31	\$140.50	Average	\$3.80	\$33.50	\$150
Toddlers (age 1-<2)				Toddlers (age 1-<2)			
#Homes Reporting	13	5	11	#Homes Reporting	23	16	25
Range	\$2.25 - \$4	\$25 - \$35	\$115 - \$175	Range	\$3 - \$7	\$26 - \$45	\$120 - \$200
Average	\$3.17	\$30.80	\$140.50	Average	\$3.80	\$33.25	\$150
Preschool (age3-5)				Preschool (age3-5)			
#Homes Reporting	14	5	12	#Homes Reporting	25	17	26
Range	\$2.25 - \$5	\$21 - 31.50	\$95 - \$150	Range	\$2.50 - \$6	\$25 - \$45	\$120 - \$170
Average	\$3.20	\$29	\$130	Average	\$3.60	\$31.50	\$136.50
Before/After School				Before/After School			
			Summer				Summer
#Homes Reporting	13	5	10	#Homes Reporting	25	10	17
Range	\$2.25 - \$4	\$25-\$30	\$95-\$150	Range	\$2 - \$8	\$25-\$35	\$90 - \$170
Average	\$3.00	\$28.50	\$125	Average	\$3.80	\$29	\$131



Upcoming 4-C Trainings

WI Model Early Learning Standards:

All Day
Feb. 12 and Mar. 12

CPR:

Feb. 9, Mar. 24, Apr. 27, May 12

First Aid:

Feb. 24, Apr. 6

SBS/SIDS:

Jan. 21, Feb. 18, Mar. 18,
Apr. 15, May 12

**Watch for the
4-C Spring Training Flyer
in February!**

SAVE THE DATE!

Saturday, January 30

TAX WORKSHOP WITH TOM COPELAND

Two Sessions:

8:00-noon for providers in their first few years, or
1:00-3:30 for experienced family child care providers

Watch for more details on the 4-C website:
www.4-c.org

Continued from page 3: Renovating, Repairing...

If the work is beyond your handyman skills:

● Starting in April 2010 federal law will require you to hire someone who is certified in lead-safe work practices if you have children under age six in your care and your home is built prior to 1978. As a small business owner, child care providers are required to abide by this law. A certified contractor will know the proper way to contain the work area, minimize the amount of dust created, and will clean up the work area thoroughly and properly. A certified contractor will also provide you with a copy of the *Renovate Right* guidebook, as well as booklets or informational signs for the families of children under six who attend your program.

To check your home for lead-based paint, visit your local hardware store and purchase a test kit that is EPA-approved or call the National Lead Information Center to find a certified risk inspector. If you are concerned that you, your family, or a child in your care has been exposed to lead, contact a doctor or the local health department. A blood test is the only way to diagnose lead poisoning.

More information about lead poisoning, the laws governing renovations, and tools for keeping your home safe during renovations can be found at <http://dhs.wisconsin.gov/lead/index.htm>.

Whether you do the work or you hire a professional, you may need to consider closing your child care during the construction. Contact 4-C to discuss your renovation plans and how you will keep your space safe and healthy for the children in your care.

Child Care Provider Support Groups:

- ❑ *Child Care Connections* (Columbus, WI): Cindy Weisensel, 608-423-4982.
- ❑ *Dodge County Family Resource*: Meets at Parent Resource Place, 920 University, Beaver Dam. Shelley Storhoff, 920-887-7503.
- ❑ *Dodge County Center Directors*: Meets at Parent Resource Place, 920 University, Beaver Dam. Pam Renger, 920-887-7503.
- ❑ *Friends for Children* (Madison East): Anne Alexander, 608-846-2561.
- ❑ *Green County Child Care Network*: Gloria Bodenmann, 608-527-2006.
- ❑ *Jefferson County/KidsFirst*: Mary Schott, 920-261-7634.
- ❑ *Juneau County*: Juneau County Family Resource Center, 608-847-4991.
- ❑ *Lodi Area Providers United 4 Kids*: Tricia Blomquist, 608-592-5015
- ❑ *Middleton/West Madison*: Rima Badran, 608 271-4560.
- ❑ *Monona Area Providers*: Beth Bingham, 608-222-4937.
- ❑ *Mt. Horeb Family Child Care Assn.*: Beth Trainor, 608-437-4212.
- ❑ *Oregon Area Support Group*: Patricia Wooldridge, 608-835-0908.
- ❑ *Platteville PACT (Providers Actively Connecting through Teaming)*: Kristen Shelliam, 608 854-2054.
- ❑ *Poynette*: Kari Gavinski, 608-635-8911 or Diana Kaschinske, 608-635-8911.
- ❑ *Sun Prairie Family Day Care Network*: Edna or Dave Darling, 908-837-6054 or Linda Campbell 608-837-8686.
- ❑ *Teaching Others to Succeed TOTS* (Northeast side): To receive their electronic newsletter or more information about the group contact: Sue Tiedt, 608-244-5796 or totsteam@charter.net.
- ❑ *Teachers Of Young Students TOYS* (Lafayette County): Tammi Boyle, 608-776-8224.
- ❑ *Verona Family Child Care Assn.*: Sue Rowe 608 845-3728 or Nancy Kibbe 608-848-4888.
- ❑ *Watertown Child Care Providers Group*: Linda Wallace, 920-262-9029.

It's Winter! Things To Do With the Kids...

RECIPES

Rudolph Cookies

- Sugar cookie dough
- Chocolate chips
- Small pretzel twists
- Red m&m's

Pre-heat oven as directed. Place dough on cookie sheet in rounded teaspoonfulls. Use the bottom of a drinking glass to press the cookies down so they are rounded and semi-flat. You may wish to put a piece of wax paper on the bottom of the glass so the cookie dough doesn't stick when you are pressing it. Press two pretzels into the top of each circle to form Rudolph's antlers. Make sure that 1/2 of the pretzel is into the cookie to ensure that it will stay put when cooked. Bake cookies as directed. Right after you take cookies out, press two chocolate chips into the cookie for the eyes, and press 1 red M&M into the cookie for the nose. Let cool, and enjoy!

Holiday Bagels

- Bagels (toasted)
- Cream cheese
- Green food dye
- Green sugar sprinkles and other cake decorations

This is an easy and fun holiday snack! Just mix in a bowl a few drops of green food dye with cream cheese, top toasted bagels, and you've got holiday wreaths! Count on about 1 oz. of cream cheese for every two bagels. Garnish with green sugar sprinkles or other decorations (red and silver look great). Enjoy!



Shining Snowflakes

- white construction paper cut to look like a snowflake
- can of condensed milk.



After the paper is cut to look like a snowflake, place it on a piece of wax paper or aluminum foil in front of child. Drizzle some of the condensed milk over the snowflake, then the child can smear it all over. The milk dries to a shine. It will take 1-3 days to dry depending on the dampness of your house. *If you want it to sparkle also, add glitter while the milk is still wet.



Icy Suncatcher

- shallow tray (eg. styrofoam meat tray)
- plastic frozen dinner tray)
- string
- marbles
- leaves and other tid bits

Half fill tray with water. Lay string in tray with about 4 inches in the water and about 6 inches out of the water. Add tid bits of miscellany like pretty leaves or berries, marbles, yarn, whatever! Lay the tray outdoors on a cold winter night so that water freezes. Remove the frozen contents of the tray the next morning and hang outside in front of a window or from a tree. So pretty when the light catches it! And don't forget those fun science lessons: The water expanded as it froze. At what temperature will it begin to melt? How many days in a row does YOUR sun catcher hang without melting? That many days below freezing!) Note: if your climate isn't cold enough to freeze at night,

CRAFTS



Resource
R O O m

From the

Lively songs sun to familiar tunes provide a creative boost for early literacy skills! These fun to read big books feature original songs based on popular classroom themes, each with a playful illustration. Each book includes detailed instructions for using the songs to teach concepts about print and literacy skills, plus some fun ideas for cross-curricular activities!

Weather Today

What's the weather like today like today, like today?
What's the weather like today on this Friday (insert day of week)?
Well the weather is sunny(or cloudy, rainy, etc)today,
Sunny today, sunny today,
Well the weather is sunny today today on this Friday

Note: Choose a child and then have them look out the window and say the last three lines.



Make a Weather Calendar

Buy or make a calendar with large blocks for each day. Let your children use pictures to record the weather each day. Devise symbols for sunny, cloudy, rainy, windy and combinations of those. You could even draw them yourself and make photocopies for them to paste on each day. The advantage of using a calendar is that you can compare the weather each month and see how it changes with the seasons.

Read It! Sing It!
Seasons & Weather
Big Book

Make a Rain Stick

- Paper Towel Rolls Tape
- Glue Paint
- Uncooked Rice Toothpicks

Pre-poke holes into the side of the paper towel rolls. Have children poke toothpicks through the holes (glue both ends). Tape one end of the roll closed. Add rice and tape the other end. Let children paint their sticks. Finally, cut off any ends of the toothpicks sticking out. Now your children have a great rain stick made out of recycled paper towel rolls.

Other Read It! Sing It! Books Available in the 4-C Resource Room:

- *Under the Sea*
- *Growing Things*
- *Bugs*
- *All About Me*