



**Issue #45**  
January, February, March 2021



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**Mosinee | WI 54455**

(Across from Central WI Airport,  
Baymen Professional Building)

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**1.800.628.8534**

**www.childcaring.org**

**info@childcaring.org**



#### Office hours:

8:30am - 4:30pm

Additional office hours  
available by appointment.

**Office is temporarily closed to the public;**  
**Childcaring staff is available by**  
**phone, email or by appointment.**

#### Our Mission

To enhance and support a quality  
early childhood education system  
by providing resource and referral  
services to families, child care  
programs, and communities.

## The Resource Connection

**Northcentral**  
TECHNICAL COLLEGE

WORKFORCE TRAINING +  
PROFESSIONAL DEVELOPMENT

**EARLY CHILDHOOD CONFERENCE**

Teacher as Shelter: Trauma-Informed Care (for children AND care providers) in the Age of COVID-19

**Saturday, February 27, 2021**  
9:00 AM - 12:00 PM | \$25

This seminar will be presented online via Zoom. To achieve optimal experience, you must have a reliable internet connection and technology to support Zoom, including video and audio interaction.



The world has changed. Early care and education, and how we teach have changed. Children have not changed. But many may be experiencing impacts of trauma as a result of the pandemic and its dramatic effect on daily life. As an early care provider, you may be seeing the results of this trauma in children's classroom behaviors. Join us for this Virtual Early Childhood Conference, with Michelle Salcedo.

Michelle Salcedo has been in the field of early childhood for more than thirty years; working as a teacher, a director, a family educator, a curriculum writer, and a trainer. Michelle will have you laughing and learning as we delve into this tough topic.



#### As a result of this session, you will:

- Recognize the impact of trauma on children's behaviors
- Understand the components of a trauma-informed environment
- Affirm the essential need of self-care for yourself
- Develop practices that support children's social-emotional needs

And, we will have a few laughs and moments to be in a supportive community of educators along the way.

Earn 3 CEUs! Register by visiting: [https://bit.ly/2021\\_ECC](https://bit.ly/2021_ECC)  
For more information contact Northcentral Technical College:  
715.803.1301 or [ce@ntc.edu](mailto:ce@ntc.edu)

Provided in  
partnership with



## YOUNGSTAR CORNER

### On-site YoungStar Services for Priority Ratings Continue; Other Services Go Virtual

Programs must continue to submit their YoungStar Contract or Renewal Contract on time in order to receive Wisconsin Shares subsidy payments from families. However, most YoungStar services should be completed virtually or be delayed. What does this mean?

**It is optional to receive coaching supports from local YoungStar consultants at this time, and coaching from a YoungStar consultant is still required for micro-grant eligibility.** However, the required coaching hours can and should be provided virtually.

**Programs that are being rated for the first time and programs that believe they can increase their rating can voluntarily request a rating that requires a consultant or rating observer to be on-site at a program.** These on-site rating visits will occur when health and safety procedures are in place at the program and the local YoungStar office has capacity to complete the rating. Programs that expect to remain at their current star level cannot request an on-site rating at this time.

**For all programs, there is no deadline for an on-site rating to be completed.** Programs will keep their current rating (or remain unrated in the case of new programs) until an on-site rating can be completed safely, even if that rating cannot be completed within a one year rating period.

In addition to support around quality practices found within YoungStar, YoungStar consultants are able to support programs on many other topics including COVID-19 health and safety practices, business practices, and working with school-age children. Reach out to your local YoungStar office with questions or to discuss your program's options around available services.

### Personal Protection Equipment from DCF - Update

*Curbside Pick Up at Childcaring*

If you completed the DCF PPE survey through your provider portal, you may be receiving a bundle of supplies. DCF has asked us to help distribute. We'll be in touch if we receive a bundle for you.

Distribution is planned for January.

## Newly Regulated Child Care Providers:

**Maria Grund, Maria's Family Care**

Family Child Care, Merrill

**Shianna Kester, Sunny Shi Daycare**

Family Child Care, Wisconsin Rapids

**Lisa Weinfurter**

Family Child Care, Marshfield

**Jennifer Schreiner, Jenny's Little Lambs Childcare**

Family Child Care, Stevens Point

**Jennifer Walters, Trappe River Child Care**

Family Child Care, Wausau

**Stephanie Ysquierdo**

Family Child Care, Nekoosa

## Childcaring Staff

Kelly Borchardt ~ Executive Director

Micki Krueger ~ Assistant Director

Linda Francis ~ Financial Manager

Audrey Bittner ~ Early Childhood Consultant/Trainer

Kristine Joyce ~ Early Childhood Consultant/Trainer

Mary Olson ~ Early Childhood Consultant/Trainer

Andrea Mueller ~ Early Childhood Consultant/Trainer

Lori Shafranski ~ Early Childhood Consultant/Trainer

Carrie Steinke ~ Early Childhood Consultant/Trainer

Kao L. Xiong ~ Early Childhood Consultant/  
Trainer - Bilingual

Gayle Schiszik ~ Certifier/Pre-licensing Consultant

Rachele Johnson ~ Training/Program Coordinator

Tracy Verjinsky ~ Program Coordinator

Shelley Nelson ~ Referral & Communication Specialist

Tara Biebl ~ Resource & Referral Specialist

## Provider Support / Advocate Groups

**Adams, Clark, Langlade, Lincoln,  
Marathon, Marquette & Waushara  
County:**

Contact Childcaring if interested in developing  
an advocate group at 800.628.8534

**Portage County:**

Portage County Child Care Association  
Joan Garski at 715.341.5873

Portage County Leaders  
RoxAnne Forrest at 715.346.4370

**Taylor County:** Meet the 3rd Monday of month  
For more information, call Kelly Emmerich at  
715.465.0993

**Wood County:**

Marshfield Area Child Care Association  
Krisann Mauritz at 715.387.2218

Wisconsin Rapids Child Care Advocates Council  
Jamie Lane 715.323.2546



# Virtual Huddles for Child Care Providers

## Join the Conversation!

Virtual Huddles let us share ideas, concerns, and resources during this challenging time. This is a great opportunity to talk and hear from other early care professionals about how they are handling different situations. Huddles allow us to work together and support each other. "During the last huddle, there were many conversations about COVID, virtual learning for school age children, and books they are reading with the children in the program and how they are extending the learning on the topic with additional, fun, and exciting activities," said Early Childhood Consultant Mary Olson.

There will be separate huddles for family child care and group center staff. Join us for one, two, or all three huddles. **Family Child Care Huddles: 2nd Thursday of each month: 1/14, 2/11, and 3/11 (6-7pm) \*PLEASE NOTE DATE CHANGES:** A mailing sent out beginning of December had different Family Child Care Huddle dates, due to requests from family providers, we have changed the schedule. The dates for these huddles are now on **THURSDAY** \*

**Group Center Huddles: 2nd Tuesday of each month: 1/12, 2/9, 3/9 (1-2pm) PLEASE REGISTER AT LEAST 3 DAYS PRIOR TO THE HUDDLE DATE.** Register online: <https://www.surveymonkey.com/r/8Z6LQGP>  
Registered participants will receive a link or phone number to access the session prior to the start date. Registered participants will receive a link or phone number to access the session prior to the start date.

Virtual huddles will be through Zoom, powered by RingCentral. To access, participants will need to download an app to a device such as a computer, tablet, or smart phone. Participation by telephone is also available, however Zoom is encouraged as information could be shared visually.



*"Participating in all the huddles gave me valuable information to take back to our Center. Listening to others ideas and suggestions is a wonderful learning tool that helps when implementing new things. It helps make our Center the best it can be."*

-Child Care Provider

## For Fun:

Everyone who joins in the huddles will have their name entered in a gift card drawing. The more huddles you attend, the more times your name is entered. There will be a separate drawing for the Family Child Care Huddle and Group Center Huddle. The two winners will be announced on Facebook Friday, March 12. Winners will also be contacted by phone.

## High Quality Child Care Helps Families Work

### Virtual Child Care Start-Up Sessions Available

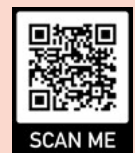
Providing quality child care for children, while parents work, is such an important job. Especially now, some parents are struggling to find child care options. Throughout the Childcaring service area, there are counties with few regulated child care providers. If you, or someone you know, is interested in providing quality child care, please contact Childcaring.

**Start-Up Grants are Available!** Contact Childcaring to learn more about start-up grant eligibility. If you became regulated within the past six months you may still be eligible to apply.

**Three FREE virtual child care start-up sessions are currently scheduled. Choose the session that works best for you: Wednesday, January 20; Tuesday, March 9; Thursday, May 13. Each session is 1-2pm.**



Register for the January 20 session, before Wednesday, January 13, by contacting Childcaring or scan this QR Code:



Virtual session will be through Zoom, powered by RingCentral. To access, participants will need to download an app to a device such as a computer, tablet, or smart phone. Participation by phone is also available, however Zoom is encouraged as information will be shared visually. Registered participants will receive a link or phone number to access the session prior to the start date.

Funding Has Been Provided By: **WI Department of Children & Families** and **Supporting Families Together Association**

# Training Opportunities

Visit our online training calendar for the most up-to-date training opportunities.

## Register Online for Childcaring Trainings

To register, please visit [www.the-registry.org](http://www.the-registry.org), click on Statewide Trainings and type the name of the training in the Keywords search.

If you're already a Registry Member, simply sign-in and proceed with the payment process. If you're not a Registry Member, create a free account to register. If you need other payment options, please call our office.

Some trainings are not eligible for online registration and will be noted. Contact Childcaring to register.

**Keep Your Registry Information Updated:** You need to have a current and unique email address listed. If you participate in an online training, the email address you list will receive the training information sent by the instructor. Two or more people cannot have the same email address listed.

### Family Engagement - Partnering with Families for Children's Success

This training focuses on best practices for engaging families from a variety of diverse and cultural backgrounds. Participants will be guided to connect and individualize the strategies to meet the needs and values of each family. We will explore best practices, challenges, and barriers to connecting with families and will look at concrete strategies to improve your ability to develop relationships with families and increase their engagement.

- January 21-27, 2021  
Presented Online  
\$20/Register by Sunday, January 17

### Introduction to the Environmental Rating Scales - Supporting Programs Participating in YoungStar

This course will provide you with an introduction to the Environment Rating Scales, referred to as ERS tools. The ERS tools provide an overall picture of the environment that has been created for the children and adults who share an early childhood setting. This course will introduce you to each of the four scales, providing an overview of how and when to use each scale to assess program quality.

- February 11-17, 2021  
Presented Online  
\$20/Register by Sunday, February 7

### Abusive Head Trauma Prevention Training for Child Care Providers

During this two hour training you will gain awareness of AHT, its adverse consequences and how it is preventable. You will develop the knowledge and skills to handle the challenges and frustrations of infant crying, including soothing strategies.

- February 18, 2021 (10:30 am-12:30 pm)  
Presented Virtually  
\$15/Register by Thursday, February 11

### Discovering Science

This course will provide training to early care and education providers on how to incorporate science concepts into their programs. Science will be explored through hands on activities. Additionally, participants will learn how to incorporate science materials in their learning environment specific to the Environment Rating Scale.

- February 22, 2021 (6:00-9:00 pm)  
Presented Virtually  
\$20/Register by Monday, February 15

### Strengthening Families

This training will provide participants the connections between the factors that prevent child abuse and neglect and the strategies that quality early childhood programs can use to build them up.

- February 25-March 3, 2021  
Presented Online  
\$20/Register by Thursday, February 18

### 2021 Virtual Early Childhood Conference

Teacher as Shelter: Trauma-Informed Care (for children AND care providers) in the Age of COVID-19 with speaker Michelle Salcedo. Provided in partnership with Northcentral Technical College

- Saturday, February 27, 2021 (9:00AM- 12:00PM)  
\$25/Presented Virtually  
Register by visiting: [https://bit.ly/2021\\_ECC](https://bit.ly/2021_ECC)

### Learning Environments and Curriculum Through the Lens of DAP

This training will provide participants with an in-depth review of the requirements for the developmentally appropriate environments as required by the YoungStar evaluation criteria.

- March 9, 2021 (6:00-9:00 pm)  
Presented Virtually  
\$20/Register by Tuesday, March 2

## Childcaring Announces 2020 Training Winners

Congratulations **Amber Curtin** and **Sarah Parker**! Annually, Childcaring selects two training participants from the names of everyone who attended Childcaring trainings throughout the year. As the 2020 Childcaring training winners, they will receive a gift card.

**Congratulations!**



## with Regulated Early Childhood Professional: Family Child Care Provider Shawn Peckham at Little Wiggles & Giggles, Plainfield

*Thank you Shawn for your time and contribution to our newsletter!*

### How has COVID-19 impacted your program?

There has been a lot of extra cleaning and disinfecting. Meeting parents outside for drop off and pick up. I take temperatures on arrival to the center. I had to make up a policy for Covid-19 and have parents sign and put it into their file. I have hired my daughter part time because of extra hours and extra cleaning. We have been keeping a routine and structure to help the children during this stressful time. We also work to switch toys out as much as possible to keep children engaged, which is something we have always done.

### What are some of the fun and innovative practices that you implement at your program?

We are outside as much as possible in a bigger space and spread out. There is a variety of things for the children to do: a play house, tire swing, mud kitchen, basketball hoop, a huge tractor – tire sandbox. We set up obstacles courses, play in the leaves, and sometimes read outside. With two teachers at times it makes it easier to have more time for different activities.

### What did you choose to have the YS Technical Consultant assist you with during your virtual YS visit?

My YoungStar Technical Consultant (TC) helps me find solutions and resources. She helped me think about ways to help 3 and 4 year old's handle their feelings in the proper way. I used the YoungStar Microgrant to purchase some resources to help with this like emotion games and puzzles. I have also worked to define different centers in my program. For example, I added a rug in the library area to make it calm and cozy.

### What do you like most about participating in YoungStar (YS)?

The YoungStar TC provides one-on-one coaching and outside support. She has helped me find the resources I need. I have worked hard on my credit-based education and credentials. I used the T.E.A.C.H. scholarship to make this education more affordable. I went from earning a 2 Star rating to earning a 3 Star, and I am currently working toward a 4 Star rating. The YoungStar TC I work with is a blessing! I really work well with her, she knows I prefer answers quickly and I appreciate that she tries her best to get back to me right away.

### Is there anything else you would like to share about your experience participating in YS?

The YoungStar TC wants my business to run smoothly and professionally. I never felt overwhelmed, we take the process one step at a time. The children and I also really enjoy the micro-grant items. The bean bag throwing game is great! The children also really like the bristle blocks and the different people around the world. I use the felt board every day!



## TIPS FOR TAKING CARE OF YOU

*Yes, I said You!*



*It is easy for caregivers to put others first, but they rarely make their own "to-do" list. Here are some tips to put you first!*

- **Get up 15 minutes earlier in the morning.** Hurrying is stressful!
- **Move your body.** Remember any movement is good movement!
- **Learn to be assertive.** It's okay to say what you need and what you don't want. You can be both assertive and polite!
- **Remind yourself about your positive traits.** Try a daily positive affirmation
- **Escape.** If your job is stressing you out, spend time with your family. If your family is stressing you out, spend time with friends. If people are stressing you out, find a place to be alone. If the TV or phone are stressing you out, take a technology break.
- **Nurturing Friendships.** Connect with those that encourage you and find those people who YOU can encourage. Be creative.
- **Don't rely on your memory.** Be a list maker. Write down due dates and to do lists. Make your calendar handy with reminders included.
- **Be prepared to be patient!** Patience is a virtue, and it is vital to staying calm and relaxed.
- **Learn to say NO!** It is ok to say NO especially if you are feeling overwhelmed.
- **Learn to say YES to kindness!** Find time to help others or volunteer. Being good to others can increase self-esteem and decrease stress!
- **Be good to yourself!** Treat yourself to things that make you feel good!
- **Forgive!** Holding on to a grudge or anger can zap your energy. Learn to let go for YOURSELF!
- **JUST BREATHE!** Remember you always have your breath. Make time each day for long slow breathes.

Jackie Carattini, Human Development and Relationships Educator,  
UW-Madison Division of Extension Wood County



# Building a Trauma Informed Care Approach to Early Childhood Programs

Jennifer Smith, Program Coordinator at the Center for Community Health Advancement, Marshfield Clinic Health System

We live in challenging times – a pandemic, a tumultuous election cycle, job loss and food insecurity. Many of us are living in a state of chronic stress. These circumstances wreak havoc on us – mentally, physically and emotionally. Now as much as ever it is important for us to learn how to not just survive but thrive during these challenging times, and support kids and families along the way.

Quinn Wilder of Quality Youth Development Consulting and I created a Trauma Informed Care Approach to Afterschool Programs course a couple of years ago; we have delivered the course numerous times through the Wisconsin Afterschool Network with very positive feedback from the field. Thanks to Childcaring, Inc and the Greenheck Foundation we were able to modify the course to be delivered to early childhood program providers. The course focuses on adverse childhood experiences (ACEs), the potential impact of those early experiences and practical strategies staff can implement right away in their programs to help address these early experiences.

A significant component of the course addresses the implementation of Trauma Informed Care Principles. Along with well-regulated adults, these principles are central to creating a Trauma Informed program. Below is a summary of these principles:

**Safety** – An environment where children feel physically, emotionally and culturally safe. This environment helps children regulate and fosters relationship building.

**Trustworthy** – Programming is predictable and consistent; youth know what to expect day to day. Staff provide routine to alleviate fear or anxiety that may be created by the unknown.

**Choice** – Abuse, neglect and exposure to chronic stress are experiences which steal an individual's autonomy and ability to make choices for themselves. Children need opportunities to make choices within a program in order to feel a sense of safety and control.

**Collaboration** – The understanding that learning happens in relationships; staff intentionally work to make all children feel like they belong. Making an effort to work with and support families is also a part of collaboration.

**Empowerment** – The lifting up of children's strengths as well as an understanding that troubling behavior is often a result



of a lack of skill. Helping children to learn and practice new skills, instead of relying on punishment, is the foundation of empowerment.

In addition to implementing these strategies, we ask providers to do a little self-reflection. Are they calm and well-regulated when interacting with children? Are they modeling behaviors they would like to see in the children? Can they reflect on how they developed their own social-emotional skills?

Social-emotional learning is a lifelong journey. Adults modeling their own learning by openly articulating their thought process when trying to solve a problem, or talking about how they are managing challenging emotions, can be transformative for children —particularly children whose familial models may not have strong social-emotional skills themselves. All social-emotional learning happens through modeling and observation, along with reinforcement at the right times.

As extra-familial adults in the lives of children, providers can be a strong influence through our modeling and reinforcement of social-emotional skills. For example, do you yell across the room to redirect children, or do you approach children who may need some behavior guidance and talk to them at their level? Along with the understanding of the importance of social-emotional learning is the notion that challenging behavior is often the result of a lack of skill. A child who becomes upset and acts out often doesn't have the ability to more skillfully manage their emotions; this provides an opportunity for guidance and learning rather than a time for punishment. The lens through which we view children who have challenging behaviors shifts, making us more empathic and more likely to take the time to slow down and help kids understand and manage their feelings more effectively.

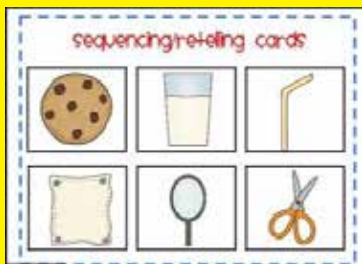
## Start with your goal(s), then go searching for your activities:

**WMELS C.EL.3** Understands that books have characters, sequence of events and story plot.

You can easily google for pictures from familiar books or even activities such as sequencing in this example of using *If You Give a Mouse a Cookie*: I would certainly recommend using real objects instead of pictures but pictures also work.

Collect character pictures from 3-4 familiar books and tape the pictures to your wooden blocks. Put the four books on the floor or table and have the children sort the characters onto the correct book. Be sure to explain what the word "character" means. You can then put the blocks into your block center and extend both the understanding of character as well as retelling the story in the correct sequence. You can also discuss when characters appear in different stories such as *Pug the Pig* or *Elephant and Piggie*.

Submitted by: Beth Tepper, CESA 9



## Save the Date!



**PEC 2021-Virtual  
Conference  
April 14 & 15, 2021**

*Additional conference information  
coming soon!*

Questions? Contact: [sherry.kimball@dpi.wi.gov](mailto:sherry.kimball@dpi.wi.gov) 608-267-9625

<https://dpi.wi.gov/early-childhood/pec-conference>



# Here to Help

Highlights a Resource Organization Available to Help



**Office of Children's Mental Health (OCMH)**  
<https://children.wi.gov>

OCMH supports Wisconsin's children in achieving their optimal mental health and well-being. By encouraging collaboration across child and family service systems in Wisconsin, including state agencies, nongovernment mental health programs, advocates, and people with lived experience, OCMH supports children's mental health system improvements.

The OCMH vision is that Wisconsin's children are safe, nurtured and supported to achieve their optimal mental health and well-being. Systems are family-friendly, easy to navigate, equitable, and inclusive of all people.

OCMH shares resources like fact sheets on various topics which contribute to the well-being of youth in Wisconsin. Monthly, OCMH releases a new fact sheet offering up-to-date research and actionable suggestions for families, communities, and decision-makers.

To contact OCMH staff, email [OCMH@wisconsin.gov](mailto:OCMH@wisconsin.gov). Follow OCMH on Twitter @WIKidsMH



## What is the Feelings Thermometer?

The Feelings Thermometer is a visual tool that helps you (kids and adults) measure how you are doing emotionally and what steps you can take to shift your mood when things are getting tough.

## Do You Need Masks?

### Childcaring is Considering Another Mask Order

If there are enough requests, Childcaring would consider ordering and selling masks at the vendor bulk rate. The gray, "Early Childhood Professionals Are More Than Essential" masks are 4ply cotton with a metal nose clip, adjustable straps and 2 replacement filters. We could potentially sell them for a price of 5 for \$20. We would need to meet a minimum quantity to place an order. The order would be curbside pick up at Childcaring.

If you are interested in purchasing masks: By Thurs. Dec. 31, 2020 email [info@childcaring.org](mailto:info@childcaring.org) or call us with your name, the quantity you would be interested in purchasing, and an email for us to keep you updated on the status of this project.





Childcaring is supported in part by:



Wisconsin Department of  
Children and Families

Xav tau kev pab pes/txhais daim ntawv xovxwm  
no thov hu tuaj rau  
Kao Lai Xiong 715-841-9490  
Hnub Monday-Friday 8:30 txog 4:30.

## Vision

For all Central Wisconsin children to benefit from the best child care possible.

## 2021 Childcaring Board of Directors

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### Staff Spotlight

Hello! My name is Kelly Borchardt. For the past 15 years, I have had the pleasure of working at Childcaring as the Executive Director. I have also been a parent for nearly 23 years with my children both currently attending UW-Milwaukee. It is fun to hang out with them and be around young adults! After living in the Stevens Point area for nearly 30 years, I moved to Marshfield last summer. These days, I really enjoy nature and exercise, especially walking and hiking outside. You can bet that once this pandemic is behind us, I will have a lot of traveling to catch up on, too!



My first official early childhood job was a teacher assistant at a small child care center in Antigo when I was 18 years old. I worked in child care programs the entire time I earned an elementary education degree at UW-Stevens Point. While my degree was in elementary education, my heart stayed in early childhood. During my years as a pre-licensing consultant, trainer and recruitment specialist, I have met some pretty wonderful child care providers. Early childhood people continue to impress me with their wisdom, patience, creativity and fun-loving personalities – never a dull moment when working with kids! My own appreciation of young children began with having four younger sisters, countless cousins and many teen babysitting opportunities.

#### **What did you enjoy playing most as a child?**

I thoroughly enjoyed playing with “little people” in our gigantic outdoor sandbox. My sisters and I took full advantage of a space in our yard that was meant to someday be a large garage for my dad to fix cars (and that garage was built years later).