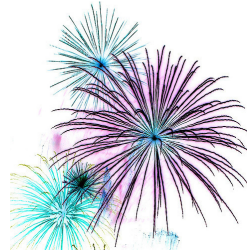




Family Child Care Newsletter

January/February 2020



Happy New Year from the Family Child Care and Quality Initiatives Staff!

It's 2020 and we are off and running! The training calendar has been mailed out, and we are about to start planning this year's Footprints Series. I recently found out how to help you if you can't find your profile in NJCCIS. Please reach out to me!

--Sue

TRAINING with KRISTIN

A new year brings along new training opportunities! Calendars have been mailed out, so check to see the new and exciting training topics that are being offered for the months of January – June. Just a reminder, confirmations for attending a training are no longer needed and do not have to be mailed in to the BCAP office. Assistance with the NJCCIS website is always available by contacting me at 609-261-6834 ext. *5145.

HELPFUL HINTS from VIVYAN

Please! Please! Don't keep waiting to renew your application. Complete it right away when it comes to you.

- Don't delay getting your training, physicals, CPR/First Aid, Health and Safety training and criminal conviction disclosures.
- Remember, as part of your renewal, the staff that you have must have their needed information.

There are numerous changes taking place which I must make sure are completed before inspections.



It is best if you need individual help, that you schedule an appointment so that I can go through your file and be able to properly help you.

IMPROVING with KATHRYN

Burlington County now has its own Infant Toddler Specialist that offers professional development, technical assistance and consultation to all early childhood programs serving infants and toddlers! The specialist offers resources, mentoring and modeling to enhance your program. Using the appropriate environmental scale (FCCERS-R), I can assist you with assessing your program and see where improvements can be made. You will be encouraged to take advantage of any grants and scholarships that are available. In order to be eligible for scholarships, your program must have children enrolled receiving subsidized child care. There will be infant/toddler specific professional development workshops coming soon to the Human Services Building in Westampton. Workshops will be advertised on NJCCIS.com when they are available. You can register for all workshops through the Registry. If you are interested or have any questions, please call me at 609-261-6834 ext. *5140 or email me at kasimone@bccap.org.

GATHERING with JUDITH

On February 13th, 2020, BCAP will hold its first Community Gathering of the year, entitled Census 2020. BCAP, together with Advocates for Children of NJ, is working hard to get the word out to caretakers and parents about the importance of including all children in the household on this year's Census form. More than \$22 billion in annual federal spending relies on census population counts including Early Childhood programs. This event will award professional development hours, and you can register with me (609-261-6834 ext. *5148 or jubyrne@bccap.org) or you can register on the NJCCIS Registry.

Stay tuned for the date of our first Books, Balls, and Blocks event. This is a free, fun event where families can track their child's developmental milestones! They can also learn about how their child talks, plays, learns and interacts with the world around them.

PLC

Taking Care of Yourself

The Professional Learning Community met in December 2019 to discuss new topics and events that we want to put on our calendar this year. We brainstormed wonderful topics that include Taxes/Record-Keeping, Marketing, Fundraising, Grants, and meeting at restaurants. One topic that stood out was Pampering. For an FCC Provider, all we think about along those lines is falling into bed at the end of the day, as most of us have such busy schedules we don't think about pampering ourselves, but we definitely need it. We will be planning a night of pampering



in the coming months. In the meantime, below is a list of five things you can do to be more intentional about taking care of yourself during your day.

1. Create a space that will allow you to work more efficiently. Throw out old papers, file the ones you want. Clutter clears the mind.
2. Take time out of your busy day to breathe. Stop. Sit. Deep breaths allow the body to release.
3. Prioritize what is important and what is not. You can't do everything. Burn out is real.
4. Do something you have always wanted to do. Don't be afraid to try new things. This gets you out of that comfort zone.
5. Embrace your mistakes as lessons and move on. This allows us the gift to create and recreate our lives each day helping us to grow stronger and wiser.

Michelle Burress

PLC Leader

familychildcareplc@gmail.com

UPCOMING EVENTS

MONTHLY WORKSHOPS

Dynamics of Domestic Violence and the Impact on Children
Wednesday, February 19—6:30 – 8:30 pm

Keeping Children Healthy in the Child Care Setting
Wednesday, March 18—6:30 – 8:30 pm

PROFESSIONAL LEARNING COMMUNITY

Thursday, January 16—6:30 – 8:30 pm

Thursday, February 20—6:30 – 8:30 pm

COMMUNITY GATHERING

Thursday, February 13—6:30 – 8:00 pm (Raffle included)

