

LICENSOR LINES



A Newsletter from Sherburne County Health & Human Services: Child Care Licensing

December 2011

Updated Infant Sleep Guidelines

Released on October 18, 2011, and published in the November 2011 issue of Pediatrics, are some updated SIDS guidelines. New recommendations include offering a pacifier to infants at sleep times. This seems to keep their soft palates elevated, increasing oxygen flow while breathing. Of particular interest is the information about immunizations – according to the American Academy of Pediatrics, immunization reduces the risk of SIDS by 50%!! Please read through all of the updated recommendations below or at www.healthychildren.org/safesleep to help reduce the chance of a child dying of SIDS while in your care.

1. Always place babies on their backs for every sleep time.
2. Always use a firm sleep surface. Car seats and other sitting devices are not recommended for sleep.
3. Keep soft objects or loose bedding out of the crib. This includes pillows, blankets, and bumper pads. (Licensing regulation 245A.1435 (b) prohibits blankets in babies' cribs during the first year of life.)
4. Wedges and positioners should not be used.
5. Offer a pacifier at nap time and bedtime.
6. Avoid covering the infant's head, or overheating the infant.
7. Do not use special technology marketed as "SIDS-preventing" - there is no evidence that these devices prevent SIDS.
8. Infants should receive all recommended vaccinations - immunization reduces the risk of SIDS by 50%!
9. Supervised, awake tummy time is recommended daily to facilitate development and minimize the occurrence of "flat spots" on babies' heads.
10. Pregnant women should receive regular prenatal care.
11. Don't smoke during pregnancy or after birth.
12. Breastfeeding is recommended, and has been associated with a reduced risk of SIDS.
13. Babies should sleep in the same room as parent, but not the same bed.

Do you need to renew your Pool Operator License in 2012?

There is a one-day refresher course being offered on Saturday, **February 11, 2012**, at the Government Center from 8am-5pm. This course will be held in the **Maple** room, NOT the Board room (there is a foster care training in the Board room that day.) The cost is \$160. To register, contact Lori Holm at 763-241-9418.

Elk River Providers

Please call or email Heather with your elementary school for our website – we are making improvements!

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To contact your child care licensing staff... 1-800-433-5239 or:

Jodi Heurung, Supervisor 763-765-4008
Wendy Hendrickson, Lead Worker 763-765-4046
Heather Knutsen, Licensor 763-482-9349
Patti Haag, Case Aide 763-765-4012

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Fax: 763-765-4096

Midwest Child Care Resource & Referral Training Update December 2011

Training Notes

To register or for more detailed information on trainings, please go to www.mnstreams.org or call Midwest CCR&R registration line at 877-311-2244. To view the most recent training catalog, which includes all trainings for every region within the district, go to Midwest CCR&R website at www.midwestchildcare.com & click on training catalog.

Registration deadline is typically one week prior to the training. **A \$6 late fee will be charged to participants who register after the listed deadline.** Classes with low registration one week prior to the class date will be cancelled. So, don't wait to register for the classes you want!

Highlighted Trainings of the Month

Ten Steps to Positive Discipline – Saturday, December 3, 8:00 a.m.-12:00 p.m., Tuesdays, December 6 & 13, 6:30-9:30 p.m. – Monticello

In this series, you will learn ten principles of positive discipline. You will explore the difference between disrespectful and typical childhood behaviors, how to communicate with children so they listen and respond, and how to reduce power struggles.

You must attend all three sessions to receive a certificate. No partial certificates will be given.

Beyond the Storybook – Tuesday, December 6, 7:00-9:00 p.m. – Sauk Rapids

Storybooks are used every day in child care but what about non-fiction children's books? Come and join us for a fun and interactive session where participants will learn ways that non-fiction books can satisfy and broaden children's curiosity of the real world, discuss different ways to use non-fiction books with children and learn how to make non-fiction books.

Persona Dolls – Thursday, December 8, 6:30-9:30 p.m. - Buffalo

Tired of teasing and bullying in your classroom or family day care home? Looking for a fun way to help your children get along and develop the social skills they need to help them succeed in school? Persona dolls have been used around the world to help children learn positive social skills and support anti-bias or diversity education. Learn to use this powerful tool in your setting today!

Trainings at a Glance

December

1 – SIDS/SBS (Buffalo)

1 – SIDS/SBS (St Cloud)

**3 – Ten Steps to Positive Discipline
(Monticello)

5 – Learning About Nutrition through Activities -
LANA (Melrose)

**6 – Beyond the Storybook (Sauk Rapids)

7 – First Aid (Buffalo)

8 – SIDS/SBS (Elk River)

**8 – Persona Dolls (Buffalo)

**12 – Let's Explore: Encouraging Curiosity in
Young Children (St Cloud)

12 – Effective Communications (Big Lake)

13 – Child Passenger Safety (St Cloud)

13 – Mess Management (St Michael)

**15 – I Don't Want to Use a Curriculum and
You Can't Make Me (Rogers)

Items marked with asterisks count as "Child Development" courses for providers in their first year of licensure



***SHERBURNE COUNTY SHERIFF OFFICE
RANGE AND TRAINING CENTER***

Is offering two classes in one day training

First class: CPR & Basic First Aid

The class is designed to give the basic knowledge and skills to help deal with an emergency. There are new guidelines for doing CPR and First Aid, and this class will bring you up to date on all the new methods.

The class is taught by American Heart Association instructor. The following topics will be covered:

- **Adult CPR**
- **Child CPR**
- **Infant CPR**
- **AED (Automated External Defibrillator)**
- **Basic First Aid**

This class is designed to give the basic knowledge and skills to help deal with a potential emergency. The class is designed to certify you in the above topics or renewal your certificate.

Second class: Safety Awareness Self Defense

The class is designed to help you develop a personal protection plan. The class will stress the importance of knowing your surroundings, being aware of potentially dangerous situations. The class will also cover self-defense techniques that really work and common sense preventative measures to incorporate into your lifestyle. You will learn how to punch and kick correctly, escapes from being grabbed and other techniques.

Saturday, December 10th, 2011

Cost: \$25.00 per class or \$40.00 for both

CPR/First Aid

9:00 am – 12:00 pm

**Safety Awareness
Self Defense**

12:30 pm – 3:00 pm

Please Pre-Register

Training Sgt Jason Volkers 763-765-3867

Or reply via email to Jason.volkers@co.sherburne.mn.us

Anoka County Children & Family Council's

Early Childhood Mental Health Subcommittee presents...



Think Proactive:



Tools and Strategies to Promote Successful Behaviors

This dynamic training presented by Shannon Dufresne, Early Childhood Family Education teacher, is being offered for child care providers. The goal is to help providers gain knowledge about children's behavior, teach them how to identify the purpose of challenging behavior and offer providers strategies for intervention. You will leave this class with practical tools for guiding young children toward social and emotional growth. Participants will receive a **6 hours** training certificate.

Saturday, January 28th, 2012

9:00 a.m. – 3:00 p.m.

Please bring your own lunch

Fridley Middle School Multipurpose Room M7

6100 West Moore Lake Drive, Fridley, MN 55432

Cost: \$40.00 non-refundable

Registration limited to 40 participants

Training Credits will be provided

Questions can be directed to Evelyn Nelson at 763-422-7149

Think Proactive: Tools and Strategies to Promote Successful Behaviors-Jan. 28, 2012

Please mail registration along with your check made payable to Anoka County **no later than January 20th to:**

Sheryl Fahnhorst
Anoka County Government Center
2100 3rd Avenue, Suite 500
Anoka, MN 55303

_____ **\$40.00 Check is enclosed**
_____ **Receipt needed**

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____ E-mail: _____

ELK RIVER AREA CHILD CARE PROVIDER'S ASSOCIATION TRAINING LIST 2011-2012

We would like to welcome you back to another year of trainings.

We will meet in the Board Room at the Sherburne County Government Center,
from 7 to 9 pm, on the second Monday of the month.

Preregistration is suggested, but not required.

The cost is: \$20 per class

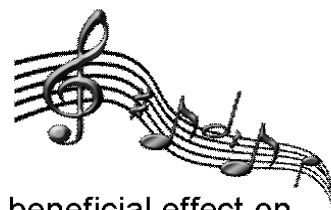
If you have any questions, call Michelle Carlin: 763-263-7870

If you have Big Lake daycare openings, call Carol Wehmas: 763-670-1723

If you have Elk River/Zimmerman openings, call Bonnie Menshek: 763-389-5176

JANUARY 9, 2012

****“Having Fun with Music” by Barbara Wagner****



There is a growing body of research that shows how music can have a beneficial effect on young children and brain development. This workshop will share with you ways you can easily create activities to use in your setting, to build upon the current research, and foster growth and development while having fun!!

FEBRUARY 13, 2012

“CPR Refresher” by Steve Dittbenner COST: \$25.00

MARCH 12, 2012

“Open Forum” with Heather Knutsen, Sherburne County Licensing

Bring your questions/comments. She will be here to answer all!



APRIL 9, 2012

****“Day by Day with Toddlers” by Sarah Fritsch****

During the toddler stage, there are so many things to learn and discover. We will be discussing the ins and outs of why toddlers do what they do, and how we as caregivers can help to make each day with them a successful one. You leave this session with language and activities that can be incorporated into your daily routine with toddlers.

Items marked with asterisks count as “Child Development” courses for providers in their first year of licensure

Sherburne County Childcare Association

Training Schedule for 2011/2012

Hello! We are the county association that meets in Zimmerman. We are very excited for this upcoming year of training. We are offering classes that you, the providers, have asked for and we have found some great instructors for our topics this year. All licensed childcare providers from all communities in & out of our county are welcome to attend. We do not require you to pay a membership fee, only monthly trainings fees listed. We have tried to keep the prices of our trainings to a minimum. At each training you will have the opportunity to gain training hours on various topics and also meet old & new providers who share your interest in children. You may also learn new ideas that you can take with you and use in your childcare setting.

We offer a free childcare referral service. If you have openings, please call to keep us updated as to your openings. Bonnie Menshek also offers mentoring to providers & parents in need of service.

We have co-sponsored our trainings with Midwest CCR&R again this year. Be sure to check our training fees as they will vary between instructor and topic. If you have questions, please contact –
Bonnie Menshek (763) 389-5176 Carolyn Mariette (763) 389-4708

We meet the 3rd Tuesday of each month with the exception of October this year due to scheduling. You can sign in 15 minutes prior to session. Pre-registration is required for CPR only. Contact Bonnie at (763) 389-5176 to pre-register.

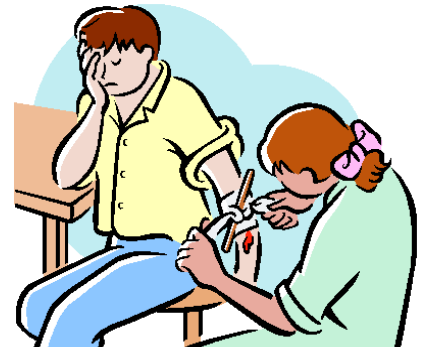
Location-Christ Our Light Catholic Parish South Campus (formerly- St Pius Church)
Address - 25909 4th St W. Zimmerman Park in the back & use rear entrance

Dec., 2011 - No Training

Jan 17th 2012 - First Aid 6:00-9:00pm Fee \$30.00

Trainer: Steve Dittbenner, EMT/Elk River Fire & Rescue

This course will help you recognize and deal with emergencies, injuries and sudden illness in your childcare settings. You will learn basic first aid principles and practices, injury prevention and standard safety information. This course meets childcare licensing requirements.



Feb 21, 2012 - Open Forum/ Licensing Update 6:30-8:30pm Fee: \$10

Come join us for a night of open discussion about all childcare issues & problem solving. This is an informal training session worth 2 hours of credit. Our Sherburne County Social Worker, Heather Knutsen will join us for a brief time in the beginning of the night to update us on any new licensing laws & changes. Snacks & pop provided.

****March 20th, 2012 - Children's Behavior – The Importance of the Practitioner's Role****

Trainer: Tammy Wachter 6:30-8:30pm Fee \$10.00

Whether someone has been in child care for one week or for 10 years, at some point everyone has had to guide a behavior that disrupts the daily routine. Join this workshop for an interactive look at challenging behavior and the child care role in working through it based on experiences and background. The practitioner's role is crucial in positive behavioral changes! (From the Center for Inclusive Child Care)

Items marked with asterisks count as "Child Development" courses for providers in their first year of licensure

Sherburne County Childcare Association (continued)

April 17th, 2012 - Kitchen Science Experiments

Trainer: Bev Herr 6:30-8:30 pm Fee \$10.00

Get ready to see what can happen with common cooking ingredients. Mix-up all kinds of science experiments from ingredients found in your kitchen. It's the perfect place to make some exciting discoveries about the world of science. Come and explore the wonders of simple science and learn easy, effective activities to use with your program today. All participants will take home a Kitchen Science DVD.



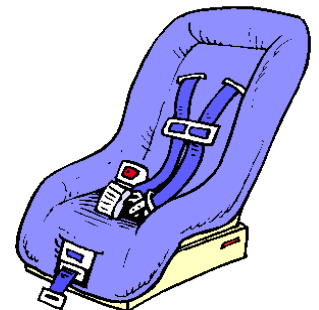
2012 Child Care "Child Passenger Safety" Classes

Sherburne County Health & Human Services \$25.00 / person

Register with Lori O'Connell-Hein at (763) 765-4000 or 1-800-433-5239

Day of Week	Date	Location	Time
Fri	January 6	Board Room	9 am – 12 pm
Wed	February 15	Board Room	9 am – 12 pm
Mon	March 26	Board Room	1 pm – 4 pm
Mon	May 7	Board Room	6 pm – 9 pm
Fri	June 8	Board Room	9 am – 12 pm
Mon	July 30	Board Room	1 pm – 4 pm
Fri	September 7	Board Room	9 am – 12 pm
Tues	October 16	Board Room	6 pm – 9 pm
Mon	November 19	Board Room	1 pm – 4 pm

All above classes are in the Board Room at the Sherburne County Government Center
13880 Business Center Drive, Elk River



Please note- you can also take Child Passenger Safety training through Midwest Child Care Resource and Referral (see page 2,) or New River Medical Center (www.newrivermedical.com)

Recalls (Thanks to Ramsey County)

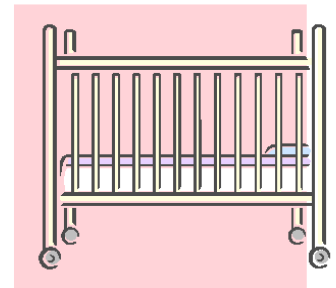
Jogging Strollers Recall

The U.S. Consumer Product Safety Commission (CPSC), along with B.O.B. Trailers, Inc., announced a voluntary recall of B.O.B. single and double strollers. The stroller canopy's embroidered logo's backing patch can detach, posing a choking hazard to babies and young children. The recall involves all B.O.B strollers manufactured between November 1998 and November 2010. Strollers manufactured after October 2006 have a white label affixed to the back of the stroller's leg with the manufacturing date. Strollers with no manufacturing date listed were produced prior to October 2006 and are included in the recall. Consumers should immediately stop using the recalled strollers until they remove the embroidery backing patch from the interior of the canopy's logo. Consumers should contact B.O.B. Trailers for instructions on removing the backing. Information can be obtained by calling toll-free 855-242-2245 between 8 a.m. and 5 p.m. MT Monday through Friday, or visit the firm's website.



Drop-Side Crib Recall

The CPSC, along with Yu Wei Co, Ltd, announced a voluntary recall of Drop-Side Cribs (sold exclusively at JC Penney). The drop-side rails on the crib can malfunction, detach or unexpectedly fall down causing part of the drop side to fall out of position, creating a space into which an infant or toddler can roll and become wedged or entrapped, leading to strangulation or suffocation. The recall involves Yu Wei full-size cribs sold under the Scroll and Lauren model names. Consumers should immediately stop using the recalled cribs and contact Yu Wei for a free immobilizer kit. In the meantime, consumers are encouraged to seek an alternate, safe sleeping environment for the child. Contact Yu Wei at 877-806-8190 between 9 a.m. and 5 p.m. CT Monday through Friday, or visit the firm's website. Consumers can also email the firm at yuweiparts@aol.com to order a free immobilizer kit.



Children's Folding Tent Recall

The CPSC, along with IKEA, announced a voluntary recall of BUSA children's folding tent. The steel wire frame of the tent can break, producing sharp wire ends that can protrude through the tent fabric, posing a laceration or puncture hazard. The recall involves a cube-shaped children's folding tent with model number 90192009 by the brand name of BUSA or IKEA. Consumers should immediately take the toy away from children and return it to their nearest IKEA store for a full refund. Consumers can also contact IKEA toll-free at 888-966-4532 anytime, or visit their website.



Licensor Lines Post Test December, 2011

Worth 0.5 hours of training credit
from Sherburne County Health & Human Services

1. According to the American Academy of Pediatrics, is there a risk of death when an infant naps in a car seat?
2. According to the American Academy of Pediatrics, is there a risk of death when infants have soft objects in their cribs?
3. According to licensing regulations, are blankets allowed in infants' cribs?
4. According to the American Academy of Pediatrics, is the risk of SIDS increased or decreased when an infant has been immunized?
5. To help prevent infant death, should a child care provider use a sleep positioner, a pacifier, or a "SIDS-prevention" technology device (pick one of these three items) with infants about to take a nap?

CERTIFICATE OF AWARD

Awarded to:

For

$\frac{1}{2}$ hour of Licensor Line Training

Wendy Hendrickson _____

_____ *Date*

Heather Knutsen _____

SIDS & Shaken Baby Syndrome Training for 2011

Child Care Resource & Referral is working in collaboration with County Child Care Licensors from Benton, Sherburne, Stearns, and Wright Counties to provide you with SIDS Reduction and Shaken Baby Syndrome Training. Training does not have to be taken in the county in which you are licensed. Choose a date and location that work for you. Registration is **required one week** prior to class in order to make sure that enough materials and space are available. **The cost for the class is \$18.00.**

Ways to Register:

- Complete registration form and return with check or credit card information to: **Midwest Child Care Resource & Referral, P. O. Box 159, Montevideo, MN 56265**
- Contact the training line at (877)311-2244 to register with a credit card
- Log onto www.mnstreams.org and register online.

<p><u>Stearns County</u> SBS/SIDS classes are from 6:30 - 8:30 PM at the following locations:</p> <p><u>Child Care Choices</u> - 2901 Clearwater Rd, St. Cloud</p> <p>Thursday, February 17 Thursday, April 28 Thursday, June 30 Thursday, September 22 Thursday, December 1</p> <p><u>Apostolic Pentecostal Church</u> - 301 7th St S, Waite Park</p> <p>Monday, January 10 Monday, March 28</p>	<p><u>Benton County</u> SBS/SIDS classes are from 6:30 - 8:30 PM at the following locations:</p> <p><u>Sauk Rapids-Rice Middle School</u> – 901 1st St. S., Sauk Rapids (Use Door #1 and Follow Signs)</p> <p>Monday, May 23 Monday, October 24</p> <p><u>Sauk Rapids-Rice High School</u> – 1835 NE Osauka Rd., Sauk Rapids (Use Door #23 and Follow Signs)</p> <p>Monday, August 22</p> <p>SIDS=Sudden Infant Death Syndrome SBS=Shaken Baby Syndrome</p>	<p><u>Wright County</u> SBS/SIDS classes from 6:30-8:30 PM held at the Wright County Government Center, in Buffalo.</p> <p>Monday, January 31 Thursday, February 24 Monday, April 11 Thursday, May 26 Monday, June 27 Monday, August 8 Monday, October 3 Thursday, December 1</p> <p>Wright County Gov. Center is at 10 2nd Street NW, Buffalo</p>
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Sherburne County

SIDS/SBS classes will be held on the following dates and times.

Daytime Classes

SIDS/SBS classes are from 11:10 AM-1:20 PM at the Sherburne County Government Center, 13880 Business Center Drive, Elk River

Thursday, January 27 Thursday, September 1
Thursday, March 24 Thursday, October 27
Thursday, May 12 Thursday, December 8
Thursday, July 14

Evening Classes

SBS/SIDS classes are from 6:30-8:30 PM at the following locations:

Monday, February 28 - Independence Elementary School, 701 Minnesota Ave, Big Lake (Community Education Door)
Monday, May 2 - Community Center, Becker
Tuesday, July 26 - Community Center Becker
Tuesday, September 27 - Independence Elementary School, 701 Minnesota Ave, Big Lake (Community Education Door)
More evening classes may be added based on need.

Registration Form

Date of Class: _____ Location of Class: _____ Amount Enclosed: _____

Name _____

Address _____

City, State, Zip _____

County _____

Telephone _____

E-mail address _____

Please check one:

- Family child care (pending licensed)
 Child care center Preschool Foster care
 School-age program Head Start Parent
 Unlicensed child care ECFE/ECSE
 Other (specify) _____

Method of Payment: Check Credit Card
 Credit Card Number _____ - _____ - _____
 Expiration Date: _____ (month/year)

Signature: _____

*Sherburne County Health & Human Services
13880 Business Center Drive
Elk River, MN 55330-4600*

