



PFCEEA Quarterly

**Lessons Covid-19 Taught Us**

We are three months into our quarantine, how are things going for you? Hopefully the stimulus money and/or unemployment benefits, PPP helped to get you through this rough time. We know some supplies were non-existent for a while in our stores; but thankfully we could make homemade cleaners to get the job done. This is not the first time our country has had to self-quarantine, but I'm so glad we're living today instead of 100 years ago; we have TV and internet to let us know what is going on in the world. This experience wasn't pleasant, but as our grandparents did before us, we survived this event! Will a second wave hit us? Maybe, but if we continue to wear masks and practice "social distancing" when out of our homes, we'll survive whatever is ahead of us too. Let's not waste what we have learned going through this pandemic. Keeping a well-stocked pantry, cleaning supplies, & a savings account will help get you through another rough spot whenever that may happen. Remember to keep an eye on "best used by dates" on all items. I'm not suggesting you go out and buy up all items on the store shelves, but simply pick up a few extra items each time you are out to build up your supplies which will only add a few dollars each shopping trip. If we all do this, there will be no need for the panic some of us just experienced. Looking forward, as companies are bringing their employees back to the office, I hope all of your businesses flourish and life as you knew it will return very soon.

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Welcome to our new PFCEEA members  
We are happy you have joined.  
No one this quarter

## Membership Report

We currently have 22 members in good standing. Chesapeake has 3 Norfolk 4, Portsmouth 2, Suffolk 1, and Virginia Beach 12.

Since the Association started, we have had 417 people become members. Remember to check our website to make sure your information is correct.

If you change your email address, phone number, or move either to another local address or out of the area, please let us know as soon as possible.

Submitted by Marie McFadden



## How to Contact PFCEEA

Email: [pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com)

Website: [www.pfcee.com](http://www.pfcee.com)

Facebook: Professional Family Child Care & Early Educational Association

By mail: contact our Treasurer for address

### PFCEEA Executive Board

President Randee Holmes 479-9579

Vice-President Beth Kaminski 853-4505

Treasurer Cindy Huntington 468-0681

Corresponding Secretary

Diane McEwen 490-2371



### Standing Committees

Advertising	Jan Coffman	499-6474
Diaper donations	Diane McEwen	490-2371
Door Prizes	Dona Cox	486-1565
Historian	Jan Coffman	499-6474
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Photographer	Jan Coffman	499-6474
Social Secretary	Michelle Freeman	483-1970
Speakers at trainings	Beth Kaminski	853-4505

## Social Secretary

If you know of a member who should be sent a get well or sympathy card, contact me and I will send out the card right away.

Call Michelle at 483-1970

Submitted by Michelle Freeman



## Advertising Report

Due to the increase in advertising costs for placing ads in the Virginian Pilot we are looking for other ways to let parents know about us. If you have any suggestions, we would like to hear from you.

Jan Coffman 499-6474



## Strawberries



To have strawberries last longer, as soon as you bring them home, put them in a clean bowl with water and a splash of vinegar for a few minutes.

Drain the water and rinse strawberries. Place on a clean towel to dry. Then place them in a clean container, not the one from the grocery store as those contain mold spores.

## PFCEEA Meeting Schedule

To register for all training meetings, email [pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com) or call Marie at 482-9470. PFCEEA members receive the training certificate for free; non-members pay \$10 cash at the door. No Children.

Our meetings are now being held in the **Kempsville Ruritan Club, 5146 Ruritan Court**, Virginia Beach from 7:00-9:00 pm on the 4<sup>th</sup> Monday of each month except May\*.

We will draw the door prize tickets at 7:00. For anyone arriving after our speaker starts, a certificate for less training time will be given.

### 2020 training dates:

Our trainings will continue once the limit on the number of people gathering has been lifted.

	Jul 27	Aug 24
Sep 28	Oct 26	Nov 23

We are collecting the following items at our trainings: plastic lids, plastic grocery bags, and diapers for the Diaper Bank of Hampton Roads, See pg 6.

## Family Child Care Provider?



**Serve nutritious meals to children and earn cash!**

For more information about the free USDA Child and Adult Care Food Program call 757-397-2984

[www.childrensharbor.cc](http://www.childrensharbor.cc)



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E-mail: [info@bayscreenandgraphics.com](mailto:info@bayscreenandgraphics.com)  
<http://www.bayscreenandgraphics.com/>

## Recalls

To stay up to date with food recalls, check out the following websites:

<http://www.foodsafety.gov/>

<http://www.foodsafety.gov/recalls/>

<http://www.foodsafetynews.com/sections/food-recalls/#.VYsGU0bZFYE>

For all other recalls, check this website:

<http://www.cpsc.gov/en/>

## Interesting Websites

### Read aloud books

[https://www.julieslibraryshow.org/?gclid=EAlaIqObChMIsO\\_S65uP6QIVBIViCh0X6AtEEAAYASAAEgLTzvD\\_BwE&fbclid=IwAR37XrGCeThIYqm2XznrJI0H2TI-MY1Td-ij8uiG1SQDMb3RI8aoduCUoow](https://www.julieslibraryshow.org/?gclid=EAlaIqObChMIsO_S65uP6QIVBIViCh0X6AtEEAAYASAAEgLTzvD_BwE&fbclid=IwAR37XrGCeThIYqm2XznrJI0H2TI-MY1Td-ij8uiG1SQDMb3RI8aoduCUoow)

<https://www.storylineonline.net/>

### Science fun -

<https://momypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

<https://blog.prepscholar.com/easy-science-experiments-for-kids-at-home>

<https://www.youtube.com/watch?v=4MHn9Q5NtdY>

<https://www.youtube.com/watch?v=McVpXiSttnU>

## Safety Turtle 2.0 Child Immersion Pool/Water Alarm Kit



The best pool alarm bracelet for children! The easiest way to protect your little ones around a pool is to know if they go in, right? Alarms can be turned off...or not recognize a child slowly walking into the pool. The only solution on the market is Safety Turtle. The "fun to wear" Turtle wristband will trigger the "always ready" system as soon as they get that wrist wet! Even if they just sit on the edge and put that arm in to play with a floating toy...you'll know! It's simple, reliable and easy to use! You can have as many wristbands as needed (for guests)...and your pets can utilize the very same system.

## Tom Copeland's Taking Care of Business

<http://tomcopelandblog.com/irs-tax-formstax-changes>

<http://tomcopelandblog.com/wp-content/uploads/2011/10/The-Tax-Benefits-of-Becoming-a-Regulated-Family-Child-Care-Provider.pdf>

<http://tomcopelandblog.com/reporting-food-program-reimbursements-claiming-food-expenses-2>

## Helping Our Community

As an association we try to help out where we can. Below you will find various items we are collecting. If you have any of the items we are collecting, bring them to any of our trainings and drop off at the registration table. Thank you for helping!

### Save Plastic Lids

I recently found out about a program where the Navy is making prosthetics out of plastic lids. Instead of throwing your plastic lids in the trash, please consider saving them and bring to our trainings to give to Marie. As long as it is plastic they will accept it. Ask your daycare families and neighbors to hop on board and participate in this very worthwhile program with us.

### Plastic Grocery Bags

If you aren't planning to reuse your plastic grocery bags, please bring them to PFCEEA trainings. A woman in Chesapeake is transforming them into mats for homeless people. They cannot accept the thin newspaper bags, produce bags, dry cleaning or thick shiny garment bags from department stores.

Click on the link below and scroll down to see video of how to cut the plastic bags and make plarn (plastic yarn) to make many useful items.

[http://diyeverywhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp\\_56125&t=syn](http://diyeverywhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp_56125&t=syn)

I would like to tell you about an organization that PFCEEA is supporting with your help. It is called the Greater Hampton Rds. Diaper Bank. It is run by Cher Leadbeater who is a part of the National Diaper Bank Network. Her goal is to provide diapers/pampers to parents who cannot afford to buy them. Since last year requests for diapers has gone from 90,000 to 100,000 a month. She is only able to fill about 20,000 of those requests. Many of those requests come from local organizations that help parents in need. 1 out of 3 parents struggle to buy diapers. They are sometimes forced to reuse or leave on longer, which can lead to health issues such as diaper rash or worse.

I would like to encourage our Association to help this cause. All you need to do is bring any unused diapers /pullups that are no longer needed to any training and I will take them home to be picked from Ms. Leadbeater.

I will have some brochures at our next meeting if you would like more information. Let me know if you have any questions.

Sincerely,

Diane McEwen, Secretary

### Cleaning for a Reason

<http://www.cleaningforareason.org/>

If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment.

## Special Days

- June - <http://www.holidayinsights.com/moreholidays/june.htm>
- July - <http://www.holidayinsights.com/moreholidays/july.htm>
- August - <http://www.holidayinsights.com/moreholidays/august.htm>
- Sept - <http://www.holidayinsights.com/moreholidays/september.htm>
- Oct - <http://www.holidayinsights.com/moreholidays/october.htm>

### Tips for Providers

Get updated immunizations for the children in care and make sure parents sign annually.

Check outside equipment for rust, peeling paint, or cracking.

Make sure all electrical outlets are covered.

Document all fire and shelter in place drills.

Make sure to document first and last day of care of children.

Make sure 1<sup>st</sup> aid kit contains all required items.

Make sure the child's entry and exit to childcare is recorded each day.

Have TB tests performed every 2 years.

Have chimney inspected every year whether it has been used or not.

Water temperature should be between 105-120 degrees.

Trampolines are not allowed to be used during child care hours.

Make sure menus are dated.

### Reading Readiness

#### Free printables

<https://www.naschools.net/site/handlers/filedownload.ashx?moduleinstanceid=212&dataid=1252&FileName=KindergartenReadinessPacketSkillstoPracticeforKindergarten.pdf>

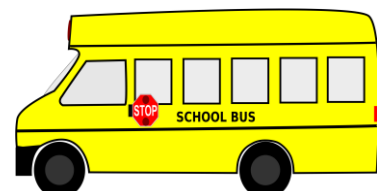
[https://www.google.com/search?channel=tus3&source=univ&tbm=isch&q=free+reading+readiness+worksheets+for+kindergarten&client=firefox-b-1-d&sa=X&ved=2ahUKewjBjr\\_wwYTqAhX8STABHW0jCv\\_sQsAR6BAgKEAE&biw=1333&bih=1060](https://www.google.com/search?channel=tus3&source=univ&tbm=isch&q=free+reading+readiness+worksheets+for+kindergarten&client=firefox-b-1-d&sa=X&ved=2ahUKewjBjr_wwYTqAhX8STABHW0jCv_sQsAR6BAgKEAE&biw=1333&bih=1060)

[https://www.education.com/worksheets/kindergarten/?qclid=EAIaIQobChMIgLfH8MGE6gIVGG6GCh2OMALxEAAYASAAEgK8TvD\\_BwE](https://www.education.com/worksheets/kindergarten/?qclid=EAIaIQobChMIgLfH8MGE6gIVGG6GCh2OMALxEAAYASAAEgK8TvD_BwE)

[https://www.education.com/worksheet/article/alphabet-mini-book/?qclid=EAIaIQobChMIgLfH8MGE6gIVGG6GCh2OMALxEAAYASABEgLMuvD\\_BwE](https://www.education.com/worksheet/article/alphabet-mini-book/?qclid=EAIaIQobChMIgLfH8MGE6gIVGG6GCh2OMALxEAAYASABEgLMuvD_BwE)

[https://www.kidzone.ws/prek\\_wrksht/index.htm](https://www.kidzone.ws/prek_wrksht/index.htm)

<https://www.greatschools.org/gk/worksheets/?grade=kindergarten&category=reading-2>



## Crafts & Activities

### June

<https://www.brownielocks.com/june.html>

<http://www.first-school.ws/theme/occasions6.htm>

<https://kinderart.com/art-lessons/seasons/june/>

<https://funfamilycrafts.com/musical-instrument-crafts/>



### July

<https://kinderart.com/art-lessons/seasons/july/>

[https://www.pinterest.com/Artsy\\_momma/patriotic-crafts-for-kids/](https://www.pinterest.com/Artsy_momma/patriotic-crafts-for-kids/)

<https://www.personalcreations.com/blog/fourth-of-july-kids-crafts>

<https://redtri.com/no-fire-required-10-easy-fourth-of-july-crafts/slide/14>

### August

<https://kinderart.com/art-lessons/seasons/august/>

<https://www.pinterest.com/cow34/august-art/>

<https://www.pinterest.com/chasidyann22/august-kids-crafts/>

<https://whereimaginationgrows.com/kids-activities-for-august/>



## NAFCC Online Conference



As with a lot of events, Covid-19 has made it impossible for the National Conference to meet in person; this year it was to be held in our backyard -Norfolk, VA. They are now going to hold it online, the experience won't be the same, but you will receive training hours!

<https://www.nafcc.org/>



Happy  
Birthday!



We want to send happy birthday wishes to our members. PFCEEA hopes your special day is all you wish for.

June Regina Moore, Diane McEwen, Dona Cox, Marie McFadden

July

August Annie Nurse, Beth Kaminski,

September Michelle Freeman, Brenda Soto



### Birthday Freebies

<https://www.retailmenot.com/blog/birthday-freebies.html#birthday-food>

<https://www.dealnews.com/features/discounts/birthday-freebies/>

<http://www.livingrichwithcoupons.com/huge-list-of-birthday-freebies><https://thekrazycouponlady.com/tips/couponing/comprehensive-guide-getting-rewards-discounts-birthday>

<https://www.favoritecandle.com/free-birthday-meals/Virginia-Beach/VA>



## Hurricanes and Tornadoes

The Atlantic hurricane season runs from June 1 to Nov. 30, though storms sometimes form outside those dates. The National Oceanic and Atmospheric Administration is predicting an "above-normal" 2020 Atlantic hurricane season, with 13 to 19 named storms. NOAA forecasters said that six to 10 of those storms will become hurricanes and three to six of those would become major hurricanes with 111 mph winds or higher.

May 21, 2020

AccuWeather forecasts a normal to slightly above-normal number of tornadoes in 2020 with a range of 1,350 to 1,450. That range is close to what occurred in 2019 and 5 to 15 percent more than the U.S. annual average.

### 10 Tips for Protecting Children from Tornadoes Save the Children Urges Families to Prepare for Severe Weather

WESTPORT, Conn. (April 27, 2014) – Weather forecasters are warning that as many as 100 tornadoes could occur across multiple states in the central U.S. over the next few days. Save the Children urges families to take precautions now and to include children in the process.

Tornadoes pose more than a physical threat to children. By damaging and destroying homes, schools and child care centers, tornadoes can severely disrupt children's lives and threaten their emotional and developmental wellbeing. Nearly one year after the devastating tornadoes that hit in and around Oklahoma City and Moore, Save the Children continues to serve children in central Oklahoma, helping them recover emotionally and develop essential coping skills.

Preparedness not only helps protect children physically, it empowers them to constructively face their fears and build resiliency.

### 10 Tips for Protecting Children from Tornadoes

Tornadoes usually develop in warm, moist air ahead of cold fronts and have been reported in every U.S. state. Although tornadoes can cause a lot of damage, injuries and even death, families can take tornado-specific precautions to help protect children in these situations.

## **BEFORE A TORNADO PREPARE--:**

- 1. Get ready and Stay informed.** When weather is predicted to be severe, monitor the news so you'll know if your area is at risk and when to take action. Plan now, before the weather may worsen.
- 2. Talk about tornadoes.** Discuss with your family why tornadoes occur and that they are not anybody's fault. Explain what the signs are, since tornadoes can strike before an official warning is issued. Signs include dark, often greenish clouds; large hail; cloud of debris, funnel cloud; or a roaring noise.
- 3. Learn your caregivers' disaster plans,** such as how your children's school or child care center would respond to a tornado.
- 4. Practice tornado drills with your family.**

## **DURING A TORNADO:**

- 5. Seek immediate shelter in a tornado-safe room** if you are in the path of a tornado. The safest place in the home is the interior part of a basement. If you do not have a basement or storm cellar, consider an interior bathroom, closet, or hallway on the lowest floor.
- 6. If outside or in a mobile home, seek cover in a designated shelter or nearby sturdy building.** If there is no building nearby, lie flat in a low spot, making sure it is not a drainage area that could easily fill with water in the case of flash flooding. Use your arms and hands to protect your head and neck.
- 7. Wear a helmet for extra protection.** Families should always seek appropriate shelter first. However, wearing a helmet may provide additional protection since head injuries are common from tornadoes,

## **AFTER A TORNADO:**

- 8. Stay informed after a tornado strikes by continuing to listen to a radio or television station for updates.**
- 9. Involve children in recovery.** After a tornado, include your children in clean-up activities if it is safe to do so. It is comforting to children to watch the household begin to return to normal and to have a job to do.

10. Listen to children if your family has been affected by a tornado. Encourage your child to express feelings of fear. Listen carefully, show understanding, and offer reassurance.

Be familiar with the following definitions to help prepare your family for tornadoes.

- Tornado **WATCH** means that tornadoes are possible in and near the watch area. People in a watch area should review their tornado plans (Family Disaster Plan, Disaster Supplies Kit, tornado safe room), and be ready to act if a warning is issued or they suspect a tornado is approaching.
- Tornado **WARNING** means that a tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. People in a warning area should go immediately to their safe room. If they are in a vehicle, they should get out of the vehicle and go to shelter in a nearby sturdy building or lie flat in a low spot away from the vehicle.

[https://www.dominionenergy.com/hurricaneprep?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=hurricane+prep&utm\\_content=redcross&fbclid=IwAR0Zx1s4cUz7RpR9Em8Mfxoyyd3aeRlhBXdViMPpNezpTRgfl2jm2\\_5DNPE](https://www.dominionenergy.com/hurricaneprep?utm_source=facebook&utm_medium=social&utm_campaign=hurricane+prep&utm_content=redcross&fbclid=IwAR0Zx1s4cUz7RpR9Em8Mfxoyyd3aeRlhBXdViMPpNezpTRgfl2jm2_5DNPE)



### Some things to Keep in Mind



A lot of parents have been working from home the past few months and are just now returning to their work place. They might not be in a habit of checking the back seat for their child. If you know a child should be coming to you, and they have not showed up, give the parent a call to see if the schedule changed. If everyone communicates, we won't hear of anyone leaving their child in a hot car this year.



With summer upon us, having children run through a sprinkler is a lot of fun. However, if your hose has been laying out in the sun, the water inside the hose will be **HOT**. Let the water run for a few minutes before allowing the children to start having fun. Don't forget the sunscreen!