

# Michigan Child Care Matters

Department of  
Human Services

ISSUE 89, WINTER 2011  
Winter Fun

**FROM THE DIVISION DIRECTOR**  
James S. Sinnamon

“Can we go outside and play?” When the sun is shining and it’s warm outside, most caregivers can answer this question with a resounding “Yes!” The response is often less enthusiastic in the early spring and late fall, when the temperature is cooler and the wind has a bite to it. In the dead of winter, it takes a much more dedicated caregiver to look forward to bundling up the children (and him/herself) and braving the snow and ice.

Licensing rules require both homes and centers to provide children with an opportunity to play outdoors on a daily basis except when the weather is inclement or when weather conditions could result in children becoming overheated or excessively chilled. Center rules expand on the idea of going outside: the outdoor play area is considered an outdoor classroom and an extension of the learning environment.

Unlike when many of us were growing up, children today spend a lot of their time indoors watching TV, using computers and playing video games. Richard Louv, author of “Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder,” asserts that children have become increasingly alienated from the natural world. He links this lack

of nature to some disturbing childhood trends, such as the rises in obesity, attention disorders and depression.

Outdoor play affords an opportunity for learning in a different environment even in the wintertime. Making snow angels, building a snowman or just taking a walk gives children the opportunity for fresh air and physical exercise.

The outdoors, whether your backyard or a

Continued on page 3

## Inside This Issue

- Page 2 Let’s Read
- Page 4 Outdoor Play is a Must
- Page 5 Winter Health and Safety
- Page 6 It’s Too Cold to Be Outside
- Page 8 Outdoor Safety
- Page 9 The Dog Days of Winter
- Page 10 Planning Fun Outdoor Winter Activities
- Page 11 Winter in Michigan - Being Physically Active and Eating Fruits and Vegetables
- Page 13 Child Care Licensing Division Directory
- Page 15 Professional Development
- Page 16 CPSC Recalls



**MICHIGAN DEPARTMENT OF HUMAN SERVICES**  
Bureau of Children and Adult Licensing  
Child Care Licensing Division  
[www.michigan.gov/michildcare](http://www.michigan.gov/michildcare)



**EDITORIAL STAFF**

Jessica Coates  
Licensing Consultant

Marcia Demski  
Licensing Consultant

Dawnita Diaz  
Licensing Consultant

Catherine Edgar  
Licensing Consultant

Colleen Nelson  
Program Consultant

Kathi Pioszak  
Early Childhood Investment  
Corporation

Jackie Sharkey  
Area Manager

Kathleen Sinnamon  
Area Manager

Toni Stagray  
Licensing Consultant

Katrice Sweet  
Licensing Consultant

This publication provides relevant information regarding young children who are cared for in licensed child care settings. We encourage child care providers to make this publication available to parents of children in care, or to provide them with the Web address so they may receive their own copy. Most issues are available online at:

[www.michigan.gov/michildcare](http://www.michigan.gov/michildcare).

**LET'S READ**

Toni Stagray, Licensing Consultant  
Saginaw County

Nothing catches the imagination of a child like a fresh snowfall. Popular children's books come in at a close second and provide entertainment, as well as education, throughout the winter months. Encourage children to enjoy books of all genres all year long and let their imaginations run wild as they explore all of the elements of winter while staying indoors.

Here is a list of children's books about winter, categorized by age group:

**Infants/Toddlers (Board Books)**

- "Winter" by Chris Demarest.
- "Ready for Winter" by Marthe Jocelyn.
- "Welcome Winter" by Jill Ackerman (*a touch-and-feel book*).
- "Animal Friends" by Bob Whitfield (*Look Baby Board Books*).
- "Anna Bear's First Winter" by Roberta Edwards (*Great Big Board Book*).
- "Winter" by Gerda Muller.

**Preschool Books**

- "Do Like Kyla" by Angela Johnson. (*Kyla has fun making snow angels.*)
- "There Was a Cold Lady who Swallowed Some Snow" by Lucille Colandro. (*A take-off of the favorite "There Was an Old Lady Who Swallowed a Fly."*)
- "Hello, Snow!" by Hope Vestergaard. (*Simple language is used to describe the sights, sounds, smells, and activities of winter.*)
- "The Snowy Day" by Ezra Jack Keats. (*A classic tale, set in the city, of a child playing in the snow.*)
- "Snowballs" by Lois Ehlert. (*An artistic collage of snow people and animals.*)
- "Millions of Snowflakes" by Mary McKenna Siddals.
- "The Jacket I Wear in the Snow" by Shirley Neitzel (*a cumulative story*).
- "Animals in Winter" by Henrietta Bancroft (*Let's-Read-And-Find-Out series*).
- "Snowmen at Night" by Carolyn Buehner. (*What do snowmen do at night?*)
- "Geraldine's Big Snow" by Holly Keller.
- "The Mitten" by Jan Brett. (*The classic Ukrainian folk tale of forest animals taking refuge inside of mitten they find. Beautifully illustrated.*)

- “Stranger in the Woods: A Photographic Fantasy” by Carl R. Sams II & Jean Stoik. (*Pictures were taken by a professional wildlife photographer – appeals to three- to eight-year-olds.*)
- “Every Autumn Comes the Bear” by Jim Arnosky. (*A story of hibernation.*)
- “The Day Daddy Stayed Home” by Ethel Kessler. (*A story about a fun snow day at home with dad.*)
- “Winter Eyes” by Douglas Florian. (*A book of paintings and poems.*)
- “Frozen Noses” by Jan Carr. (*Diverse cultures are featured enjoying winter.*)
- “All You Need for a Snowman” by Alice Schertle. (*“One small snowflake fluttering down – that’s all you need.”*)
- “The Snowman Storybook” by Raymond Briggs. (*An expressive illustration book with no words for the ultimate use of imagination.*)
- “Five Little Penguins Slipping on the Ice” by Steve Metzger. (*A take-off the popular “Five Little Monkeys.”*)
- “Cool as Ice” by Matt Christopher. (*The story of an 11-year-old hockey player.*)
- “Julie of the Wolves” by Jean Craighead George. (*The story of an Alaskan girl surviving the harsh winter. A Newberry award winning book.*)
- “Winter Poems” compiled by Barbara Rogasky (*ages 8-12.*)
- “Winterdance: The Fine Madness of Running the Iditarod” by Gary Paulsen. (*A story of dog-sledding in the world popular race.*)
- “Dogsong” by Gary Paulsen. (*Newberry Award winner for young adults.*)
- “When the Snow Fell” by Henning Mankell (*young adult*). ❖

---

### Director’s Corner, from page 1

park, really is an important part of your child care program. Take advantage of the opportunities the outdoors provides for children’s learning. Regardless of the season, your response to the question, “Can we go outside and play?” should be a resounding “Yes!”

James S. Sinnamon. Director  
Child Care Licensing Division

### School-age Books

- “Winter Solstice” by Ellen Jackson.
- “Owl Moon” by Jane Yolen. (*A Caldecott Award winning book. Grades 1-5.*)
- “The Polar Express” by Chris VanAllsburg (*grades K-5.*)
- “The Snow Bear” by Miriam Moss. (*A lost polar bear cub searches for his mother.*)
- “Polar Bear Puzzle (Adventures of Riley)” by Amanda Lumry (*ages 5-10.*)
- “Snow Treasure” by Marie McSwigan (*ages 8-12.*)
- “365 Penguins” by Jean-Luc Fromental. (*The mailman brings one penguin a day for a year to a family’s home; the fun ensues!*).

### Chapter Books

- “Blizzard” by Jim Murphy. (*One of the worst storms is described: the Great Blizzard of 1888. Ages 9-12.*)

Awards for children’s books have been given out as far back as 1922. These lists are available at all public libraries.

*The Newberry Award* is given for “the most distinguished contribution to American literature for children.”

*The Caldecott Award* is given to “the artist of the most distinguished picture book for children.”

---

Find free brochures on reading aloud to children from Jim Trelease, author of “The Read-Aloud Handbook,” at [www.trelease-on-reading.com/brochures.html](http://www.trelease-on-reading.com/brochures.html).

## OUTDOOR PLAY IS A MUST

Kathleen S. Sinnamon, Area Manager  
Eaton County

In years past, outdoor play and childhood went hand-in-hand. Children played outside all day long or after school until dusk. Television viewing was a rarity and computers, video games and cell phones were someone's vision for the future.

In today's world, children spend less time outdoors and more time inside watching television, playing computer or video games and texting their friends. At many schools, morning and afternoon recess times have been eliminated, so children have limited time for outdoor play during the school day.

We know the outdoor environment allows for exploration, risk taking, challenges, social interaction, and the development of fine and gross motor skills. This makes outdoor play critical to a child's overall development. Daily outdoor play can:

- Relieve/reduce stress and anxiety.
- Increase coordination.
- Build muscles, strength and endurance.
- Promote leadership skills.
- Increase self-confidence.
- Enhance language and social skills.
- Promote exploration of the environment.

We know that colds, flu and illness are caused by viruses and bacteria, not by outdoor play in the winter. Children who remain inside a warm, stuffy room all winter have a greater

chance of exposure to the germs and illness trapped in there. Daily outdoor play allows the viruses and bacteria to be dispersed into a larger air space thus decreasing the risk for illness. Frequent exposure to daily fresh air and exercise increases a child's general health and resistance to illness and infection. Regular physical activity also helps to battle the growing child obesity problem in America today.



Daily outdoor play for all aged children is a licensing requirement for child care homes. For child care centers, children in attendance for more than five continuous hours must have an opportunity for daily outdoor play. A child's age and health play into the decision for outdoor time. An infant or child with health issues will spend less time outside than a healthy, older child. However,

without a written doctor's statement indicating a child should be kept inside, all children, including infants, must be taken outside daily, weather permitting.

Outdoor play promotes happy, healthy children who rest better and have fewer disagreements with others. It gives children an opportunity to explore the environment while developing their skills. Children who learn to enjoy the outdoors have a much higher chance of doing the same as adults. Take those children out daily and make it a regular part of your program. ❖

## WINTER HEALTH AND SAFETY

Dawnita Diaz, Licensing Consultant  
Ottawa County

As we enter another winter season, it is important to take time to prepare our homes and lives for the changes that come with spending the majority of our time inside. The winter brings not only the time for changes inside the home, with structural safety, but also increased attention to special issues such as nutrition, good health care practices, proper clothing for children in care, and outdoor safety.

In the home, it is recommended that you work your way through each level of your home. Check each smoke detector to make sure it is functioning properly and replace the batteries. Test the carbon monoxide detector on each floor of your home. Replace the furnace filter to ensure better air quality in your home as it remains closed up for long periods of time. It is essential to remember that all portable heaters are prohibited from being used anywhere in the home when children are in care. If a wood burning stove or fireplace is used during child care hours, make sure a barrier is in place to prevent burns and other injuries to children. In addition, the home or center must be heated to at least 65 degrees Fahrenheit at a point two feet above the floor when children are in care.

Balanced nutrition during the winter months aids in reducing illness while improving the overall functioning of children in care. This is a time for parties and celebrations and extra snacks and food. Providing healthy meals and snacks throughout the winter helps to balance out the indulgence of the season. Providers can plan holiday celebrations to incorporate fresh fruit, yogurt and other healthy snacks as an alternative to the usual sugary snacks that are a constant at this time.

Good health in the winter months not only includes good nutrition but also taking the steps to ensure the indoor environment is clean and sanitized effectively every day. Children spread germs and infections between one another so quickly during this time of year. In the child care use space, taking the time to clean and sanitize toys, tables and sleeping areas on a regular basis will help reduce the spread of illness. Regular hand washing throughout the day, as required by licensing rules, is the most effective method of stopping the spread of germs. Providers may have their own health policy to ensure children are not in care when they are sick or contagious. Centers need to make sure staff and children in care are following the health care plan. This plan includes the steps for washing hands, cleaning and sanitizing equipment and handling bodily fluids to further reduce the risk of infection.

A constant challenge in the winter months is having each child dressed appropriately or prepared for the indoor and outdoor activities of the day. All children should go outside each day. It is useful to have extras of all sizes of boots, hats, snow pants, and coats to ensure all children play outside. This time of year parents of infants may overdress their child to protect them from the cold. Providers need to follow all safe sleep rules during the winter months. Infants must not have anything, including blankets, in their sleeping spaces. A sleep sack is an approved alternative to ease any parents' concern about their child's comfort when they are asleep.

Lastly, the fun of winter is the snow! The snow brings with it the joy of managing it. Outdoor safety changes in the winter time. Each home

Continued on page 7

## IT'S TOO COLD TO BE OUTSIDE

Jacquelin Sharkey, Area Manager  
Macomb County

When the snow is piled up to the windowsills and the temperature is five degrees below zero, more indoor activities are required in your daily schedule. The following ideas are fun alternatives to outdoor play arranged by development area.

### Physical Development– Gross Motor

Limbo – Children have a great time with activities that include music. Have two caregivers hold a long stick, string or something else that will allow the children to go underneath in different ways such as on their backs and by crawling under.

Obstacle Course – Everyone enjoys a challenge! Use cones for the children to move around by hopping, skipping or walking; set-up crawl through tunnels; have the children walk across a balance beam and hop through hula hoops placed on the floor; and let them step over an obstacle such as a yardstick between two chairs at knee height.

Hula Hoop Musical Chairs – This is a fun twist to traditional musical chairs. Instead of using chairs, use hula hoops placed on the floor. Have the children walk around the hula hoops while the music is playing. When the music stops, the children hop into one of the hula hoops.

### Physical Development – Fine Motor

Writing – Practice with writing provides children with skills for the future. Gather a variety of writing utensils including pens, pencils, chalk, markers, and crayons. Write on interesting items. Some examples include black paper, sand paper, a chalkboard, and aluminum foil. Have the children scribble, draw or write as their abilities allow. As their fine motor and literacy

skills grow, they will progress from scribbling to writing recognizable characters.

Cooking – Time spent cooking offers many opportunities to work on fine motor skills. Measuring dry ingredients with measuring spoons and mixing dough exercises the small muscles of the hands and fingers. Decorating cookies using chocolate chips or small candies is also a good fine motor activity.

Lacing – Lacing helps develop good hand-eye coordination. Use a cord, shoelace or yarn and some cardboard to make a simple lacing activity. Cut out shapes, such as circles, triangles and squares from a cereal box, then use a hole punch and make a pattern with the holes. A child can then lace or sew with the lacing material. As fine motor skills improve, use smaller holes and finer lacing materials to make the activity more challenging.

### Social/Emotional Development

Kindness Snowflakes – Explore acts of kindness. Make snowflakes from construction paper. Have the children name ways that they can be nice to people. Ask questions to prompt ideas: What can you say to make someone feel better when he/she is sad? How can you help each other every day? Each day, ask the children to share ways that they have been kind or helpful to a friend or family member or ways that a friend or family member has been kind to them. Write down each example on a paper snowflake and tape it to the wall to make a snow scene. The more snowflakes there are, the heavier the snowfall is!

Get Well Soon – Unfortunately, winter is a time for colds and other illnesses. Have the children make get well cards for an ill child. Provide

the children with many choices for decorating the cards, such as markers, crayons, paints, colored tissue paper, pieces of yarn, stickers, and ribbon.

Visitor's Day – Invite the children to bring a stuffed animal from home. When the children arrive with their guests, gather together and introduce the visitors to each other. Talk about how important it is that we take good care of our guests. Ask the children, "What can we do to make sure we take good care of our visitors today?" Start a list of the children's ideas. Each child is responsible for his or her own toy. A number of times throughout the day, ask the children to check on how their visitors are doing. Make sure every child knows where to find his/her animal at all times. Don't be surprised if children need lots of help and reminders! This is just one step on the road to responsibility.

### **Cognitive/Language Development**

Children's Recipe Book – This is a fun idea to use as a holiday gift for parents. Ask each child about his/her favorite food. Then ask the child for the recipe. Write down what is said and make a recipe book to give to all of the children's parents.

Trivia – Get the children's brains working by asking them trivia questions. Say phrases or small parts from favorite books and have the children tell you what book they are from. You could also do color trivia by saying, "I'm thinking of a color that rhymes with bed" (red). Make the trivia more challenging as it becomes easier for the children.

Fishing Game – Children get excited when they catch a fish. Create a fishing game by making a fishing pole with sturdy string and magnets. Place magnetic strips on the back of laminated letters or use refrigerator alphabet letters. When a child catches a letter with the fishing pole, have the child write the letter on a piece of paper. This activity will reinforce the child's knowledge of the letters and allow him/her to practice his/her writing skills.

Staying indoors on cold, snowy days does not have to be boring. There are many creative ideas for a fun daily schedule that will help children gain skills at the same time. ❖

---

### **Winter Health and Safety, from page 5**

and center is required to have a clear path, free of snow and ice, to enter and exit. Be aware of areas that may have ice to prevent falls and accidents for everyone coming and going from the child care business. Plan a safe area for sledding so children are not at risk of hitting trees or other play equipment. As always, motorized vehicles such as snowmobiles are prohibited for use by children in care.

The winter time in Michigan is a fun time for everyone. For child care providers, taking the time to focus on health and safety issues specific to the change in the season will assist in a safe and quality child care program. ❖

The American Academy of Pediatrics strongly recommends that over-the-counter cough and cold medications not be given to infants and children younger than two years because of the risk of life-threatening side effects. Also, several studies show that cold and cough products don't work in children younger than six years and can have potentially serious side effects. For more information, go to [www.healthychildren.org](http://www.healthychildren.org).

## OUTDOOR SAFETY

Catherine Edgar, Licensing Consultant  
Genesee County

**S**afety plays an important role in the everyday routine of both child care homes and centers. Safety during outdoor play, especially during the winter months, offers unique challenges. When you think of winter in Michigan, you think of cold temperatures and plenty of snow. However, just because it is cold outside and there is snow on the ground doesn't mean that children should stay indoors.

Per licensing rules for both homes and centers, all children, including infants, are required to go outdoors daily. Good judgment should be used to determine how long children can play outside during cold weather. Licensing rules do not list a minimum temperature that would prohibit children from going outside. Pay close attention to the temperature as well as the wind chill. Keep in mind that younger children are more susceptible to chilling and may not be able to verbalize that they are cold to their caregivers. It is also very important that children are dressed properly, with warm coats, boots, mittens, and hats. Children should not be kept indoors due to parent's failure to provide appropriate winter outerwear. It is a good idea to keep extra winter outerwear for children to borrow should parents not properly dress their children for outdoor play.

During the winter months, child care providers must also be aware of ice accumulation on areas that children use such as walkways, steps and around playground equipment. Children should not use playground equipment that is covered in ice or has ice covering the ground underneath of it due to risk of injury. Be mindful that the shock absorbency of the protective ground cover may be diminished once the ground has frozen. Providers should also be aware that fog can make equipment wet and slippery.

Be sure to have parents remove all drawstrings from children's winter clothing to prevent possible strangulation. Use a neck warmer instead of a scarf to keep children warm. Another item to consider using during outdoor play in the winter months is sunscreen. Snow can reflect up to 85 percent of the sun's ultraviolet rays, making it possible to get a sunburn in January!



One popular outdoor activity for children in the winter is sledding. If you are going to let children in care sled on your premises or take them to an off-site location to sled, here are a few important safety tips to keep in mind:

- Always directly supervise children during sledding.
- Make sure the hill that children are sledding down is safe with no obstacles or hazards either on the hill or at the bottom of the hill.
- Assure that children take turns while sledding to avoid collisions.
- Never allow children to sled down a hill head first. A child should be seated and facing forward.
- Have only the recommended number of children on a sled at one time.
- Children should wear a helmet, when possible, to prevent possible head injuries. A bike or hockey helmet will do the trick.

The hill that children sled down should have a gentle slope with a long, flat bottom. The hill should be free of ice accumulation. Keep in mind that steerable sleds are much safer than

Continued on page 11



## THE DOG DAYS OF WINTER

Katrice Sweet, Licensing Consultant  
Eaton County

**W**e have all been there. It's the middle of winter and the children have been outside for a total of 20 minutes in the last 20 days. They are driving you absolutely crazy with their extra energy. There are also snow days. If you are a home provider, you tell parents that you don't have room for their school-age children and they freak out. At a center, you may not be able to find additional staff to come in to care for the school-age children. In both instances staff and parents are upset. Just when you think you have enough to deal with, parents keep bringing their children in with runny noses, a horrible cough and sometimes a slight fever. When you mention the symptoms, the parent's response is, "Oh, she is not contagious. I took her to the doctor and it is just allergies. She is fine."

Winter brings cold weather and little sunshine. It is that time of year when your position is stressful whether you are a director, home child care provider or a lead or assistant caregiver. Your list of job responsibilities seems to grow by the day. You are, above all else, a caregiver to many children who need you. You are also the nurse, teacher, therapist, plumber, cook, sanitarian, accountant, role model, speech therapist, secretary, surrogate parent, planner, developer, snow remover, nurturer. The list could go on forever. Then you are asked to do more and you wonder, "Where is my thank you?"

The stress keeps building day after day and week after week and you're feeling drained. At work, you start cutting corners and taking shortcuts. The quality you were once so proud of becomes second or third rate. As time passes and the stress continues, you find you do not have the energy or motivation to plan your days. Your frustration starts building because you are not doing what you know a quality program needs.

You may be reaching burnout. Burnout is defined as "the gradual process by which a person, in response to prolonged stress and physical, mental and emotional strain, detaches from work and other meaningful relationships. The result is lowered productivity, cynicism, resentment, and confusion...a feeling of being drained, having no more to give."

Now, what do you do to beat burnout? Here are some simple steps to help you:

- Learn to rely on others. Trust other people and realize that there is no one right way to get a job done.
- Just say no. It is better to do a good job with a few obligations than to take on more than you can handle.
- Lighten your workload. Take an honest look at your daily schedule. Are you trying to do too much? Set your schedule so that you have time to relax.
- Take time to do things for yourself.
- Exercise, sleep and eat healthy. This can increase your blood flow and keep you alert and energized.

It is often your best employees that will suffer from burnout. This can occur when they are given too many responsibilities without enough time to complete the tasks and when their positive performance is not recognized. Below are several things you can do for your employees to help prevent or cure burnout:

- Post announcements for parents whenever staff acquire training or renew certificates.
- Supply each staff member with a professional business card for networking.
- Organize regular events for team bonding.
- Recognize and utilize each staff member's

Continued on page 12

## PLANNING FUN OUTDOOR WINTER ACTIVITIES

Marcia Demski, Licensing Consultant  
Midland County

Every year we look forward to the first snowfall when Michigan is transformed into a beautiful winter wonderland. The children can hardly wait to get outside and play in the snow and catch snowflakes on their tongues. Once they are outside, there are many fun winter activities you can get the children involved in doing. With just a little planning on your part, these outdoor winter activities can be a fun learning experience for the children in your care:

- Make snowflake catchers. Cut black felt into two-inch squares and have the children glue it to a Popsicle stick. Put in the freezer or keep outside until used. When it is snowing, children can catch snowflakes and view their intricate designs.
  - Jump over snow hurdles. The children can lightly pack a bunch of basketball size snowballs and use them to build a course of hurdles to jump over while playing follow the leader. For toddlers, smaller snowball hurdles can be used for them to step over.
  - Construct a snowman. Have each child choose a hat and make a game of tossing the hats from ten feet away onto the snowman's head until one stays in position.
  - Create an outdoor weather station in your play area. Mount a thermometer to record the temperature, a rain gauge to measure rainfall, a wind/weather vane to record the wind direction, an anemometer to measure wind speed, and a psychrometer/hygrometer to measure relative humidity. Record your readings in a journal.
  - Hunt for bird nests. Remember where they are so you can watch the birds nesting in the spring.
  - Send the children on a snowy scavenger hunt. Bury colorful waterproof items in the snow drifts and mounds in the play area.
- Be sure to cover your tracks so the children don't find the hiding places too easily.
- Make icicles. On a very cold day, repeatedly pour water over a section of fence or a log.
  - Organize a nature treasure hunt. How many different pine cones, seed pods, nuts, and berries can the children find? How many different leaves can they locate?
  - Discover the birds in the play area. Create a contest to see how many birds the children can recognize. Listen to the bird calls and have them try to identify the birds.
  - Put out different kinds of food for birds and other wildlife, such as various seeds, fruit, dry bread, and suet feeders. The children can track which animals eat what types of food. They can look to see what evidence the animals leave behind.
  - Lie on the ground and watch the sky. What do the clouds look like in the winter? Are the clouds different from those in the summer?
  - Enjoy a winter picnic. Put a blanket down to sit on. Pack a warm sandwich in an insulated bag and have hot soup and hot cocoa from a thermos.
  - Attach plastic to the fence and ask the children to paint it with any images they like or you can provide ideas according to your current theme. These colorful murals add a lot to the play area in the starkness of winter.
  - Paint the snow using spray or squirt bottles of colored water or paint brushes dipped in water tinted with food coloring. Start with the three primary colors of red, blue and yellow. Have them mix the colors and identify the new colors they have created.

Before heading outdoors, make sure the children are dressed warmly with several layers

of clothing, including a warm coat, snow pants, waterproof boots, hat, and mittens. Come in before the children become tired or begin to be chilled. This way the children will have fun, positive experiences outdoors in the winter weather and will look forward to going outside again! ❖

## Outdoor Safety, from page 8

snow discs or flat sheets.

While winter is a time to take extra precautions with children in care during outdoor play, it can also be a time in which children are able to get fresh air, develop large muscle skills and have fun. The key to successful outdoor play is to be sure children are dressed appropriately and that extra measures are taken during outdoor activities in order to ensure child safety. ❖

## WINTER IN MICHIGAN: BEING PHYSICALLY ACTIVE AND EATING FRUITS AND VEGETABLES

Healthy Kids, Healthy Michigan

One of the joys of living in Michigan means learning how to adapt to our changing seasons. This is particularly true for child care facilities. How can providers create an environment that encourages children to be physically active when it is cold outside? How can child care facilities provide a variety of fruits and vegetables during the winter season? Below are a few ideas to get the creative juices flowing.

### Being Physically Active in the Winter

Even if it is chilly or snowing outside, the outdoors can still be enjoyed! When children are wearing the right outerwear (coats, hats, scarves, gloves, snow pants, boots) exploring the winter wonderland that is Michigan can be fun.

Encourage parents to check out local community resources like parks, walking trails, nature trails or to just build a snowman!

When temperatures and the wind chill dip too low, stay physically active by:

- Telling a fun story and having the children act it out.
- Building an indoor obstacle course (size will vary depending on the size of the activity area).

- Working on different movements: rolling, clapping, jumping rope, kicking, running, stomping, balancing, marching, or twisting.
- Dancing to different types of music. Try teaching classic moves from the 60s, 70s, 80s and 90s.

### Eating Healthy During the Winter Months

Try targeting the five forms of fruits and vegetables - fresh, frozen, canned, dried, or 100 percent juice:

- **Fresh** - check the grocery store for fruits and vegetables that can be found year-around such as sweet potatoes and bananas.
- **Frozen** - use frozen fruit in pancakes or smoothies. Frozen veggies are economical and work well as a side or in soups.
- **Canned** - use canned fruit to make a fruit salad or canned vegetables in soups. Be sure to purchase vegetables with no salt added and fruits in their own juice rather than heavy syrup.
- **Dried** - a great way to enjoy fruits and vegetables year-around. Enjoy different colored raisins, different flavored cranberries or even dried apples or bananas.
- **100 percent juice** - another great form of fruits and veggies. Be sure to limit to one, 1/2 cup serving each day. ❖

### The Dog Days of Winter, from page 9

- unique talents.
- Provide one-on-one mentoring when possible.
- Regularly observe staff interacting with children and provide positive feedback.
- Obtain staff input before purchasing materials.
- Provide staff with time to observe other child care programs.
- Have classroom decorating competitions.
- Provide breakfast or lunch for staff as

recognition for good work.

- Be consistent with the rules and policies.
- Keep in touch with each staff member. Look for signs of stress.
- Always listen.
- Be a partner.
- Have employee of the week or month awards.
- Write specific thank you notes on paychecks.

Make this winter a fun winter. Be proactive. Follow the tips mentioned to prevent burnout with yourself and your staff. ❖

## Why Great Start CONNECT is making life easier...

- **Every** licensed child care center and group home and **every** registered family home already has a basic Great Start CONNECT profile created with information from the Department of Human Services, Bureau of Children and Adult Licensing.
- Within a matter of minutes, **you** can add important information to your program profile. The kind of information parents are searching for.
- Your program profile can even include photos of your facility.



**Great Start CONNECT will drive parents, whose interests and needs potentially match your services, to your program without any additional effort from you!**

- Great Start CONNECT also has a Professional Development Registry that allows you to search and register for professional development opportunities located near you.
- All training opportunities offered by your Great Start Regional Child Care Resource Center and early childhood partners are located in one easy place. Search for training by county or topic! No more searching for that lost flyer or missing date. Just look in Great Start CONNECT!
- Be organized and ready for your next licensing site visit. All of the training that you complete will be tracked online, within your program profile.
- Set the tone for the upcoming year and build your business and professional growth through Great Start CONNECT.

**Great Start CONNECT is free!** Visit [www.greatstartconnect.org](http://www.greatstartconnect.org) today!  
(If you have forgotten your password, call 1-877-61GREATSTART or 1-877-614-7328.)

For other Great Start CONNECT resources, including the “CONNECTIONs for a Great Start” quarterly newsletter and the new child care quality parent brochure, visit the Great Start CONNECT Resource Center at [www.cmich.edu/greatstartCONNECT](http://www.cmich.edu/greatstartCONNECT).

**BUREAU OF CHILDREN AND ADULT LICENSING - CHILD CARE LICENSING DIVISION  
LICENSING CONSULTANT PHONE DIRECTORY**

<b>OFFICE</b>	<b>Area Manager</b>	<b>Licensing Consultant</b>	<b>Phone Number</b>
ALPENA Counties - Alpena, Cheboygan, Montmorency, Presque Isle	Deborah Clark (906) 228-2852	Jeannie Ellis	(989) 354-7264
CLINTON TOWNSHIP General #: (586) 228-2093 Counties - Macomb, St. Clair	Jackie Sharkey (586) 228-2173	Jennifer DeMuyneck Shelly Naples Juanita Velasquez <b>Two vacancies</b>	(586) 228-2896 (586) 228-3698 (586) 228-4965
DETROIT General #: (313) 456-0380 Counties - Wayne	<b>Vacant</b>	LaWanda Atlas Shirley Baskin Nicole Gibby Timika Haley Latonya Kegler Jinelle Manchester Rose Rafferty-Aguirre Jeanette Wallington Jacquelin Windham <b>One vacancy</b>	(313) 456-1735 (313) 456-0254 (313) 456-0421 (313) 456-0438 (313) 456-0422 (313) 456-3246 (313) 456-0416 (313) 456-0417 (313) 456-0424
FLINT General #: (810) 787-7031 Counties - Genesee, Livingston, Sanilac, Lapeer	<b>Vacant</b>	Scott Bettys Catherine Edgar Gerre Johnson-Derus Elaine Rauch <b>One vacancy</b>	(810) 787-7043 (810) 787-7036 (810) 787-7039 (810) 787-7041
GRAND RAPIDS General #: (616) 356-0100 Counties - Kent, Lake, Manistee, Mason, Montcalm, Muskegon, Newaygo	Ailene Buchtrup (616) 356-0120	Jaime Byerly Renee Kasprzak Nancy Parsons Debra Purdom Stacia Thrower <b>Three vacancies</b>	(616) 356-0587 (616) 356-0697 (616) 356-0040 (616) 356-0130 (616) 356-0123
HOLLAND Counties - Ottawa	Yolanda Sims (269) 337-5297	Dawnita Diaz	(616) 394-7299
JACKSON Counties - Branch, Hillsdale, Jackson, Lenawee	Kathleen Sinnamon (517) 373-0697	Jenny Camburn Timothy Swope	(517) 780-7013 (517) 780-7907
KALAMAZOO General #: (269) 337-5066 Counties - Allegan, Berrien, Calhoun, Cass, Kalamazoo, St. Joseph, VanBuren	Yolanda Sims (269) 337-5297	Kathy Bender Carol Mullen Sarah Rathburn Rebecca Wagster <b>Two vacancies</b>	(269) 337-5170 (269) 337-5210 (269) 337-5214 (269) 337-5285

LANSING General #: (517) 335-6124 Counties - Barry, Clinton, Eaton, Ingham, Ionia, Shiawassee,	Kathleen Sinnamon (517) 373-0697	Darlese Barnes Jessica Coates Cheryl Gillespie Ann Hill Katrice Sweet <b>One vacancy</b>	(517) 241-7786 (517) 241-7672 (517) 335-3772 (517) 241-3839 (517) 241-9054
MARQUETTE All Upper Peninsula Counties	Deborah Clark (906) 228-2852	Michelle Newkirk Don Vita <b>One vacancy</b>	(906) 228-0845 (906) 226-4168
MIDLAND Counties - Alcona, Arenac, Bay, Clare, Gladwin, Iosco, Midland, Ogemaw, Oscoda, Roscommon	Jackie Horton (989) 835-7786	Marcia Demski Stacy Tomczak <b>One vacancy</b>	(989) 835-5785 (989) 835-7513
MT. PLEASANT General #: (989) 772-8400 Counties - Gratiot, Isabella	Jackie Horton (989) 835-7786	Mary Pat Jennings	(989) 772-8476
PONTIAC General #: (248) 975-5053 Counties - Oakland	<b>Vacant</b>	Cheryl Amare Cynthia Jalynski Angela Kempa Jennifer Lietz Bill Puumala Darlene Sandel <b>Two vacancies</b>	(248) 975-5081 (248) 975-5061 (248) 975-5069 (248) 975-5090 (248) 975-5065 (248) 975-5063
SAGINAW General #: (989) 758-2717 Counties - Huron, Saginaw, Tuscola	<b>Vacant</b>	Sandra Rademacher Jonalyn Rustem Toni Stagray	(989) 758-2748 (989) 758-2755 (989) 758-2760
TRAVERSE CITY General #: (231) 922-5309 Counties - Antrim, Benzie, Charlevoix, Crawford, Emmet, Grand Traverse, Kalkaska, Leelanau, Mecosta, Missaukee, Oceana, Osceola, Otsego, Wexford	Jackie Horton (989) 835-7786	Beverly McSauby Dorene Radke-Boyd Marie Walker <b>One vacancy</b>	(231) 922-5303 (231) 922-5304 (231) 922-5307
YPSILANTI Counties - Monroe, Washtenaw	Jackie Sharkey (586) 228-2173	Teresa Ellsworth Maureen McNamara Sharon Schleicher <b>One vacancy</b>	(734) 481-8420 (734) 481-8421 (734) 481-8422

## UPCOMING PROFESSIONAL DEVELOPMENT SEMINARS, CLASSES AND OTHER TRAINING OPPORTUNITIES

Michigan Collaborative Early Childhood Conference  
January 26-28, 2011  
Dearborn, Mich.  
[www.MiAEYC.org](http://www.MiAEYC.org)  
(517) 336-9700, (800) 336-6424

MiAEYC Early Childhood Conference  
March 31- April 2, 2011  
Grand Rapids, Mich.  
[www.MiAEYC.org](http://www.MiAEYC.org)  
(517) 336-9700, (888) 666-2392

Upper Peninsula Early Childhood Conference  
April 15-16, 2011  
Escanaba, Mich.  
<http://upecc.webs.com/2011conference.htm>

WIC Annual Conference  
April 19-20, 2011  
[www.events.mphi.org](http://www.events.mphi.org)  
(517) 324-8330

MiDEC Conference  
April 2011  
Mt. Pleasant, Mich.  
[www.MichiganDEC.org](http://www.MichiganDEC.org)

Michigan Association for Infant Mental Health Biennial Conference  
May 15-17, 2011  
Ann Arbor, Mich.  
[www.mi-aimh.org/](http://www.mi-aimh.org/)  
(734) 785-7700

A comprehensive list of conferences that are scheduled for 2010 - 2011, including national conferences, can be found at:  
[www.michigan.gov/documents/Early\\_Childhood\\_Conferences\\_2006\\_149277\\_7.pdf](http://www.michigan.gov/documents/Early_Childhood_Conferences_2006_149277_7.pdf).

### Attention Child Care Centers Providing Transportation

Effective December 8, 2010, the use of passenger vans with a rated seating capacity of 11 or more is prohibited.

## ONGOING PROFESSIONAL DEVELOPMENT CLASSES

(Call organization for classes, dates and times.)

**Great Start CONNECT**, [www.greatstartconnect.org](http://www.greatstartconnect.org), (877) 61GreatStart [(877) 614-7328] or (877) 81GSConnect [(877) 814-7266]

**Child Care Enhancement Program**, Social and Emotional Training Series, (248) 739-1414 or email [mackrain@aol.com](mailto:mackrain@aol.com)

**T.E.A.C.H. (Teacher Education And Compensation Helps)**, (866) MITEACH [(866) 648-3224], a scholarship program for child care professionals, made the Michigan Association for the Education of Young Children its new home on October 1, 2010.

**HighScope Training Opportunities**, [www.highscope.org](http://www.highscope.org), (734) 485-2000, ext. 234

DEPARTMENT OF HUMAN SERVICES  
 BUREAU OF CHILDREN AND ADULT LICENSING  
 7109 W. SAGINAW, 2ND FLOOR  
 P.O. BOX 30650  
 LANSING, MI 48909

PRSRRT STD  
 U.S. POSTAGE  
 PAID  
 Lansing, Michigan  
 Permit No. 1200



## CONSUMER PRODUCT SAFETY COMMISSION (CPSC) INFANT/CHILD PRODUCT RECALLS (not including toys)

These recalls have been added since Issue 88 of MCCM (August 2010):

- Infant car seats recalled by Britax due to laceration and choking hazards.
- Graco recalls Quattro and MetroLite strollers due to risk of entrapment and strangulation.
- Valco Baby and Tike Tech recalls jogging strollers due to strangulation hazard.
- Fisher-Price recalls Healthy Care, Easy Clean and Close to Me High Chairs due to laceration hazard and children's trikes due to risk of serious injury.
- Swing sets recalled by Kompan Inc. for repair due to fall hazard.
- MamaLittleHelper recalls baby hammock metal stands due to fall hazard and hammocks due to suffocation hazard.
- Williams-Sonoma recalls baby bottle warmers due to burn hazard.
- Lan Enterprises recalls Zooper Tango double strollers due to collapse hazard.
- Circus World recalls wireless video baby monitors due to overheating hazard.
- Pottery Barn Kids recalls to repair Madeline bunk beds due to entrapment hazard.

### Drop-Side Cribs:

- The following drop-side cribs were recalled to repair due to entrapment, suffocation and fall hazards: Alexander Designs brand cribs sold exclusively at JCPenney, Victory Land Group cribs sold exclusively at Kmart, Angel Line Longwood Forest cribs, Ethan Allen cribs, and Bassettbaby cribs.
- Albee Baby recalls C & T International/Sorelle brand Prescott cribs due to entrapment, suffocation and fall hazards.

Details on these product recalls may be obtained on the CPSC's website at [www.cpsc.gov](http://www.cpsc.gov).

Copies Printed: 14,300  
 Cost: \$5,437.34  
 Authority: DHS Director



Department of Human Services (DHS) will not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, sex, sexual orientation, gender identity or expression, political beliefs or disability. If you need help with reading, writing, hearing, etc., under the Americans with Disabilities Act, you are invited to make your needs known to a DHS office in your area.