



# Reaching Out

Hennepin County Supplement

Volume 10, Issue 1  
Winter 2009

## NUTRITION AND PHYSICAL ACTIVITY SELF ASSESSMENT FOR CHILD CARE

Several neighborhoods in Minneapolis will be getting their children more fit and healthy this winter through funding from the Minneapolis Department of Health and Family Support STEPS program, the Nutrition and Physical Activity Self Assessment, or NAPSACC. These programs will be introduced to three Minneapolis neighborhoods, North East, Near North, and Phillips, with the goal to promote healthy eating and physical activity in young children in child care. The program originated out of the University of North Carolina's Center of Excellence for Training and Research Translation with a focus in five areas **1)** Childhood Obesity **2)** Healthy Eating for Children, **3)** Physical Activity for Children, **4)** Personal Health and Wellness for Staff (caregivers), and **5)** Working with Families.

RCC in partnership with the Minnesota Licensed Family Child Care Association, will be offering both Super Saturday training for all audiences, and neighborhood based training for family child care providers in coordination with the Hennepin Licensed Family Child Care Association and neighborhood groups.

In depth technical assistance to up to 12 child care programs. At this time this is only a pilot program, but based on feedback, and follow-up, RCC plans to expand NAPSACC into other training and technical assistance opportunities. For more information, contact Sandy Myers at, [smyers@resourcesforchildcare.org](mailto:smyers@resourcesforchildcare.org) or 651-641-6635.

NAPSACC can be done in full as a self directed initiative and is being disseminated through an online training, which can be found at <http://www.center-trt.org/>.



## MINNEAPOLIS RENOVATION LOANS

On behalf of the Minneapolis Department of Health and Family support and in partnership with the Greater Metropolitan Housing Corporation (GMHC), Resources for Child Caring is looking for eligible child care programs committed to improving the quality of child care in Minneapolis.

Technical Assistance and support is available from Resources for Child Caring to determine if your program is a good fit for the Renovation Loan Program and to assist through the application process. Centers must be either a non profit or a for profit with fewer than three sites, and if located in a program of faith, must be separately incorporated. Centers must have enrollment of at least 51% of children who receive subsidy or qualify as low income. Family child care providers must be home owners and either have a household income that qualifies as low income, or has enrollment in which 50% of the children you serve receive child care subsidies or qualify as low-income.

For more information, contact Kathleen Zabinski at Resources for Child Caring at 651-366-6786 or [kzabinski@resourcesforchildcare.org](mailto:kzabinski@resourcesforchildcare.org)

## BUSINESS WISE

Business Wise is a project to improve the stability and accessibility of child care by introducing and/or building on business management skills and enhancing professional development of individuals working in family and center based child care programs.

### Early Childhood Directors Group: RCC to Partner with First Children's Finance

At the December 11, 2009 Directors Meeting, it was finalized to try the following schedule, with twice monthly meetings-same agenda, at different times of the day and month, but the most centrally located venue was determined to be the RCC West office, at 2021 East Hennepin Ave in Minneapolis. We also determined that 4 times a year there would be an early a.m. breakfast Directors Training, at off site locations, hosted by one of the Centers participating in the group. Both the monthly meetings and the quarterly breakfast Directors training will be co-sponsored by Resources for Child Caring and First Children's Finance.

Here is the schedule, at this time for 2009:

**2nd Thursday's 1:00 p.m. to 3:00 p.m.** Resources for Child Caring 2021 E Hennepin Ave suite 250

**4<sup>th</sup> Tuesday's 10:00 a.m. to 12:00 p.m.** Resources for Child Caring 2021 E Hennepin Ave suite 250

Agenda will consist of introductions, brief announcements from the field, occasional special speakers, 30 minute hot topic Business training by First Children's Finance, and the remainder of the time will be spent on networking and discussing issues of interest brought forth by the members of the group. The announcements may be similar, and the Hot Topic Business Training will be the same at each of the two monthly meetings. You are welcome to come for either, or both, for the whole meeting or only for the training or networking period. Light refreshments will be available, and brown bag lunch is welcome. Reminder e-mails will be sent with any updates, and the training topic of the month, prior to the 2<sup>nd</sup> Thursday meeting.

Quarterly Training (dates and locations to be determined) 8:00 a.m. -9:00 a.m.

Please contact Sandy Myers, [smyers@resourcesforchildcare.org](mailto:smyers@resourcesforchildcare.org) or 651-641-6635 with questions, or if you would like to host one of the quarterly breakfast meetings. We ask that you have parking for 30-40+ cars, and adult size chairs. While there have been a couple meetings to discuss the most frequently requested business topics, if you have specific requests, or ideas, please contact Sue Dion at First Children's Finance, [sue@firstchildrensfinance.org](mailto:sue@firstchildrensfinance.org) or 612-279-6510.

### Family Child Care

RCC will be continuing efforts to work with newly licensed family child care providers in Hennepin and Ramsey Counties. Components for family child care providers include business training and coaching on marketing, contracts and policies, and record keeping. Training opportunities and selected print resources will be available to help get your business started on the right foot. Contact Fay Hopkins, [fhopkins@resourcesforchildcare.org](mailto:fhopkins@resourcesforchildcare.org), 651-641-6624 for more information.



### Hennepin Licensed Family Childcare Association

Learn more about *your* county provider association and how you can become a member today! HLFCFA is new and growing. We are working to support your local neighborhood groups and advocate for all providers in Hennepin County.

Call Sandy for membership information at (612) 729-8494.