



Reaching Out

Hennepin County Supplement

Volume 11, Issue 1
Winter 2010

NUTRITION AND PHYSICAL ACTIVITY SELF ASSESSMENT FOR CHILD CARE

Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) will continue in Minneapolis and expand to additional communities in Hennepin County this winter and spring. RCC will be offering several opportunities for free and low cost training and technical assistance on nutrition and physical activity in the child care setting through a new initiative Healthy Learners and through a Minneapolis SHIP grant expanding NAP SACC to the entire city of Minneapolis. Using the Nutrition and Physical Activity Self Assessment, or NAP SACC curriculum, which originated out of the University of North Carolina's Center of Excellence for Training and Research, the goal is to promote healthy eating and physical activity with young children.

The project focuses on 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.

In depth technical assistance for up to 22 child care programs is available. Please watch for mailings and e-mails about upcoming training. For more information on NAP SACC, contact Sandy Myers at 651-641-6635 or smyers@resourcesforchildcare.org.

NAP SACC 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 ARE STILL AVAILABLE

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 you 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

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

The Metro Early Childhood Directors group meets every 2nd Thursday, 10:00-12:00 at RCC West, 2121 E Hennepin Ave, Suite 250 in Minneapolis. The agenda consists of short training topics, updates and news from the early childhood care and education field, and resource sharing and networking amongst participants. For more information, please contact Elisha Durham, at edurham@resourcesforchildcaring.org or 651-641-3546. dates this newsletter period are:

January 14, 2010
February 11, 2010
March 11, 2010
April 8, 2010

Family Child Care

For over 25 years, Resources for Child Caring has been providing support to the business side of family child care. Current and archived articles pertinent to the business of family child care are listed at www.resourcesforchildcaring.org use the drop down box For Child Care Providers and click on the Business of child care. If you have additional questions beyond the resources contained in these web pages and live in Minnesota, or would like to learn how to schedule or find training, please call the Family Child Care Business Support line at 651-641-6626 or e-mail fccbusiness-info@resourcesforchildcare.org. For additional family child care business publications, contact Resources for Child Caring's publishing division, Redleaf Press, at 800-423-8309 or visit www.redleafpress.org.

WHAT IS ERS?

ERS stands for Environmental Rating Scale. A different version of the ERS is used for center, family, or infant toddler care and is designed to assess the child care setting. RCC has available openings for a limited number of child care programs to receive the Environmental Rating Scale (ERS) tool, and consultation. The ERS tool is used as part of the Parent Aware rating process, but this opportunity is available throughout Ramsey County to interested centers and family child care providers.

You and the consultant will work together to identify the strengths and needs of your program through discussion and joint use of the environmental rating tool, work to develop a plan of action to address the goals that you identify, implement strategies to accomplish the goals, and jointly evaluate the changes that take place in your program's environment. For more information call 651-641-6627.



Hennepin Licensed Family Childcare Association

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

For membership information, check out our website at www.hlfca.org or call Sandy at (612)-729-8494.