



CHILD CARE PROVIDERS
COALITION OF KANSAS

A Bi-Monthly Newsletter for Members of CCPC

A message from your president

CCPC President - Angie Carnes

As we enter into the first days of November, we are hit by the realization that the holidays are fast approaching. The next few months will go by in a blur and I know for myself, this time of year brings never ending to do lists. My lists have things like meals to plan, end of the year projects to wrap up, presents to buy, decorations to put up...I could go on and on. I'm sure many of you have the same kind of lists. Where are YOU on your list? Have you set aside time to relax, take a break, or treat yourself? I know for myself I tend to push myself to the bottom of my list... and that needs to change.

As a provider we have so many responsibilities and it all can become very overwhelming. As we move forward into the month, I am challenging all of you to a "NO"VEMBER. Remember that to do list...it's time to put ourselves on the top of it. I know this may be hard for some of you, including myself. I am always volunteering myself and committing to way too many projects. The question is, how do I do this? How do I put myself first? It's going to look different for everyone, but one thing I know we all can learn to do is say "No." You can say no to anything, anytime, and for any reason. You don't have to feel guilty about it. Saying no to things that you don't enjoy creates space in your life for positive energy. It leaves potential for great things to enter your life, new ideas, people, opportunities. Be open to whatever may come!

Here is to a stress-free November...It's time to put yourself at the top of your list!

What's Going on with the CCPC Board?

Advocacy

Exciting things are happening across the state, and we want you to be part of it! There is not one right way to advocate, it will look different for each provider. As we get closer to January there will be many opportunities for you to become involved, but you don't have to wait. What are some things you can do now?

Talk to your families, find out their needs and concerns.

Join a provider group where you can discuss child care issues in your region.

Subscribe to newsletters from different early childhood organization.

Stay informed on current regulations and changes.

Join state or national child care organizations, like CCPC, NAFCC or NAEYC.

Find out how to contact your local and state legislatures.

Get out and VOTE!

It is important this is to stay informed and make sure your voice is being heard!



This award is reserved for an individual who has shown outstanding devotion in supporting Family Child Care Providers in Kansas and whose leadership has promoted quality standards in the field.

The Hunter Advocacy Award was established in 1998 in recognition of the critical role Kharon Hunter played in the formation of the state organization for family child care providers and her continued advocacy efforts. Kharon was well known throughout the state as a dedicated trainer and advocate, and an ever-present source of knowledge and information to all who knew her.

CCPC is excited to announce this year's well deserving winner, Logan Stenseng. Logan is Thrive Kansas's Policy and Strategic Initiatives Coordinator, overseeing the development of the organization's public policy program and building relationships with partners statewide in support of early childhood education and building a family-friendly future in Kansas. He has led the creation of the Zero to Thrive coalition and has been recruiting advocates and fostering support for early childhood investment, with the goal of growing the social movement of Child Care Champions. Logan also provides policy research and advocacy/organizing trainings to community members, as well as serving as a lobbyist.

Logan graduated from the University of Kansas in 2021. During his time at KU, he served as the Government Relations Director to the Student Senate, as well as working for voting rights for several non-profits. He is originally from El Dorado, Kansas.

Why does Logan deserve the Hunter Award? He has worked tirelessly to advocate for children, families and providers in Kansas. Logan has served in many positions

over the years and has made time on evenings and weekends to meet with providers to hear their concerns and needs, in addition to his professional commitments. He has testified on behalf of both providers and children in Kansas to ensure that dangerous legislation was not passed. He has also served on numerous committees across the state, working closely in the communities to advocate for health and safety in childcare. Logan is not only well spoken and informed; he has a talent very few have, to work with people in a non-partisan way that allows for issues to be seen from many sides. As a community we are so very grateful and proud to be able to call him an advocate and ally of children, families and providers. Thank you, Logan, for all you do for family child care providers across the state of Kansas!

Collaborating Partners



Child Nutrition Conference

Registration for NCNC25 is Now Open!

Will you be joining the child nutrition community in Dallas on April 14-18, 2025 for five days of training, networking and fun? Don't miss out - register today to lock in our lowest rates with Advance Registration.

- **Register for as low as \$439**

- ***View the Conference Brochure***

- ***Learn More***

Join the Food Program

Do you know providers who have not yet signed up for the CACFP? Forward this email or share these links to help spread the word about how they can start getting reimbursed for the healthy meals and snacks that they might already be serving.

- ***Find a Sponsor***

- ***Learn More About the CACFP***



Kansas
Breastfeeding
Coalition, Inc.

Join us in welcoming the newly elected Board members!

Kristen Alhareedi

Chair Elect

Whitney Winder

Treasurer

Makala Navarro

Member at Large

Alex Tyson



Child Care Provider “Breastfeeding Kits” now available for child care providers to check out from Child Care Aware of Kansas.

Contact Ashley Fritschle
ashley.fritschle@ks.childcareaware.org for more information.



The Importance of Learning Communities

Child care is a wonderful and rewarding career that allows you to spend your day working with children, watching them grow and learn new skills. Whether you work with infants, toddlers, preschoolers or even school age children they keep you on your toes and busy all day long. Your days never look the same and there is no denying that working with little ones is a life-changing experience.

Child care may be your dream job but no matter how much you enjoy working with children it can be extremely lonely and at times you may even feel isolated. Depending on the child care setting that you are in, you may be in a classroom by yourself or work with another adult.

Let's be honest, you can only talk about your third favorite dinosaur or your favorite superhero or princess so many times before you need a more stimulating topic of conversation. It isn't appropriate to talk to children about behavior concerns, issues with parents or ask their advice on changes to your parent handbook. So, who do you turn to when you feel overwhelmed and in need of adult conversation or you're looking for someone to bounce ideas off of or help finding resources? Maybe you turn to a friend or family member, or maybe you talk to a co-worker. Have you ever considered reaching out to other child care providers in your area and joining a learning community?

Learning Communities are a peer support network of early childhood professionals who meet on a regular basis to work toward shared goals. Meetings are typically driven by providers and what

they need or want to learn more about to support their business. They may involve inviting a guest speaker, depending on the topic, or just talking through things together. Ultimately it is up to the providers that attend to decide who and what they want to hear more about.

Attending a Learning Community Meeting allows you to meet other providers in the same area that you live and work, or you could meet a provider from across the state. As long as you work in child care, be it family child care or staff members working in a child care center, you are welcome and encouraged to attend. No matter the role that you have in child care, everyone is there to improve the quality of child care that they offer and strengthen the relationships they have with children and families.

If a Learning Community Meeting sounds like something that you'd like to attend, Child Care Aware of Kansas hosts eight meetings around the state that you are welcome to join. If you'd like more information about a Learning Community in your area or would like to connect with a Regional Community Consultant, check out this map.

Shared Services Network Hubs

Do you know what opportunities are available to you through the Network Hub? If not, you can find contact information for the Network Hub representative by clicking on your county. These services are made available to provide support for you and your business.

Child Care Management Software

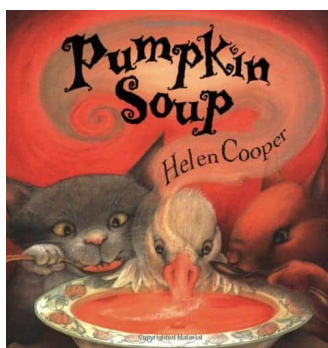
We are continuing to offer FREE subscriptions to new users for either Brightwheel or Playground! To learn more, contact your Regional Community Consultant. Current users will be contacted by their RCC when their subscription expires and provided information about continuing a free subscription.

Links to Quality (L2Q)

For more information, visit our website at: <https://ks.childcareaware.org/l2q/>

Providers Corner

Book Recommendations

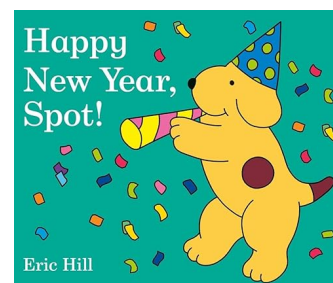


Pumpkin Soup by Helen Cooper

Three good friends, Cat, Squirrel, and Duck, always make pumpkin soup the same way, doing the same thing. Everyone has a job until Duck wants to stir instead of adding in salt. The friends fight, and



Fa-la-la Llama by Joan Holub, illustrated by Allison Black
A board book for the youngest readers, this



Spot isn't old enough to stay up until midnight, but he finds a way to celebrate the New Year early with his family. Bring your party hats and noisemakers as you join Spot in celebrating the new year!

Duck storms off very mad. Luckily, the three resolve their differences, learn to compromise and support each other, and still enjoy their pumpkin soup at the end. No matter how messy the process is. I love the messages of friendship and cooperation!

version of the Christmas song Deck the Hall features llamas making merry and tiptoe prancing, among other activities. Fa la la la la la la llama!

Recipe Roundup

Fall Apple Pumpkin Oatmeal



Serving Size: 8

Ingredients

- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas
-

Directions

1. Add oats, water, applesauce, pumpkin, cinnamon and vanilla to a medium saucepan.
2. Cook on medium-high heat until liquid is almost nearly absorbed by the oats.
3. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.

SCHOLARSHIPS AVAILABLE

CDA SCHOLARSHIPS

- CDA Application Fee (Initial and Renewal)
- CDA Training Track and Application Fee (Initial and Renewal)

CHILD CARE PROVIDER SCHOLARSHIPS

- In-Service
- State Conference
- National Conference
- Higher Education
- Pediatric First Aid CPR

DIRECTORS CREDENTIAL

- State Directors Credential
- National Directors Credential

FACILITY ACCREDITATIONS

- NAFCC Accreditation
- NAEYC Accreditation

SUPPORT SERVICE PROVIDER SCHOLARSHIPS

- Pediatric first aid/CPR instructor certification
- Training of trainers
- In-state Conference
- National Conference



Visit the KCCTO scholarship webpage for all scholarship details and updates. It is also important to read the policies & procedures for the scholarship type you are applying for prior to submitting your application online.



KCCTO.ORG/SCHOLARSHIPS
KCCTO@KSU.EDU



Child Care Resources

It is a goal of CCPC to share quality resources with Kansas Family Child Care Providers. In this section you will find links to sites that offer current information and qualified training in a variety of areas including: health and safety, safe sleep, SIDS and nutrition.

Click Links below to take you directly to their websites

KDHE

Child Care Aware of Kansas

Kansas Child Care Training Opportunities Inc.

McCormick Center

Kansas Action for Children

KCCTO-KITS

Kansas Quality Network

2020 Kansas Needs Assessment

Tom Copeland

[Kansas Breastfeeding Coalition](#)

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