

MnTRECC News

www.mntrecc.net

*"A baby is born with a need to be loved
- and never outgrows it"*

Frank A. Clark

The MnTRECC Planning Team and Tribal Early Childhood Resource Meetings were held January 21—22, 2016 at the Northern Lights Casino and Hotel (more info in the newsletter) and the next Planning Team meeting will be held on April 28 with a Strategic Plan Meeting to be held April 29 @ the Black Bear Casino-Hotel in Carlton, MN



Minnesota Tribal Resources
for Early Childhood Care
MnTRECC
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From the Desk of....

SANDY GEHRKE PDA, PROFESSIONAL DEVELOPMENT ADVISOR

This month has been really busy, winter is flying by and spring is on the horizon.

I have been working with the Professional Development team at Child Care Aware to continue our role with PDSI, which is the transition to Develop from MN Streams. (See handouts included about what you should do to transfer)

I have also been taking applications for the **TOT Training for Positive Indian Parenting**. It is now full and we have a waiting list in case anyone needs to cancel. This will take place on April 14th and 15th At Mille Lacs Eddy's Resort. We can't wait to get more trainers out sharing this great curriculum with children and families throughout the state.

The Local Area Committees (LAC) are working to get their using Community surveys completed to find what is needed and will be targeted areas for Cultural trainers. We will be opening up the Committee areas to statewide in July. The Pilots continue breaking the ground with monthly meetings focusing on how to make the process smoother for the rest to start in July.

We have been working throughout the state to share the Minnesota Infant Toddler Credential Program being offered at a discount rate contact your local Professional Development Advisor for more information. (see flyer in packet)

Look and Listen for the **Parent Aware Ad's** in your area. We have been busy getting them ready. Radio Ad's with Coach Michelle Trager Nelson and a local child care provider Sheri, Did an awesome job preparing the radio ad. Hi -Way Billboards with Parent Aware information will soon follow and be up on Hi-ways, so keep your eyes open, they may be in your neighborhood.

Reminder- Sign up with a develop membership to record and track your professional development.

Here is the link: <https://www.developtoolmn.org>

*"Think left and think right and
think low and think high. Oh, the
thinks you can think up if only you
try!"*

Dr. Seuss

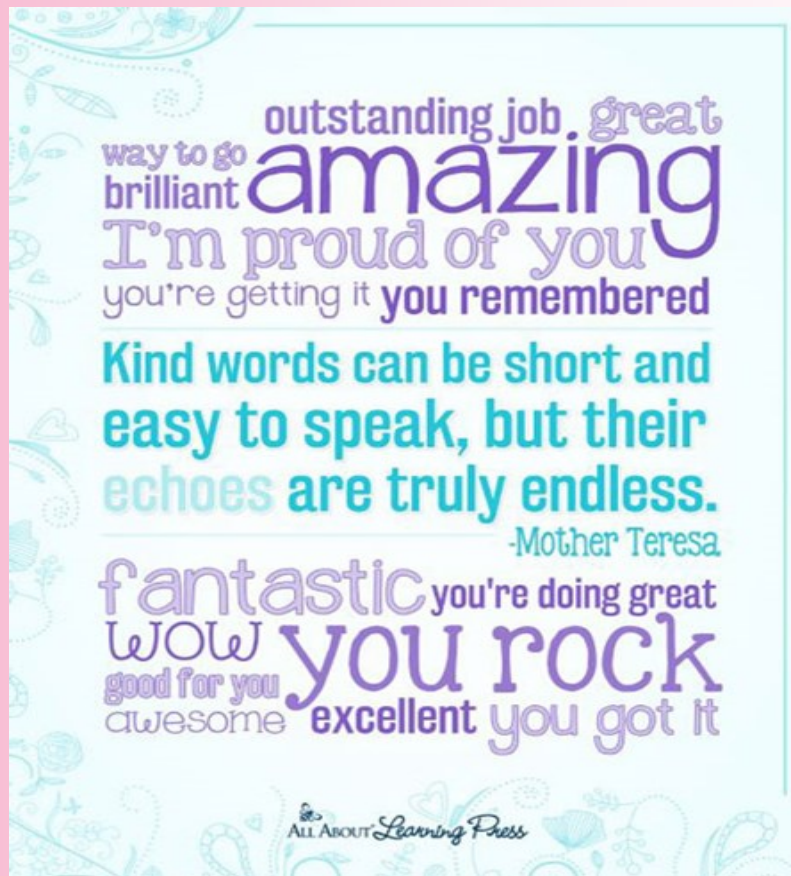
What is Vroom?

New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up—it's their brains too. In these moments, half a million neurons fire at once, taking in all the things we say and do. We can't see it happening, but it's all there, all at work. That's why Vroom is here.

Vroom turns shared moments into brain building moments. Whether it's mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds. <http://www.joinvroom.org/>

On a more personal note, I have been taking an art class at the Leech Lake Tribal College and loving the learning with our instructor Dewey Goodwin. If you have an opportunity to expand your skills and learn new things, it is an awesome feeling. Painting the beautiful scenery from our world can make your life have a whole new outlook.

Never stop growing and learning



From The Desk of MnTRECC Outreach/Grants Coordinator
Michele Fredrickson

Greetings! It's hard to believe Spring is upon us, I LOVE IT! Other than the messy yard and muddy driveway I am so happy to see the end of the cold weather. I can't wait to plant my flowers and say hello to warmer weather.

The end of the grant season is fast approaching and I have just finished closeout of grant #6 with 4 remaining. Next grant season will bring more changes as we have been working on updating forms, procedures, etc. It has been a lot of work but it is coming along. Having applications available online is also something that will be new for providers.

We had booths at the "Together We Grow" conference @ Breezy Point on 1/30 and at the "Career Fair" at Northern Lights Casino on 2/25. Upcoming events include: "United for Children" conference in Park Rapids on April 16th and "Early Childhood Resource Fair" on June 3 @ the American Indian Magnet School Year End Event.

We held our most recent Metro Work Group meeting on February 19th @ Mystic Lake Hotel. Our guests included Eric Haugee from DHS. We also had a presentation from Karla Decker Sorby on the "Family Spirit" program, a family home visiting program curriculum that provides information and education to families which originated in the Navajo nation as a result of children dying from diarrhea and dehydration. Our next meeting will be held April 22, 2016.

We have 1st aid kits available for FFN (non-licensed) childcare providers. Documentation needed is enrollment/descendant verification and addresses. Let me know if you or someone you know fits the criteria and I can get those kits to them.

Time seems to be flying and before we know it school will be out of session for those little ones. Enjoy the warmer weather and take care—Michele

"If you bungle raising your children, I don't think whatever else you do matters very much."

Jackie Kennedy

Read more at:

http://www.brainyquote.com/quotes/topics/topic_parenting2.html

DHS SPOTLIGHT—ERIC HAUGEE

Name: Eric Haugee

Current Position? DHS Child Care Aware Specialist

How long have you been in this job? 20 months

Highlights of your job/what you enjoy most about this position: In my past career I lobbied the state legislature on early care and education issues, and I love implementing policies and funding I helped pass into state law. It's also very rewarding to be a part of building an early childhood system, which will impact Minnesota children and those that care for them.

This is also the first time in my career that I've had the opportunity to work with Tribes and those working directly with American Indian families and providers. Learning about the historical trauma impacting the health and well-being of American Indian families has had a profound effect on me, and it's incredibly fulfilling to be a part of building a strong partnership between DHS and Minnesota Tribes.

Past positions held: I began my career doing electoral campaign work, which landed me in the Minnesota State Senate for almost 10 years, working on a variety of issues, including a position with the Senate Early Childhood Committee. After the Senator I worked for retired, I began lobbying for the non-profit early childhood advocacy organization Ready 4 K. Immediately prior to joining DHS, I lobbied the state legislature on behalf of the members of AFSCME Council 5, the public employee union.

Future plans include: I love my current job, and do not have plans to leave anytime soon!

What do you do in your free time? For fun? I enjoy cooking, gardening, riding my bike, and seeing live music.

What is your personal mission statement? Life dreams? Live life to the fullest. I try to keep an updated "bucket list," which currently includes SCUBA diving and visiting Southeast Asia.

Any personal information you wish to share: (kids/pets/hobbies, etc.) What are you most proud of? I will be celebrating my 18th wedding anniversary this year. My wife and I have two boys, ages 10 and 13, who we love giving new experiences to.

Any other information about you we can share with our readers and/or that you would like to share: I will try any food, however unusual, at least once. The only foods I've tried that I don't like are beets, cream-style corn and coconut.

From the desk of Patti Turney

Greetings:

I can't believe it!!! Spring is finally upon us. We made it through another winter. For me spring is a time for new beginnings and a fresh start. A time to pay a little closer attention to my health, do some spring cleaning and take a look at what I can be better at with work, which falls right in line with our next MNTRECC Planning Team meeting scheduled for April 28th & 29th. At this meeting, we will be working on a Strategic Plan for the MNTRECC program. We are so honored to have Ofelia Lopez back to take us through this process. This will be an exciting process for me.

At our last Planning Team meeting January on 21st & 22nd we covered a lot of different topics. JoAnne Mooney, Kelly Knutson and Angie Hirsch from Children's Task Force (MNDHS) joined us. These ladies did a great job updating us on the Minnesota Child Maltreatment Intake, Screening and Response Path Guidelines and the Governor's Task Force on the Protection of Children Final Report & Recommendations March 2015. JoAnne has visited us in the past and always provides us with so much information around child services.

Melvin Carter, Executive Director of Children's cabinet also visited us and shared what was on Governor Dayton's agenda. Melvin shared that early Childhood is a Top Priority with Governor Dayton. There is a large investment geared toward Pre- K (4 year olds), CCAP & Child Care Home Visiting to give families an early start so they can achieve quality child care. There was more information that he shared and also gave time for questions.

We were provided a training, "Building Early Literacy Strategies for Parents, Providers, and Early Educators" by Kelly Minke, the new Lakeshore Regional Manager for our area. The training provided information on different ways that Literacy is around us and how it is connected to everything we do. Of course she provided door prizes from Lakeshore materials that are available in their catalog.

The other guest we were happy about was a visit from Josh Vic, Minnesota Center for Professional Development (MNCPD). Josh did a great job taking us through the MNCPD system and how we are linked into develop where we can find trainings and trainers in early childhood and the benefits of entering our training records into the system. Josh's presentation was also good to help us as we go through the process of the Cultural Trainer/Training pilot project with Leech Lake and Mille Lacs.

Planning team members gave updates in the programs they are working on. A special meeting was set up for those that wanted to attend, to help with CCDF Implementation Planning and to work on Narrative reports.

Some items we will be working on in the future are: Strategic Planning, Creating a training on the language Kits we currently have, and possibly some audio to accompany the language kits.

We have been also doing some marketing around Parent Aware. You should be seeing some Ads on Billboards and also hearing some radio marketing ads also throughout the state.

Until Next Quarter, Take Care and enjoy the Spring Season.

~Patti Turney~

Taste of the Metro Cookbook.....

Taste of the Metro Cookbook was created by the Metro Work Group. It was the vision of the group that the cookbook would be distributed to American Indian families and children in the Twin Cities. The intent of the cookbook is to introduce families to a variety of foods from different cultures. What an exciting and fun way to create a family time!

The cookbook can be viewed and is free to download at www.mntrecc.net

Home Made Pizza Rolls

- 1 lbs. of lean ground beef
- 1 lbs. of bulk pork sausage
- 1 regular jar of pizza sauce
- 1 lb. of mozzarella cheese
- 1 package of egg roll wrappers. It will have instructions on how to prepare the paste to seal and fold the wrapper once you put on the filling.

Flour

Water

Oil to fry



Brown the burger and sausage either together or in separate pans.

Drain very well then add the pizza sauce to the meat, heat through and add the shredded cheese stirring until melted and blended into the meat mixture. Set aside to cool a bit. *Follow the instructions on the back of the egg roll package to prepare the paste sealing wrapping and frying.* Spoon about 2-3 TBS of meat mixture onto a wrapper. Heat oil to a medium heat setting and cook on both sides until crisp. Once cooked drain into a paper towel lined pan to drain the excess oil then transfer onto a clean lined pan or plate. I serve this with cottage cheese and a fruit because it is very rich.

This meat mixture will use all the egg roll wrappers so you will get 19 pizza rolls.

Faith Littlewolf: I came up with the recipe when my kids were small, believing that anything they can put in a box I can

Maple Wild Rice with Berries

- 1 cup uncooked wild rice (rinsed until water is clear)
- 3 cups water
- 3 cups berries – mixed and in season. (strawberries, blueberries, raspberries, blackberries, cranberries)
- Real maple syrup to taste
- nutmeg and cinnamon to taste

Cook the rice until done (about 30 minutes) and water is absorbed. You can add fresh or dried cranberries to the water while cooking. Remove from heat and mix in the remaining berries, syrup and spices. (Cooked apples also taste good.) Serve warm. If you like, serve with milk or cream. **Heather Reynolds**

Children's Corner

Name _____

EASTER WORD SEARCH

F J V O Z Y R N Z R S A R E U
G W B Y O X K V P A B N C X Z
G G N Z B S Y U T V A J C E T
E F M Y M Z I G H U S M E N D
Q N O D M X A K B Y K M J K O
J Y K G I C T C K D E D S L Q
Y E D O W U J Q L Y T J O B C
G A L A P C Z E I O Y E G G S
T O D L S K C I H C N K R O B
F R O N Y D X N M D N U J O W
L N E Y U B Y A Y S U H N G I
P I Q R Z S E D D R B N R W U
B U L W Y H N A F S E N O T D
H F D Y H A Z A N T M J C E T
K K E C C O N D S S O O H L A



BASKET
BONNET
BUNNY
CANDY
CHICKS
EGGS
JELLYBEANS
LILY
SUNDAY



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Michelle's Musings

Mindfulness has been in the news a great deal lately; and, I thought it would be great to explore this topic as it is a great practice for children and adults alike. First of all, what is mindfulness? In my terms, it is turning off your brain and your racing thoughts and focusing on how you feel in the moment. This is definitely a difficult task in today's society where we are all running on all cylinders and constantly thinking. My advice is to stop it. Take a deep breath, clear your mind, and focus on the present. What does the air smell like; how does the wind feel on your face? Check in with your body. Are you stressed, tense, are your shoulders up around your ears? Take a breath. How can you teach children to be mindful? Coming up are some great ideas.

1. Listen to the bell. An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You can use a singing bowl, a bell, a set of chimes or a phone app that has sounds on it. Tell your children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).

2. Practice with a breathing buddy. For young children, an instruction to simply "pay attention to the breath" can be hard to follow. In [this Edutopia video](https://www.youtube.com/watch?v=scqFHGI_nZE), https://www.youtube.com/watch?v=scqFHGI_nZE, Daniel Goleman describes a 2nd-grade classroom that does a "breathing buddy" exercise: Each student grabs a stuffed animal, and then lies down on their back with their buddy on their belly. They focus their attention on the rise and fall of the stuffed animal as they breathe in and out.

3. Make your walks mindful. One of my children's favorite things to do in the summer is a "noticing walk." We stroll through our neighborhood and notice things we haven't seen before. We'll designate one minute of the walk where we are completely silent and simply pay attention to all the sounds we can hear - frogs, woodpeckers, a lawnmower. We don't even call it "mindfulness," but that's what it is.

4. Establish a gratitude practice. I believe gratitude is a fundamental component of mindfulness, teaching our children to appreciate the abundance in their lives, as opposed to focusing on all the toys and goodies that they crave. My family does this at dinner when we each share one thing we are thankful for. It is one of my favorite parts of the day.

5. Try the SpiderMan meditation! [SpiderMan meditation](http://kidsrelaxation.com/uncategorized/spider-man-practicing-mindfulness-and-increasing-focus/n), <http://kidsrelaxation.com/uncategorized/spider-man-practicing-mindfulness-and-increasing-focus/n> . This meditation teaches children to activate their "spidey-senses" and their ability to focus on all they can smell, taste, and hear in the present moment. Such a clever idea!

6. Check your personal weather report. In [Sitting Still Like a Frog](#), Eline Snel encourages children to "summon the weather report that best describes [their] feelings at the moment." Sunny, rainy, stormy, calm, windy, tsunami? This activity allows children to observe their present state without overly identifying with their emotions. They can't change the weather

outside, and we can't change our emotions or feelings either. All we can change is how we relate to them. As Snel describes it, children can recognize, "I am not the downpour, but I notice that it is raining; I am not a scaredy-cat, but I realize that sometimes I have this big scared feeling somewhere near my throat."

7. Make a Mind Jar. A mind jar is a bit like a snow globe - shake it up and watch the storm! But soon, if we sit and breathe and simply watch the disturbance, it settles. As do our minds.

8. Practice mindful eating. The exercise of mindfully eating a raisin or a piece of chocolate is a staple of mindfulness education, and is a great activity for kids. You can find a [script for a seven-minute mindful eating exercise for children here](http://blog.harvardvanguard.org/2013/04/smart-kids-practice-mindful-eating/), <http://blog.harvardvanguard.org/2013/04/smart-kids-practice-mindful-eating/>



Written in the Stars

How to Show Your Quality with a Parent Aware Rating

Updated October 2015

When you participate in Parent Aware, you go above and beyond basic health and safety requirements by demonstrating your training in and use of practices that best prepare children for kindergarten. Each Star Rating builds on the next, helping you take your quality to the next level.



FOUR-STAR RATING

Do everything for One, Two and Three-Star Rating, PLUS most of the following (15-20 pts):

- Make instruction more individualized, stimulating and language-rich
- Have or work toward early education credentials
- Take training in:
 - Key areas of children's development
 - Cultural and socio-economic differences between families
 - Practices that support inclusion
 - Offering healthy meals
 - Engaging children in physical activity and active play
- Develop strong relationships with families by:
 - Sharing assessment results
 - Helping them access support services
 - Providing information in parents' primary languages



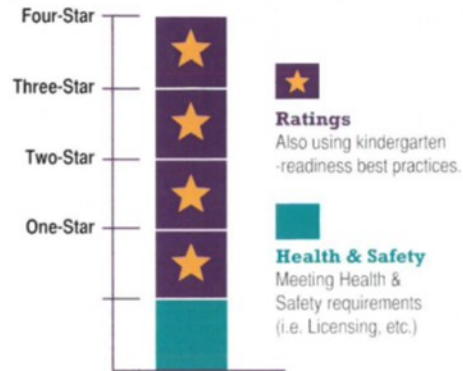
THREE-STAR RATING

Do everything for One- and Two-Star Rating, PLUS:

- Use a curriculum aligned with the Minnesota Early Childhood Indicators of Progress and have completed training in curriculum
- Use an approved child assessment tool and have completed training in assessment

And do some of the following (8-14.5 points):

- Make instruction more individualized, stimulating and language-rich
- Have or work toward early education credentials
- Take training in:
 - Key areas of children's development
 - Cultural and socio-economic differences between families
 - Practices that support inclusion
 - Offering healthy meals
 - Engaging children in physical activity and active play
- Develop strong relationships with families by:
 - Sharing assessment results
 - Helping them access family support services
 - Providing information in parents' primary languages



Ratings go beyond Health & Safety



TWO-STAR RATING

Do everything for One-Star Rating, PLUS:

- Plan school readiness activities with children through the use of lesson plans and daily schedules
- Evaluate your learning activities, materials, classroom layout, and health-related practices using a self-assessment tool
- Take training on the Minnesota Early Childhood Indicators of Progress
- Have orientations with new parents to learn about their children and family
- Offer families information about paying for child care and health care
- Create a professional development plan for continued learning



ONE-STAR RATING

- Take training on the basics of how children grow and learn
- Take training on how to track children's progress using observation
- Learn more about each individual child through regular written observation
- Offer families information about helpful community services
- Demonstrate your professionalism by joining Develop and receiving your Career Lattice Step

Leech Lake Early Childhood Division / MNTRECC
190 Sailstar Dr.
Cass Lake, MN 56633

MnTRECC Mission Statement

To serve as a foundation and a link where child care and other early childhood programs can gain access to resources and information that will enhance and strengthen the child care delivery system for Native American children and families throughout the state of Minnesota.



MnTRECC Staff:

- ☞ Patti Turney / Program Manager
- ☞ Michele Fredrickson/Grants Outreach Coordinator
- ☞ Sandy Gehrke / Professional Development Coordinator
- ☞ Michelle Traeger-Nelson/Baseline Coordinator

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Child Care Aware

North East District 1-800-890-5399	www.ccrp.pinetech.edu
North West District 1-800-941-7003	www.lakesandprairies.net
West Central District 1-800-292-5437	www.midwestchildcare.com
Metro District 651-641-0332	www.thinksmall.org
Southern District 1-800-462-1660	www.c2r2.org
MnTRECC 1-800-551-0969	www.mntrecc.net

MnTRECC is a component of the Child Care Services Program within the Leech Lake Early Childhood Development