

# October Newsletter

Gotta say "Thank You Minnesota!" for the fabulous reception at the Pamper the Provider Conference in St. Cloud! What a great way to kick off my Fall conferences season. Lots of wonderful providers, terrific conference planners, tons of exhibitors, I couldn't have enjoyed it more. It's always fun to do a keynote with a group that is ready for something new and inspiring. These were definitely people who get it that being "Crazy Pat" is a good thing! Thanks guys.

It's my favorite time of year - field trip time! As you may have heard me say, I've done over 900 during my years as a family child care provider, many of which I was alone with 8 kids. How did I do it? I'm sharing my best tips for a fuss free field trip in my article this month. Get out there and discover the world along with your kids!

*Hug a kid for me!*  
Patricia

## Fuss Free Field Trips

Fall is knocking on the door and it's time to open that door and run outside to discover all we can about this wonderful world we live in! While everyone agrees that giving children hands on experiences and exposing them to a variety of environments is great for brain development for them, many providers are afraid to take the plunge because of the potential headaches it will cause for their brain! How can anyone take a large group of kids out and about and not go crazy? It's actually much easier than you may think. With some pre-planning, a little organization and a positive attitude, you'll be out your door before you know it and opening up a entire world of learning possibilities for the children in your care.

There are six key elements to planning and implementing a successful field trip for all:

- Be prepared. This means packing a fieldtrip bag with everything you could possibly need - from Band-Aids to diapers. Think through the entire trip and imagine all the possibilities, then pack what you need to handle all those situations. For a complete list of all the possible things you can bring, check out my "Magic Field Trip Bag" packing list on my website at [www.patriciadischler.com/resources.htm](http://www.patriciadischler.com/resources.htm)
- Train the kids. Keeping control over the children while out is as easy as playing Red Light/Green Light. Teach the kids that when you say "Green Light," they can walk ahead on their own, but that when you say "Red Light," everyone should STOP, TURN AROUND and LOOK AT YOU. (Tip: Anytime you want children to be where you can see them, remember they don't know what you can see, only what they can see. So tell them to be where they can see you, and then you will be able to see them.) This is not only fun for the kids; it easily keeps your group together and following your direction.
- Know where you're going. Have a good understanding of the layout of the place you are visiting. If you have young ones in a stroller, will there be stairs? Where are the bathrooms (PLAN to take a break there!)? How far will they be walking - can all of your children handle this or will you need a stroller? What would be the appropriate shoes/clothes for the kids to wear that day? Is there food available there for a snack/meal, or will you need to pack some? If it is a tour, who is your guide and where do you meet them? How close can you park to the door? Have a good understanding of the layout and how you will guide the children through it.
- Account for children - don't count them. This is the biggest mistake made on fieldtrips with multiple chaperones and the number one reason children will get lost. Rather than have everyone watching everyone, assign a particular group of children to each adult - then have that adult learn their names and assure their presence by

calling their name. When you simply count head or kids it is too easy to accidentally count the head of a child from a different group. Know who your kids are and visually account for their presence.

- Plan for "check-in's." Take regular stops to check in with the children, account for their presence, see if there are any issues such as a dirty diaper, someone is thirsty, etc. Don't wait for it to be an emergency.
- Make it FUN! Children are much more likely to follow your guidance and learn from the experience if they are having fun! Be sure you are going somewhere developmentally appropriate for the age you have. If you are on a tour and the guide seems to be talking in a level too difficult for the children to understand - translate. Put it in words that will interest them, offer questions to the guide that will provide the information most important to your children. This also means thinking ahead to points in the fieldtrip that may not offer much fun - such as waiting (for the train to come, for the tour guide, for the food, etc.). Always pack activities to use during this time such as small notebooks/pencils for the kids to draw on, a puppet or books.

Taking fieldtrips can be as much fun for you as it is for the children! I have taken over 900 fieldtrips in my career, and I firmly believe it's not only what has led to exceptional learning for my children, but that the fun I have on these trips reduces my stress levels and has contributed to a long and happy career. Fieldtrips are something that gets better every time you do them. Children who rarely go on fieldtrips will have a harder time understanding what acceptable behavior is in a variety of settings. Children who have been going on fieldtrips since infancy will grow up understanding how they work and what is expected of them - creating fewer problems (if any!) for you.

So you're ready to give it a shot - but where do you go? EVERYWHERE! I have literally taken my hometown yellow pages, and planned fieldtrips at every listing from A-Z! Go beyond parks, zoos and museums (although definitely go there!) and show your kids what's going on all over your town. Visit construction sites, realtor offices, the barbershop, the theatre, photographer, florist, car dealer and more! Every place in this world will offer something - colors, sounds, letters, people, events, science - it's all there if you just take a little time to plan ahead and pull every lesson possible out of the location you're heading too.

At the first high school graduation of one of my former preschool graduates that I attended, I asked her what her favorite part of my school was. Her answer was an enthusiastic "fieldtrips!" She even went on to tell me one of her favorites was visiting the hospital where the nurses showed the children what to expect if they ever had to come to the emergency room. She said she lost her fear of having to go to a hospital after that because the nurses were all so nice. She is now enrolled at the University of Wisconsin Nursing School.

Open your door - and you'll be opening the door to a child's future!

Want more? There's a whole chapter on Field Trips in my book From Babysitter to Business Owner available at [www.patriciadischler.com](http://www.patriciadischler.com)

## Tips & Tricks

Here is a list to get you started, but don't forget to use the resources discussed to make your list even longer! There are so many wonderful places and people to see and learn from, you could go somewhere new every week for years!

Parks  
Zoo  
Hiking

Museums  
Police Station  
Fire Station  
Retirement/Nursing Homes  
Hospital/Emergency Room  
Dentist  
Grocery Store  
Shopping Mall  
Bakery  
Deli  
Farm  
Implement Sales Business  
Florist/Greenhouse  
Construction company/Job site  
Schools - elementary,  
College/universities  
Nature Center  
Bowling  
Restaurants  
Bus Station/Bus Ride  
Fishing  
Pool  
Lake  
Caves  
Ice cream store  
Toy store  
Post Office  
Movie Theater  
Bank  
Attend a local play/musical/show choir production  
Library  
Sledding  
Skating  
Airport  
Tree Farm  
Fish Hatchery  
Pet Store/Humane Society  
Courthouse  
Strawberry patch/Pumpkin patch/Grapes  
Hay ride/sleigh rides  
Vegetable farm  
St. Vincent De Paul store/Goodwill store  
Veterinary clinic  
Botanical Gardens  
Factories  
Music Store Apple Orchard  
Train Ride  
YMCA  
Gymnastic Center  
Costume Shop  
Boat/Car Dealer  
Play Structure Dealer  
Holiday Drive  
Trick or treating  
Mystery Drive

mystery Drive  
Art Galleries

Like these tips? There are more in my 101 Tips & Tricks! Order today at [www.patriciadischler.com](http://www.patriciadischler.com).

*If you have some great tips to share, send them to: [contact@patriciadischler.com](mailto:contact@patriciadischler.com) to be included in the next newsletter!*

## In the News

**Jason Kotecki and Enrique Feldman were the NAFCC keynotes and were fantastic - check out their books and see where they're speaking next!**

Jason's site - [www.kimandjason.com](http://www.kimandjason.com)

Enrique's site - <http://www.famefoundation.org/enrique.html>

### **You missed the flash mob at NAFCC this year?**

Don't miss out next year, get your spot secured with our layaway plan TODAY!

We're pulling out all the stops next year and you don't want to miss it! Our theme is "Building Relationships That Last A Lifetime" and reflects one of the strengths of family child care. We'll have sessions focusing on social/emotional health, as well as networking sessions that build relationships between attendees. They'll be a President's Challenge to promote health and fitness, and many, many surprises! Be a part of the action and start your layaway plan today, visit [www.nafcc.org](http://www.nafcc.org)

### **Child Care Daily App**

This is great new product that allows providers/teachers to track a child's daily activity and share it with parents in real time with a simple click. They gave a great presentation at the NAFCC Conference and it's so easy to use even I got it! NAFCC Members get a big discount too, so access them through our website for the best deal -

[www.nafcc.org](http://www.nafcc.org). You can check them out at [www.childcaredailyapp.com](http://www.childcaredailyapp.com).

### **A few more sponsors and exhibitors you've got to check out...**

#### **Renee Sherkness -**

She lead a fantastic morning yoga workout and also did workshops on how to teach yoga to children through stories. Check out her storybooks and bring her to your next conference - visit:

[www.reneesherkness.webs.com](http://www.reneesherkness.webs.com)

#### **My Family Exercise -**

These great e-books by Jeff Wise were one of our pedometer prizes, they teach you activities that grown-ups and kids can do together. Great for families, and child care families - visit:

[www.myfamilyexercise.com](http://www.myfamilyexercise.com)

### [Care.com](#) -

Get your name out where everyone can find you, put a FREE posting on [Care.com](#) and reach not only the parents in your area, but those moving in from other states. Also a great resource for finding subs to work in your center, care providers for your aging parents and much more - visit:

[www.care.com](http://www.care.com)

### **Souns for Literacy** -

Check out this wonderful literacy program, the materials are FREE and can make a real difference in effectively introducing literacy based activities to your program - visit:

[www.counterpane.org](http://www.counterpane.org)

### **Kid Carpet** -

Find dozens of fun carpets for your environment, from circle time carpets to play time, they've got them all - visit:

[www.kidcarpet.com](http://www.kidcarpet.com)

### **Day Care Tools** -

A great resource for contracts, policies and tons of forms needed in your business - visit

[www.DayCareTools.com](http://www.DayCareTools.com)

## Monthly Sale Items

### **October Sale Item - Teaching the 3 C's Trainer Guide - \$20 Off!**

This KIDBIZ Trainer's Guide includes the power point, lecture notes, handouts, and copy of the book, all to help you present a quality presentation on Teaching the 3Cs: Creativity, Curiosity & Courtesy. A half day presentation (3-4 hours) on curriculum and infusing lesson plans with activities that support a love of learning.

**Regular Price - \$120 Sale Price - \$100**

Order yours today at: [www.patriciadischler.com](http://www.patriciadischler.com) or [www.KIDBIZResources.com](http://www.KIDBIZResources.com)!

## Speaking Events

October 13, 2012

Ocean City, Maryland

Maryland Family Child Care Association Annual Conference

Keynote: Crazy for Kids

Workshops: Controlling the Crazyness,

Teaching the Three Cs: Creativity, Curiosity & Courtesy

Carousel Oceanfront Hotel and Condos

For more information: call Janice at 301-498-1516 or visit [www.msfccca.org](http://www.msfccca.org)

October 20, 2012

Hayward, Wisconsin

Northwest Connection Family Services Annual Conference

Workshops: NAFCC Accreditation, Tea Party Celebrations

Hayward Wesleyan Church

For more information call Jacqueline at 715-634-2299 or visit [www.wisconsinchild.org](http://www.wisconsinchild.org)

- To learn more about bringing me to your child's school to inspire the emerging writers there check out: [www.patriciadischler.com/school.htm](http://www.patriciadischler.com/school.htm)
- If you are a member of a group planning a training event and would like to book one of my keynotes or workshops, visit the Lecture page on my website and contact me for availability. Visit [www.patriciadischler.com/lecture.htm](http://www.patriciadischler.com/lecture.htm).