

KIDBIZ Resources Newsletter

A Newsletter for Child Care and Early Childhood Professionals

November 2010 [In this issue](#) [Giving It Your All](#) [Tips and Tricks](#) [In The News](#) [This Month's Sale Items](#) [Upcoming Events](#) *My son was just married. Wow, I can't believe that sweet little baby is a grown man committing his life to another. At the reception someone teased him about having kids next and my mother replied "No! I'm too young to be a great-grandmother!" But I felt very differently, sometimes I think being a grandmother is what I am destined for, and I can't wait! I've got a basement full of the best toys, equipment and literature for kids that I saved from my family child care business - my grandkids are going to LOVE grandma's house! Not to mention I can whip up a batch of fresh baked cookies in less than 15 minutes. They'll be putty in my hands. Then, after a day of fun games, sweet stories, yummy treats, and hikes up my "mountain" to climb trees and make forts, they go home and I can rest as many days as I need to before doing it again! It's like daycare with all the perks and none of the hassles. Even the "parents" will be easier to deal with, since I'll know better than to expect any payments, and they'll know better than to complain about anything! Besides, I miss kissing babies necks so much! So, Joe and Anne, have a great honeymoon, and make me a grandma soon!*

Hug a kid for me!

Patricia

Giving It Your All

When I closed the doors to Patty Cake Preschool four years ago, the families I provided care for were shocked. Many colleagues were too. I was often asked why I would want to close at a time when my business was successful (the last 4 openings I had were filled by people who planned pregnancies around when they would come up and paid to have me hold them for as much as two years), I was having a great time teaching children the way I knew they could learn best (by teaching the "3 Cs"), the children loved me, the parents loved me, I loved what I did every single day without a hint of burnout. So why close? The reason is that I made a promise years ago to myself, and the children I care for, to ALWAYS give 150% to them, to never, for a moment, offer anything less than top notch quality care.

A couple of years earlier, my first book came out. Then I started speaking at conferences. Then another book - different audience, difference conferences. Then another. In the fall, the year before I closed, I got the contract for my fourth book in the mail. And I knew. With each book came

more demands on my time. And yes, I had been balancing it very well. But I knew that one more book would start tipping that balance the wrong way. And yes, maybe it would have only wobbled things a bit, but there was that promise. If I had just one week of it being too much it would be too late. Nothing but 150% every minute, every day. Those kids deserved nothing less. Giving anything less, being stressed out one day and possibly not holding it together enough to give them the appropriate responses, was just too much of a risk in my eyes.

Think about it. Everyone has at least one memory from their childhood, where an adult said something that crushed them, changed them, or altered how they saw themselves. Sometimes we recover. Sometimes not. For me, it was an English teacher, bored with all the bad writing of her students, hearing a poem I had written and laughing at me as she told me I would never be a writer. I was crushed. It made me doubt myself for years until another English teacher told me otherwise. I forgave the teacher because in part she was right, my poem was terrible (I still have it), but she could have commented on the specific poem rather than make an arcing prediction of my life. Maybe because she just wasn't thinking, maybe she was having a bad day, maybe she said it to everyone that read a poem that day, I don't know. What I do know is that I don't EVER want to be that teacher in another child's memory. And I recognized how easy it is for us as adults to let outside influences affect us while with the children. But I also believe whole heartedly that it's something we need to be very conscious of and do everything in our power to not let it happen.

I recently read a great story in a writer's publicity newsletter I get that I think illustrates perfectly how it can backfire for us to not give something our all. I'd like to share it with you, with my apologies to the original author for needing to change the title (it's was a bit off-color for a child care newsletter!) Here it is:

Half-Baked Work Leads to Half-Baked Results

By Rick Frishman

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house-building business and live a leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but it time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished his work, the

employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said. "My gift to you."

The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently. So it is with us. We build our lives, a day at a time, often putting less than our best into the building, then with a shock we realize we have to live in the house we have built. If we could do it over, we'd do it much differently. But we cannot go back. Build wisely!

ACTION PLAN: Often, "coasting" at work is related to stress, fatigue, or a negative attitude. Don't let any of those factors prevent you from delivering your level best. Part of being professional is being consistent regardless of your feelings or physical or emotional state, so be aware when your commitment to doing a good job starts to dip. If your work were a painting, would you be willing to sign it?

Children are our future doctors, bankers, politicians, chefs, media and more - we will want them to be the best they can be when we need them someday, don't they deserve the same from us while they are learning who they are to become?

Article reprinted from "Rick Frishman's Sunday Tips" Subscribe at <http://www.rickfrishman.com> and receive Rick's "Million Dollar Rolodex."

Make your commitment to professionalism and children strong again - get my KIDBIZ Professionalism Kit to get you back on track! Available at: www.patriciadischler.com

Tips and Tricks

Easy way to get kids motivated to exercise all day:

Give each child a pedometer to wear in the morning. Keep a chart of their progress at the end of each day. Award prizes to the top scores at the end of each day, week and/or month. Make the prizes items that encourage even more exercise and outdoor exploration such as jump ropes, bats, balls, water bottles, sweatshirts, or outdoor game sets like badminton or ladder golf.

Turn it into a family activity: Give each child, and each member of their family, pedometers at pick up time on Friday. Have families turn in all of their meters on Monday morning and the family with the highest total

wins! Give them a prize they can use together like a badminton set, ladder golf, or volleyball set.

Note: pedometers have become very inexpensive and can be found at most general department stores for under \$5 each. This one-time investment in a set of them can significantly help you increase the amount of activity you promote to children and their families!

If you have some great tips to share, send them to: contact@patriciadischler.com, putting "NEWSLETTER TIPS" in the subject line to be included in the next newsletter! In the News...

300,000 Children Could Lose Child Care and Head Start If You Don't Call TODAY!

Congress is back in Washington today and has limited time to do some important work: ensure that funding is not cut for child care and Head Start before the end of the year.

As many as 300,000 children shouldn't be dropped from child care and Head Start, and we need to create the Early Learning Challenge Fund to encourage states to do even better for young children and families. A reduction in federal child care money could jeopardize implementation of YoungStar as well.

Congress is considering appropriations bills that *could go backwards* in spending for child care and Head Start, and would lose the Early Learning Challenge Fund. Tell Congress to move forward and fund the Child Care and Development Block Grant, Head Start, and the Early Learning Challenge Fund.

Call Congress at **1-888-460-0813**

The first person to answer the phone will be an operator who will ask how you want to be connected. Tell the operator the name of your Member of Congress. Not sure? Look it up here:

http://action.nwlc.org/find_your_elected_officials

Once you are connected to the office of your Member of Congress, a staff person will answer the phone. Tell the staff person:

My name is (name) and I am calling from (city, state) and I am (your role).

Don't drop 300,000 children from child care and Head Start. Make sure that continued funding for the Child Care and Development Block Grant and Head Start is NOT REDUCED in the appropriations bill and that the Early Learning Challenge Fund is included.

We are counting on you here in Wisconsin. Thank you.

Then, hang up and ask five friends or coworkers to make a call as well.

NAFCC 2011 Conference

We have a theme! "Quest for Quality: Supporting Happy, Healthy Children"

Come join me and all the nations top experts in our field for high quality trainings, networking, and the opportunity to rejuvenate you and your career! We'll be at the beautiful Green Valley Ranch Resort Las Vegas in Henderson, Nevada, July 21-23, 2011. Easy layaway plan available, check it out at: www.nafcc.org and I'll see you there!

This Month's Sale Items

November Sale Item:

***Teaching the 3 Cs: Creativity, Curiosity & Courtesy,
1 Year Anniversary 20% Off!***

Do more than just fill your kids minds with information, teach them what to DO with it! Building a base of learning success is as easy as infusing your lesson plans with activities that expand a child's imagination and problem solving skills, get them excited about their own learning, and teach them to be successful in their relationships, in other words: Before you can teach them the 3 Rs, you've got to teach them the 3 Cs! This resource is filled with dozens of activities that strengthen a child's natural ability to be creative, curious and courteous. Indexed by state standard areas to make creating your lesson plans easy!

Regular Price: \$25.95 Sale Price: \$20.76

December Sale Item: Patty Cake Preschool Parent Handbook CD - 20% Off!

This is a copy of my 50 Parent Handbook that was the cornerstone to my success! More than just policies, it shows the parents what your program is all about, the policies that guide it, and clearly lay out your partnership. Used as a tool for conducting interviews as well as defining my business for marking, and parent communication, it is now on a re-writable CD, with prompts in bold to show you where to add your information to make it your own. A fast-track to a comprehensive contract with parents, and the resource used by the authors of the Business Administrators Scale (BAS), this Parent Handbook is all you need to give your professionalism a boost!

Regular Price: \$25.00 Sale Price: \$20

Order yours today at: www.patriciadischler.com or www.KIDBIZResources.com!

Upcoming Events:

December 4, 2010

NAFCC Accreditation

Wausau, Wisconsin

For more information visit: www.wecanaeyc.org

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.php.