



### Relationships

*Renae Boehmer*

I have heard three quotes in the last three days that have struck a chord with me – probably because I have been so interested in reading Lynn Manfredi/Petitt’s material on relationships and their importance in family child care. They are:

“With billions of people in the world, someone should be able to figure out a system where no one is lonely.” -*The All Better Book*

“For most people, the two most powerful experiences in life are achieving and connecting” – Edward Hallowell

“Girls just want to have fun!” –Cyndi Lauper

While they don’t necessarily seem connected when first read, I think there IS a common thread here. People, especially women (girls) need to connect with one another, to have fun with one another, to NOT be lonely.

We all want to do what we do well (achieve), as Edward Hallowell points out. As professional family day care providers, we attend training classes, read books, join professional groups, and go to conferences so that we are the best we can be FOR THE CHILDREN. That is so important and so worthy of our energy.

*(continued on page 2)*

PAGE 1



**Traveling FCCPSD Bear! (not actual photo)**

FCCPSD has a bear, a journal book, a photo album, and starting goodies for his traveling journey around South Dakota! His next stop could be **your** family child care home to visit the children in your care!

You keep the bear for a week. While he’s with you, you show him a good time! Have him play with your day care children, take a few pictures, write in his journal and send him on his way to his next destination by insured mail with some interesting item for the day care children he visits next. You also send an email to [BEAR@sdfcc.org](mailto:BEAR@sdfcc.org) to let the coordinator know you have sent him on his way with his tummy full.

Once the bear has completed his journey (6 homes) he goes back to the coordinator and we’ll post the pictures and the journal entries on our web site so you can read all about his adventures on his travels. Any artwork the children make or other contributions can be posted, too.

Then he will start a new route. If we get many who want to participate, we can buy more bears—maybe a sister bear—and have more routes.

If you are a member and would like a visit from BEAR, please send us your name and how many children are in your care.

[Go HERE to sign up!](#)



*(continued from page 1)*

But, we have another need that is just as fundamental for our happiness. That's where the connecting comes in. Most of us spend our days alone with children. We love them, but we are providing what *they* need. It is a one-sided relationship. Now, in order to continue to thrive personally and professionally, we have to honor our own needs. It is my opinion that seeking out deep friendships and true community is the TRUE secret to our success.

In his book "Everybody's Normal Until You Get To Know Them," John Ortberg says, "Human beings who give themselves to relational greatness – who have friends they laugh with, cry with, learn with, fight with, dance with, live and love and grow old and die with – these are the human beings who lead magnificent lives. When they die, not one of them regrets having devoted themselves to people: their friends, their neighbors, their children, their family. Not one." And, may I add, no day care provider who is meeting their own relational needs will ever regret the energy, time, and devotion they committed to the children in their care over the years.



Please consider joining us on Friday evening, May 5, 2006, at the Sheraton Hotel in Sioux Falls for a networking meeting – a meeting that is guaranteed to be the starting point of some life-giving relationships!

PAGE 2

### Skills for Making Friends

In her Parenting Exchange column, "Social Skills Children Need to Make and Keep Friends," Karen Stephens outlines just a few of the skills children need to master in order to develop friendships.

"To make and keep friends, children must be able to:

- Recognize shared interests
- Gracefully join into play
- Pay attention to non-verbal communication cues
- Identify common goals
- Listen to and respect feelings
- Empathize with another person's perspective
- Practice compassion
- Cooperate
- Accept others
- Include others
- Extend a trust-worthy, helping hand."

The full article is available in two places. First, you can view it on our web site at <http://mail.ccie.com/fo/eed/0625>. Second, it is one of 15 columns on the Parenting Exchange on CD collection, "Friendship, Social Skills, Manners, Diversity."

From the ExchangeEveryDay on-line newsletter, May 23, 2005. To subscribe to ExchangeEveryDay, go to [exchangeeveryday@ccie.com](mailto:exchangeeveryday@ccie.com)

**We are looking for news, events, articles and any other submissions from our members! Contact [newsletter@sdfcc.org](mailto:newsletter@sdfcc.org) or go to the [Contact Us](#) page on our website and submit your information there!**



### *Learning to Let Go JoAnne Geiser*

It's happening again at my house. School is just around the corner, parents of the children in my care are making plans for starting school, moving away, or some other major change in their homes. It's something we can't help, change happens. Sometimes it's a good, welcome thing (like the promise of a new school year). Sometimes change is hard, especially when we feel there's no choice.

I often hear the phrase, "It's not that I really mind, it just would have been nice to have been asked." That sentiment really applies to all of us, but especially children. Not that they have the knowledge or experience to make decisions. They do feel the same emotions about change that adults do, and need some time to get used to the idea. Including them in the plans for a new home, making the time to walk through the school and see their teacher or invite some classmates over to play are good ways to do this.

If your children are younger than school age, getting used to change may involve changing only one or two things at a time. If you're going to be starting potty training, don't move them to a big bed during the same few months. If you need to change child care arrangements, don't take a second honeymoon and leave them home around the same time. They depend on the adults in their life to supply an important thing, security. This security comes from that same ol' thing happening every day at the same time.

Very often, children at my house will talk with their friends about changes in their homes. They nod their heads wisely and tell about similar things at their house. Often when someone no longer comes for child care, we talk about missing them, what their favorite toy was, how they used to laugh at this part of the book, and so on. This comes up weeks and months and even years after we haven't seen them here. When we know that someone is leaving, we sometimes talk about this being the last time we will rock together and read a book. Although it makes us sad, it "makes a memory" that children talk about later on. This type of conversation, and the feelings that accompany it are part of accepting the change.

There are some very good books about helping children cope with changes. If your family is struggling with changes, a visit to the library or cruising the net may be a good idea. If your family includes teens, suggest *this be a family activity or their special project.*

PAGE 3

### **What Happens Next?**

*Pam Stefanich*

*I have two 5 year old boys that will be going to kindergarten in the fall. They are so ready! One of the mothers of these two boys picked up her son for his kindergarten shots. His mother*

*prompted him,*

*"Tell Pam where you are going."*

*"To get kindergarten stitches", he says. (His big brother had jumped off a*

*top bunk at home and this event was still vivid for the younger brother).*

*"No," his mom explains, "to get kindergarten shots. Then what are we going to do?" his mother prompts.*

*"Then I go to kindergarten", he says. Hee,hee! It tickled me that he thought he would leave right from the doctor's office to go to kindergarten!*

*"No," mom explains. "We are going out for ice cream!"*

*I thought that was a pretty good plan—not to mention deal!*





### South Dakota Family Child Care Conference



Mark your calendars! Family Child Care Providers of South Dakota (FCCPSD) is proud, no THRILLED, to announce our First Annual State Family Child Care Conference to be held at the Sheraton Hotel and Sioux Falls Convention Center on Saturday, May 6, 2006, with a kick-off on Friday evening, May 5.

The keynote presentation will be given by Lynn A. Manfredi/Petitt. Her presentations have already motivated and inspired many providers at National Association for Family Child Care conferences in the past. She is truly a joy! She has more than 30 years of experience directly caring for children of all ages – and their families – in a variety of child care settings, including 25 years in FAMILY CHILD CARE. She has written books, including “Circles of Love: Relationships Between Parents, Providers, and Children in Family Child Care” and “Relationships, The Heart of Quality Care.” If you have ever questioned whether your job really matters or if you truly make a difference in the lives of children, this is the conference for you!

Another exciting feature will be the networking session on Friday evening. Included in the cost of the conference, this will be a time of sharing successes as well as issues with one another, a time of connecting to other caregivers who truly understand the joys and trials of providing quality care to young children. Led by Lynn A. Manfredi/Petitt, this evening has the potential to be the highlight of your weekend!

As you can see, the conference committee is hard at work in the hopes of providing you with a conference experience that makes you beg for more! Keep watching your mailbox and the web site at [sdfcc.org](http://sdfcc.org) for additional information as plans solidify. If you would like to be part of the conference team, please contact Conference Chairperson Lynette Lohan at 336-7001 or [conference@sdfcc.org](mailto:conference@sdfcc.org). We’ll see you in Sioux Falls on May 5th and 6th.

#### OVERHEARD FROM THE CHILD CARE CORNER

*Children often hear and repeat things with hilarious results. Here are a few for your entertainment. “I have a gold card.” (Go Cart) “A terrible Lizard (Blizzard) is coming!”*

*From the “Take Me Out to the Ball Game” song: “Buy me some peanuts and apple jacks, I don’t care if I never get back . . . .and it’s fruit, fruit, fruit for the home team, if they don’t win it’s a shame . . .”*

*And another song . . . . “Her momma don’t dance and her daddy don’t ride a goat.”*