



SPRING 2025



As the flowers bloom and the days get longer, we bring you this season's newsletter filled with fresh ideas and resources. Be sure to check out the new training protocols and the update to registration.

We also want to take a moment to reflect on the amazing energy and inspiration from our recent conference. It was so wonderful connecting with all of you, sharing new strategies, and learning together. The event was full of joy and creativity! If you missed it, we hope to see you next year!

In this edition, you'll find exciting activities, practical tips, and ideas to keep the springtime fun and learning blooming in your classrooms. Let's continue to support and inspire each other as we nurture young minds. Here's to making this Spring filled with laughter, growth, and endless possibilities!



CHECK OUT THE NEW OREGONPRO.ORG

We have a fresh new look and some fantastic features on our website:

Calendar

PRO members can now access a calendar that lists ALL the available trainings and Chapter Meeting - in person or virtual. You'll find it under the MEMBERSHIP tab, along with other resources.

PROvider Forum

Join our new private forum to share ideas and connect with other members. It's a great way to engage, and we'd love your feedback! Find it under the MEMBERSHIP tab. You can also find a help line here.

Tutorials

Check out our short, informative tutorials designed for those starting their childcare business. More tutorials are on the way! Look for them under the TRAINING tab.



PRO TRAINING UPDATE

Step-by-Step: How to Register for Monthly Statewide Virtual Trainings

1. Visit the Training [Link at Oregonpro.org](https://Oregonpro.org):

- Go to the provided training website or link for the monthly virtual training sessions.

2. Select Your Language:

- You will see two drop-down menus:
 - One for English monthly virtual trainings.
 - Another for Spanish monthly virtual trainings.
- Choose the appropriate menu based on your preferred language.

3. Choose the Class:

- After selecting your language, a list of upcoming classes will be displayed.
- Browse through the list and click on the class you are interested in attending.

4. Register for the Class:

- You will need to register for each class separately.
- Fill out the registration form for the class you've selected.

5. Receive Confirmation:

- After completing your registration, you will receive a confirmation email.
- The email will also provide the option to download a "ticket".

6. Download the Ticket:

- Download the ticket from the confirmation email. This ticket contains the link to join the training session.

7. Save the Ticket and Link:

- Keep the ticket and registration form handy as it has the important link for the training.

8. Reminders:

- You will receive reminder emails one week before the training session starts to ensure you don't forget.

By following these steps, you'll be able to easily find and register for the monthly virtual training sessions.





PRO TRAINING PROTOCOLS

As our membership continues to grow , so does our enrollment in our monthly Zoom trainings. Our last training had over 60 participants and each month this grows! We are **required** by OCCD training standards to meet the requirements when offering training. It is our responsibility to take attendance and be sure that everyone meets the minimum requirements for hours.

In order to maintain the integrity of our trainings, participants must follow training protocols.

1. In order to meet the training hour requirements, please plan to be on the Zoom call by 6 PM. The trainer will be closing the room by 615 and no one will be allowed entry after that.
2. Attendance will be taken during the training. Please enter your email and name that you use the name that you are registered with in ORO. Use the same email address that you registered with on our computer system.
3. We ask that you have your camera on at the beginning of the training when you to sign into the chat box with your name and email. When there is a breakout group, please have your camera on for this. These are small group chat sessions and it's hard to engage in a conversation with a blank screen. And lastly, we would like your cameras on at the end of the session before you sign off.

We understand that there maybe times where this is not possible so if you are not able to do this please let the trainer or the PRO board representative who will be attending the training know through the chat box.

Thank you for helping keep our monthly statewide trainings to a high level of professionalism.





SPRING FAVORITES

Make a bird feeder. Smear a cardboard tube with lard or nut butter. Roll in bird seed and tie outside. Who will come to visit?

Draw with chalk. What can you draw? You can buy big chalk sticks or make chalk paint for an alternative. Check the internet for ideas.

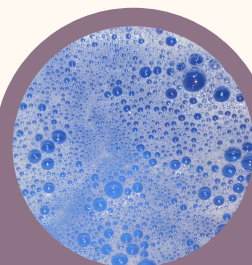
Blow bubbles. Little kids love to chase bubbles.



UPCOMING TRAINING

- April 1~ Communication Policies to Families
- May 6~ ADHD 201
- June 1~ Philosophy in Action

***for the most up to date info and to register, GO TO: oregonpro.org Members can attend ANY training in any chapter for FREE!**



FAVORITE SPRING BOOKS

- Planting a Rainbow by Lois Elhert
- The Very Hungry Caterpillar by Eric Carle
- Ladybug Girl by Jacky Davis

These beautiful and engaging books can be found at your local library. Did you know that You Tube also has many books on line as read-a-louds?

What would you add to this list?

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MESSAGE IN A BACKPACK™

Bubbles

Family Play Plan

Bubble play is just plain fun. And it helps children cooperate, take turns, and solve problems.

Support your child's learning by talking about what's happening: "You blew a huge bubble," "The bubble floated away and popped," "You were very patient waiting for your turn." Ask simple questions: "Can you make it bigger?," "What is the wind doing to the bubbles?" Watch your child play to see what interests him. It'll also help you figure out what questions to ask to expand his learning.

Make your own bubble mixture or buy some. Use it with these bubble games.

Photograph: © Getty Images

Bubble Solution Recipe

INGREDIENTS	DIRECTIONS
• 6 cups of water	Pour dishwashing liquid into water and slowly stir. Try not to let foam or bubbles form while you stir.
• 1 cup dishwashing liquid (Joy and Dawn work really well)	Add corn syrup or glycerin and stir gently until combined.
• 1/4 cup corn syrup or 1 tbs. glycerin (available at drugstores)	Now it's ready for blowing bubbles!

Bubble Games

Bubble relay

Use one plastic bubble wand and the bubble mixture. Family members stand in a line. The first person blows a bubble and passes the bubble and wand to the next person. (If the bubble pops, the child blows another bubble and passes it again.) Ask your child to predict how many times your family can pass the bubble without popping it.

Bubble tag

Use one plastic bubble wand and the bubble mixture. The person who's *it* uses them to tag others with bubbles instead of hands. Bubbles must land on another player to count. Play in a small space so children are able to tag others.

Bubble obstacle course

Make a start and a finish line and create a course using milk jugs. Have family members line up on either side of the course. The child who is *it* moves from start to finish dodging bubbles, trying not to let any bubbles touch him. First, one person blows bubbles. If the *it* child successfully reaches the finish line without a bubble touching him, then two people blow bubbles, then three, etc. The more bubbles, the harder it is to make it to the finish line.



This information has been adapted from Family Play Plans by TRUCE (Teachers Resisting Unhealthy Children's Entertainment). A variety of materials are available on the TRUCE website (www.truceteachers.org) that will help parents and teachers counteract the negative impact of media and marketing on children and promote positive play activities.



CHAPTER MEMBERSHIP INFO

- Local chapters host a member meeting that includes PRO chapter business, social networking, and/or training. Trainings are 1-2 hours and either Set One or Set Two Discussions and trainings are topics of interest to your Family Child Care business and/or childcare settings.
- All members of PRO are allowed admittance to all chapter monthly meetings/training. Although members are assigned to their nearest chapter, members may attend any chapter's meetings.
- As a PRO member, you can go to any training at these Chapters. See the PRO calendar online for upcoming meetings/training. Please contact the chapter facilitator when visiting other chapter meetings/training to assure space is available



CHAPTER MEETINGS

- [Clackamas Chapter](#)
- [Marion County](#)
- [North Portland](#)
- [SW Metro](#)
- [Westside Spanish](#)

Click on the Chapter name and go directly to the meeting information for each chapter.

Any PRO member can attend ANY PRO meeting.



WHY ATTEND CHAPTER MEETINGS?

- Make new friends
- Receive personal support
- Share your knowledge with peers

A New Member said: "Chapter participation was what really helped me feel that being part of PRO was worthwhile because I was actually forming personal relationships that felt supportive and finally felt like I wasn't alone."



PRO CHAPTER NEWS

North Portland

**The North Portland Chapter
is seeking new members.**

**In Person Training
April 26 from 9am -12pm**

**Title: Behaviors that interfere with learning
Set 2 CKC SN**

Trainier: Dianne Rodriguez

**Contact Betty Phillips for more info
preciousteddiesdaycare@yahoo.com**



CLACKAMAS CHAPTER

**Our chapter consists of new to seasoned
providers. We have group of 10-15 that
attend monthly, always room for more.**

**The friendships created from those
meetings is amazing.**

**It takes the isolation out of our day to day
business lives and allows us to
reach out with questions, concerns, or to
share referrals.**

**Our monthly meetings are the 3 rd
Monday, 6-8PM.**

Next meeting is April 21 st at:

Leah's Little Rascalls

(provider Leah North)

4984 SE Sandra Avenue Milwaukie

Parent Conferences - How,When, Why?

For questions or RSVP please contact:

Cheryl Reece - Facilitator

503.349.9815

SW Metro

**We meet virtually on the second Tuesady of the month for Round Table
Discussions. Any PRO member is welcome to attend. Check the PRO Calendar for
dates and times. We'd love to see you!**

← CONFERENCE UPDATE →

PROs first conference, prior to 2020, was held March 22nd at Rise Community Church in Tigard.

We had 99 attendees and many were new PRO members.

Kristin Day was our presenter discussing Curiosity of Play & related topics.

The reviews were a resounding 5***** out of 5, she obviously didn't disappoint!!



← PRO IS LOOKING FOR YOU! →

PRO is an all volunteer organization.

Without volunteer support these opportunities cannot happen.

PRO is currently looking for:

- *Communication Specialist (Creates flyers and uses social media to communicate with our members 2-3 times monthly)
- * Secretary (take notes during PRO monthly Zoom meetings) monthly 2 hour commitment
- * Assistant to membership (1-2 hour monthly commitment)
- * Assistant to the training coordinator (2 hour monthly commitment)
- * Assisting with various items (talk with a board member for more information)

CONTACT providerresource@gmail.com for more information

PRO Spring Conference MEMORIES

by Lynnette Burton and Cheryl Reece

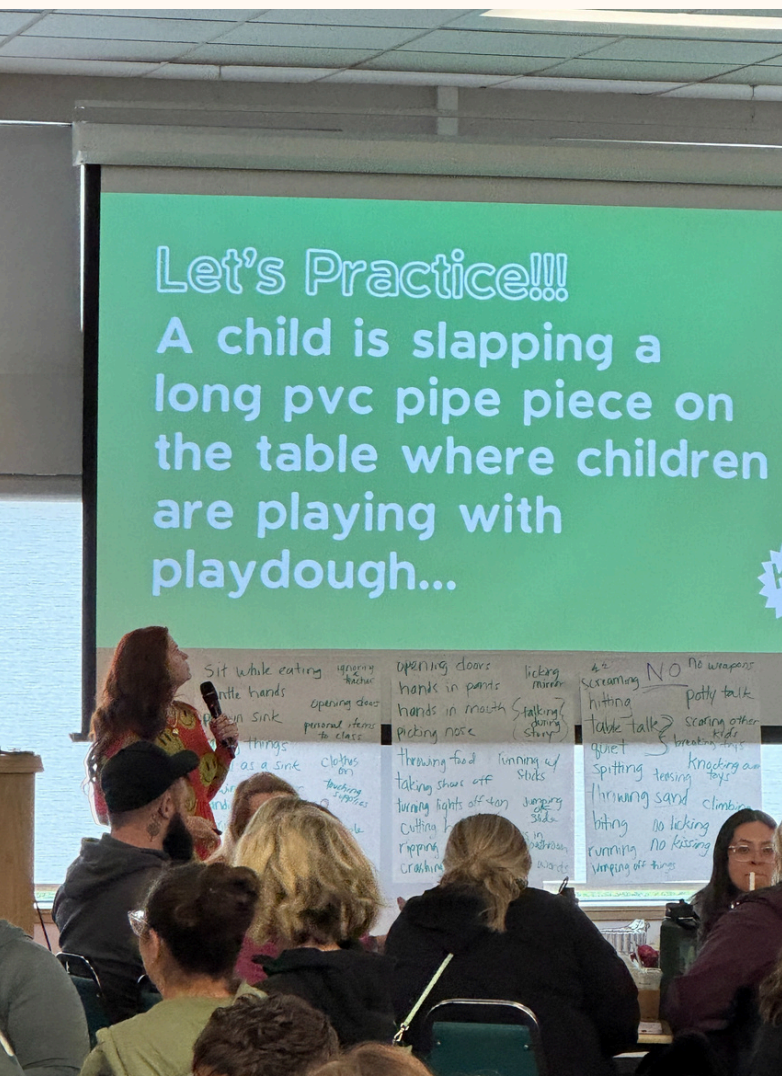












"Play, by my definition, is first and foremost, activity that is self-chosen and self-directed. It is activity that you are always free to quit. Activities that are chosen by teachers and directed or evaluated by teachers are not play."

- Peter Gray

More Play Resources:

Kristen Day and Play

**Link to
Free Resources
Podcast
Virtual PD**



Play volution HQ

**Link to Jeff Johnson
Child Care Bar and Grill podcast
Virtual PD
Resources**





BENEFITS OF MEMBERSHIP

Membership in PRO offers you access to invaluable resources and support tailored for childcare professionals:

1. **Dedicated Help Line:** Get quick answers and guidance from our helpline, available exclusively to PRO members, ensuring you have the support you need.
2. **Exclusive PROvider Forum:** Connect with fellow members in our private forum to share ideas and insights, fostering a collaborative community.
3. **Informative Tutorials:** Benefit from our short, easy-to-follow tutorials that cover essential business basics for starting and managing your childcare business.
4. **Comprehensive Resources:** Access a wealth of resources, including:
 - Lists of useful organizations and websites
 - Essential childcare forms
 - Contract and handbook samples
 - Record-keeping templates
 - Hiring information

By joining us, you gain the tools and community support to thrive in your childcare career!

Stay Connected!

Thank you for being part of our community. We're excited about meeting you and look forward to supporting you on your childcare journey. If you have any questions or feedback, don't hesitate to reach out. Together, we can make a difference!

OREGONPRO.ORG