

A young child with dark hair, wearing a pink long-sleeved shirt, is holding a round cookie towards the camera. The background is a soft-focus green field. The text 'WOC FED' is in large green letters at the top, with 'News' in a blue script font below it.

# WOC FED News

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*Spring*  
2020

## Health Insurance Open Enrollment

If any employee is wishing to make changes to their health insurance policy, the time is coming up. Open enrollment only happens twice a year for WCFD.

If you wish to enroll, make changes, or drop health insurance coverage before December please have the enrollment, change, or drop paperwork in to payroll at the Administrative office no later than March 30th.

Any changes made will be effective April 1.

Please note, Vision and Dental changes can only be made during December for January Open Enrollment.

If you have any questions, please contact Ashley at the Administrative office.

## Welcome to Wyoming Child and Family Development

Join us in welcoming our new team members and team changes:



Abigail Smith  
Center Tech  
TLC



Ann Baker  
E-Helper  
TLC



Barbara Balerio  
Infant Toddler Educator  
Casper EHS



Brooke Roberson  
Paraeducator  
Gillette



Candace Nelson  
EHS Family Support Provider  
Crook-Weston



Debbie Paradez  
Center Assistant  
Casper B



Kenzie Schlaepfer  
Paraeducator  
Lusk



LeeAnn Elmore  
Center Technician  
Guernsey



Kayla Kanagy  
Center Technician  
Gillette

## Let's Talk About Stress

Submitted by Melissa Miller, WCFD Health Coordinator

According to a recent study of Early Childhood Educators (The health status of the early care and education workforce in the USA: a scoping review of the evidence and current practice; Public Health Rev. 2020 Jan), ECE's "reported a high prevalence of being overweight, obese, and having chronic disease diagnoses. They spend significant time being sedentary, and some reported low diet quality. Mental health concerns in this population include depression and high stress."

Providing care to young children is an intense and demanding job. I am sure this is not news to you.

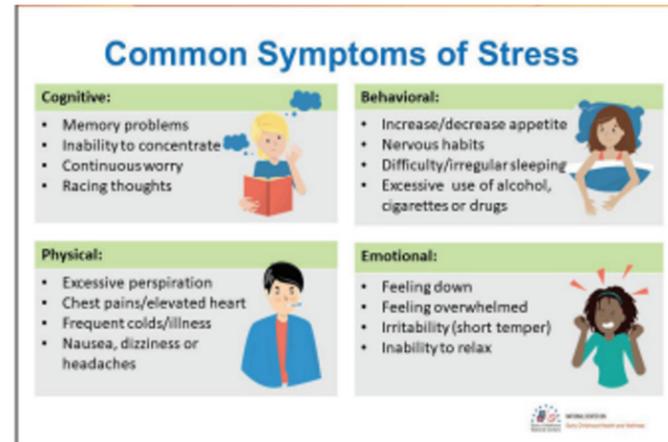
Stress is natural and can be inevitable, but stress can take a toll on your health and effectiveness as a caregiver. When our own resources are low and our stress level is too high, it's hard to have patience and support for children and families, our coworkers, and our own families.

Caregivers who are stressed find it more difficult to offer praise, nurturance and the structure that young children need. Caregivers who are stressed are more likely to use harsh discipline. Children whose caregivers are under high stress tend to have more challenging behaviors.

Sometimes it can be difficult to recognize when we are stressed or what things may be causing us stress. A recent workshop was very eye opening for me about what some signs of stress are and what could be causing it.

I believe recognizing the signs is the first step and then finding out why it's happening is the next, so then you can be better prepared to change it. Stress reduction is not a one-size fits all approach. The causes and solutions can be very personal.

Below are some common symptoms of stress:



Think about what some of your symptoms might be. There may be some you didn't even realize were the result of stress. What is usually happening around you when you experience these symptoms?

Stress comes from our perception of the situation. Technically, the actual situation may not be stressful, but our perceptions MAKE IT stressful.

While we continue to work on finding resources and training, try to think about your personal role in stress reduction.

- Recognize that thoughts impact your behavior and emotions.
- "Talk back" to your unhelpful thoughts.
- Focus on what is in your control versus what is out of your control
- Keep a flexible, open minded and revolving door approach to the types of activities or strategies you choose to reduce stress.

For more information about this workshop, please contact me.

## Baking for Family Fun

Submitted by Kathy Tatman, Nutrition Specialist

Baking is an inexpensive family activity that provides opportunities for families to share baking traditions, recipes and family heritage that can be handed down through the generations.

The Home Baking Association encourages families to spend time together in the kitchen. It can be quick, easy and economical.

To get started, use recipes from <https://food.unl.edu/> recipe-central. Below are some tips on how to get started.

### Baking tips from the Home Baking Association:

- **Do some prep work.** Prep by reading the recipe first. Add 20 to 30 minutes to explain, show and guide beginners and 15 minutes for intermediates or experienced bakers.
- **Keep it clean.** Remember to wash hands and countertops before starting and clean up when done. Provide separate towels for hands and dishes. Aprons or large T-shirts are great for keeping clothes clean during the baking process.
- **Take it one step at a time.** Read the recipe, gather ingredients and make sure nothing is left out. Feel the textures and temperatures: crunchy, soft, creamy, hot and cold.
- **Use the right tools.** Pour liquids (water, oil, milk, honey) in a clear liquid measuring cup placed on the countertop. Read amount at eye level. Use standard dry measures for dry ingredients (flour, sugar, cocoa, brown sugar, cornmeal). Use measuring spoons for small amounts less than ¼ cup.

- **Do a safe kitchen checklist.** Turn handles of pans toward center of stove so sleeves or people passing by won't catch on them and spill. Keep cupboard doors and drawers closed unless in use. Use only dry hot pads because heat goes through damp mitts. When stirring or checking for doneness, tilt lid away from you so steam is released away from your face.

- **Oven "ins and outs."** Before preheating, make sure the oven racks are at the correct height for the pans and recipe. Preheat oven as the recipe directs. Place pans in oven so they do not touch each other or oven sides.
- **Baking can be a learning experience.** Children and adults can learn a lot together in the kitchen. Results of cooking together contribute to stronger relationships at home and in groups. Children learn time management, team skills, following directions and problem solving.

Sources: Home Baking Association. 2020. Bake for Family Fun. <https://food.unl.edu>





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