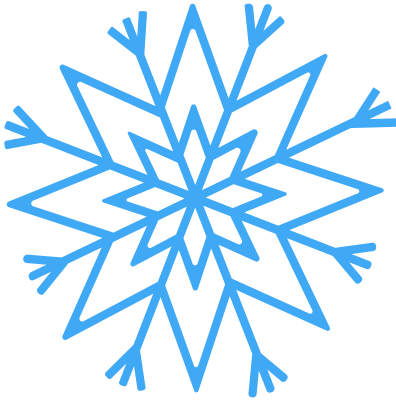


WINTER 2025



As the cold weather settles in, we want to take a moment to thank each of you for your ongoing dedication and hard work in providing a nurturing, safe, and engaging environment. This winter, embrace the cozy, magical season ahead! Whether it's exploring the wonders of snowflakes, discovering the beauty of winter animals, or enjoying the season, there's so much to spark curiosity and creativity. Make time for self-care. It's important to recharge so that you can continue to inspire and guide the children with the same joy and energy you always bring. Wishing you all a joyful winter season filled with laughter, learning, and moments of connection.



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 SPRING CONFERENCE

MARCH 22, 2025

Featured Speaker: Kristen Day
Her website [HERE](#)

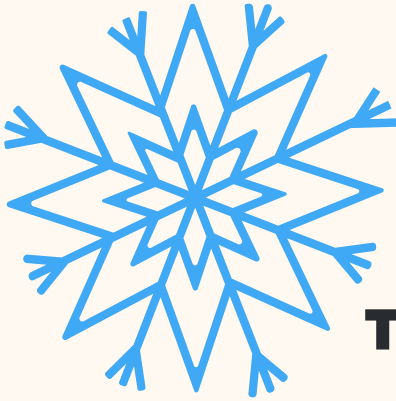
Kristen is the founder of a play and nature-based preschool and forest school in central Minnesota. She hosts The Play Based Learning Podcast and created The Camp Renegade Play Virtual Summit. With her engaging storytelling, Kristen inspires early childhood professionals to take risks and enhance their impact on children's lives.

Plan for a full and enriching day of learning. Kristen will be bringing all the fun with a special keynote and two workshops!

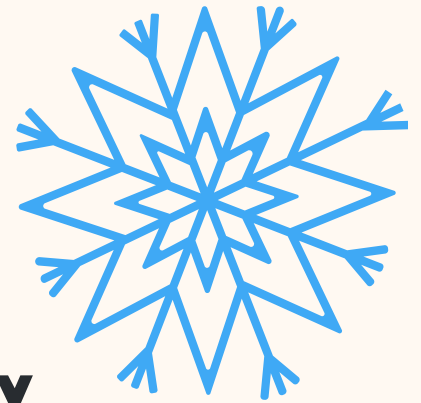
March 22, 2025, 8:00 AM - 4:00 PM PDT
Rise Church-Fellowship Hall
10445 SW Canterbury Ln, Tigard, OR 97224

Link for Registration Details [HERE](#)





WHY PLAY?



Top 10 Reasons to Play

- Play Strengthens You
- Play Makes You Smarter
- Play Helps You Solve Problems
- Play Boosts Creativity
- Play Reduces Stress
- Play Helps You Make Friends
- Play Enhances Attractiveness
- Play Builds Resilience
- Play Promotes Discovery
- Play is Fun

Credit: The Genius of Play

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**

Things Every Parent Should Know about Play

Laurel Bongiorno

Play supports children’s learning in so many ways. Make sure your child has time to play to promote cognitive, language and literacy, physical, social, and emotional development.

Children learn through their play

Never underestimate the value of play! While playing, children learn and develop

Cognitive skills—like choosing the blocks to build a tower as high as possible

Language skills—like learning the vocabulary words they need for different play scenarios

Literacy skills—like writing an appointment in a pretend dentist’s office

Physical abilities—like gluing a collage and running on the playground

Social skills—like playing together in a pretend car wash with workers and customers

Emotional skills—like waiting for a turn to be the pretend bus driver

Play is healthy

Play helps children grow strong and healthy. It also can help prevent child obesity through its active nature.

Play reduces stress

Play helps children grow emotionally. It is joyful and provides an outlet for anxiety and stress.



Play outside

Think about your own outdoor experiences of building forts, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories, too.

Play and learning go hand in hand

Play and learning are not separate activities but are closely connected. Think about them as a science lecture with a lab—play is a child’s lab.

Play is a child’s context for learning

Children practice and reinforce their learning in multiple areas during play. For example, in playing restaurant, children write and draw menus, set prices, take orders, and play out roles. Play provides rich learning opportunities and leads to children’s success and growth in self-esteem.

LAUREL BONGIORNO, PhD, is dean of the Division of Education and Human Studies at Champlain College, in Burlington, Vermont, and oversees the MEd in Early Childhood Education.

Message in a Backpack™ is available online in Spanish. Visit NAEYC.org/tyc to start reading now!



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."



WINTER FAVORITES

Build snow people! Try making white play dough and adding loose parts to create snow people. Think small twigs for arms, buttons for eyes, bits of fabric, etc. Present on a tray for building.

For a heart warming community activity, think about making cards to take to the local retirement home or to service providers. Children love to make things. For the littlest ones, you can make hand or foot print cards. These are sure to brighten someone's day.

Go outside in all kinds of weather! (Be safe, of course!) Look for what you might discover. Is there frost on plants? Can you see birds nests in trees?



UPCOMING TRAINING

- January~ The Prepared Environment and the Prepared Adult for Children on the Spectrum
- February ~ Exploring Science & Engineering with Ramps and Pathways
- March~ Spring Conference with Kristen Day!

*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 WINTER BOOKS

- The Snowy Day by Jack Ezra Keats
- Dream Snow by Eric Carle
- The Mitten by Jan Brett
-

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?

Respond to this email and we will compile a list for you !



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