



Child Care Resource and Referral Newsletter

Volume 11, Issue 2
Winter 2009

Take the Next Step in Your Professional Development- Get Involved in Advocacy

Submitted By: Kim Roam; Missouri State University

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We all want things to get better for children, families and the early childhood profession. Change can't happen without people like you who are out in the trenches working with children, families, and early childhood professionals on a daily basis. Our youngest, most vulnerable children rely on you to be their voice to let policy makers know what is going to be best for them.



Policy makers want to make informed decisions and want to do what is best for children, families and the early childhood profession in their neighborhoods and communities. They rely on us to assist and guide them in their decision making processes. They want and need to hear from us, the ones that will see the effect of their decisions on a daily basis. We have voted them into their offices, now our job is to support and educate them on what is best practice for our field.

There are some simple steps you can take to help keep them informed; you can write letters, send emails, send a fax or simply make a telephone call to let them know your views. You can also attend an annual event on January 27, in Jefferson City at the Missouri State Capital from 8:45a.m. to 3:00 p.m. You can attend the 27th annual Child Advocacy Day, along with hundreds of other early childhood professions advocating for children and families. You can attend workshops and exhibits highlighting children and family issues, meet with legislators to advocate for Missouri's children, network with other advocates for children and families, and march to the Capitol and Rally to show support for Missouri's children. Anyone can attend this FREE event!

If you would like more information on becoming an advocate for children and families, a "Beginners Guide to Advocacy" has been created by a group of Graduate Students at Missouri State University. If you would like a copy of the booklet, email Kim Roam at KimRoam@missouristate.edu. Make it one of your New Year's resolutions to begin advocating for your profession. And remember, the tiniest members of our neighborhoods and communities are counting on you, so make your voice be heard!!



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Weather Watching and Child Care

Submitted By: Phyllis Key- CCHC, BSN; Springfield-Greene County Health Dept.

Child Care Providers have many duties when it comes to keeping children safe and healthy. Planning for play time, field trips, or weather safety is just part of the daily routine. The changes in weather require the child care provider to make sure that children going outside are dressed appropriately for weather conditions. Infants and toddlers are unable to tell their care giver if they are too hot or too cold. In the summer, light cotton clothing is appropriate and in the winter children should be dressed in layers of clothing. Younger children may not admit they are too hot or cold because they are having fun outdoors. All children should be monitored closely. Older children may not want to wear proper attire for the weather including gloves, hats, coats, sunglasses, or sunscreen. Sunscreen with a SPF-15 or higher can be used in summer and winter for children of all ages. Keep in mind that children with Asthma or other medical



problems may not tolerate the effects of cold or very hot weather.

The Springfield-Greene County Health Department child care health consultants are a resource for your questions. A tool you may find useful is the “Child Care Weather Watch,” available from the website of the Iowa Department of Public Health. This can be posted and used as a guide to weather conditions, especially for children at particular risk, such as very young children or children with Asthma. As you are aware, it is also important to pay attention to weather warnings issued by the National Weather Service. For more information, visit:

<http://www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf>

If you do not have access to a computer to download the Child Care Weather Watch provided by the Iowa Department of Public Health, please call Phyllis Key CCHC, BSN at 417-864-1496, and it will be mailed to you.

Congratulations Vacancy Update Winners!!

Call us each month and let us know if you have any vacancies!

We'll enter the name of each provider who calls with vacancies in a drawing that will be held on the last weekday of the month!

Call (417) 887-3545 or (800) 743-8497.

September Winner:

Pat Marshall

October Winner:

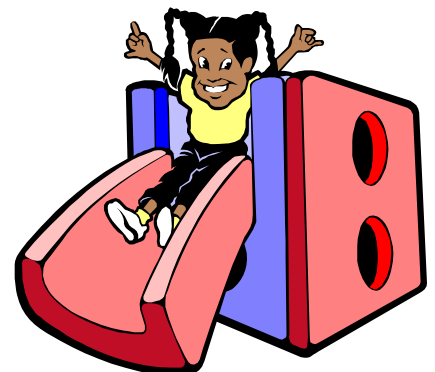
Pam Humes!

November Winner:

Tracey Stowe

December Winner:

Rebecca Campbell



Recall Information

The U.S. Consumer Product Safety Commission has announced a voluntary recall of *My Little Train Classics* toy trains by JA-RU. The recalled toy contains small parts which can detach, posing a choking hazard to young children. My Little Train Classics wooden toy trains are available in two styles. One with a yellow cab, blue body and six red wheels and the other with a blue cab, red boiler, wooden base, and four black wheels. The item #5293 is the same for both styles and is located in the lower left hand corner on the front of the package. Various wholesalers and retailers nationwide sold the trains from March 2007 through October 2008 for about \$2.00. Consumers should take the toy train away from children immediately and return it to the place of purchase for a full refund. For more information, contact JA-RU at (800)231-3470.

For more Recalls, visit www.cpsc.gov



Inclusion Corner: Connecting with Families

Taken From Child Care Plus Newsletter—
Summer 2002. Vol. 12, No. 4

When you are facing a challenging situation with a child in your program or have questions about a child's strengths and needs, it is important to involve the family as you reflect on the situation. After you have completed observations of a child, reflected on your own experiences with the child, and examined the environment in the classroom for solutions, schedule a meeting with the parents.

Come to the meeting with an open mind and a blank piece of paper ready to solicit their input. It is important to be ready to present your ideas, but creating a plan of action should be done together with the parents. Explain what you are seeing in the classroom and then ask parent what they are seeing from their child at home. Try to get them to paint a very thorough picture of what goes on at home in terms of schedules, routines, behaviors, and interactions that might apply to the current issue. Coming together with the family as a team to create a plan for addressing their child's needs is critical to your providing the best possible care and education for their child.

Autism Speaks— 100 Day Kit for Newly Diagnosed Families

Autism Speaks has recently published a kit containing information and advice for families to use during the first 100 days following the diagnosis of autism. It contains a week by week plan, as well as, suggestions and forms that families can use as they begin to find services for their child. For more information and to

access the kit, go online to
autismspeaks.org

Looking for Your Copy of the 2009 Child Care Health and Safety Calendar?



The Missouri Child Care Resource and Referral Network (MOCCRRN) has unfortunately had to discontinue the production of the Child Care Health and Safety Calendar. We realize the calendar was a great resource for child care providers, parents, and other community members serving young children so as an alternative, MOCCRRN is printing a poster that promotes Parent Central (free on-line newsletter for parents) and child care referral services, and offers some fun activities for parents to do with their children. If you are interested in receiving one of these posters, please contact Child Care Resource and Referral at (417)887-3545 OR (800)743-8497.

Director's Cut- Examine Obstacles



For every go-getter, there's someone who can't seem to get going. Wondering what's holding you back? Try this exercise: At the top of a sheet of paper, write a goal that seems to get away from you. Then, without giving it significant thought, write six reasons why you haven't achieved this goal, each beginning with the words *I can't*.

Now, go back and change *I can't* to *I won't*. This exercise may help you realize that you've addressed the obstacles to your success. And you can eliminate them.

-Adapted From the Stella Sandy's Coaching website. Taken From The Motivational Manager newsletter, April 2008.

Start the New Year off by focusing on families!

Would you like to:

- Increase family involvement
- Enhance the relationship between staff and families?
- Learn how to help families in crisis?
- Have help evaluating your policies for families?

CCRR currently has openings in the Quality Technical Assistance program which focuses on the new Strengthening Families Initiative! The Strengthening Families Initiative is designed to help you embed "protective factors" to build on family strengths. Through this program you will receive onsite technical assistance from an early childhood coach and you will have the

opportunity to receive specialized training for your staff. For more information about this program contact Amy Cochran at

acochran@ccochildcare.org or

800-743-8497 X211. For more information on the Strengthening Families Initiative visit

www.cssp.org

NAEYC Accreditation

The National Association for the Education of Young Children (NAEYC) launched its accreditation system in the early 1980's to help families find the best care for their young children and to provide the early childhood education field with a credible means by which to identify and meet standards of excellence. During its first two decades, NAEYC Accreditation gained international recognition for its visible support of high-quality early childhood programs. In 2002 a new mission, vision, and name were incorporated. NAEYC's mission is to set and monitor the standard for high quality early childhood programs serving children birth through kindergarten, and focuses on four (4) early childhood standards which include: children, teaching staff, partnerships, and Administration with the standard of "children" being weighted the strongest.

NAEYC's Accreditation fees vary dependant upon the number of children enrolled within your program. Programs will pay an enrollment fee, application fee, candidacy and onsite visit fee, as well as an annual report fee each year. NAEYC total costs on average will range between \$1,575.00 and \$2,825.00.

NAEYC understands that it is difficult for programs to find monies to become accredited and focuses on helping programs by offering scholarships to assist with these fees. Some programs are eligible to receive up to half off of their fees.

To be eligible for NAEYC Accreditation programs must meet the following criteria:

- Be a licensed center or school-based program serving children between the ages of birth through kindergarten
- Serving a minimum of 10 children
- Have been in operation for at least one year prior to submitting self study materials

If you would like to learn more about NAEYC Accreditation visit <http://www.naeyc.org/academy>

Or contact CCRR at 800-743-8497 X213

Other Accreditation options for child care programs include: National Association for Family Child Care www.nafcc.org and Missouri Accreditation www.moaccreditation.org

How to Combat the Winter Blues

Submitted By: Louise Bigley, BSN, RN– Springfield– Greene County Health Department



Have you heard of the winter blues? Well, it's true that during the winter season some people experience the blues or otherwise known as Seasonal Affective Disorder or SAD. Seasonal Affective Disorder is a mild-form of depression that has a seasonal onset. Winter-onset usually occurs in late fall or early winter and is related to the changes in daylight hours. Surprisingly, a half a million people in the United States suffer from the winter-onset disorder; it generally affects women more than men and starts around 20 years of age. Childcare providers are equally susceptible to the winter blues and changes in daylight, because they often arrive at the center in the early morning hours and leave after dark. It's important for everyone including childcare providers to be aware of the affects of the changing seasons and look for ways to improve your mood. Providers have a wonderful opportunity to get outside with the children, even in the cold; it's a great opportunity to take in some fresh air and sunshine. Additionally, changes in appetite, weight gain, and irritability are all common symptoms of the winter blues or SAD. Looking for ways to eat healthy and including more activity in your day will all help to keep the blues away. For more information about Seasonal Affective Disorder, visit: <http://mayoclinic.com/health/seasonal-affective-disorder/DS00195> or <http://healthyminds.org/factsheets/LTF-SAD.pdf>

Adapted from Mayo Clinic and CDC

Just for Parents...

Transitions To and From Child Care-Making Them Less Stressful

Taken From Parent Central of NACCRRRA (parentcentral@naccrra.org)

The picture in your mind has you enjoying breakfast with your child before heading calmly out to work and to child care. The reality you face has you running late (again) as your child refuses to put on his or her shoes and you search for your keys. There are strategies to make the transition to and from child care easier. Start by looking at what's happening. Then look at your behavior and look at the environment. Finally, look at your child's behavior. Take a couple of days and don't do anything except look at how transitions are working out. What can you do to prepare yourself and your child for transitions? Parents have found the following strategies helpful in preventing problems:

- * Give yourself five minutes of quiet before you wake up your child or start your day.
- * Play calming music.
- * Plan to give the slow-to-wake up child three wake up calls.
- * Put happy, sad, scared and mad faces on the refrigerator. Have your child point to how he or she feels in the morning. Point to how you feel. Use this information to give hugs or to be quiet.
- * Get things ready the night before: Put out clothes, shoes, coats, and gloves (for you and your child), set up breakfast, pack backpacks, and find your keys.
- * Make a chart with pictures showing what should happen. Instead of nagging your child, point to the chart. Explain to them in the evening that this is a new game you'll play to have a better morning together.
- * Keep it simple. Use shoes without laces and pants without belts until your child is really good at tying shoes and buckling belts.
- * Have an activity bag to use in the car or while your child has to wait. Include small books, action figures, squeeze balls, washable markers and notepads, small dolls, masking tape, stickers, small cars and trucks.
- * Give your child something concrete to measure the time: After this song is over....When the timer goes off...
- * Show respect. Your child may be involved in what he or she is doing, or may have other plans about how to spend the time. Your child has to do what you need done, and you want it done pleasantly. That doesn't mean your child has to like doing it.
- * Give your child responsibilities. Teach your child to get dressed and tidy up. Compliment your child when things go well.
- * Plan to arrive at the child care program about the same time every day. That way your child can plan ahead and think about what will be happening when you get there.
- * Have a good-bye ritual so your child knows you are leaving.
- * Tell your child when you will be back (for example, after nap time and group play.)
- * Trust your child care provider to help your child settle down once you leave.
- * Take time to relax before you pick up your child; even 3-5 minutes can make a difference.
- * Try to arrive about the same time every day. Children seem to have an internal alarm clock and know when to expect you.
- * Find out from your caregiver what happened during your child's day.
- * Have a simple snack ready for the ride home.
- * Plan to have time with your child as soon as you get home.
- * Plan calming activities for your child while you prepare dinner. Let your child help with dinner, read, play with play-doh, play in water, color, watch fish in a fish tank, snuggle into a beanbag chair, or listen to relaxing music.



There are strategies to make the transition to and from child care easier.

play safe! be safe! ®

An award winning fire safety education program created especially for children ages 3-5

Thursday, January 29, 2009

Hammons Heart Institute Auditorium, Springfield, MO.

The play safe! be safe! Workshop:

8:30-9:00a.m.: Registration

9:00a.m.-12:00p.m.: A fascinating and entertaining look into the preschool child's perception of fire, the surprising frequency of children's misuse of fire, practical approaches to teach young children fire safety, and introduction to the award winning play safe! be safe! Kit.



All participants receive a free play safe! Be safe! Kit! Trainers receive additional materials, including, kits for distribution, training slides, notes, and a resource list.

Pre-registration required. Contact Mary Stone at 417-888-2020 or email at mstone@commpartnership.org

Workshop will be held at the Hammons Heart Institute Auditorium,
1235 E. Cherokee, Springfield, MO. 65804

Sponsoring Agencies: Missouri State Fire Marshal's Office, the Missouri Department of Health and Senior Services, Community Partnership of the Ozarks, and SAFE KIDS Springfield

H&R Block Gift Certificates

Will Not Be Available This Year

Child Care Resource and Referral regrets to inform you that H&R Block will not be able to supply us with a gift certificate for discounted tax preparation. Corporate policy set by H&R Block has decided they will no longer be issuing such coupons. H&R Block would like child care providers to know they are still available for services and would be happy to work with you this tax season.

Child Care Resource and Referral would like to thank H&R Block for their generosity over the many years of offering their discounts to the child care community.

Child Care Resource and Referral is currently able to e-mail the quarterly newsletter to child care programs. If you have an e-mail address available, please contact Sarah Camp at scamp@ccochildcare.org

Sarah will update that information in the database. If you already receive the newsletter electronically, please be sure to notify us of any changes in your e-mail address. Thank you for helping us cut costs and save the environment!

Meet the CCRR Staff

Call us anytime with questions or to get the latest information on quality child care

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"Good Beginnings Last A Lifetime-
Make a Smart Child Care Choice"

Visit us on the web:

www.ccochildcare.org

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