

New Health and Safety Changes!

Deane Oliva, Family Child Care Coordinator and Sherri Meyer, CCR&R Coordinator

Recently four changes have been made to the Division of Licensed Child Care's health and safety regulations for child day care facilities. It is important for all child care providers to be aware of these changes and to make the necessary adjustments to their programs.

Two of these changes relate to food service. The old regulation stated that breakfast should include milk, bread, and a serving of either fruit, vegetable, or juice. It now states that, if juice is chosen, the juice must be 100% juice. Thus, juice cocktails and drinks which contain only some, but not all, juice will no longer meet the juice requirement. Similarly, if juice is served at snack time, it now must be 100% juice.

An important change has also been made to the first aid supplies. Specifically, tweezers are no longer necessary, but a cardiopulmonary resuscitation mouthpiece protector is now required. These protectors are not expensive but make sure to buy one that is appropriate for the age population for which it is needed.

When you add your CPR resuscitation mouthpiece, it might be a good time to check the first aid kits for your facility. They should now include:

Liquid soap	Adhesive bandages
Sterile gauze	Medical tape
Scissors	A thermometer
Flashlight (working)	Cold pack
First aid book	Disposable gloves
A cardiopulmonary resuscitation mouth piece protector	

Finally, a new area has been added to the list of creative activities which may be included in the daily curriculum for young children. Indoor and outdoor play is now added in addition to art, music, dramatic play, stories and books, science activities, block building, and tactile activities. This addition underlines the need for young children to use both large and small muscles in their play. It emphasizes both the importance of

taking children outside whenever weather permits as well as the need to exercise large muscles even when inside.

These four changes to Kentucky's licensed child care regulations are not hard to implement and they do not require expensive purchases. By making these changes, though, the children in your program will benefit.

If you would like to view the regulations for licensed child care centers and licensed family child care homes, visit the CCR&R web site at www.ttas.org, and click on the "CCR&R" box. In the right column just below the registrations for conferences, you will see a box that has a website for the regulations of both licensed and certified child care. Just click on the highlighted words and you will be able to view the regulations.

Legislators Are In Session

Sherri Meyer, CCR&R Coordinator

Legislators are now in session until April 15, 2002. There is a Legislative Research Committee web site that allows the general public to view the upcoming bills that will go before the legislators. You can visit the web page to follow the work of the legislators ("Legislation & Legislative Record") at www.lrc.state.ky.us. If you do not have Internet access, you are welcome to come to the CCR&R office to check this web page.

The web page also has links ("Who's Who") that allow you to contact your legislators. You may want to make contact and let them know

what you think of the KIDS Now initiative or other issues related to children and families.

Oh No! February is National Lice Month!

Kim McIntyre, Professional Development Coordinator

Head lice is a communicable or contagious disease that spreads quickly in early childhood environments, affecting all social and ethnic groups. It does not reflect poor hygiene or cleanliness! In 1998, 80% of schools had at least one lice outbreak. Cases of lice are now more numerous than chickenpox; with U. S. consumers spending nearly \$10 million on lice remedy products each year.

These tiny, wingless, bloodsucking insects feed on the human scalp and cannot live away from a human host longer than 20 hours. Head lice crawl from one head to another or are transferred from one child to another through shared combs, brushes, hats, headgear, helmets, headphones, car seats, stuffed animals, dress-up clothes, nap time materials, furniture, and jackets hung side by side. Head lice cannot jump, fly or live on animals.

By establishing a head lice control policy, communicating the policy to families, and teaching staff how to properly identify lice and nits during regular lice checks or screenings, head lice infestation can be prevented. A head louse looks like a tiny, grayish-tan sesame seed. Their eggs are tiny, white specks attached to the hair shafts, near the scalp, and especially found at the nape of the neck and behind the ears. Once head lice and nits (or eggs) have been detected, initial lice shampoo or cream rinse treatment and nit removal with a fine-tooth comb is critical to beginning to kill adult lice and their eggs. A second application is normally needed in 7-10 days. By having information readily available for families on what to do if their child has lice, the problem can easily be managed.

As an early childhood educator, you can help prevent the spread on head lice by examining the environment and taking simple, preventive steps to decrease the transfer of head lice. Ensure that coats and hats are hung separately so they do not touch or place coats in cubbies, lockers, or book bags. Ensure that all nap supplies, such

as mats, sheets, and blankets are individually labeled. Space mats at least three feet apart during nap time. Clean mats frequently, store all linens separately in individual children's cubbies or book bags, and ensure linens are regularly laundered using hot water and at least 20 minutes of drying time on a hot cycle.

Examine the types of items provided for dramatic and doll play. Do they include headgear, scarves, and clothes, which children takes turns wearing? Are the items laundered or rotated frequently? If head lice is detected, do you remove these items and place them in tightly, sealed plastic bags for two weeks? Does your reading area include soft materials (It had better!), such as pillows and upholstered furniture? How are these items routinely cleaned? Are all carpeted areas vacuumed thoroughly on a daily basis? As you know, a plain, sterile environment is uninviting and inappropriate, but there are ways to reduce the lice *celebration* in February through education and awareness!

Web Pages About Head Lice

Centers for Disease Control

<http://www.cdc.gov/ncidod/hip/abc/facts18.htm>

Harvard School of Public Health

<http://www.hsph.harvard.edu/headlice.html>

American Head Lice Information Center

<http://www.headliceinfo.com/>

Kids Health

<http://kidshealth.org/parent/infections/common/lice.html>

Math - It's Power

Sherri Meyer, CCR&R Coordinator

Math is a powerful concept for young children to learn but math is more than counting rote or counting objects. Math can be, grouping things that are similar, matching objects, learning more and less, measuring, and much more. The development of math concepts is so important for young children. Not only do boys need math concepts and math development, but so do girls. It is just as important for girls to develop these skills since many girls grow up to own their own businesses, become doctors and pharmacists, teachers, bankers, and many more professions. So remember to include all children who are interested in fun math activities. It is important for the child to discover the idea of math and not to be taught math. If math is experienced and discovered by children, they will internalize the learning and carry it with them longer. Following are many easy to incorporate ideas to encourage children to think mathematically and to broaden our perspective of math.

- † With one shoe on and one shoe off, sort and group like shoes together (those with buckles, ties, velcro, or no fasteners). You can then count the like shoes, find out which group of shoes has more or less or the same number.
- † Before going outdoors, take an inventory of what is needed (two mittens, one hat, one coat, etc.)
- † While outdoors, check to see what amount or number of something (leaves, nuts, etc.) will fit into your pockets. This will also work indoors with other types of pockets and items.
- † How many giant steps does it take to walk from point A to point B?
- † Make a map of the classroom and mark the

routes that a child can take to move from one location to another. Do the same thing with the playground. Then actually follow the map and walk the route.

- † During cleanup, put away all the round items, all the things that are not round, put away five things, etc.
- † Challenge children to: put your toes over your head, put your hand lower than your stomach, hold up a few fingers.
- † Touch a child's back. Is it a few fingers, many fingers? Is it high or low?
- † Put up to five items in your pocket. Have the children guess how many are there. Say "That's too many, that's too few" until they guess the correct amount.
- † Have children group themselves by their clothing (type of shirts, color of socks, type of shoes, length of sleeves, with or without belts, etc).
- † Make a graph of favorites (sandwich, animal, color, ice cream, etc) and then group the children together that have like similarities.

The development of math skills and concepts can be great fun for both the teacher and the children. With a little planning and thought, children can be exposed to math concepts that will be entertaining and educational, not to mention hands-on fun. So look around your classrooms and outdoor environments and be creative. Have fun with math!

Information adapted from More Than Numbers: Mathematical Thinking in the Early Years, edited by Dennie Palmer Wolf and Bonnie Neugebauer and published by Child Care Information Exchange, pp. 25 - 29.

Child Tax Credit

Lesley Montgomery, Office Coordinator

Did you know about the new Child Tax Credit? During the 2002 tax filing season, you or a family enrolled in your program may be able to take advantage of the Earned Income Credit (EIC). The EIC is worth up to \$4,008 for a full-time, minimum wage worker raising two or more children. Many low-income working families are now eligible for the Child Tax Credit (CTC). The CTC can be worth up to \$600 for each dependent child under 17-years-old. In addition, families who did not pay income tax in 2001 due to low earnings can obtain this credit as a refund. The CTC is in addition to any Earned Income Credit for which the family qualifies! Most low-income working families may qualify for both credits. The EIC and CTC can help working families pay for necessities, including child care. Please be sure to ask your tax accountant about the new Child Tax Credit! You may also want to encourage your enrolled parents to check too!

To help working families, the Center on Budget and Policy Priorities has prepared an Earned Income Credit Outreach Kit for 2002. Working parents may use this kit prior to talking with their tax accountant to obtain valuable information about their potential eligibility for the new tax benefits. The kit includes English and Spanish posters and flyers, information about obtaining free tax filing assistance, and updated tax forms for both the CTC and the EIC. This kit is available for parents or providers to borrow from the WKU CCR&R! Please call Lesley Montgomery at (270) 745-2216 or 1-800-621-5908 to check it out. The kit is also available free by contacting the National Association of Child Care Resource and Referral Agencies at (202) 393-5501, Extension 114.

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News from the Center For Child Care Workforce

Connie Jo Smith, CCR&R Specialist

The Center for the Child Care Workforce

Be A Part of Something Bigger

Connie Jo Smith, CCR&R Specialist

(CCW), founded in 1978, is a nonprofit research, education, and advocacy organization. CCW is committed to improving child care quality by improving child care jobs through upgrading the compensation, working conditions and training of child care teachers and family child care providers. The CCW publishes numerous documents, including a monthly electronic newsletter, entitled "RIGHTS, RAISES, RESPECT".

Their January 2002 electronic newsletter announced their June 23-26, 2002 Summer Leadership Institute "Leaders in Action for Worthy Wages". The Institute will be held at the University of Colorado - Boulder. It is an opportunity to come together with others to: refine your skills as a leader, organizer and advocate; reflect on your role in achieving our goal of better child care jobs; and renew your commitment to reversing the child care staffing crisis. Scholarships are available through CCW.

To find out more about the Institute and scholarships, review their catalog of publications, or join their electronic newsletter contact them at:

Center for Child Care Workforce

733 15th Street, NW Suite 1037

Washington, DC 20005-2112

800-U-R-Worthy

202-737-7700

202-737-0370 (fax)

Email: ccw@ccw.org

Web page address: www.ccw.org

I have such a vivid memory of my first national professional conference! Many years ago, I attended the National Association for the Education of Young Children's (NAEYC) annual conference and it was such an eye opener for me. The conference was in New York City and from a personal standpoint, that was an experience all by itself because I had never been in a city. I still remember being petrified as I stood in line to check into my hotel room. Some of the other NAEYC attendees were in front of me and had not guaranteed their room. Because of the time of night, their room was no longer available. I knew that I would probably burst into tears if my room was not available when I got to the front of the line, but luckily it was.

Then came selecting workshops to attend. I could not believe that the agenda was so long with so many choices. The conference was in several different buildings and shuttle busses were available to transport you between them. It was amazing to me that so many other people were all interested in learning more about young children. I met people who had various roles with children (directors, teachers, trainers, college professors, and more). The people I met represented so many different settings (churches, family child care, corporate centers, public schools, Head Start, etc.). I had no idea that the early childhood field was so large and diverse.

Although attending that first conference was a tremendous experience, I have since learned that being part of a professional organization is much more than attending a conference. I look forward to my NAEYC journal, *Young Children*, that comes every month. It has articles that are based on research but are also practical. I have

purchased many of the reasonably priced and high quality video tapes and books published by NAEYC. (Some of these books and videos are in the CCR&R library and available for you to check out.) I have also served as an NAEYC Accreditation Validator, which gave me a chance to visit many centers. One of my greatest experiences was serving on the Accreditation Advisory Committee, which gave me a chance to voice my opinion and help shape the future. I also find visiting the web page for current information and to learn about new trends and important part of my ongoing professional development. Many parts of the web page are available free to all.

NAEYC, founded in 1926, has over 100,000 members. Membership is open to all who share a desire to serve and act on behalf of the needs and rights of young children. Annual membership fees are \$75 for a Comprehensive Independent Member and \$45 for a Regular Independent Member. Both receive the journal, *Young Children*. Comprehensive members receive additional publications. Below is contact information to join, review the catalog, learn about conferences, or check out the web page.

**National Association for the Education
of Young Children**

1509 16th Street, N.W.

Washington, DC 20036-1426

E-mail addresses: naeyc@naeyc.org

202-232-8777 or 800-424-2460

<http://www.naeyc.org/>

The November 20-23, 2002 NAEYC conference is also in New York City. See you there! And be sure to guarantee your room reservation!

Celebrations

Month-Long Celebrations In February

American Heart Month
American History Month

Black History Month
Children's Dental Health Month
International Friendship Month
National Cherry Month
National Grapefruit Month
National Snack Food Month
National Wild Bird Feeding Month
Responsible Pet Owners' Month

Special Days In February

- Feb. 2 Groundhog Day
- Feb. 3 Elmo's Birthday: Sesame Street Character
- Feb. 4 Laugh And Grow Rich Day
- Feb. 4 Create a Vacuum Day
- Feb. 4 Rosa Park's Birthday
- Feb. 5 Disaster Day
- Feb. 5 National Weatherperson's Day
- Feb. 6 Babe Ruth's Birthday
- Feb. 8 Boy Scouts' Day
- Feb. 9 Toothache Day
- Feb. 10 Umbrella Day
- Feb. 11 Don't Cry Over Spilled Milk Day
- Feb. 11 National Inventor's Day
- Feb. 11 Thomas Edison's Birthday
- Feb. 13 Get a Different Name Day
- Feb. 14 Ferris Wheel Day
- Feb. 14 Valentine's Day
- Feb. 15 National Gumdrops Day
- Feb. 15 Susan B. Anthony's Birthday
- Feb. 17 Random Acts of Kindness Day
- Feb. 22 Be Humble Day
- Feb. 22 World Thinking Day
- Feb. 23 International Dog Biscuit Appreciation Day
- Feb. 27 Polar Bear Day

Special Weeks In February

- 2nd Week National Crime Prevention Week
- 2nd Week Hero Week

Child Care Resource & Referral

The staff of the Child Care Resource and Referral at Western Kentucky University includes:

- Connie Jo Smith, CCR&R Specialist
- Sherri Meyer, CCR&R Coordinator
- Taylor Tucker, Quality Coordinator
- Kim McIntyre, Professional Development Coordinator
- Lesley Montgomery, Office Coordinator
- Amy Hood, Special Projects Consultant

For More Information:

- Phone us at (270) 745-2216 or (800) 621-5908
- Fax us at (270) 745-7089
- E-Mail us at ccrr@wku.edu
- Visit our website at www.ttas.org

