

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU

Western Kentucky University

1 Big Red Way, 151 Jones-Jaggers Hall

Bowling Green, Kentucky 42101-3576

THE CHILD CARE PROFESSIONAL is published monthly by the Child Care Resource & Referral (CCR&R) at WKU and distributed at no cost to child care centers and family day care homes. The CCR&R at WKU serves the Barren River Area Development District of Kentucky which includes Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalf, Monroe, Simpson, and Warren Counties. Primary services offered by the CCR&R include:

- Distributing consumer education materials to families seeking child care;
- Providing child care referrals to parents;
- Offering training to early childhood providers and parents;
- Helping potential child care providers establish programs;
- Supporting facilities working toward STARS;
- Assisting providers in obtaining scholarships for the Commonwealth Child Care Credential, Child Development Associate, or college classes; and
- Advocating for affordable, accessible, high quality services for children and families.

The professionals and staff of the Child Care Resource & Referral at WKU are ready to provide assistance in a number of areas. Our staff includes:

Connie Jo Smith, CCR&R Specialist

Sherri Meyer, CCR&R Coordinator

Jill Norris, Early Childhood Health Coordinator

Taylor Tucker, Quality Coordinator

Amy Hood, Professional Development & Special Projects Coordinator

Heather Alms, CCR&R Office Coordinator

Terri Mills, Office Assistant

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KEEP IN TOUCH. If you are not currently receiving the newsletter at your own center or agency, please contact our office by mail, phone or e-mail and we will add your name to our mailing list. If you, your agency or center are moving, please let us know your new address; we'll update our mailing list, and you won't miss an issue of **THE CHILD CARE PROFESSIONAL**.

TO CONTACT THE CCR&R AT WKU FOR MORE INFORMATION:

Phone Us at (270) 745-2216 or (800) 621-5908

Fax Us at (270) 745-7089, E-Mail Us at ccrr.expert@wku.edu,

Or Visit Our Website at www.ttas.org

Editing & Newsletter Design by Dennis Angle



Want to Be Published . . . Or Announce An Event?

If you are an administrator, coordinator, teacher, or caregiver, we encourage you to submit articles to be considered for publication in **THE CHILD CARE PROFESSIONAL**. You can share your experiences in early care and education, tell us about activities that work well with children, share ways you communicate and involve families, or discuss ideas for working with colleagues or community partners. Do you have a story to tell about going back to school? Have a story about working on STARS for your facility? Want to tell us about your experiences starting your child care program? We welcome your submissions.

All non-profit agencies are also welcome to submit announcements for consideration of publication in the CCR&R newsletter. Describe your services, let us know about an upcoming event, or describe a specialized service your agency provides.

We cannot guarantee acceptance or the exact date of publication, but we will make every effort to include your articles and announcements in **THE CHILD CARE PROFESSIONAL** on a timely basis. We want you - as our partners in early childhood - to freely contribute to YOUR newsletter. **All submissions should be limited to 400 words or less, and must be typed and sent electronically.** (Sorry, submissions cannot be returned.) You may e-mail submissions or mail them on disk to:

E-Mail: connie.smith@wku.edu

Child Care Resource & Referral at WKU
1 Big Red Way, 151 Jones-Jaggers Hall
Bowling Green, Kentucky 42101

Having Fun Under The Summer Sun

Sherri Meyer, CCR&R Coordinator

Outdoor play is a great avenue for teaching many things. While you are enjoying the outdoors this Summer, remember to provide children with plenty of water while outdoors and with plenty of shade. Children can get very hot very quickly, so water and shade are a must. (For **Summer Safety Tips** from the American Academy of Pediatrics, please see the article on page 4.) While keeping in mind these simple precautions, why not try the following activities?

- Paint with water outdoors using small cups or buckets that the children can easily carry. Use clean paint brushes or sponges to “paint” with. Children can paint on any surface since they are using water. You can talk about how the surface color changes when it gets wet and how it looks as it dries.
- Plant a flower or vegetable garden. If you plant a flower garden, be sure the flowers that you plant are non-toxic. Children can help to work the soil and dig holes for the plants and vegetables. They can also assist in watering, weeding, and then picking the plants when they are mature. Children will love to show off their beautiful bouquet of flowers or try the vegetables that they grew in their garden. Even veggies they don’t usually like taste better coming from their own vegetable patch!
- Collect bugs and insects, (no poisonous ones, please!) and provide them a home for the time that you are outdoors. Talk about what they might eat, where they live, and so on. Be sure to set the bug or insect free when play time is over. When you visit the library, look for books about insects.
- Have a treasure hunt on the playground. Prior to your outdoor time, hide objects on the playground and give clues as to where to locate the hidden items. Children will improve their thinking and problem-solving skills while they have a good time solving the clues.
- An outdoor game of *I See Something You Don’t See* can help teach concepts such as colors, textures, shapes, size, distance. For instance, “I see something you don’t see and it’s tall and yellow. Give up? It’s a sunflower!”
- Provide sand and water play. If you do not have a sand or water table outdoors you can create one by using plastic containers filled with water or sand. You can use funnels, shovels, buckets, measuring cups, cars - the list goes on. Items that float, drive, dig, and measure are good to use to introduce concepts such as sinking, floating, measurement, and full or empty. Water play can be used to give dolls a bath or to wash their clothes and then hang to dry.

Outdoor play can be a great deal of fun and educational as well. Only your imagination can limit the many and wonderful activities that can be done outdoors. Enjoy yourself and the children will follow your example!



Summer Safety Tips

Compiled from the Website of *The American Academy of Pediatrics* by Jill Norris, Early Childhood Health Coordinator

Summer is a time for fun and extended outdoor play activities, but Summer is also a time for taking extra care to protect young children from the hazards that go with the season. The following Summer safety tips are taken from *The American Academy of Pediatrics* web site. For more Summer Safety Tips, please visit: www.aap.org/advocacy/releases/summertips.htm.

Fun In The Sun

For Babies Under Six Months, avoiding sun exposure and dressing infants in lightweight long pants and long-sleeved shirts and brimmed hats are still the top recommendations from the AAP to prevent sunburn. Whenever adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For Young Children, apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF (sun protection factor) should be at least 15.

For Older Children, the first and best line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (preferably those that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave. Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Use a sunscreen with an



SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult. Reapply sunscreen every two hours, or after swimming or perspiring.

Heat Stress in Exercising Children

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels. Before prolonged physical activity, the child should be well hydrated. During the activity, periodic drinking should be enforced. For example, every 20 minutes, 5 ounces of cold tap water or a flavored sports drink for a child weighing 88 pounds, and 9 ounces for an adolescent weighing 132 pounds, even if the child does not feel thirsty.

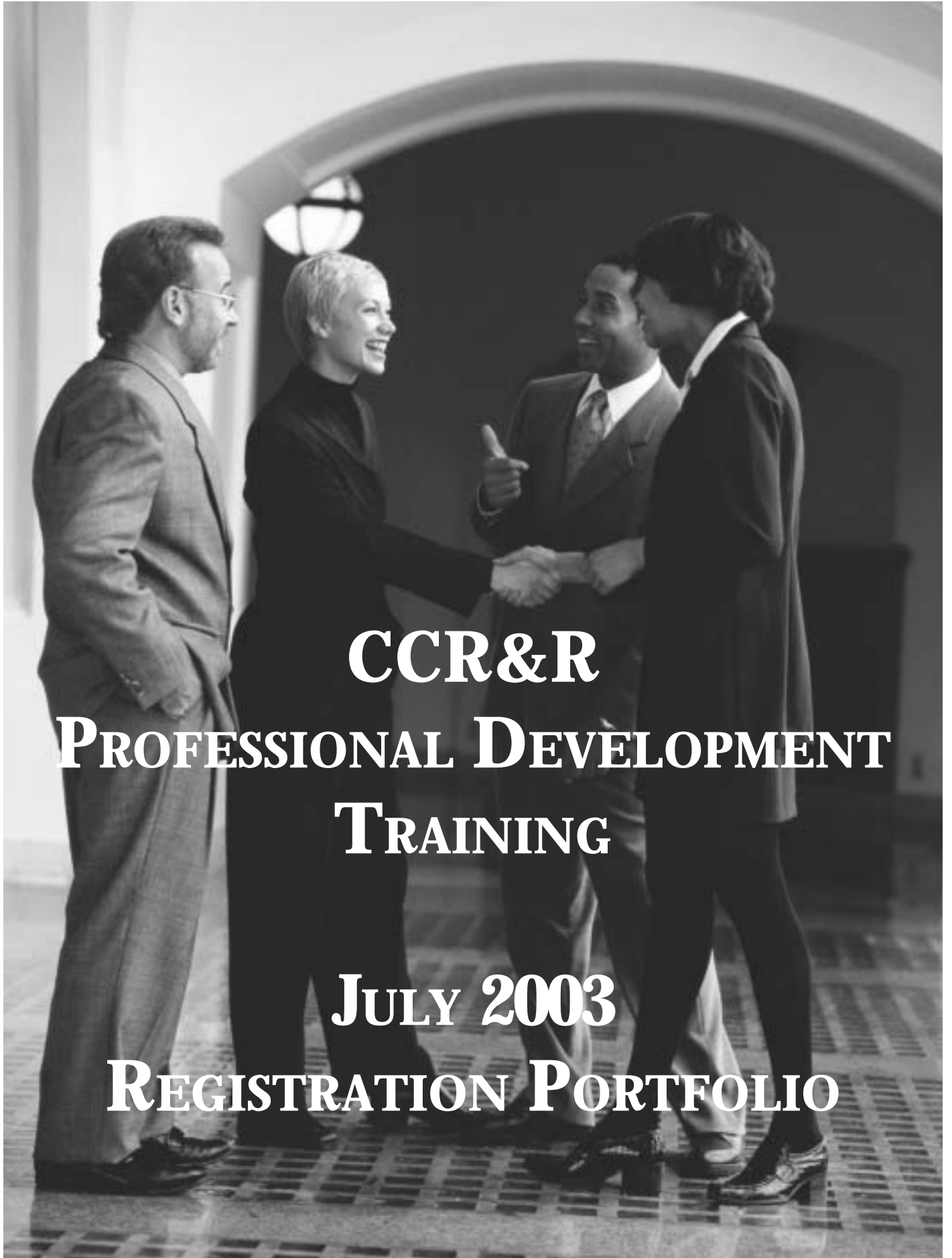
Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

Bug Safety

Don't use scented soaps, perfumes or hair sprays on your child; they can attract insects. Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods, and gardens where flowers are in bloom. Avoid dressing your child in clothing with bright colors or flowery prints.

Insect repellents containing DEET are the most effective. The safety of DEET does not appear to relate to differences in concentrations. A prudent approach would be to select the lowest concentration effective for the amount of time spent outdoors. It is generally agreed that DEET should not be applied more than once a day. The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.

(Reprinted by permission from the website of *The American Academy of Pediatrics*.)



**CCR&R
PROFESSIONAL DEVELOPMENT
TRAINING**

**JULY 2003
REGISTRATION PORTFOLIO**

CCR&R PROFESSIONAL DEVELOPMENT TRAINING JULY 2003 REGISTRATION PORTFOLIO

The Child Care Resource & Referral at WKU is the leading provider of quality, affordable training in the 10 counties of the Barren River Area Development District. The professional staff and consultants of the CCR&R provide Professional Development Training each month on a variety of topics, suitable for both new and veteran child care and family child care staff and administrators. Events are conveniently scheduled in the evening or on Saturdays and participants qualify for Child Care Training Credits.

This special removable section of **THE CCR&R PROFESSIONAL** contains registration forms for upcoming training events sponsored by the Child Care Resource & Referral at WKU during the month of August, 2003. Simply detach the portfolio pages from the rest of the newsletter and copy the registration form or forms you need. Then pass the **REGISTRATION PORTFOLIO** on to your co-workers or colleagues so that they may copy the forms to register for the training in which they are interested.

Please complete and return you registration form(s) with payment by the date specified on each form.

For additional details on scheduled events, please contact the CCR&R at (270) 745-2216 or (800) 621-5908.

Registration Form
Child Care Resource & Referral Professional Development Training

THE ROLE OF PARENT INVOLVEMENT

6:00 - 9:00 P.M., TUESDAY, AUGUST 7, 2003

LOGAN COUNTY EXTENSION OFFICE

121 SOUTH SPRING STREET, RUSSELLVILLE, KENTUCKY

This session is designed to discuss the role of parent involvement in child care. The session will also provide participants with ideas on how to involve parents in appropriate ways.

Presenter: Jill Norris, CCR&R Early Childhood Health Coordinator. **Target Audience:** General. **CDA Functional Area:** 7. **Core Content:** 6.

Doors will open and participant check-in will begin at 5:30 p.m. on the night of the training.

You may copy and share this form as necessary. Please print clearly and submit one form per person. ***There will be no on-site registrations!***

To receive the **EARLY BIRD REGISTRATION FEE** of \$10, please return no later than July 25, 2003. ***Any registration received after July 25, 2003 will be charged \$12.50.***

Name: _____ Position: _____
Age Group(s) Served: _____ Program Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
County: _____ Phone Number: _____
E-Mail Address for Confirmation (if available): _____ Your Primary Language: _____

Please return completed registration form with payment **NO LATER** than July 25, 2003 to:

Child Care Resource & Referral
151 Jones Jagers Hall, WKU
1 Big Red Way
Bowling Green, KY 42101

ACCESSIBILITY NEEDS: Do you have a disability that requires special materials or services? Please explain: _____
CANCELLATIONS: To avoid obligation for payment of fees or to obtain a refund, all cancellations must be received *in writing five working days prior to the event.*

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

SATURDAY, AUGUST 16, 2003

TATE C. PAGE HALL, REGISTRATION IN 2ND FLOOR LOBBY
WESTERN KENTUCKY UNIVERSITY, BOWLING GREEN, KENTUCKY

Doors open and participant check-in begins at 8:30 a.m. You may copy and share this form as necessary.

Please print clearly and submit one form per person. ***There will be no on-site registrations!***

**To receive the EARLY BIRD REGISTRATION FEE of \$10 per Half-Day Session,
or \$20 for the Full-Day Session, please return no later than July 25, 2003.**

After July 25, 2003 registration will be \$12.50 per half-day session, or \$25 per full-day session.

To receive **CEU Credits**, please check here ___ and include an additional \$10 fee.

MORNING SESSION: 9:00 A.M.-NOON (SELECT ONE)

- CREATING SAFE ENVIRONMENTS.** This session will discuss the various safety requirements and regulations and provide developmentally appropriate ideas for teaching safety to children within their environment. **Presenter:** Jill Norris, Early Childhood Health Coordinator. **Target Audience:** General. **CDA Functional Areas:** 1. **Core Content:** 2.
- COMMUNICATING WITH PARENTS.** This interactive session will discuss different ways to communicate with parents about their child's day. **Presenter:** Taylor Tucker, Quality Coordinator. **Target Audience:** Preschool. **Core Content:** 6.

AFTERNOON SESSION: 1:30-4:30 P.M. (SELECT ONE)

- IF YOU BUILD IT, THEY WILL COME.** This session will focus on appropriate learning centers for children of all ages. Recommendations of the Environmental Rating Scales will also be discussed. **Presenter:** Taylor Tucker, Quality Coordinator. **Target Audience:** General. **CDA Functional Areas:** 3. **Core Content:** 1.
- BUILDING A CARING CLASSROOM.** This session will describe ways to create an anti-bias environment so that children understand what other children feel, want, and know. The session will also focus on communicating respect for children and how this encourages respect throughout their lives. **Presenter:** Jill Norris, Early Childhood Health Coordinator. **Target Audience:** Preschool. **CDA Functional Areas:** 8. **Core Content:** 1.

FULL DAY SESSION: 9:30 A.M.-4:30 P.M.

- NEW EMPLOYEE ORIENTATION.** The New Employee Orientation is a mandatory six-hour training that all child care employees must attend during the first 90 days of employment. The orientation includes information on Health, Safety and Sanitation; Recognizing and Reporting Child Abuse; and Developmentally Appropriate Child Care Practices. **Presenters:** Pat McCann and Stephanie Elliott, CCR&R Consultants. **Target Audience:** New Employees.
Please specify the language(s) you prefer for your Orientation Materials: ___ English ___ Spanish

Name: _____ Position: _____
Age Group(s) Served: _____ Program Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____ County: _____
Phone Number: _____ E-Mail Address for Confirmation (if available): _____

Please return completed registration form with payment NO LATER than July 25, 2003 to:

Child Care Resource & Referral

WKU, 151 Jones Jagers Hall, 1 Big Red Way, Bowling Green, KY 42101

ACCESSIBILITY NEEDS: Do you have a disability that requires special materials or services? Please explain: _____

CANCELLATIONS: To avoid obligation for payment of fees or to obtain a refund, all cancellations must be received **in writing five working days prior** to the event.

Goodbyes & New Beginnings

Amy Anderson, Professional Development Coordinator

Transitions are a continual part of life. We all know some changes can be difficult. Here at the Child Care Resource & Referral, we are trying to make our transitions as smooth as possible.

As some of you may already know, I am leaving the CCR&R. My last day is June 30th. Beginning July 1st, my longtime friend and co-worker, Amy Hood, will assume the professional development responsibilities. Amy will be available by phone at the CCR&R office at (270) 745-2216, as well as by e-mail at amy.hood@wku.edu. I am confident this staffing transition will be smooth, and the professional development responsibilities will be in good hands.

I want to take this opportunity to express my pleasure at having worked with so many of you. I have learned a great deal during my short time as Professional Development Coordinator. Thank you all for supporting me in my quest to serve you. In addition to our staffing transition, many of you are achieving milestones with regard to your professional development. By now, 18 of you have successfully completed the requirements for the Commonwealth Child Care Credential. It has truly been my pleasure working with you during this 60-hour training program. You have all certainly earned recognition for your accomplishment. I know most of you now plan to pursue your Child Development Associate (CDA) with another 60 hours of training beginning in August. Good luck to all of you!

Others of you continue to make strides toward completing your AA and BS degrees. Many of you have been involved with the KIDS NOW Scholarship program for a year or more, and are that much closer to obtaining your educational degree. You are all working so hard. Congratulations on your perseverance!

As I leave you, I want to wish you all the very best with your personal as well as professional goals. Your hard work and determination have gotten you this far. **SHOOT FOR THE STARS!**

Registered Provider Training

Sherri Meyer, CCR&R Coordinator

Beginning July 1, 2003 **new registered child care providers will be required to attend a three-hour orientation training.** This is the first time that training has been required for registered care givers. This three-hour training will be required of new providers who seek to be registered; each person will have 90 calendar days to receive this special training.

For individuals renewing their registered child care provider status, **the training will also be required prior to renewing with the Child Care Assistance Program.** Certificates will be provided to participants at the conclusion of training to verify attendance.

The orientation training will cover information in the following areas: first aid; health, safety and sanitation; and guidance of young children's behavior. You may attend the Registered Provider Orientation training by registering with the Child Care Resource & Referral (CCR&R) at Western Kentucky University. Please use the registration forms included in future CCR&R newsletters, or call the CCR&R office at 270-745-2216 or 800-621-5908 for more information.

This training will be offered in Bowling Green on September 20 and November 15, 2003, and on January 17, February 21, April 17, and June 19, 2004. Mark your calendar if you are a registered child care provider and make plans now to attend one of these important sessions. We look forward to seeing you soon!



Beginning July 1st, NEW registered child care providers are required to attend a three-hour orientation training. The training will also be required PRIOR to renewal of registered child care provider status.

Play It Safe

Third in a Series on Playground Safety

Taylor Tucker, CCR&R Quality Coordinator

Playground safety is a big issue for child care centers and there is much you can do to make your playground safer. This article focuses on Fall Zones and is based on the model of the National Program for Playground Safety called **SAFE** (Supervision; Age-Appropriate; Fall Zones; and Equipment Maintenance).

The leading cause of injuries on playgrounds are falls to the surface. According to the National Program for Playground Safety, approximately 106,000 playground injuries - including several deaths - occur each year because of falls to the surface. **Fall Zones**, sometimes called **Use Zones**, are the areas around playground equipment that must have appropriate surfacing to cushion a child's fall.

Unfortunately, there are no perfect playground surfaces. Each type has advantages and disadvantages, and there are many things to consider when choosing surfacing for your playground. First, does it meet the standards of the American Society for Testing & Materials (ASTM) for the height of your equipment? Does it work with the climate in your area? What is the initial cost to install the surfacing? What are the maintenance costs? How durable is the surfacing?

There are two main types of surfacing - loose fill material and unitary (or poured in place). If you choose a loose fill material, you will have to maintain it on a daily basis. You will need to make sure that you maintain the proper depth under swings and around slides. Poured in place requires less maintenance; however, it is very expensive initially and needs to be replaced after about five years.

After you make sure you have proper surfacing, you need to make sure you have enough space between your play equipment. For example, you need at least six feet of clear space around any piece of play equipment. Some pieces of play equipment require more than six feet of safe space. For swings, you need twice the height of the swing in front of and behind the swing, and six feet to each side. For example, if your swing is eight foot high, you would need 16 feet in front of the swing

and 16 feet behind the swing, as well as six feet to each side. For slides six feet tall or less, you must have six feet of safe space at the end of the slide chute. Seven-foot slides require seven feet of safe space at the end of the slide chute. A slide eight feet tall or taller requires eight feet of safe space at the end of the slide chute.

By having the appropriate surfacing and the appropriate amount of space around your equipment, your playground will be safer for the children you serve. For more information on Playground Safety, or to schedule a visit from a representative from the CCR&R to provide technical assistance on playground safety, contact Taylor Tucker at (800) 621-5908 or e-mail taylor.tucker@wku.edu.

Farewell to Old Friends...

Amy Anderson, who served the CCR&R as a Special Consultant and then as Professional Development Coordinator, has decided to move on and pursue new challenges. Amy's hard work and dedication impressed us all and we will benefit from her positive impact on the CCR&R long after she has gone. We also congratulate Amy's son, **Matthew**, on his recent graduation from Bowling Green High School and enrollment in college. We wish Amy and Matthew all the best in their future endeavors!
Good Luck to you both!

...and Hello to "New"

Hello! My name is **Amy Hood** and while I am sorry to see Amy Anderson leave, I am excited to assume the responsibilities of the Professional Development Coordinator. Many of you may recognize me from various events and training sessions since I have worked with the CCR&R part-time over the past nine years. If I can provide any assistance on the KIDS NOW scholarship program, please contact me at (270)745-2216 or e-mail me at amy.hood@wku.edu. I look forward to meeting and working with you all more often!

Congratulations to Some of BRADD's Own

Congratulations are in order for **Candice "Candy" Holder** and **Debra Schugart** of Eagle's Nest Child Care! The pair just received their Child Development Associate's (CDA) credentials. Candy has successfully completed the requirements for a certification in Preschool, while Debra completed her certification in Infant-Toddler. **Eagle's Nest Child Care** now boasts that their staff includes four CDAs!

Commonwealth Child Care Credential Scholars

The latest class of Commonwealth Child Care Credential Scholars have just completed their 60-hour commitment to professional development! Congratulations to all these hard-working individuals!

Sharon Bonds, Sharon's Child Care
Norman Burks, House on the Hill Day Care

Linda Butts, Discovery Center

Joy Cardwell, La Petite Academy

Kimberly DeArmond, Cool Springs Church
Preschool

Anna Eubank, Discovery Center

Brittany Gibbons, Extreme Kids Day Care

Deanna Johnson, La Petite Academy

Becky Kirkwood, House on the Hill Day Care

Connie Manning, La Petite Academy

Valeria Noghlabadi, Val's Child Care

Jill Parsley, Little Treasures Learning Academy

Michelle Roach, The Child Development Center

Linda Thien, Little Treasures Learning Academy

Rachelle Turner, Gatorland Learning Center

Wandena Vincent, Little Treasures Learning
Academy

Shirley Welchel, Shirley's Family Child Care

Cristi Yoakem, Little Treasures Learning Academy

For information on how you can earn a Commonwealth Child Care Credential, please contact Amy Hood at (270) 745-2216 or (800) 621-5908.



Our congratulations also go out to **Guiding Light Nursery & Pre-school** on receiving their Level 2 STAR Rating from the Division of Licensed Child Care. Guiding Light Director **Gloria Poston** and Assistant Director **Arnetta Danridge** are pictured holding their STAR certificate. Arnetta receives double honors for also recently receiving her Child Development Associate Credential.

Shirley's Child Care recently received a Level 1 STARS for KIDS Now Quality Rating. The program is a Certified Family Child Care Home in Scottsville, Kentucky. Owner **Shirley Welchel**, pictured below with friends, also gets a second tip of the hat for recently completing the required coursework for a Commonwealth Child Care Credential.



On behalf of the entire child care community in the Barren River Area Development District, everyone at the CCR&R would like to say:

***Congratulations! Good job! Well done!
We are proud of your achievements!***

(If you know someone who deserves recognition, please let us know by following the submission guidelines on page 2.)