

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU



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THE CHILD CARE PROFESSIONAL is published monthly by Training & Technical Assistance Services and the Child Care Resource & Referral (CCR&R) at Western Kentucky University. 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 CCR&R at WKU are ready to provide assistance in a number of areas. Our staff includes:

Connie Jo Smith, CCR&R Specialist
Jill Norris, Early Childhood Health Coordinator
Amy Hood, Professional Development Specialist
Cynthia Sprouse, Professional Development Assistant
Lindsay Spence, CCR&R Intern

Sherri Meyer, CCR&R Coordinator
Taylor Tucker, Infant-Toddler Specialist/Quality Coordinator
Heather Alms, CCR&R Office Coordinator
Sara Redmon, 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*. (If you no longer wish to receive this newsletter, please contact our office by phone or e-mail and we will remove you from our mailing list.)

CHILD CARE RESOURCE & REFERRAL AT WESTERN KENTUCKY UNIVERSITY

1 BIG RED WAY, 117 JONES-JAGGERS HALL, BOWLING GREEN, KENTUCKY 42101-3576

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

SUBSCRIPTION INFORMATION. Any program or person interested in receiving our newsletter may subscribe for \$36 per year. The monthly newsletter provides a variety of articles, news, and information for early care and education programs, including child care, family day care, preschool, and Head Start. Caregivers, teachers, administrators, and parents can all benefit from the newsletter. Single complimentary annual subscriptions of *THE CHILD CARE PROFESSIONAL* are provided to licensed child care centers, certified home providers, and special friends in the Barren River Area Development District (BRADD) of Kentucky. Additional subscriptions may also be purchased by these readers for the same rate of \$36 per year. All *registered* providers in the BRADD qualify for the discounted rate of \$26 per year for each additional subscription.

The newsletter is available in both printed and electronic versions. Print copies of *THE CHILD CARE PROFESSIONAL* are mailed at the end of each month; electronic copies are e-mailed directly to subscribers in a Portable Document File (PDF) which can be printed or viewed on your computer using Adobe Acrobat Reader (free software downloadable from www.adobe.com). Readers may select the format they prefer when subscribing. To receive an subscription form or to learn more, please contact our office by phone (800-621-5908 or 270-745-2216), by fax (270-745-7089), or by e-mail (heather.alms@wku.edu).

Thinking Outside of the Box

Dr. Connie Jo Smith, CCR&R Director

Everyday in work and life, we encounter challenges. A teacher is late for work, a parent is upset, a child is sick, a check bounces, the rent is due, or the toilet stops up. Sometimes the routine problems can be solved easily. Solutions to bigger issues may take creative thinking. There are many different ways to solve the same problem, if we can only learn to see the options. Learning to think outside of the box (or to see many options) takes some practice. What is outside of the box to one person may be very typical to someone else.

One way you can practice thinking outside of the box is to spend time studying optical illusions. You may find it fun (and educational) to check out the *Grand Illusions* web site at <http://www.grand-illusions.com/index.htm>. Have you ever seen a picture that has both an old woman and a young woman embedded into one? How about a picture that has nine different people hidden in it? You will find these and more on the above web page.

Another technique for learning how to think outside of the box is brainstorming. When you brainstorm, it is important to suspend any judgment and to let ideas flow openly and rapidly. Include thoughts that seem out of this world in your list of brainstormed ideas. Brainstorming generally works best when a group of people are encouraged to think of potential solutions together because one person's idea may trigger more in others, yielding a longer record of possibilities. Once you have a long list, you can begin to evaluate the items on it and determine which ones may work.

Asking yourself "what if" is another technique that leads to out-of-the-box thinking. Go ahead and try it. What if everyone looked exactly alike? What if we never grew old? What if we could clone ourselves? What if we had all the money we needed to provide services for children under five? What if all of the early care and education teachers were highly skilled and knowledgeable? What if I had more education?

Riddles and rhymes can also be a great way to stretch the way you think. There are many to try. You may have seen this one. "What is mce, mce, mce?" Do you give up? It is three blind mice, because there are no "I"s.

It is true that the above exercises will not directly solve your daily problems, but they may help you begin to look at things differently and open your thought processes. And, hey it may be fun too!

Creativity is the power to connect the seemingly unconnected.
William Plomer

You cannot govern the creative impulse; all you can do is to eliminate obstacles and smooth the way for it.
Kimon Nicolliades

To be creative, relax and let your mind go to work, otherwise the result is either a copy of something you did before or reads like an army manual.
Kenneth H. Gordon, Jr.

Shake the Etch-A-Sketch in your head, start over constantly, and come at the problem from wildly different angles.
Luke Sullivan

If you want to develop your creativity, establish regular work habits. Allow time for the incubation of ideas, and adhere to your individual rhythm. Violations of this rhythm can retard your creative efficiency.
Eugene Raudsepp

If I create from the heart, nearly everything works; if from the head almost nothing.
Marc Chagall

Book Of The Month: Parachute Play

Lindsay Spence, CCR&R Intern

Parachute Play by Liz and Dick Wilmes is an activity book that offers a variety of games, activities, and exercises that may be used with a parachute or large bed sheet. This particular book focuses on three sections of parachute play: the basic learning of parachute play, year round activities, and special holiday activities. The parachute activities are designed to help increase children's abilities to follow directions, use language, join group activities, socialize, build gross motor skills, and participate in physical activities. *Parachute Play* adds so much fun to your program indoor and outdoors. Along with this fun and exciting book, the CCR&R Lending Library also has parachutes that you may check out to use at your home or center!



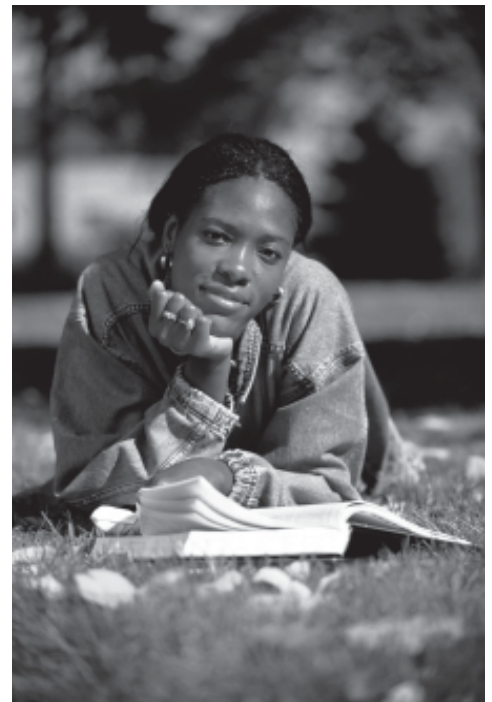
This and other activity books are available for loan from the Child Care Resource and Referral Lending Library. The CCR&R library is open Monday through Friday from 8:00 a.m. until 4:30 p.m. Please contact us at 270-745-2216 or 800 – 621-5908 to schedule a time to visit. We are located on the WKU campus, Jones Jagers Hall Room 117. Call us if you need directions! If you cannot schedule a time to visit the library, materials may also be checked out by telephone. We will be happy to ship materials to your home or center. To learn more about the library's services, contact Heather Alms, Office Coordinator for further information.

Important Summer Scholarship News

In order to access the KIDS NOW Early Childhood Development Scholarship for the summer sessions, completed applications **MUST** be returned to Dr. Amy Hood **NO LATER than April 15, 2005**. If you are a current scholar, it would be wise to complete the application *as early as possible*. Contact the CCR&R office to get the necessary application.

The KIDS NOW Early Childhood Development Scholarship program is available for staff employed at least 20 hours per week in a licensed child-care setting (in-home and center-based), and for public school preschool assistants. The scholarship will assist eligible applicants in attending college courses, which lead toward a Director's Credential, an associate's or a bachelor's degree in early childhood at a participating university. The KIDS NOW Early Childhood Development Scholarship program also provides some reimbursement for educational expenses upon successful completion of a semester. Once a scholar receives a credential or degree, the scholar may also apply for a milestone achievement award.

For more information regarding the KIDS NOW Early Childhood Development Scholarship program, contact Dr. Amy Hood, Professional Development Coordinator. Amy is available to provide information by phone and email, or an on-site appointment can be scheduled to interested persons. Amy can be reached by phone at 800-621-5908 or 270-745-2216, or by e-mail at Amy.Hood@wku.edu.



Safety Precautions for the Home or Center

Sherri Meyer, CCR&R Coordinator, WKU

Look around your home or child care center and you will probably say it is safe for children. But, according to the U.S. Consumer Product Safety Commission, approximately 2.5 million children are injured or killed every year by safety hazards that could be avoided or prevented altogether.

For a small cost, many items can be purchased that are helpful in keeping the home or child care center safer for children. Nothing can take the place of good supervision, but paired together with a few devices safety can get even better. Following is a list of some child safety items that can assist in keeping children safer:

- **Safety latches and locks:**

Use these on cabinets and drawers to limit access to areas where children should not be. Do not assume that children “know better” than to open a cabinet door or drawers. Installation is easy and only takes a screwdriver.



- **Safety gates:** Use a safety gate at the top and bottom of stairs or in doorways of rooms where children should not be. Many safety gates are attached to the doorframe using screws and some are attached to the doorframe using tension or pressure created by the gate. Look for gates that are easy for adults to open and close, but that cannot easily be dislodged or moved by children. The Consumer Product Safety Commission recommends using a gate that requires screws for installation at the top of stairs to better help prevent falling.



- **Doorknob covers and door locks:** Using these can help keep children from turning doorknobs and accessing what is on the side of a door.

Be sure that an adult can still open the doorknob quickly for emergency purposes, such as a fire.

- **Anti-scald devices:** Families should install anti-scald devices that will regulate their water temperature to help prevent burns in children. Some devices require installation by a licensed plumber.

- **Smoke detectors:** Although licensing regulations require smoke detectors for child care, many homes do not have them. These devices are so important in alerting families of imminent danger due to a fire. Being alerted in the first few minutes of a fire may be the determining factor if families survive the fire without injuries. Remember to check and remind parents to check the batteries in the smoke detectors at least twice yearly. To make it easy, check the batteries at the beginning and the end of Daylight Savings Time.



- **Corner and edge bumpers:** Corner and edge bumpers should be used to assist in preventing injuries from falls against sharp or rough edges and around the edge of hearths.

- **Outlet cover or outlet plates:** It is imperative to use outlet covers or outlet plates to help prevent electric shock in children. Outlet covers are placed individually in each outlet socket, while an outlet plate is used in place of the regular cover and covers the outlet holes until an adult places a plug in the outlet. Be sure whatever you choose cannot be easily removed by a child and is large enough that if one is removed, the child cannot choke on it.



- **Carbon monoxide detector:** To prevent carbon monoxide (CO) poisoning, use a carbon

monoxide detector. Carbon monoxide gas is odorless and colorless and causes individuals to become sleepy and therefore should be placed in areas of the home where bedrooms are located. Homes that use gas or oil heat or have attached garages should be sure to have a carbon monoxide detector.



It is important to remember that safety devices that are installed for children's safety should be sturdy enough to prevent any injuries to children, but yet easy enough for you to use. If older children are also in the home, the devices installed should be easy enough for them to re-close the device. Always remember to read the instructions for installation or for the use of the product. Installing devices incorrectly can cause just as many accidents as not having the device in place at all.

If you would like more information about recalls and product safety news or many safety tips then visit the U. S. Consumer Product Safety Commission web site at www.cpsc.gov.

Is Your CCCC Expiring?

Many of you may have received letters recently regarding the expiration of your Commonwealth Child Care Credential. To maintain your credential, contact Dr. Amy Hood at the CCR&R office to ensure that you have the sufficient number of training hours to renew this credential. To keep your credential current, you must have:

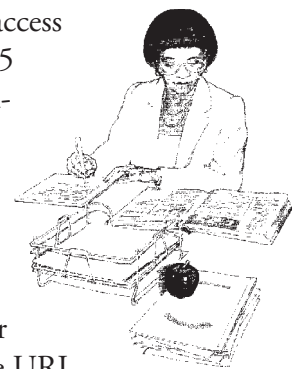
1. Attended 15 hours of training in early childhood since June 2004; and
2. Contacted Amy Hood at the CCR&R to complete the necessary paperwork.

If you are unsure of the number of hours of training you have received, don't worry! Amy can help you determine that. Also please know, you may choose not to renew your credential if you have since earned a CDA credential. Please contact Amy if you have any questions or need assistance in this process. You can reach Amy by phone at 1-800-621-5908 or 270-745-2216 or by email at Amy.Hood@wku.edu

Input Needed for the 2005-2006 Training Plan

We want your input into the CCR&R 2005-2006 Training Plan! If you have access to the Internet at your center or home (or public library), please consider taking 3-5 minutes to complete our short online survey to provide us with information regarding your professional development needs. The online survey can be found at: <http://www.wku.edu/ccrr-wku/tna05.htm>.

If you don't have Internet access, but want to have a chance to give us input, please contact the CCR&R office and request that a hard copy of the survey be faxed or mailed to you. You may contact the CCR&R office at 1-800-621-5908 or 270-745-2216. Please complete the survey by **April 18, 2005** either online at the URL address provided above or by a submitted hard copy. This will enable us to plan future training events that meet your needs and those of other early care and education professionals in the BRADD area. Any personal information gathered through the survey will remain confidential.



Thank you for taking the time to help us gather information that will help us plan professional development sessions that best meet the area's needs and interests.



CCR&R PROFESSIONAL DEVELOPMENT TRAINING

MAY 2005

REGISTRATION PORTFOLIO

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

MAY 2005 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 for the month of May 2005. 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 your 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.

Have You Lost Your Training Certificate?

If you've lost the certificate for any professional development training you received from the CCR&R, we will be happy to re-issue the certificate. Duplicate certificates are \$5 each and can be ordered by contacting Heather Alms at 270-745-2216 or 800-621-5908.

Registration Form
Child Care Resource & Referral Professional Development Training

STARS FOR KIDS NOW

9:00 A.M.-NOON, TUESDAY, MAY 3, 2005

ROOM 104, JONES-JAGGERS HALL, UNIVERSITY BOULEVARD, WKU, BOWLING GREEN, KY

This session will provide an overview of STARS for KIDS NOW Initiative and how being a part of the STARS for KIDS NOW Rating System can benefit your program and the children in your care. This training is mandatory for any licensed or family child care provider wishing to participate in the STARS for KIDS NOW Quality Rating System. *Target Audience:* Directors/Owners of Type I, II, and Certified Family Child Care Homes. If a center has an off-site Director, then the Director/Owner and the on-site Supervisor must both attend. *Presenter:* Taylor Tucker, CCR&R Quality Coordinator. *Level 2. Training hours are NOT awarded for this training.*

Doors will open and participant check-in will begin 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!*

There is **no registration fee** for this event, but please return your registration form to ensure that sufficient space is available.

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: _____

No registrations accepted after April 26, 2005. Please return completed registration to:

Child Care Resource & Referral
117 Jones Jaggars 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.*

Child Care Resource & Referral Professional Development Training

INTRODUCTION TO RESOURCES IN KENTUCKY

9:00 - 11:00 A.M., MAY 5, 2005

ROOM 104, JONES-JAGGERS HALL, UNIVERSITY BOULEVARD, WKU, BOWLING GREEN, KY

For training to count toward the required training hours for child care providers, the state of Kentucky requires that trainers have a *Kentucky Trainer's Credential*. To earn the *Kentucky Trainer's Credential*, a training professional must meet certain requirements and participate in two required training sessions. If you are an Early Care and Education professional who is working on or interested in obtaining a *Kentucky Trainer's Credential*, you will want to first participate in **Introduction to Resources in Kentucky**. This is one of two sessions required to submit an application for a *Kentucky Trainer's Credential*. Training is limited to 25 participants per session, so please select the session you wish to attend and return your registration information by the dates listed below. *Presenter:* Sherri Meyer, CCR&R Coordinator.

Doors will open and participant check-in will begin 30 minutes prior to the beginning of the training.
Copy and share this form as necessary; print clearly and submit one form per person.

There will be no on-site registrations!

BRADD AREA PARTICIPANT

Registration Fee is \$20 per participant.

Return form with payment by April 22, 2005.

No registrations accepted after April 28, 2005.

NON-BRADD AREA PARTICIPANT

Registration Fee is \$30 per participant.

Return form with payment by April 22, 2005.

No registrations accepted after April 28, 2005.

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: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
Card Expiration Date: ___ / ___ / ___ Signature: _____

No registrations accepted after April 28, 2005. Please return completed registration form with payment to:

Child Care Resource & Referral
117 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.*

Registration Form
Child Care Resource & Referral Professional Development Training

CHILD CARE PROVIDER APPRECIATION EVENT

6:00-8:00 P.M., MAY 5, 2005

**JONES-JAGGERS HALL CENTERTORIUM, UNIVERSITY BOULEVARD
WESTERN KENTUCKY UNIVERSITY, BOWLING GREEN, KENTUCKY**

Since 1996, the Friday prior to Mother's Day has been designated Child Care Provider Appreciation Day, in honor of all the child care providers who care for and educate children around the country. Celebrate with the CCR&R as we extend our appreciation to child care providers in our area with an **Ice Cream Social** featuring "Udderly Delicious" treats from **Chaney's Dairy Barn** in Bowling Green (www.chaneysdairybarn.com), door prizes, and lots of fun. *Core Content:* Professionalism. *One clock hour of training will be awarded for this event.*

Doors will open and participant check-in will begin at 5:30 p.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!*

There is **no registration fee** for this event, but in order to ensure sufficient materials and refreshments, **no registrations can be accepted after April 28, 2005.**

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: _____

No registrations accepted after April 28, 2005. Please return completed registration form to:

**Child Care Resource & Referral
117 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: _____

Registration Form
Child Care Resource & Referral Professional Development Training

PLAY IT SAFE! PLAYGROUND SAFETY INFORMATION

6:00 - 9:00 P.M., THURSDAY, MAY 12, 2005

METCALFE COUNTY EXTENSION OFFICE, 422 EAST STREET, EDMONTON, KENTUCKY

This session will provide participants with important information about playground safety issues and how to prevent playground injuries *Presenter:* Dr. Amy S. Hood, CCR&R Professional Development. *Target Audience:* General. *CDA Subject Area:* 1. *Core Content:* Health, Safety & Nutrition. *Traning Level:* 2.

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. Print clearly and submit one form per person.

BRADD AREA PARTICIPANT

Early Bird Registration Fee is \$10 per participant.

Return form with payment by April 22, 2005.

After April 22, registration is \$15 per participant.

No registrations accepted after May 5, 2005.

NON-BRADD AREA PARTICIPANT

Early Bird Registration Fee is \$20 per participant.

Return form with payment by April 22, 2005.

After April 22, registration is \$25 per participant.

No registrations accepted after May 5, 2005.

There will be no on-site registrations! ___ Check here to receive CEU Credits and include an additional \$10 fee.

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: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
 Card Expiration Date: ___ / ___ / ___ Signature: _____

No registrations accepted after May 5, 2005. Please return completed registration form with payment to:

Child Care Resource & Referral
117 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, MAY 21, 2005

WKU GLASGOW CAMPUS, 500 HILLTOPPER WAY, GLAGOW, KENTUCKY

MORNING SESSION: 9:00 A.M.-NOON

- GUIDING THE CHILDREN'S BEHAVIOR.** This session allows the provider the opportunity to learn how to observe behaviors in order to identify the reasons for them as well as how to correct them and prevent other behavior problems from occurring. *Presenters:* April Grace, CCR&R Consultant. *Target Audience:* General. *CDA Subject Area:* 3. *Core Content:* Child Growth & Development. *Training Level:* 2.
- ORIENTATION TRAINING FOR EARLY CARE AND EDUCATION PROFESSIONALS, PART 1 - HEALTH, SAFETY & SANITATION.** This is a mandatory training that all child care employees must attend during the first 90 days of employment. *Presenter:* Taylor Tucker, CCR&R Infant-Toddler Specialist/Quality Coordinator. *Target Audience:* New Employees. *CDA Subject Area:* 1. *Core Content:* 1. *Training Level:* 1.

AFTERNOON SESSION: 1:30-4:30 P.M.

- ROUTINES AND RELATIONSHIPS.** Come ready to talk about Infant/Toddler Daily Routines. Learn how feeding, diapering, and other daily routine activities can go smoother for you. *Presenter:* Stephanie Elliott, CCR&R Consultant. *Target Audience:* Infant/Toddler. *CDA Functional Area:* 3. *Core Content:* Health, Safety & Nutrition. *Training Level:* 2.
- ORIENTATION TRAINING FOR EARLY CARE AND EDUCATION PROFESSIONALS, PART 2 - RECOMMENDED PRACTICES.** This is a mandatory training that all child care employees must attend during the first 90 days of employment. *Presenter:* Taylor Tucker, CCR&R Infant-Toddler Specialist/Quality Coordinator. *Target Audience:* New Employees. *CDA Subject Area:* 1. *Core Content:* Learning Environments & Curriculum. *Training Level:* 1.

Participant check-in begins at 8:30 a.m. Submit one form per person; copy as necessary. SELECT ONE CATEGORY.

BRADD AREA PARTICIPANT

Early Bird Registration Fee is \$10 per each Half-Day Session (\$20 for a full day of training).

Return form with payment by April 22, 2005.

After April 22, registration is \$15 per half-day session (\$30 for a full day of training).

No registrations accepted after May 13, 2005.

NON-BRADD AREA PARTICIPANT

Early Bird Registration Fee is \$20 per each Half-Day Session (\$40 for a full day of training).

Return form with payment by April 22, 2005.

After May 21, 2004, registration is \$25 per half-day session (\$50 for a full day of training).

No registrations accepted after May 13, 2005.

There will be no on-site registrations! Check here to receive *CEU Credits* and include an additional \$10 fee.

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: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
Card Expiration Date: ___ / ___ / ___ Signature: _____

No registrations accepted after May 13, 2005. Please return completed registration form with payment to:
Child Care Resource & Referral, WKU, 117 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.

Spring 2004 WKU Career Services Career Fair

Jill Norris, Early Childhood Health Coordinator

The Spring 2004 Western Kentucky University (WKU) Career Services Center's **Spring Job Fair** was held at the Carroll Knicely Conference Center on WKU's South Campus on March 10, 2004. The Child Care Resource and Referral provided information to students about careers in early care and education. In addition, resumes of several students interested in working in the early childhood field were collected and are on file at the CCR&R office.

If you would like to review these resumes in regard to positions you may have open at your program, please contact Jill Norris at the Child Care Resource & Referral at 270-745-2216 to arrange a time to do so.

In addition to holding Career Fairs where students have opportunities to explore job opportunities in the community, the WKU Career Services Center offers services to meet the needs of employers in the community. Employers can list job vacancies with the

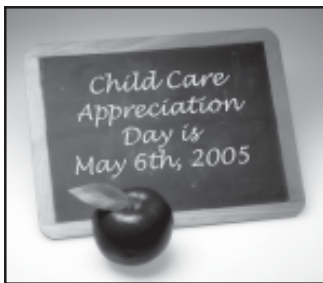
Center so the students and alumni can find out about job opportunities. Businesses can arrange to conduct job interviews on campus.

Through the Kentucky Work Study Program (KWSP), Career Services Center can reimburse partial salary to businesses for qualified students when on the job training relates to the student's major.

If you would like to learn more about the services provided by the WKU Career Services Center please contact them at 270-745-3095 or visit their web site at: <http://www.wku.edu/Info/Student/CareerServ/cscweb/>.



Want to Be Published? Want to Announce An Event?



If you are an administrator, coordinator, teacher, or caregiver, we encourage you to 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 scholar 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 do not guarantee acceptance or the exact date of publication, but we want you - as our partners in early childhood - to freely contribute to YOUR newsletter. We will make every effort to include your articles and announcements in **THE CHILD CARE PROFESSIONAL** on a timely basis. *All articles, submissions, and announcements should be limited to 400 words or less, and must be typed and sent electronically. (Sorry, submissions cannot be returned.)* You may e-mail your submissions to connie.smith@wku.edu, or mail them on disk to: Child Care Resource & Referral at WKU, 1 Big Red Way, 117 Jones-Jaggers Hall, Bowling Green, Kentucky 42101.

National Child Care Provider Appreciation Day

Dr. Amy S. Hood, CCR&R Professional Development Specialist, and Lindsey Spence, CCR&R Intern

Today's child care providers are some of the world's most unsung heroes. This is one of the most underpaid jobs in our country, but in the same sense one of the most rewarding. Early educators hold one of the most important jobs because they work with young children during the most critical developmental periods. It takes a dedicated person to be successful in the profession of early childhood care and education. That is why a group of volunteers from New Jersey started Child Care Provider Appreciation Day. This is a special day to recognize and say thank you to all the childcare providers of our country.

National Child Care Provider Appreciation Day will be held on May 6, 2005. There are many things that you may do as families, directors, or even businesses to show your appreciation. It doesn't matter how small the recognition, just as long as you take the time to tell our child care providers "Thank you!" We all need a pat on the back at some time for a job well done! Here are some examples of things you can do to show your appreciation:

As A Child Care Director:

- Order lunch from a special place for all of your employees.
- Send a list of your employees to your local newspaper – thanking them for all of their hard work.
- Cover the classroom and give them each an hour off with pay.

- Tell them each what they do very well and how you appreciate it.
- Give them professional resources (books, tuition, and magazine subscription).

As A Business:

- Donate things to early care and education centers and family child care homes (refreshments, flowers, gift certificates, personal items such as special soap and shower gel, used computers to help staff further their education).
- Offer a discount to child care providers on May 6
- Put a sign up at your business announcing "Child Care Provider Appreciation Day."

As A Family:

- Get together with other families and create a surprise.
- Bring breakfast or lunch to providers and children.
- Send a basket of goodies to your child's center for the staff.
- Have your child make a card for his/her teacher.

There are so many different ways to say thank you to these important people. Use your imagination and come up with fun ideas. Don't forget these are the people that mean the world to you and your child! For more information, contact the Child Care Resource & Referral at WKU by calling 270-745-2216 or 800-621-5908.

Child Care Provider Appreciation Day "Ice Cream Social"



You're invited to join the Child Care Resource & Referral at WKU for a very special **Ice Cream Social** on May 5, 2005 in celebration of Child Care Provider Appreciation Day. We will feature "Udderly Delicious" homestyle ice cream from **Chaney's Dairy Barn** at 9191 Nashville Road in Bowling Green. There will be lots of fun and door prizes as we celebrate our area providers. The event is FREE but for planning purposes, we ask that you register using the Registration Form on page 13. (To learn more about Chaney's Dairy Barn, including information on group tours and field trips, visit their website at www.chaneydairybarn.com.)

FREE Prenatal Classes & Support Groups!

Are you interested in information on how to have a healthy pregnancy? Wondering what is and what is not “normal” during pregnancy? Do you need help to quit smoking? The Barren River District Health Department offers FREE prenatal classes and smoking cessation support groups for pregnant women living in Barren, Edmonson, Hart, Logan, Metcalfe, Simpson, and Warren Counties. Two-hour sessions are offered on a rotating basis in Russellville, Edmonson, Bowling Green, and Munfordville (see schedule), and feature free refreshments and free gifts.



When & Where

Logan County Health Department

151 South Franklin Street
Russellville, Kentucky
270-726-8341

10:00 a.m.-Noon, Every Tuesday

Metcalfe County Health Department

615 West Stockton
Edmonton, Kentucky
270-432-3214

9:00-11:00 a.m., Every Other Wednesday

Warren County Health Department

1109 State Street
Bowling Green, Kentucky
270-781-2490

2:00-4:00 p.m., Every Tuesday

Hart County Health Department

505 Fairground Road
Munfordville, Kentucky
8:30-10:30 a.m., Every Other Thursday

The Pregnancy Workshop, presented in cooperation with the March of Dimes, covers such topics as:

- Keeping Healthy During Pregnancy
- Eating for Two
- The “NOs” of Pregnancy: Alcohol and Other Drugs
- Warning Signs of Pre-Term Labor
- Coping with Normal Discomforts of Pregnancy
- Breathing and Relaxation
- The Stages of Labor
- Pushing / VBCAC / C-Section
- Communication / Birth Plan
- Parenting
- Breastfeeding
- Caring for Your Baby

The Smoking Cessation Support Groups for Pregnant Women offer a relaxed atmosphere that allows time for questions, for meeting other women and families, and for sharing concerns about stopping smoking. Support group members can earn rewards, such as gift cards for quitting smoking.

To learn more about these free services, contact the Barren River District Health Department by phone at 270-781-8039, extension 181, by fax at 270-796-8946, or by e-mail at susanb.brown@ky.gov. You can also visit their website at www.barrenriverhealth.org.



“If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in.”

Rachel Carson (Suggested by Laura Goss)

How Safe Are Children On Playgrounds?

Dr. Amy S. Hood, CCR&R Professional Development Specialist

As **Playground Safety Week** approaches us on April 25-29, 2005, families and early care and education providers need to take a good look and determine how safe the playgrounds children are using really are. According to research conducted by the National Program for Playground Safety (NPPS), over 205,860 children are treated for playground related injuries in emergency rooms across the nation. This number demonstrates a critical need for early care and education providers and families to learn more about how they can help prevent children from being injured.

The NPPS studies also show that 79% of these injuries occurred because of a fall where the surfacing material was inappropriate or inadequate. Any type of equipment that a child stands, sits or climbs on (anything they could fall off of) should have a safe zone of appropriate resilient surfacing.

What does this mean for early care and education providers and families? Adults should make sure that swings, slides, balance beams, merry-go-rounds, climbers, rocking animals, and other equipment have some type of approved surfacing material under and around the equipment. Approved surfacing materials include loose fill materials such as pea gravel, wood chips, sand, or shredded rubber. Loose fill materials should be at least 6-9 inches deep in the safe zone. Other types of approved surfacing material are synthetic products such as rubber tiles, rubber mats or poured-in-place surfacing.

Active supervision by adults is vital when trying to prevent injuries on the playgrounds. Almost 40% of injuries from the playground relate to inadequate supervision by adults. What does this mean for early care and education providers and families? Stay close

by and actively supervise children. Make sure that you can see children at all times while they are playing on the playground.

Many times individuals feel that it is fine to let children play alone on the playground. This is a MYTH! Anytime a child is playing on a playground, adults should maintain close supervision at all times. This is not a time to take a break – it is a time to stay close by. Another way to provide better supervision while on the playground is to observe the signs that should be posted that alert families and early care and education providers to the appropriate ages of the children that the playground is designed for. Also watch for signs and help children adhere to the rules of the playground. Rules are put in place as one mechanism to keep children safe.



Although the above-mentioned statistics are national ones, the same trends continue in the state of Kentucky. The National Program for Playground Safety (NPPS) conducted a national study of playgrounds using a “report” card method for “grading” the safety aspects of playgrounds. This study looked at public playgrounds, public school playgrounds and child care playgrounds in each state. During this 2004 study, Kentucky’s playgrounds rated a C+ with the lowest ratings occurring in the areas of supervision and surfacing.

Take time this month to take a closer look at the playgrounds your children are playing on and see how they would rate. The NPPS has information available on-line to help families and early care and education providers understand the importance of playground safety. They also offer checklists and grade cards that

you can utilize to grade the playgrounds your children are playing on. This information can be found at <http://www.uni.edu/playground>.

Staff members from the Child Care Resource & Referral at Western Kentucky University are available to provide technical assistance to area early care and education providers focusing on playgrounds upon request. Contact us by phone at 1-800-621-5908 or 270-745-2216 or by e-mail at crr.expert@wku.edu. The U.S. Consumer Product



Safety Commission also provides valuable information regarding public playground safety and equipment recalls. You can check out their resources on-line at www.cpsc.gov. If you are interested in what you can do as an advocate to help celebrate Playground Safety Week visit the website dedicated to playground safety week at www.playgroundsafetyweek.org (available in April). This website will provide ideas and information on how you can help advocate for the importance of the playground safety.

Lower Ratios Mean Better Quality Care

Taylor Tucker, CCR&R Infant-Toddler Specialist/Quality Coordinator

Why are ratios and group size so important? For infants and toddlers, staffing patterns should be set so children have the chance to interact with the same adults on a daily bases. This means the same teacher should be with the same children everyday for as much of the day as possible. The number of adults the children interact with each day should be limited to as few people as possible. This will allow the caregiver to have extensive knowledge of the individual needs of each child in their care. Attachments are very important for young children. If you limit the number of adults children interact with, this will allow for better attachments to be formed between the young child and the adult. It is also recommended that children be moved from classroom to classroom no more than one time during the first three years of care. This will also help children form better attachments and feel secure.

Group size is also important. With smaller group sizes, you can have more one to one interactions between the caregiver and child. This is very important for infants and toddlers, who are developing important communication skills. With smaller group sizes, there is better supervision of the children. Infants and toddlers need constant supervision to ensure their safety. This is sometimes hard to achieve with larger group sizes. Smaller group sizes will also allow you to have a more intimate interpersonal atmosphere. This is important because children spend a lot of time in childcare. For preschool age children, the ratio and group size can be larger, but it is still important to keep it as low as possible. You want to keep the children with the same group for most of the day. This will allow the children to establish relationships with the adults in the classroom, as well as the other children in the classroom.

At this age children are forming friendships. If they are moved from group to group, the friendships are not going to be as meaningful. The group begins to function as a caring community when it is stable. In order for this to happen, the children need to be with the same group and the same caregivers. Children also learn from each other. This will happen better, if the relationships are formed between the children. Caregivers can get to know the children and better meet their needs if they are with the same group everyday. Multiage grouping will allow the children to stay with the same teacher for more than one year. Again, this will allow better attachments to form and help the group function as a caring community. Limiting the group size will allow the teachers to individualize the programming and curriculum.

The following charts give the staff to child ratio required by Kentucky Child Care Regulations, STARS for KIDS NOW Quality Rating System and the National Association for the Education of Young Children. As a program you need to decide where you fit within these different requirements. The lower your ratios are the better quality your program will be.

Minimum Staff-to-Child Ratios for Licensing and 1 or 2 STAR Centers		
AGE OF CHILD	RATIO OF ADULTS TO CHILDREN	MAXIMUM GROUP SIZE
Birth to 12 month	1:5	10
12 to 24 months	1:6	12
2 to 3 years	1:10	20
3 to 4 years	1:12	24
4 to 5 years	1:14	28
5 to 7 years	1:15	30
7 and older	1:25 Before and after school	30
7 and older	1:20 Full day care	30

Minimum Staff-to-Child Ratio for 3 STAR Centers		
AGE OF CHILD	RATIO OF ADULTS TO CHILDREN	MAXIMUM GROUP SIZE
Birth to 12 month	1:4	8
12 to 24 months	1:5	10
2 to 3 years	1:8	16
3 to 4 years	1:11	22
4 to 5 years	1:12	24
6 to 12 years	1:14	28

NAEYC and 4 STAR Centers											
AGE OF CHILD	GROUP SIZE										
	6	8	10	12	14	16	18	20	22	24	
Infant Accreditation Strands											
Birth to 15 months	1:3	1:4									
Toddler and Twos Accreditation Strands (12 to 36 months)											
12-28 months	1:3	1:4	1:4	1:4							
21-36 months		1:4	1:5	1:6							
Peschool Accreditation Strands											
2.5 year olds-3 year olds (30 – 48 months)					1:7	1:8	1:9	1:10			
4 year olds						1:8	1:9	1:10			
5 year olds						1:8	1:9	1:10			
Kindergarten Accreditation Strands								1:10	1:11	1:12	

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