

# *THE CHILD CARE PROFESSIONAL*

*The Newsletter of the Child Care Resource & Referral at WKU*



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**November 2005**

## THE CHILD CARE PROFESSIONAL

*The Newsletter of the Child Care Resource & Referral at WKU*

*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,
- Providing training hours leading to the Commonwealth Child Care Credential and the Child Development Associate (CDA), 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:

Dr. Connie Jo Smith, CCR&R Director  
Jill Norris, CCR&R Coordinator  
Dr. Amy S. Hood, Training Specialist  
Yolanda Bell, Intern, Child Studies Bachelor's Degree

Sherri Meyer, Parent & Community Coordinator  
Taylor Tucker, Trainer & Inclusion Coordinator  
Heather Alms, Provider Assistant & Office Coordinator  
Michelle Duke, Intern, Child Studies Bachelor's Degree

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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.)

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Or Visit Our Website at [www.ttas.org](http://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](http://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 ([beather.als@wku.edu](mailto:beather.als@wku.edu)).

# Helping Children Cope with Disaster

By Jill Norris, CCR&R Coordinator

These days the news is full of accounts of human tragedy. Whether it is coverage of the war in Iraq, the hurricane damage across the gulf coast, or earthquakes around the world, we seem to be surrounded by disaster. While we as adults have a strong desire to protect children from these terrifying events, they may be aware of the events by hearing or seeing the news or through conversations with friends. Just the vague knowledge of disasters that have occurred may cause children to feel uncertainty and fear. Additionally, with the recent evacuations, some programs may be serving children who have been directly affected by recent disaster.



None of us enjoy seeing children frightened by the world around us. We want to be able to provide support and encouragement to help them through these difficult times. Some strategies we can use to assist children with their confusion and fear include:

How children experience and express distress is impacted by their age. Preschool and young school age children may feel helpless, worry that there is continued danger, experience general fear, and have difficulty expressing what they are feeling. These feelings may be expressed in the loss of previously acquired skills such as falling asleep on their own or easily separating from family upon arrival at school. Additionally, children may express their feelings through play by acting out the event they have experienced or are concerned about.

School-age children may experience persistent fears regarding their own and others safety. If they actually experienced the event, they may experience feelings of guilt or shame for their own actions during the event. They may retell the story of their experience or describe their feelings of fear, sadness, or terror. These children may also be affected developmentally and may exhibit sleep disturbances, difficulties concentrating, or physical symptoms such as stomachaches or headaches.

- ◆ Provide comfort, rest, and an opportunity for the children to express themselves through drawing and dramatic play.
- ◆ Let children know you are available to listen.
- ◆ Get on the child's level, talk to them in a calm voice, and help them verbalize their feelings.
- ◆ Encourage children to express their fears, sadness, and anger and let them know these feelings are normal.
- ◆ Reassure them that they will be safe.
- ◆ It may be necessary to provide children with additional information regarding the whereabouts of their loved ones throughout the day to provide a greater sense of security.

Many of these same activities can be useful in supporting adults through difficult times as well. During disasters and other traumatic events, it is important to know that we are not alone and that someone will provide us with much needed support and love.

## References:

The National Child Traumatic Stress Network, *Age-Related Reactions to a Traumatic Event*, [www.NCTSN.net.org](http://www.NCTSN.net.org).

Osofsky, Joy D. *Helping Young Children and Families Cope with Trauma*, Louisiana State University Health Services Center, [www.lsuhs.edu](http://www.lsuhs.edu).

# Commonwealth Child Care Credential

The Commonwealth Child Care Credential, a credential for early care and education professionals in Kentucky, is awarded by the Cabinet for Families and Children and the Office of Early Childhood Development. The Commonwealth Child Care Credential is awarded to individuals after they have participated in 60 clock hours of instruction. The Child Care Resource & Referral at WKU provides the 60 hours of instruction in the required eight Core Competency areas including child growth and development, learning environments and curriculum, health, safety and nutrition, family and community partnerships, child assessment, professionalism, and program management.

The next Commonwealth Child Care Credential class will begin January 7, 2006 and will continue through June 2006 at which time individuals will be eligible to receive their credential. We want you to join us in the next class! You may obtain applications and class meeting schedules from the CCR&R office. Contact us by phone at 1-800-621-5908 or 270-745-2216 or by e-mail at [crr.expert@wku.edu](mailto:crr.expert@wku.edu). The applications must be completed and submitted for approval NO LATER than the 15th of December 2005.

Once you have earned a Commonwealth Child Care Credential, you will be eligible for a milestone award from the KIDS NOW program as funds are available. The Commonwealth Credential is good for one year from the date of award. To maintain the credential, one must attend an additional 15 hours of training annually.

Those who complete the Commonwealth Credential will have earned half of the training hours required for a Child Development Associate (CDA), a nationally recognized credential for early care and education professionals. The CCR&R also provides the training necessary for interested persons to obtain their CDA; information on the CDA is provided throughout the Commonwealth Child Care classes.

# WKU Begins Winter Term This Year

Beginning in 2005, Western Kentucky University will be offering classes during a Winter Term. This year, registration begins on Monday, October 17, 2005, and classes will start on Monday, January 2, 2006. The term will be with finals on Friday, January 20, 2006. You can register on-line at <http://www.wku.edu/winter/>

One class that may be of interest to those working in the child care field is Course Number CFS 411 Special Topics I. This on-line course will focus on Early Childhood Career Choices. The instructors are Dr. Becky S. Bennett, of WKU's Career Services

Center, and Dr. Connie Jo Smith, of the Consumer and Family Sciences Department. There are no pre-requisites for the course, which offers three hours credit.

The Early Childhood Career Choices course will provide an in-depth study of various work settings where professionals are focused on the development of and advocacy for young children.

Students will be engaged in observing professionals, interviewing people in the workplace (through e-mail, telephone, and person-to-person), investigating work sites, and communicating with each other to share information.

A three credit hour course costs \$822 per person and the WKU admissions fee is \$35 dollars. An online admissions form is available at the WKU Admissions web page at <http://www.wku.edu/Info/Admissions/>

Come join in the early childhood career exploration activities! For those of you still looking for a major, it is a great way to learn about the early childhood field. And, for those of you already in the early care and education field it will give you a broad view of the field you have chosen.





# CCR&R PROFESSIONAL DEVELOPMENT TRAINING

DECEMBER 2005

REGISTRATION PORTFOLIO

# CCR&R PROFESSIONAL DEVELOPMENT TRAINING

## DECEMBER 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 months of December 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.

# ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS

SATURDAY, DECEMBER 10, 2005

MASS MEDIA & TECHNOLOGY HALL, NORMAL STREET, WKU, BOWLING GREEN, KY

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

- BASIC HEALTH, SAFETY, AND SANITATION.** (Formerly called *The New Employee Orientation*, this is a mandatory training that all child care employees must attend during the first 90 days of employment.) **Presenters:** , Yolanda Bell, CCR&R Intern and Dr. Amy S. Hood, CCR&R Training Specialist. **Target Audience:** New Employees. **CDA Subject Area:** 1. **Core Content:** Health, Safety & Sanitation. **Training Level:** 1.

## AFTERNOON SESSION: 1:00-4:00 P.M.

- RECOMMENDED PRACTICES.** (Formerly called *The New Employee Orientation*, this is a mandatory training that all child care employees must attend during the first 90 days of employment.) **Presenters:** Michelle Duke, CCR&R Intern and Taylor Tucker, CCR&R Training and Inclusion Coordinator. **Target Audience:** New Employees. **CDA Subject Area:** 8. **Core Content:** Learning Environments and 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

Registration Fee is \$15 per Session (\$30 for both Sessions).

**Return form with payment by December 2, 2005.**

*No registrations accepted after December 2, 2005!*

### NON-BRADD AREA PARTICIPANT

Registration Fee is \$25 per Session (\$50 for both Sessions).

**Return form with payment by December 2, 2005.**

*No registrations accepted after December 2, 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 December 2, 2005.** Please return completed registration form with payment to:

**Child Care Resource & Referral, Western Kentucky University  
1906 College Heights Blvd. #11098, Bowling Green, KY 42101-1098**

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.

# Scheduled CCR&R Training Events for 2006

DATE	EVENT TYPE	TOPIC	LOCATION
January 21, 2006	Saturday Event	Preschool Care Issues General Child Care Issues	Bowling Green, KY
January 24, 2006	Telephone Event	General Child Care Issues	
January 24, 2004	Introductory Event	Introduction to Resources in Kentucky	Bowling Green, KY
February 7, 2006	Evening Event	General Child Care Issues	Bowling Green, KY
February 16, 2006	Administrator Event	Child Care Management Issues	Bowling Green, KY
February 18, 2006	Saturday Event	Orientation for ECE Professionals General Child Care Issues Registered Providers Orientation	Glasgow, KY
March 7, 2006	Evening Event	General Child Care Issues	Bowling Green, KY
March 14, 2006	Introductory Event	Introduction to Resources in Kentucky	Bowling Green, KY
March 18, 2005	Saturday Event	Infant-Toddler Issues Preschool Care Issues	Bowling Green, KY
April, 2006	Saturday Event	General Child Care Issues Orientation for ECE Professionals Registered Providers Orientation	Bowling Green, KY
April 19, 2006	Administrator Event	Child Care Management Issues	Bowling Green, KY
April 25, 2006	Evening Event	General Child Care Issues	Bowling Green, KY
May 9, 2006	Introductory Event	Introduction to Resources in Kentucky	Bowling Green, KY
May 11, 2006	Evening Event	General Child Care Issues	Bowling Green, KY
May 20, 2006	Saturday Event	Preschool Care Issues School Age Care Issues	Bowling Green, KY
June 17, 2006	Saturday Event	Registered Providers Orientation General Child Care Issues Orientation for ECE Professionals	Bowling Green, KY

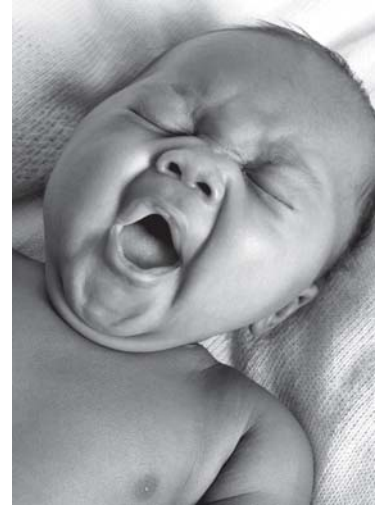
Check **THE CHILD CARE PROFESSIONAL** each month. Each issue will include registration information and forms for the upcoming month's training events. The registration information will include the "target audience," a description of the training event, and the applicable CDA Subject Area, Core Content, and Training level to assist you in choosing the most appropriate session.

## Revised SIDS Statement

The American Academy of Pediatrics (AAP) has revised their **Sudden Infant Death Syndrome (SIDS)** recommendations:

- The use of pacifiers at nap time and bedtime until the child is one year old is now recommended because of an association between pacifier use and a reduction in the incidence of SIDS.
- The Academy also no longer recognizes sleeping on the side as safe and urges adults to place babies on their backs, unless otherwise directed by a physician.
- Bed sharing for sleep is not recommended, but placing cribs in the same bedroom as the adults have been found to reduce SIDS.

For more information, please consult the American Academy of Pediatrics web page at <http://www.aap.org/ncepr/sids.htm>.



## Want to Be Published? Or 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](mailto: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.

## Advanced Topics Seminar Coming In The Spring

Join us for a series of sessions where we will take an indepth look at selected early childhood topics. CEUs will be awarded and the clock hours will meet the requirements for CDA renewal. Look for more information in future newsletters. Contact the CCR&R office if you are interested in receiving more information as it becomes available.



## Book of the Month

# There Was An Old Lady Who Swallowed A Pie

*Michelle Duke, CCR&R Intern*

Looking forward to Thanksgiving? Can you close your eyes and smell the turkey and other goodies? Most likely the children in your care are probably as excited about Thanksgiving as you are! There are many ways to make the holiday special for the kids in your class! A great book to read during circle time or small groups is *I Know an Old Lady Who Swallowed a Pie* by Alison Jackson.

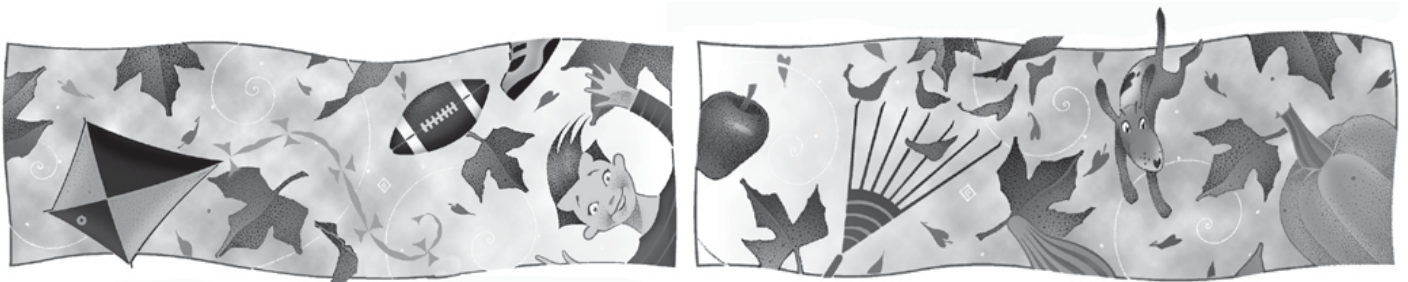
This book is similar to a long time favorite book *I Know an Old Lady Who Swallowed a Fly*. Kids enjoy these books because they are very funny and silly and make them think about all the yummy foods they want to eat over Thanksgiving!

Also, talk to the parents in your classroom, especially ones that have different ethnic backgrounds, and find out if they celebrate Thanksgiving and be sure to discuss and do activities that represent them. Below are some examples of activities that you can use in your classroom!

1. **Leaf Tracings.** Take the children outside and let them collect leaves that have fallen from the trees. When you get back inside, give the children some paper and crayons. Tell them to put the leaf under the paper and rub the crayon over it to see the imprint of the leaf.
2. **Turkey Hands.** Take paper and trace the children's hands. Have them color the fingers and put feathers on them to make turkeys
3. **Pumpkin Fun.** Take a large pumpkin and open the top. Let the kids dig in it to see how it feels. Have them describe how it feels to them. Then separate the seeds and put them on a baking sheet and bake them until they are crispy. The children can try these and then describe how they taste. As an extra treat, you could have pumpkin pie for snack!

The Child Care Resource & Referral Lending 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 Juggers 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 happily ship materials to your home or center. To learn more about the library's services, contact Heather Alms, Office Coordinator for further information.



# Expect the Unexpected

*Sherri Meyer, CCR&R Parent and Community Coordinator*

When emergency situations arise, are you prepared? Probably not. Many of us think we're prepared for situations like earthquakes, tornadoes, and fires, but do we really have plans in place that all staff are aware of and practice? Do parents know how to find their children if you are forced to vacate your program or home? We know that flash floods, snowstorms, tornadoes, fires, and earthquakes are possible in our area, but we may also be impacted by a train wreck, an overturned semi-truck, or by violence or terrorist activities. Now is the time to prepare and think about the multiple emergency situations that may arise.

Not only do children need to practice the drills that have been established or will be established, but staff need to do so as well. All staff must know the plan – not just where to find it written down, but really *know the plan*. When a real emergency arises, there is no time to “read” up on the plan – you have to “know” the plan and be able to act quickly, but calmly. Children do not need the stress of staff or parents getting upset or not remembering what to do. Safety is the highest priority to ensure that children and parents are reunited.

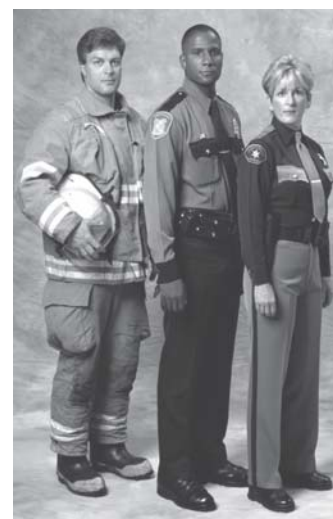
It should be policy in your program to practice drills more than is recommended by licensing. Practice drills at least two or three times a month so children do not have to rely on the caregiver for directions, but so that the child understands and is not scared in the case of a real emergency. It is also important for all staff to know where the first aid kits are located throughout the program. They need to also know where the emergency forms are kept; these should accompany the children wherever they move in their drill. Staff should also know where the extra food is stored since power may be cut off or they may be stranded at the program.

Should one of these emergencies occur, how will you inform parents? Will you call a local radio station and if so, do parents know what radio station to listen to in an emergency? Should you need to vacate your property in a situation such as a tornado, fire, or gas leak, or if a semi-truck carrying hazardous materials has overturned in your area, where will you go? Do parents

know where you will move the children to safety? Is this information in your parent manual?

If your program has a gas water heater or uses gas in some way, do you know how to turn the gas off at the source? Do you have the tools you need to do so? Many of us don't know how to turn off the gas nor do we keep the proper tools on hand in the program. In an emergency, there will not be time to call someone to come and do it for us nor will there be time to go find the tools needed.

All of this sounds so simple to implement, but we often do not take the time to plan for something we do not anticipate happening. As we know that terrorist attacks can happen in our country and that natural disasters that occur every day; it is not too late to start planning now. Encourage your staff and parents to get involved so all have a part in keeping everyone as safe as possible. The more people you have working on the emergency plans, the more likely you are to consider every contingency.



Most communities have local emergency management agencies that can share information and perhaps assist in evaluating your program's procedures. The American Red Cross and the Federal Emergency Management Association will have information on preparing for emergency situations. The American Academy of Pediatrics (<http://www.aap.org>) has information for families and caregivers on planning for emergencies, and many web sites provide additional information.

Plan now in order to keep children, families, and staff prepared and as safe as possible! It's never too late to plan unless the emergency situation has already arrived! Plan Now!

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