



THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU

Volume XIII, Number 4

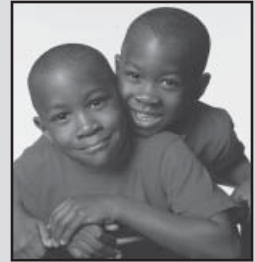
April 2006

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	Sherri Meyer, Parent & Community Coordinator
Jill Norris, CCR&R Coordinator	Dr. Amy S. Hood, Training Specialist
Heather Alms, Provider Assistant & Office Coordinator	Yolanda Bell, Intern, Child Studies Bachelor's Degree
Michelle Duke, Intern, Child Studies Bachelor's Degree	

SHARE THE KNOWLEDGE. Articles and stories from this newsletter may be photocopied or reprinted without written permission from the CCR&R at WKU. Reprints should, however, credit the magazine as follows: "Reprinted from **THE CHILD CARE PROFESSIONAL**, (date of issue), with permission from the Child Care Resource & Referral at WKU."

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
1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098
Phone Us at (270) 745-2216 or (800) 621-5908 - Fax Us at (270) 745-7089
E-Mail Us at crr.expert@wku.edu • Or Visit Our Website at www.wku.edu/crr-wku/
Hours of Operation: 8:00 a.m. - 4:30 p.m., Monday through Friday

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).

THE CHILD CARE PROFESSIONAL is designed and edited by Dennis P. Angle.

National Child Care Provider Appreciation Day

Dr. Amy S. Hood, CCR&R Training Specialist

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.

This year, *National Child Care Provider Appreciation Day* will be held on May 11, 2006. 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.
- 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, etc.).
- Offer a discount to child care providers on May 11th.
- 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.



Join the CCR&R in Celebrating Child Care Provider Appreciation Day

Celebrate **Child Care Appreciation Day** with the CCR&R as we extend our appreciation to child care providers in our area with outdoor activities, door prizes, refreshments, and lots of fun!

The celebration will be held from 6:00-8:00 p.m. on May 11, 2006 in the gymnasium of Jones-Jaggers Hall on the campus of Western Kentucky University. Call us if you need directions.

One clock hour of training will be awarded for this event. **You must register for the Celebration!** See this month's Registration Portfolio for details!

TV Turnoff Week: April 24-30, 2006

Jill Norris, CCR&R Coordinator

The TV Turnoff Network has declared April 24-30, 2006 as *TV Turnoff Week 2006*. The TV Turnoff Network, founded in 1994, is a non-profit organization that promotes healthier lifestyles and communities by encouraging people of all ages to watch less television. This organization believes that we each have the power to determine the role television plays in our lives. "Rather than waiting for others to make 'better' TV, we can turn it off and reclaim time for our families, our friends, and for ourselves."

We have seen many reports of research findings indicating that watching television has a negative effect on our lives, especially children. We are leading more sedentary lives, which has contributed to the drastic increase in obesity in our country. University of Lowell researcher Susan B. Newman found that students who watch more than four hours of television per day have sharply lower reading scores than those who watch less television. Television interferes with our family time and exposes children to excessive violence.



The TV Turnoff Network web site, <http://www.tvturnoff.org>, offers vast information about television's detrimental effects on our lives, information for planning to observe *TV Turnoff Week 2006*, activities to do in place of watching television, and much more. To find out more information, visit their web site and prepare to turn that TV off!

References

- <http://www.tvturnoff.org/aboutus.htm>
- <http://www.tvturnoff.org/images/facts&figs/factsheets/Hazardous.pdf>

Don't Let Your CCC Credential Expire!

June is fast approaching and for those of you who have earned your Commonwealth Child Care Credential through the CCR&R at WKU, June brings the **expiration date** of Commonwealth Credentials. If you want to be sure to keep your Child Care Credential current, there are two things you must do:

1. You must have attended 15 hours of early childhood training since June 2005, and
2. You must contact Kimberly Smith at (270) 901-1157 to ensure that you complete the necessary paperwork *no later than June 1, 2006!*

If you are unsure of the number of hours of early childhood training you have received through the CCR&R, contact us and we will provide you with that information. Please act now, before your Commonwealth Child Care Credential expires!

Have You Learned to Pro-Talk?

The CCR&R sponsors a special computer listserv designed to discuss resources to enhance the quality and availability of early care and education services. The **Professional Resource Opportunities, or Pro-Talk** listserv is open to all persons interested in quality care and education, including child care teachers, directors, public preschool teachers, Head Start staff, and YOU!

All you need to join is a computer, Internet access, and an e-mail address. Go to the **Pro-Talk** website at <http://list.wku.edu/mailman/listinfo/pro-talk>. Enter your e-mail address, name, and a password of your choice. Select whether to receive messages individually or in a daily digest, and click on the button that says "Subscribe." Congratulations! You're a member!

Soon you'll be hearing from professionals around the region and participating in rich discussions with peers. Glad to have you aboard and keep in touch!

*CCR&R PROFESSIONAL
DEVELOPMENT TRAINING*



MAY 2006

REGISTRATION PORTFOLIO

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

MAY 2006 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 May 2006. 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.

CCR&R Advanced Topics Seminar in Early Language and Literacy

To address the critical topics of early language and literacy, the CCR&R at WKU scheduled a series of Advanced Topic Seminars to be presented by Janet Buckley, well-known CCR&R consultant and early literacy expert. Only one session remains:

9:00 A.M. - 3:00 P.M., SATURDAY, APRIL 22, 2006

WHAT DO THEY REALLY KNOW?

ASSESSING PROGRESS IN EARLY LITERACY SKILLS

Effective assessment makes it possible for teachers to monitor and document children's progress over time and ensures that instruction is responsive and appropriately matched to what children can and cannot do. This session will overview ways to assess children's progress in the area of early literacy. Techniques will include: observation, collection of children's work, instructional conversations, and informal reading inventories. *Core Content Area: Child Assessment. CDA Subject Area: 7. Training Level: 4.*

To register, please return Form with payment of \$90 per person no later than April 20, 2006.

Doors will open and participant check-in will begin at 8:30 a.m. on the morning of the training.

Participants will receive 5 clock hours of training for the session

You may copy and share this form as necessary. Print clearly and submit one form per person.

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 20, 2006. Please return completed registration form with payment to:

**Child Care Resource & Referral at WKU
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.*

Child Care Resource & Referral Professional Development Training

INTRODUCTION TO RESOURCES IN KENTUCKY

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 return your registration information promptly, but no later than the date listed below.

May 9, 2006 9:30-11:30 a.m. *Register No Later Than May 2, 2006*

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.

BRADD AREA PARTICIPANT

Registration Fee is \$20 per participant.

Return form with payment by May 2, 2006.

No registration will be accepted after May 2, 2006.

NON-BRADD AREA PARTICIPANT

Registration Fee is \$30 per participant.

Return form with payment by May 2, 2006.

No registration will be accepted after May 2, 2006..

There will be no on-site registrations!

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): _____

No registrations accepted after May 2, 2006. 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.*

Child Care Resource & Referral Professional Development Training

CHILD CARE PROVIDER APPRECIATION EVENT

6:00-8:00 P.M., MAY 11, 2006

GYMNASIUM, JONES-JAGGERS HALL, UNIVERSITY BOULEVARD
WESTERN KENTUCKY UNIVERSITY, BOWLING GREEN, KY

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 outdoor activities, 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 May 4, 2006.*

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 May 4, 2006. Please return completed registration form 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: _____

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

SATURDAY, MAY 20, 2006

WKU GLASGOW CAMPUS, 500 HILLTOPPER WAY, GLASGOW, KENTUCKY

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

- G STANDS FOR GUIDANCE.** Join us as we explore typical behaviors and challenging behaviors of preschool children. We will also explore some basic techniques in guiding behavior. *Presenter:* Sherri Meyer, CCR&R Parent & Community Coordinator. *Target Audience:* Preschool. *CDA Subject Area:* 1. *Core Content:* Learning Environments & Curriculum. *Training Level:* 2.
- USING EVALUATION TO IMPROVE YOUR PROGRAM.** This session will explore evaluation tools, and help participants think about how to use them in their setting to foster continual program improvement. *Presenter:* Jill Norris, CCR&R Coordinator. *Target Audience:* School Age. *CDA Subject Area:* 5. *Core Content:* Program Management and Evaluation. *Training Level:* 3.

AFTERNOON SESSION: 1:00-3:00 P.M.

- BUILDING ASSETS WITH FAMILY INVOLVEMENT.** Research has shown that children develop into healthier teenagers and adults when they possess developmental assets. We will explore these assets and search for ways your program can support parents in building these in school age children. *Presenter:* Sherri Meyer, CCR&R Parent & Community Coordinator. *Target Audience:* School Age. *CDA Subject Area:* 4. *Core Content:* Family & Community Partnerships. *Training Level:* 3.
- FOSTERING A HEALTHY SENSE OF SELF-ESTEEM IN CHILDREN.** This session will explore healthy versus low-self-esteem and how child care professionals can help children develop a healthy sense to self-esteem. *Presenter:* Jill Norris, CCR&R Coordinator. *Target Audience:* Preschool. *CDA Subject Area:* 1. *Core Content:* Learning Environments & Curriculum. *Training Level:* 2.

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 two full Sessions of training).

Return form with payment by May 12, 2006.

No registrations accepted after May 12, 2006

NON-BRADD AREA PARTICIPANT

Registration Fee is \$25 per Session (\$50 for two full Sessions of training).

Return form with payment by May 12, 2006.

No registrations accepted after May 12, 2006

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 12, 2006. 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.

Remaining CCR&R Training Events for 2006

DATE	EVENT TYPE	TOPIC	LOCATION
April 15, 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
June 22, 2006	Evening Event	General Child Care Issues	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.

TIPP Offers Assessment Training

In order to assist programs in using *Kentucky's Continuous Assessment Guide* and to learn more about *Classroom/Instructional Assessment*, the Training Into Practice Project (TIPP) will be offering a session in Bowling Green on May 5, 2006.

This training, which begins at 8:30 a.m. and ends at 4:30 p.m., will provide the information programs need to understand classroom assessment instruments and the necessary documentation to submit to the Community Early Childhood Councils for the purchase of approved tools.

To register for the event or to gather more information on this training, please visit the TIPP website at:

www.ihdi.uky.edu/tipp

Want to Be Published?

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, 1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098.



Help Us Keep Your Information Current

To help us better serve your program and potential clients when we provide information in referrals to parents, we are asking that you notify us whenever your program experiences changes. When changes occur, the form below can be completed and mailed or faxed to our office, or you may call or e-mail us with changes if you prefer. The more up-to-date our database, the more accurate our referrals will be. Thank you for your assistance!



Program Name: _____

Director Name: _____

Phone Number: _____ Date: _____

DAYS CARE PROVIDED							
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Start Time</i>							
<i>End Time</i>							

RATES				
<i>AGE GROUP/AGE RANGE</i>	<i>DAILY PART-TIME</i>	<i>DAILY FULL-TIME</i>	<i>WEEKLY PART-TIME</i>	<i>WEEKLY FULL-TIME</i>
<i>Birth to 12 Months</i>				
<i>12 to 24 Months</i>				
<i>2 to 3 Years</i>				
<i>3 to 4 Years</i>				
<i>4 to 5 Years</i>				
<i>5 to 6 Years</i>				
<i>6 Years or Older</i>				

CAPACITY / VACANCY INFORMATION			
<i>AGE GROUP/AGE RANGE</i>	<i>LICENSED CAPACITY</i>	<i>FULL-TIME VACANCIES</i>	<i>PART-TIME VACANCIES</i>
<i>Birth to 12 Months</i>			
<i>12 to 24 Months</i>			
<i>2 to 3 Years</i>			
<i>3 to 4 Years</i>			
<i>4 to 5 Years</i>			
<i>5 to 6 Years</i>			
<i>6 Years or Older</i>			

Complete and return form to: **Child Care Resource & Referral, T/TAS/WKU**
 1906 College Heights Blvd. #11098
 Bowling Green, Kentucky 42101-1098
 Phone: 270-745-2216 Toll Free: 800-621-5908
 Fax: 270-745-7089 E-Mail: ccrr.expert@wku.edu

Active Start for Healthy Kids

Book Review by Pat McCann, Health Educator

What a great book! Anyone who has or works with children ages 2-6 needs to read this book from cover to cover - **Active Start for Healthy Kids: Activities, Exercises, and Nutritional Tips** by Stephen Virgilio, published by Human Kinetics. It is impossible to live in today's society and not realize that the physical well-being of our children is in grave danger. By the time children reach school age they have already formed many of their activity and nutritional behaviors. Changing behaviors is extremely difficult. Using this book can help parents, child care workers, and teachers create healthy, active lifestyle behaviors for their children.

Virgilio gives us 50 developmental exercises and activities for flexibility, muscular fitness, and cardio-respiratory endurance. Appendix C provides a picture and description of contraindicated exercises, also known as bad exercises. The Fuel for Fitness section lays out the facts about nutrition and offers several heart healthy recipes. Although we all acknowledge the importance of nutrition, we often fail miserably in following through. There are 20 motor (movement) activities, 18 dance and rhythm activities, and 21 yoga poses and games. Appendix B offers excellent web sites for individuals wanting to expand their knowledge.

As I was reading this book I thought about how neat it would be to create day care programs, birthday parties, and play days for children using the information in this book. To give your children the best start takes time and knowledge. This book gives you the knowledge. Surely you can find the time.

*Editor's Note: A great big Thank You to Pat McCann, who has graciously donated a copy of **Active Start for Healthy Kids** to the WKU Child Care Resource and Referral Library. Check it out today! To learn how, please review the CCR&R library info in the **Book of the Month** article.*

April 2006 Book Of The Month:

Wake 'Em Up!

Heather Alms, CCR&R Office Coordinator

Are your staff meetings fun? Are your staff meetings exciting? Do your staff meetings demand attention? If not, you need to read **WAKE 'EM UP! How to Use Humor and Other Professional Techniques to Create Alarmingly Good Business Presentations**. Author Tom Antion offers up hundreds of tips, techniques, and tricks to make you a hit at your next meeting. When you use these tips, your employees will say "Wow!"

Learn the secrets of being a successful presenter and how to use humor without telling jokes. You will learn about movement and atmosphere, appearance, involvement and interplay, storytelling, and 34 ways to be funny. The audio/visual section will help you choose alternative ways to add humor, excitement, and clarity to your presentations. Now, "all's well that ends well and in this case all's well that ends. Goodnight!"

The Child Care Resource and 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 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 and Provider Assistant for further information.

Early Childhood Standards Parent Guides

Jill Norris, CCR&R Coordinator

The Kentucky Early Childhood Standards, released in 2003, were designed to help early care and education professionals establish appropriate expectations for children, aged birth to five years. The standards can be used to assist programs in providing appropriate experiences that support child growth and development.

Now the standards are available in a family friendly format which outlines those appropriate expectations based on the child's age and suggests things families can do to support child growth and development. These parent guides, *Building a Strong Foundation for School Success: The Early Childhood Standards – Parent Guide*, are a two booklet set; one for children birth to three and one for children age three and four. Copies of the guides can be accessed free on-line or single copies can be requested from the WKU CCR&R.

Using the standards to ensure that appropriate activities and experiences are available to support children is just one part of Kentucky's effort toward improving the quality of available child care. Discussing these standards and providing families with the family friendly version may give them a better understanding of typical child development and provide opportunities for the caregiver to discuss a child's development with the family, thus fostering a more cooperative relationship. It will also provide families with basic information to help them support their child's growth and development.



For more information, or to download the Kentucky Early Childhood Standards and Parent Guides, visit the KIDS NOW web site: <http://www.education.ky.gov/KDE/Instructional+Resources/Early+Childhood+Development/default.htm>.

STARS for KIDS NOW... Be A Part of It!

Denney Breeding, STARS Quality Coordinator

Why should my child care program participate in Kentucky's voluntary Child Care Rating System?

- To show parents and community members your program's visible interest in quality child care for children
- To become a part of a nationwide effort to provide a good start to every child

What difference does quality make?

- Better parent-child relationships
- Greater thinking skills
- Enhanced academic performance
- Better work habits in older children
- Better relationships with peers
- Greater chance for finishing school and attending college

What are the supports to assist participants?

- Early Childhood Development Scholarship Program
- Free technical assistance and program overview
- Quality incentive payments
- Star Achievement Awards
- Healthy Start in Child Care Consultants

How often will my program be rated and by whom?

- Ratings are done annually by a specially trained Star Rating Team from the regional child care licensing offices.

How does my program sign up?

Learn more about STARS for KIDS NOW by contacting Denney Breeding, the STARS Quality Coordinator for Allen, Barren, Butler, Edmonson, Logan, Metcalfe, Monroe, Simpson, and Warren Counties at (270) 901-1173 or (800) 790-0990, ext. 11173. Denney's e-mail is Denney.Breeding@uky.edu.

In Hart County, the STARS Quality Coordinator is Karen Hellman; she can be reached at (270)-706-8755 or by e-mail at karen.hellman@uky.edu.

Spring into Safety!

Dr. Amy S. Hood, CCR&R Training Specialist

With Spring is in the air, children will be spending more time on the playgrounds. Please make sure your playground is a safe environment for children by celebrating **National Playground Safety Week** April 24-28, 2006! Did you know that research studies have determined that every 2½ minutes a child is treated in an emergency room because of an injury received on the playground? In an effort to help people understand playground safety, the National Program for Playground Safety has established four key issues to ensure SAFE outdoor areas for children. These four key issues include:

SUPERVISION. The time on the playground should not be break time for staff! The first key for safety is to supervise appropriately in order to prevent accidents from occurring. Teachers should be actively involved in the outdoor play time, moving from group to group, and redirecting inappropriate use of equipment. Teachers must also maintain staff:child ratios while outdoors!

AGE APPROPRIATENESS. The equipment and materials on the playground should be developmentally appropriate for the age group utilizing the playgrounds. The safety guidelines as established by the CPSC state that public playgrounds should have play areas divided by three age categories, Birth to Two Years Old, Two to Five Years Old, and Five to Twelve years old. Children should not be playing on equipment that is designed for older or younger children.

FALL SURFACING. The fall zones are very important – 80% of the injuries on playgrounds occur because children fall to surfaces that are not approved. Surfacing materials such as grass, dirt, and concrete are NOT acceptable surfaces under equipment such as slides, swings, climbers, see saws, or balance beams. Playgrounds should have resilient surfaces such as sand, wood chips, shredded rubber, or other types of rubberized surfaces.

EQUIPMENT MAINTENANCE. It is also essential that the playground be kept in good repair. On a regular basis, someone needs to check all the equipment, including fences, to ensure that there are no hazards lurking that can lead to injury.

The Child Care Resource and Referral at WKU is available to provide assistance to your program including providing assistance with the outdoor play areas. Contact us by phone at 1-800-621-5908 or by email at ccrr.expert@wku.edu. And don't forget to celebrate **Playground Safety Week** on April 24- 28, 2006!

What Can You Do to Promote Playground Safety?

Here are some suggestions from the National Program for Playground Safety (www.playgroundsafety.org):

- Send letters to your state governor encouraging them to proclaim National Playground Safety Week.
- Create and hang posters in schools and community areas outlining SAFE playground practices.
- Complete playground equipment safety checks and evaluations.
- Challenge your school to an injury-free week and invite a guest speaker to discuss safety on the playground.
- Check out your local playgrounds. If there is hard surfacing, such as asphalt, concrete, dirt, or grass underneath play equipment, call the owner and politely voice your concern. Ask if there is anything you can do to help.
- Make a maximum of five playground rules that the children can remember and follow.
- Write to your hometown newspaper commenting on any playground safety issues in your local community. Give credit to those facilities with safe playgrounds as well.



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

THE CHILD CARE PROFESSIONAL

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