



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,
- 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

Sherri Meyer, Parent & Community Coordinator
Dr. Amy S. Hood, Training Specialist
Heather Alms, Provider Assistant & Office Coordinator

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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

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/ccrr-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).

Funded in part by the Kentucky Cabinet for Health & Family Services through the University of Kentucky Research Foundations.

Recognizing Burnout

Jill Norris, CCR&R Coordinator

Many employees experience burnout at some point during their careers. Burnout occurs when physical, mental and/or emotional strain is prolonged or intense and contributes to feelings of hopelessness, pessimism, bitterness, and powerlessness. Feeling overworked, under-appreciated, or confused about expectations can lead to burnout. Recognizing the symptoms and causes of burnout, seeking assistance when appropriate, and developing strategies for its prevention, are all important considerations when examining burnout and its effects.

The effects of burnout in child care can be devastating to the quality of care children receive. Teachers who feel overwhelmed are less likely to effectively adapt to changing situations or to respond in a caring manner to small children who need loving, nurturing environments to guide their social/emotional development. Burnout may also be a contributing factor to high turnover of staff in child care settings. Continual staff changes limit efforts to build consistent, creative, and responsive environments for children and their families.

Factors affecting burnout can be categorized into several different types. External Factors include things like a stressful, disorganized work environment, working with people who are anxious, tense or hostile, and having little control over our work environment. Internal factors include motivation to always do your best, your reaction to a specific negative or stressful event, thoughts of not being “good enough,” and not being able to meet an idealistic vision of yourself as a competent worker.

Organizational dynamics in the workplace affecting burnout may include: people relating poorly with each other, the lines of authority being strictly

enforced, unrealistic expectations, authority figures viewing co-workers as underdogs, excessive exercise of control and power by others, and lack of support mechanisms. Additionally, roles expectations that are restrictive and confined and include excessive work hours can increase chances of experiencing burnout.

Finally, beliefs that we hold such as thinking we should be able to do our work without experiencing problems can contribute to burnout.

Getting a handle on burnout requires that we be aware of the factors affecting it and recognize when we and others are experiencing physical, mental and emotional fatigue as a result. It is also important to learn to ask for help, be aware of the limitations of your job and yourself, and maintain discipline in daily routines and duties. Maintaining discipline can include such things as taking time out during the day for yourself, working to change little things that annoy you, and learning to accommodate things you can't change. Admitting when burnout is a problem and seeking help are two of the most important things you do to combat burnout.

While it is important to recognize when you are experiencing burnout, identifying ways of preventing burnout may prove most effective. Below is a list of ways to prevent burnout that you can use and encourage in your co-workers/employees:

- Be informed of the expectations, scope of responsibilities, opportunity for advancement, supervision, job description, workload, evaluation criteria, benefits, and salary before accepting a job.
- Identify goals and evaluate yourself and others accordingly.
- Maintain personal growth both at home and on the job.
- Seek out helpful supervision for your work both at home and on the job.



- Develop an active outside life with a variety of interests.
- Personalize your work and home environment with meaningful pictures, objects, colors, etc.
- Feel comfortable with yourself, set limits for yourself, and know how far to become involved with family and colleagues.
- Encourage and practice good communication skills.
- Find your own “decompression techniques” such as meditation or exercise that relieve tension and put you into a more relaxed state.
- Build a support system for yourself with others where you can mutually discuss your problems and look for solutions. Don’t just complain; look for solutions.

Hopefully, you can put in place ways of preventing and watching for burnout in your program so that you can keep it from increasing your staff turnover and decreasing the quality of care you are providing to children. Be sure to check out the sources below for additional information and helpful guidelines.

REFERENCES:

- Helpguide Mental Health Issues, *Burnout: Signs, Symptoms, and Prevention*, Sheila Hutman, Jaeline Jaffe, Ph.D., Robert Segal, M.A., Gina Kemp, M.A., and Lisa F. Dumke, M.A., April 6, 2005. http://www.helpguide.org/mental.burnout_signs_symptomson.htm#what
- Coping.org, *Tools for Personal Growth: Preventing Burnout*, James J. Messina, Ph.D. & Constance M. Messina, Ph.D., February 9, 2006. <http://www.coping.org/growth/burnout.htm>

Book Of The Month

Exploring Science In Early Childhood Education

Heather Alms, CCR&R Office Coordinator

Air can be hot, or air can be cold. Air can make noise. Air takes up space. Air is all around us. Do you often think about air or is it something you take for granted? It’s part of life. But, to a child the concept of air is mysterious and confusing. If air is all around us and takes up space, how can you prove it? What would bubbles or an instrument prove? What about a pinwheel?

Exploring Science In Early Childhood Education by Karen K. Lind integrates math and science with art, language, music and movement, and social studies for children ages birth to eight. Using a problem-solving approach, the book is based on child development theories and emphasizes the importance of literature and writing. Informal and structured activities will bring science to your classroom in ways you never thought possible.

To check out *Exploring Science In Early Childhood Education* or other materials, please contact us at 270-745-2216 or 800-621-5908. The Child Care Resource and Referral Lending Library is open Monday through Friday from 8:00 a.m. until 4:30 p.m. We are located on the WKU campus in Jones Jagers Hall Room 117. Call us if you need directions! To learn more about the library’s services, contact Heather Alms, Office Coordinator for further information.

Congratulations Are in Order!

Congratulations to **Jennifer Johnson**, Community Action of Southern Kentucky, Butler County, and to **Shirley Blancett**, Tiny Tots Learning Academy, Butler County on earning their Child Development Associate Credential (CDA) this Spring. The Child Development Associate (CDA) is a nationally recognized credential for early care and education professionals. To earn a CDA, individuals are required to complete 120 clock hours of training, to develop a Resource Portfolio, to have their classroom observed and rated, and finally to complete a written and oral assessment. The CDA credentials are awarded by the Council for Professional Recognition in Washington, D.C.



*CCR&R PROFESSIONAL
DEVELOPMENT TRAINING*

*SEPTEMBER 2006
REGISTRATION PORTFOLIO*

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

SEPTEMBER 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 month of September 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.

The CCR&R reserves the right to cancel an event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, the liability of the CCR&R is limited to the refund of registration fees only.

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 On-Line Professional Development Opportunity

E-MAIL TRAINING FOR ADMINISTRATORS

MONDAY, SEPTEMBER 11 - FRIDAY, SEPTEMBER 22, 2006

Join us for an E-mail training and learn more about professional development opportunities available on the Internet. Explore articles, videos, and classes for you and your staff. Visit the web pages of professional associations and see if any are for you. To earn the training credits, you must have an e-mail account and actively participate by sending emails to answer the questions posed each of the two weeks. Come on - it will be fun! *Presenter:* Dr. Connie Jo Smith, CCR&R Director. *Target Audience:* Administrators. *CDA Subject Area:* 6. *Core Content:* Professional Development. *Training Level:* 3.

You will need an e-mail account and access to the Internet on a daily basis for the two-week period when the training is scheduled. An e-mail message will come to you the first day of the training, introducing the topic and outlining specific activities to complete and then share with the group registered for the e-mail training.

Activities may include assignments like: reading an article and sharing your ideas about how you could use the information; interviewing staff or parents at your program on a designated topic and reporting the results; or trying something out with children or staff and then sharing how it went. The activities are designed to take a total of two hours to complete and report on, but will be broken up into smaller pieces. You will be expected to fully contribute via e-mail two times each week to receive the training hours.

Copy and share this form as necessary; print clearly and submit one form per person.

REGISTRATION FEE IS \$15 PER PARTICIPANT.

Return form with payment by September 1, 2006. No registrations accepted after September 1, 2006.

To receive CEU Credits, please check here ___ and include an additional \$15 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): _____

No registrations accepted after September 1, 2006. Please return completed registration form with payment to:

**Child Care Resource & Referral, Western Kentucky University
1906 College Heights Blvd. #1109, Bowling Green, KY 42101-1098**

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

INTRODUCTION TO RESOURCES IN KENTUCKY

1:30-3:30 P.M., TUESDAY, SEPTEMBER 12, 2006,

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.

Doors will open and participant check-in will begin 1:00 p.m.

Copy and share this form as necessary; print clearly and submit one form per person.

REGISTRATION FEE IS \$30 PER PARTICIPANT.

Return form with payment by September 5, 2006.

No registrations accepted after September 5, 2006. There will be no on-site registrations!

To receive CEU Credits, please check here ___ and include an additional \$15 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): _____

No registrations accepted after September 5, 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*.

CCR&R Professional Development Training
ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS
 TUESDAY, SEPTEMBER 12, 2006
 JONES-JAGGERS HALL, UNIVERSITY BOULEVARD, WKU, BOWLING GREEN, KENTUCKY

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

- BASIC HEALTH, SAFETY, AND SANITATION AND RECOGNIZING AND REPORTING CHILD ABUSE.** This is the first half in a mandatory session of six-hour training that all child care employees must attend during the first 90 days of employment. *Presenter:* Jill Norris, CCR&R Coordinator. *Target Audience:* New Employees. *CDA Subject Area:* 1. *Core Content:* Health, Safety & Nutrition. *Training Level:* 1. *This session also functions as the Registered Providers Orientation.*

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

- RECOMMENDED PRACTICES.** This is the second half of the mandatory session of six-hour training that all child care employees must attend during the first 90 days of employment. *Presenter:* Sherri Meyer, CCR&R Parent & Community Coordinator. *Target Audience:* New Employees. *CDA Subject Area:* 1. *Core Content:* Learning Environments & Curriculum. *Training Level:* 1.

Doors will open and participant check-in will begin at 8:30 a.m.
 Copy and share this form as necessary; print clearly and submit one form per person.

REGISTRATION FEE IS \$40 PER PARTICIPANT.

Return form with payment by September 8, 2006.

No registrations accepted after August 11, 2006. There will be no on-site registrations!

To receive CEU Credits, please check here ___ and include an additional \$15 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): _____

No registrations accepted after September 8, 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.*

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

SATURDAY, SEPTEMBER 16, 2006

MASS MEDIA & TECHNOLOGY HALL, NORMAL DRIVE, WKU, BOWLING GREEN, KENTUCKY

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

- PLAYING IT SAFE IN THE OUTDOORS.** This session will focus on outdoor play and how early care and education professionals can make sure the outdoor learning environment is as safe as it can be. *Presenter:* Dr. Amy Hood Hooten, CCR&R Training Specialist. *Target Audience:* General. *CDA Subject Area:* 1. *Core Content:* Health, Safety & Nutrition. *Training Level:* 2.
- WORKING WITH FAMILIES.** This session will explore the types of families we serve in child care and strategies in working with and involving them in the program and in their child's growth and development. *Presenter:* Karen Chapman, Early Childhood Consultant, Simpson County Regional Training Center. *Target Audience:* Infant/Toddler. *CDA Subject Area:* 4. *Core Content:* Family & Community Partnerships. *Training Level:* 2.

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

- DISASTERS: DO YOU KNOW WHAT THIS MEANS? ARE YOU PREPARED?** This session will help participants identify disasters that may occur in our area and have a better understanding of how we can develop plans within our programs to be prepared for disasters and emergencies. This session will also provide a definition of pandemic influenza and the implications it has for society. *Presenter:* Amanda Bogard, Disaster Response Coordinator, Barren River District Health Department and Dr. Amy Hood Hooten, CCR&R Training Specialist. *Target Audience:* General. *CDA Subject Area:* 1. *Core Content:* Program Management & Evaluation. *Training Level:* 2.
- WORKING WITH PARENTS: UNDERSTANDING THE IMPORTANCE OF PLAY.** This session will explore the importance of play with children. Parents need information on why play is important and what play looks like. It is important for families to understand why children are playing in your child care program. *Presenter:* Sherri Meyer, CCR&R Parent & Community Coordinator. *Target Audience:* Infant/Toddler. *CDA Subject Area:* 4. *Core Content:* Family & Community Partnerships. *Training Level:* 2.

Doors will open and participant check-in will begin at 8:30 a.m.

Copy and share this form as necessary; print clearly and submit one form per person.

REGISTRATION FEES ARE \$20 PER PARTICIPANT FOR THE 3-HOUR MORNING SESSION AND \$15 PER PARTICIPANT FOR THE 2-HOUR AFTERNOON SESSION. (\$35 for a full day of training)

Return form with payment by September 8, 2006. No registrations accepted after September 8, 2006.

There will be no on-site registrations! To receive CEU Credits, please check here ___ and include an additional \$15 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 September 8, 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 Telephone Conference Series

The Child Care Resource & Referral at WKU is pleased to announce a three-part series of SPECIAL TELEPHONE CONFERENCE CALLS which allows you to participate in training by telephone from any location - from your home, office, or another location. No travel time, no per diem expenses, no hassle, and low cost! After you register and shortly before the telephone event, you will be mailed the session handouts, directions for calling in, and the central phone number you should call to participate. After the call, the CCR&R phone service provider will provide the names of those participating in the call and the length of their participation. Certificates for one hour of training will be mailed to all registered participants whose phone lines remain active for the full length of the telephone conference call. CEU Credits may be earned ONLY if you participate in all three one-hour teleconferences scheduled for this year.

CALL NO. 1 OF 3: OUR RESPONSIBILITIES TO FAMILIES

6:00 - 7 :00 P.M., THURSDAY, SEPTEMBER 28, 2006

This session will explore ways that childcare providers can ensure a warm, welcoming attitude toward all families and their involvement in the life of the center or family child care home. This session will require participants to spend some time prior to the call in preparation and will offer 1 additional hour of training if follow-up activities are completed according the CCR&R guidelines. *Presenter:* Jill Norris, CCR&R Coordinator. *Target Audience:* General. *CDA Subject Area:* 4. *Core Content:* Family & Community Partnerships. *Training Level:* 1.

The Target Audience, CDA Subject Area, and Core Content are identical for all three sessions.

CALL NO. 2 will be held from 6:00-7:00 p.m. on Thursday, November 6, 2006.

CALL NO. 3 will be held from 6:00-7:00 p.m. on January 25, 2007.

Please copy and share this form as necessary. Please print clearly and submit one form with payment per person.

REGISTRATION FEE IS \$10 PER PARTICIPANT PER SESSION

Please return registration form with payment by September 21, 2006. No registrations accepted after September 21, 2006.

SELECT ONE:

- SIGN ME UP FOR CALL NO. 1 ONLY. I am enclosing payment of \$10. I understand I will not be eligible to receive CEUs for attending a single session.
- SIGN ME UP FOR CALLS NO. 1, 2, AND 3. I am enclosing payment of \$30 (\$10 per session). If requesting CEUs, please check here ___ and enclose an additional \$15 fee. I understand CEUs will only be awarded upon successful completion of all three teleconferences.

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 September 21, 2006. Return completed registration form with payment to:

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

CANCELLATION: 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 Administrators Book Club

Directors, assistant directors, coordinators, and owners of early care and education programs and invited to join the CCR&R Administrators Book Club. The Book Club will meet three times this year, to discuss administrative issues and to review a book selected for discussion. Participants will earn up to two hours of training credit for each meeting. Club members are also encouraged to suggest books for the Club to review. E-mail your book suggestions to *ccrr.expert@wku.edu*.

“MONDAY MORNING LEADERSHIP”

1:30 P.M. - 3:30 P.M., THURSDAY, OCTOBER 19, 2006

CONFERENCE ROOM, JONES-JAGGERS HALL, UNIVERSITY BLVD., WKU, BOWLING GREEN, KY

Professionals are Leaders! Come to the first early childhood administrator’s book club and discuss *Monday Morning Leadership* by David Cottrell (ISBN number 0-9719424-3-9, © 2002). The book is \$14.95 at major bookstores and may be available in libraries. So, pick up your copy today, start reading, and bring the book to the meeting. A presentation will not be provided about this book; questions will be posed for the group to answer together. **Facilitator:** Dr. Connie Jo Smith, CCR&R Director. **Target Audience:** Administrators. **CDA Subject Area:** 6. **Core Content:** Professionalism. **Training Level:** 4.

It is the responsibility of Book Club members to access a copy of the selected book, read it, and come to the meeting ready to actively discuss the book’s content.

Copy and share this form as necessary; print clearly and submit one form per person.

REGISTRATION FEE IS \$15 PER PARTICIPANT.

Return form with payment by October 12, 2006.

No registrations accepted after October 12, 2006.

To receive CEU Credits, please check here ___ and include an additional \$15 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): _____

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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.*

Preventing SIDS in Early Care and Education Settings

Dr. Amy Hood Hooten, CCR&R Training Specialist

Although the number of infants dying from Sudden Infant Death Syndrome (SIDS) has decreased over recent years, preliminary data from the National SIDS/Infant Death Resource Center show that in 2004 approximately 51 percent of infant deaths were connected to SIDS. The exact cause of SIDS is still unknown, but there are many risk factors that have been linked with the syndrome that still causes the deaths of very young children. As early care and education professionals, it is our responsibility to be up-to-date on the most recent information in order to keep families early care and education professionals aware of the dangers of SIDS!

WHAT IS SUDDEN INFANT DEATH SYNDROME?

Sudden Infant Death Syndrome, also known as SIDS or crib death, is the sudden, unexpected death of a child under one year of age. As researchers are still investigating the cause of SIDS, they have identified a few factors that are leading to a better understanding of this horrific syndrome. SIDS should not lead people to think that children should not sleep in cribs. In fact, children sleeping in appropriate cribs with appropriate bedding and the right kind of sleep positions are the safest places for young children to sleep.



*To help prevent SIDS, **do not** place stuffed animals or toys, sheepskins, or other soft products in the crib.*

Unfortunately, SIDS is not just a problem at home. Recent studies have estimated that 20 percent of SIDS related deaths occurred while children were in the care of someone other than their parents. Of this number, 14 percent of deaths occurred while the children were in child care settings or family child care homes. Children at particular risk for SIDS were those who are placed to sleep on their backs at home and on their stomachs for sleep while in child care. This factor lets us know that we must ensure that child care providers and parents understand what to do in order to reduce the risk of SIDS.

WHAT CAN BE DONE IN EARLY CARE & EDUCATION SETTINGS TO PREVENT SIDS?

In order to ensure the safety of children in our care, we must implement and follow very important safety procedures. All staff, volunteers, and families should be provided the following information to help prevent the risk of SIDS.

- Make sure that children under 12 months of age be placed to sleep on their BACKS on a firm tight-fitting mattress in a crib. If you do not have a policy in place, one should be developed to ensure that all early care and education professionals place the infants on their back for sleeping. Please note that side sleeping is not as safe so children should be placed on their BACKS ONLY.
- Do not use waterbeds, sofas, soft mattresses, pillows, chairs, bean bags, or other soft surfaces for sleeping infants!
- Do not allow the infants head to become covered during sleep.
- A sleep garment should be used for infants versus any type of covering with a blanket. However, if the infant is covered with a blanket, make sure these steps are followed: (1) make sure the infant is placed with his feet at the foot of the crib; (2) make sure the blanket is THIN and it should only go up to his chest; and (3) make sure the blanket is tucked firmly under crib's mattress.

- There should be no pillows, quilts, comforters, stuffed animals or toys, sheepskins, or other soft products in the crib.
- Do not let babies sleep in a room where smoking is allowed (even if smoking is not happening while the baby sleeps).
- If a baby falls asleep while playing on her stomach, make sure she is turned over to continue her nap on her back!
- There should only be one baby per crib. Babies should NOT be allowed to share cribs even if they are siblings or twins.

Materials have been developed by the National SIDS/Infant Death Resource Center in an effort to increase awareness of SIDS among child care providers, and support appropriate sleeping procedures and policies, as well as help child care providers prepare for an emergency. These materials are available on-line at or by phone at 1-800-866-7437.

Other resources (including *Caring for Our Children - National Health and Safety Performance Standards: Guidelines for Out of Home Child Care Programs*, written by the American Public Health Association and the American Academy of Pediatrics) are available from the CCR&R Resource Library. These resources focus not only on SIDS but other health and safety issues facing child care providers. You may access the library by calling 1-800-621-5908 or 270-745-2216 or by e-mail at ccrr.expert@wku.edu.

Are Your Cribs Safe?

Before you put a baby to sleep in a used crib, the U.S. Consumer Product Safety Commission encourages you to check to be sure it's safe. A safe crib has:

- A firm, tight-fitting mattress
- No loose, missing, or broken hardware or slats
- No more than 2 3/8 inches between the slats (about the width of a soda can)
- No corner posts over 1/16 inch high
- No cutout designs in the headboard or footboard

If your crib isn't safe, **Destroy It!** It could save a baby's life. For more info, contact CPSC at 800-638-2772.

More Congratulations!

Congratulations to the **2006 Commonwealth Child Care Credential** recipients! These individuals have completed 60 clock hours of required training since January 2006. Their final class was held on June 24, 2006. Congratulations on your hard work and dedication!

Anita Blair, Cool Springs Baptist Church Preschool, Butler Co.

Debbie Blair, Cool Springs Baptist Church Preschool, Butler Co.

Kristie Bryson, Community Action, Simpson Co.

Lisa Coomes, Cool Springs Baptist Church Preschool, Butler Co.

Yolanda "Nikki" Duncan, Community Action, Warren Co.

Cynthia Ferguson, Community Action, Edmonson Co.

Rose Gregory, Grannys Child Care, Warren Co.

Leslie Keown, J.C.'s Playhouse, Simpson Co.

Christy Keith, Community Action, Warren Co.

Tina Miller, Community Action, Warren Co.

Erin Milton, Community Action, Edmonson Co.

Gloria Morgan, Community Action, Warren Co.

Kathy Pierson, Community Action, Butler Co.

Rhonda Stratton, Community Action, Barren Co.

Bonnie Wells, Community Action, Warren Co.

Ashley Woods, Certified Family Home Provider, Warren Co.

Individuals may utilize KIDS NOW Scholarship funds to attend the training sessions required to earn the Commonwealth Child Care Credential. If you want more information on the next Commonwealth Child Care Credential class, please contact the CCR&R office for information on dates, times, and location. Classes will begin again on January 6, 2007 and conclude June 23, 2007.

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: crr.expert@wku.edu

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

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU

August, 2006