

# *THE CHILD CARE PROFESSIONAL*

The Newsletter of the Child Care Resource & Referral at WKU



Volume XIII, Number 6

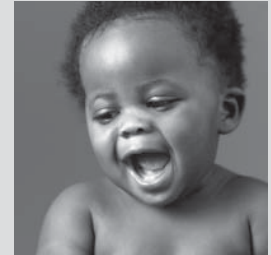
June 2006

## 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  
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.)

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E-Mail Us at [crr.expert@wku.edu](mailto:crr.expert@wku.edu) • Or Visit Our Website at [www.wku.edu/crr-wku/](http://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](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 ([heather.alms@wku.edu](mailto:heather.alms@wku.edu)).

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

# Sun Safety Week to Be Celebrated June 4th-10th

Charlotte Hendricks, Sun Safety Alliance

**The Second Annual Sun Safety Week will be observed June 4-10, 2006.** Sun safety is especially important for young children. Because of their lifestyle, on average, children get three times more sun exposure than adults! The vast majority, (perhaps as much as 80%) of a person's lifetime sun exposure is estimated to occur in the childhood and teenage years. Research indicates that just one serious childhood sunburn could trigger skin cancer in later years. Recent reports indicate that frequent sunburns (one or two each year) can greatly increase the risk of deadly malignant melanoma.

Here are links to a few resources on sun safety for young children and parents:

- **Sun Safety Alliance Newsletter**  
<http://www.sunsafetyalliance.org/wmepage.cfm?parm1=173>
- **Mothers Against Skin Cancer**  
Encourage your staff and parents to join by November 20 and register for Free Disney Vacation!  
<http://www.sunsafetyalliance.org/wmepage.cfm?parm1=169>
- **Sun Safety for Kids**  
<http://www.sunsafetyforkids.org/>
- **EPA Sunwise School Program**  
<http://www.epa.gov/sunwiselsummary.html>
- **Safe Fun in the Sun booklet**  
<http://www.childhealthonline.org/booklets.htm>



- **Shade Foundation Preschool Application**  
<http://www.shadefoundation.org/emform/emform.php?form=29>
- **California Early Childhood Sun Protection Curriculum** (including *Hot Shots* – a sun-safety video for young children; contact Andrew Manthe for information  
[amanthe@dhs.ca.gov](mailto:amanthe@dhs.ca.gov)

Here are also some helpful on-line articles on sun safety and child care:

- **Protect Your Child**  
[http://www.lafamily.com/display\\_article.php?id=1199](http://www.lafamily.com/display_article.php?id=1199)
- **Protecting Children**  
[http://www.parentsmonthlyonline.com/wst\\_page16.html](http://www.parentsmonthlyonline.com/wst_page16.html)
- **Safety in the Sun**  
<http://www.healthychild.net/articles/sf11sun3.html>
- **Cover Up Clothing**  
<http://www.healthychild.net/articles/sf10sun.html>
- **Sunscreen Use**  
<http://www.healthychild.net/articles/sf9sunscreens.html>
- **Sunglasses**  
<http://healthychild.net/articles/mc51sunglasses.html>

For additional information on Sun Safety and young children, contact Dr. Charlotte Hendricks at the **Sun Safety Alliance**. You can e-mail Dr. Hendricks at [chendricks@nacds.org](mailto:chendricks@nacds.org).

## Race to Classrooms of Excellence

You are encouraged to attend the 20th Annual Kentucky Early Childhood Summer Institute June 12-14 at the Lexington Convention Center and Hyatt Regency. Sessions by early childhood experts will model interactive experiences to promote literacy, numeracy and science standards. For more information, contact: Julie Goodpaster at the Anderson Co. Early Childhood Regional Training Center. You may call her at 502-839-2513, fax her at 502-839-3407, or e-mail her at [jgoodpast@anderson.k12.ky.us](mailto:jgoodpast@anderson.k12.ky.us).

# Planning Your Summer School-Age Program?

*Dr. Connie Jo Smith, CCR&R Director*

Programs that offer school-age services during the public school year are revamping to meet the changing needs that summer brings. And programs that only offer summer school-age services are gearing up.

Even if you are experienced at delivering these services, there is still much to be done and so many things to consider. You can bet you are not alone, so why go it alone?

Join the free Western Kentucky University Child Care Resource and Referral **Pro-Talk Listserv** and exchange ideas. Once you join the listserv, you can send messages to all other members, and benefit from those that respond. You can share ideas with your peers about your summer schedule, about strategies for interviewing staff, on activities you've planned for the kids, or on field trips you hope to make. You can also share or learn about books and resources that might be helpful, including your peers' favorite web pages. To join the listserv, go to the CCR&R web page at <http://www.wku.edu/ccrr-wku/> and click the **Join Pro-Talk** link on the home page.

The National Youth Development Information Center also provides information about several national listservs which provide group e-mail discussion opportunities. Each list is briefly summarized below. More information about joining can be found at: <http://www.nydic.org/nydic/library/listserv/index.htm>.

- **Best Practices** is intended for those who are interested in best practices as they relate to research, evaluation, and outcome measures.
- **Promising Practices in Afterschool (PPAS)** joins

the worlds of youth development, school-age care, and education. In addition to the listserv, their web page has a place to read about and post promising practices in working with school-age children.



- **Innovate** is a listserv for both youth workers and young leaders to discuss issues and share resources together.
- **Peer Helping** is a listserv sponsored by the National Peer Helpers Association and is fee-based.

- **SAC-L** is a listserv sponsored by the National Institute on Out-of-School Time. The focus is on school age planning, resources, activities, funding, staff and staff development, and related topics.
- **UCYD** is a listserv that is part of the Search Institute's Uniting Congregations for Youth Development initiative. The focus is on asset building in congregations.
- **YouthLearn** is a listserv by the Morino Institute. The focus of this list is to discuss youth and technology in settings outside of school.
- **YouthNoise** is a listserv sponsored by Save the Children and is designed for teens between 12-19 who want to contribute to their communities.

Best of wishes from all of us at the CCR&R on getting your summer school age programs up and running. We hope to see - or least hear from - you on a school-age listserv in the near future!

*CCR&R PROFESSIONAL  
DEVELOPMENT TRAINING*



*JULY 2006*

*REGISTRATION PORTFOLIO*

# CCR&R PROFESSIONAL DEVELOPMENT TRAINING

## JULY 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 July 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 PROFESSIONAL DEVELOPMENT TRAINING

THURSDAY, JULY 20, 2006

JONES-JAGGERS HALL, UNIVERSITY BOULEVARD, WKU, BOWLING GREEN, KENTUCKY

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

- ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS: HEALTH, SAFETY & SANITATION AND RECOGNIZING CHILD ABUSE & NEGLECT.** This is the first half of a mandatory 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.

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

- ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS: RECOMMENDED PRACTICES.** This is the second half of a mandatory 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.

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 Sessions of training).  
*Return form with payment by June 13, 2006.*  
*No registrations accepted after June 13, 2006*

### NON-BRADD AREA PARTICIPANT

Registration Fee is \$25 per Session (\$50 for two Sessions of training).  
*Return form with payment by June 13, 2006.*  
*No registrations accepted after June 13, 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 July 13, 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.

# 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](mailto:ccrr.expert@wku.edu)

## Book of the Month: Preschool for Parents

June's book of the month, *Preschool For Parents* by Diane Trister Dodge and Toni S. Bickart, is a must-have for parents of preschool age children. The book offers a comprehensive guide to choosing a quality preschool program to meet the needs of your child. By reading this book, you will learn:

- How to screen and select a high-quality preschool.
- Why “emotional intelligence” may be more important than IQ.
- How rich play experiences actually enhance school readiness.
- How preschoolers develop reading, writing, math, and science skills.
- Why you may need to start planning for Kindergarten now.



To check out *Preschool For Parents* or other materials, please contact us at 270-745-2216 or 800-621-5908 to schedule a time to visit. The Child Care Resource & Referral Lending Library is open Monday through Friday from 8:00 a.m. until 4:00 p.m. We are located on the WKU campus in 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 all of the library's services, contact Heather Alms, Office Coordinator for further information.

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

If you are an administrator, coordinator, teacher, or caregiver, we encourage you to submit articles to be considered for publication in **THE CHILD CARE PROFESSIONAL**. You can share your experiences in early care and education, tell us about activities that work well with children, share ways you communicate and involve families, or discuss ideas for working with colleagues or community partners. Do you have a 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, 1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098.

# Helping Children Build Healthy Self-Esteem

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

Having healthy self-esteem is one of the many ways that children are able to deal with the world around them. Self-esteem is what allows children to try new things and fail, then try that same thing again and again until they are successful at the activity. Children who try to succeed at something many times feel good about themselves and continue to develop a good self-image. That is what self-esteem is – the feeling you have about yourself. Positive self-esteem is what every parent and caregiver wants for children.

Although many children have a positive and healthy self-esteem, some are not so lucky. You have heard and seen these children. They think that they are no good at something, they can't do anything right, they think and say "I'm stupid," or get the "I can't's".

Self-esteem starts very early in life. When a child rolls over for the first time, claps for the first time, smiles for the first time, walks for the first time, and all of the other firsts, seconds, and thirds of growing up, children are building their self-esteem. Our job is very important when working with them. We have to build a healthy self-esteem and encourage children to continue to try new activities and reach each new milestone in their development.

Here are some things that we as parents and early care and education professionals can do for children:

- Be careful what you say. Don't just let children know when they do a job well, but also when they show effort even if the task is not successful. Our words can hurt a child's self-esteem or build it. Let's be sure we help to build the self-esteem.
- Continue to build your own self-esteem. Don't be hard on yourself for making a mistake or doing something incorrectly. Instead use this time to show your child that you, too, make mistakes. Set an example and model how to handle this situation.
- Show your child and the children you work with that you love them. Give each child a hug when they least expect it. When children are shown af-

fection and that someone cares for them and loves them, self-esteem is being built.

- Whether at home or in an early care and education setting, make it a safe and welcoming environment. Children who feel safe and respected have healthier self-esteem. When children know they belong, they are more likely to have a sense of belonging and security.
- Children make choices throughout their day, so allow children to make appropriate choices. For example, provide two acceptable outfits to wear for the day and allow the child to decide which to choose. Provide toys and materials on the child's level and allow the child to choose what to play with and with whom to play. This sounds easy, but often adults forget to allow children to make choices.
- Instead of competition, encourage cooperation (or working as a team) to help build healthy self-esteem. Allow children to help others, both adults and other children.

We all feel better about ourselves when we help others. Read to someone, hold the door open for a stranger, or just say hello. Building healthy self-esteem is vital for children to grow up to be constructive and productive adults. Children are so very important. Take a few minutes to evaluate your time and efforts with them. Fill every word or action with care and compassion to help every child become a healthy adult. It begins with us and lasts a lifetime!

For more information on building healthy self-esteem in children, call the CCR&R library to check out resources on this topic. There are also some websites you may want to visit for additional ideas:

- <http://kidshealth.org> offers information for parents, kids, and teens;
- <http://www.aap.org> covers many topics in addition to self-esteem; and
- <http://www.self-esteem-nase.org> provides a wealth of information for parents as well as articles and books.

# CCR&R Resource Watch

## *Prime Times: A Handbook for Excellence in Infant & Toddler Programs*

*Prime Times* is a practical and thoughtful guide to achieving quality care and education in infant and toddler programs. This outstanding resource will help you establish, organize, and maintain a program of excellence for children in the “prime times” of their childhood. Authors Jim Greenman and Anne Stonehouse have both been involved in the early childhood care and education field for over 25 years.

Jim Greenman has served as a child care administrator, facility designer, educator, director and consultant. Jim has published several books, including the highly-regarded *Caring Spaces, Learning Places* (available from the CCR&R Resource Library). Jim is also a senior vice-president at Corporate Family Solutions, a leading provider of employer-sponsored child care.

Anne Stonehouse has been a lecturer, center director, resource developer, and consultant to organizations in both the United States and Australia. She is an Associate Professor of early education at Monash University in Melbourne, Australia, and has published several books, including *Trusting Toddlers* and *A Good Beginning for Babies*.

As outlined in the book’s introduction, *Prime Times* is intended as a general handbook for programs serving children under the age of three and as a text for students intending to work with infants and toddlers in child care. The aim of the authors was to include enough material to help program developers and directors set up and manage a program, while retaining the focus for an audience of caregivers.

The book was also designed as a handbook for training and program development. It offers a logical sequence and functions as a ready reference that can sit on a caregiver’s

shelf and provide answers to questions about practice. The 16 chapters of *Prime Times* are divided into six major areas:

- The Context of Good Care: Good Organizations for Infant and Toddler Care;
- Organizing the Program;
- Quality Caregiving;
- Quality Learning;
- Good Places for Adults; and
- Staying Good: Evaluation and Quality Control

Individual chapter titles include:

- *Goals, Characteristics, and Assumptions in A Quality Program;*
- *Structuring Time and Space for Quality Care;*
- *Guiding the Behavior of Infants and Toddlers;*
- *Safe and Healthy Environments;*
- *The Learning Environment;*
- *Interactions with Infants and Toddlers: The Caregiver as Teacher;*
- *Partnerships with Parents;* and
- *Ongoing Program Evaluation and Change.*

Early childhood author Janet Gonzalez-Mena describes *Prime Times* as “comprehensive in scope, rich in detail, and studded with gems of wisdom. Reading this book is like being there in the real world with a wise observer at your elbow.” Packed with forms, resource lists, charts, and illustrations, *Prime Times: A Handbook for Excellence in Infant & Toddler Programs* is an essential guide for anyone interested in the care and education of infants and toddlers in any setting.

*Primes Times* is available in soft cover from Redleaf Press ([www.redleafpress.org](http://www.redleafpress.org)) for \$30.95; Product Code 122901, ISBN: 1-884834-15-9. 368 pages.



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