

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 Hood Hooten, 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
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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).

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Exploring the Problem of Childhood Obesity

Jill Norris, CCR&R Coordinator

Nationwide, increases in childhood obesity over the past two and a half decades have caused concern about the immediate and long-term health of our children. In 25 years, the number of overweight children in this country has almost doubled, from 7 percent to 13 percent, while the incidence of overweight teens is almost three times as high as it was 20 years ago, from 5 percent to 13 percent. Minority and economically disadvantaged sub-populations experience obesity and overweight at higher rates than their Caucasian counterparts.

Obesity contributes to the development of medical conditions in childhood that previously were not typically seen until adulthood. Type 2 diabetes, coronary artery disease, and high blood pressure are more common among overweight youth. Additionally, excess weight contributes to psychological consequences such as social stigmatization, discrimination, poor body image, and depression. Overweight children and adolescents are at high risk of becoming overweight or obese adults. The costs associated with obesity in 2000 were estimated at \$117 billion nationwide.

While current obesity and overweight data for Kentucky children is somewhat limited, what data is available indicates that Kentucky children have a higher prevalence of overweight and obesity than the national average. The Kentucky Department of Public Health reported in 2001 that the percentage of very young children above the 95th percentile of weight and height increased 19 percent over the previous five years among low-income children, aged 1-5 years who were enrolled in the Kentucky Women, Infants, and Children supplemental feeding program.

Several factors contribute to this overweight and obesity epidemic including genetic, metabolic, behavioral, environmental, cultural, and socio-economic influences. Widespread societal changes over the last

several decades have caused increased caloric intake, diets high in saturated fat, and decreased consumption of fruits and vegetables along with decreased physical activity. Foods providing a high number of calories, but limited nutritional value are affordable and accessible, contributing to the increased incidence of overweight and obesity among low socioeconomic populations. These societal changes contributing to the increased obesity and overweight incidence in our communities require immediate attention with intervention activities that will assist children in making sound decisions about their dietary intake and physical activity.



As a child care provider, what can you do to help combat this epidemic? Ensuring that nutritious meals and snacks that are low in saturated fat are served to the children in your program is an excellent place to start. Additionally, making sure that a variety of fresh fruits and vegetables are available for children is another important factor. For information on child nutrition, resources to share with parents, and information specific to infants and toddlers, visit the US Department of Agriculture's Child Nutrition and Health website at: http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=257&topic_id=1353&placement_default=0.

Making sure children receive an adequate amount of exercise is another component to combating childhood obesity and overweight. The American Heart Association website provides information on the importance of exercise for children and lists the following recommendations for exercise for children:

- All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity activities every day.
- They should also perform at least 30 minutes of vigorous physical activities at least 3–4 days each week to achieve and maintain a good level of

cardio-respiratory (heart and lung) fitness.

- If children don't have a full 30-minute activity break each day, try to provide at least two 15-minute periods or three 10-minute periods in which they can engage in vigorous activities appropriate to their age, gender and stage of physical and emotional development.

The Mayo Clinic provides the following suggestions in regard to getting children to be active. First, they recommend encouraging activity rather than "exercise." Setting the example by being active ourselves is one of the best ways to encourage children to exercise rather than being sedentary. Limiting the amount of time children watch television, play video games, and computer games is another important factor. The Mayo Clinic also suggests making exercise fun in the following ways:

- Play games your elementary school child loves, like Tag, Simon Says, and Red Light, Green Light. If you don't remember the rules for these games, make up your own or walk to your local library and check out a book on games.
- Let your toddlers and preschoolers see how much fun you can have while being active. Don't just run with them. Run like a gorilla. Walk like a spider. Hop like a bunny. Stretch like a cat.
- Vary the activities. Let each child take a turn

choosing the activity of the day or week.

Combating the childhood obesity and overweight epidemic requires providers and families alike, to provide healthy food choices and to encourage children to be active. What are you doing in your program to encourage these things? Join us on the Pro-talk listserv and at the Connect For Kids Online Forum to share your ideas by going to the CCR&R website at <http://www.wku.edu/ccrr-wku>.

References

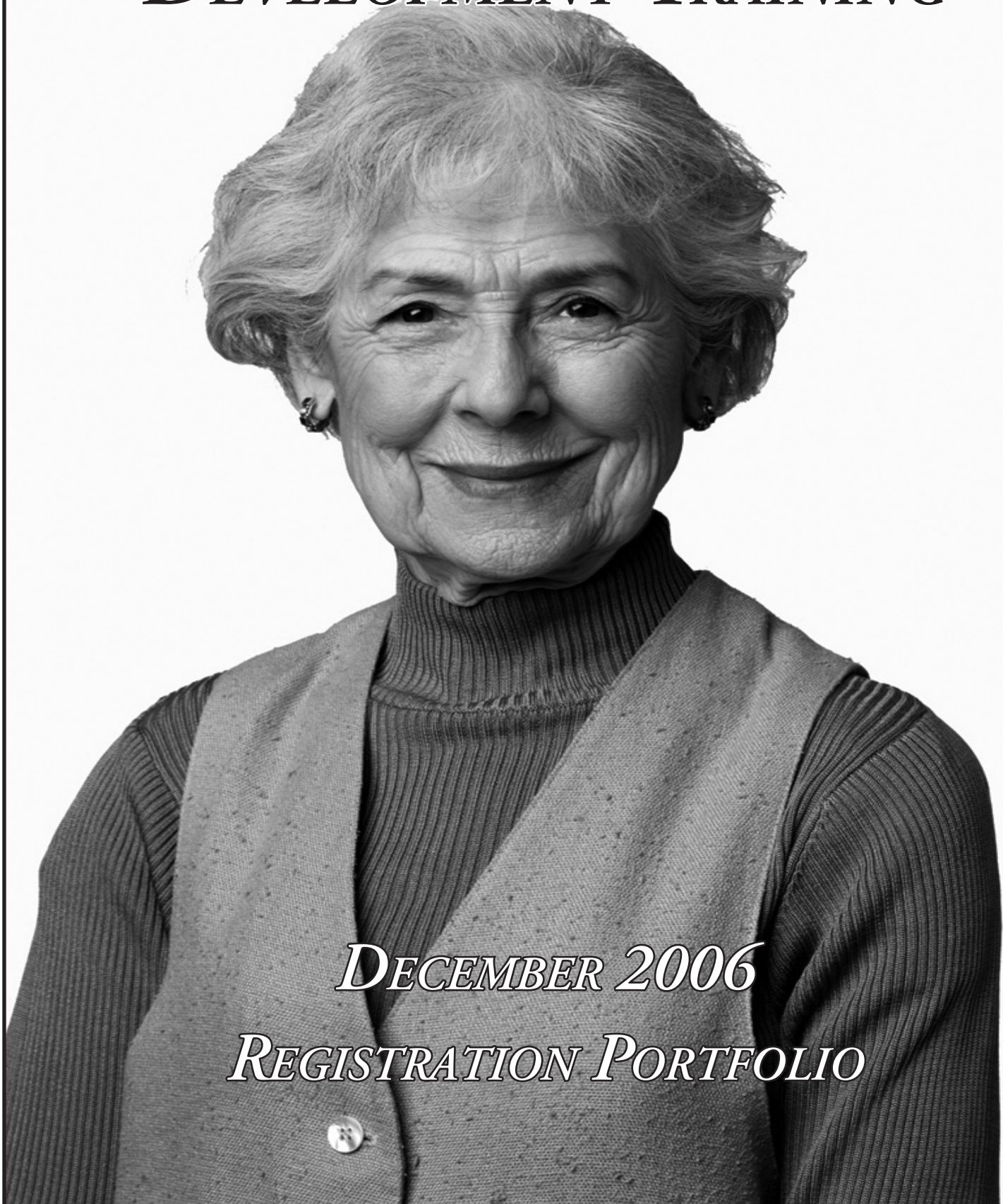
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- U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent and decrease overweight and obesity, 2001, <http://www.surgeongeneral.gov/topics/obesity/>.
- Kentucky Department for Public Health. Kentucky Childhood Obesity Project, 2000. American Heart Association Website, <http://www.americanheart.org/presenter.jhtml?identifier=4596>, October 16, 2006.
- The Mayo Clinic Website, <http://www.mayoclinic.com/health/fitness/FL00030>, October 16, 2006.

Ready to Renew Your CDA??

Would you like to earn the 4.5 CEUs required for CDA Renewal before April 2007? Are you looking for in-depth training Early Childhood Math and Science? If the answer to either of these questions is YES, then you will want to join the CCR&R at WKU as we conduct a series of sessions focusing on Math and Science in Early Childhood. These classes will begin January 27, 2007 and will conclude by March 24, 2007. Individuals completing all five of these interactive sessions will earn 45 clock hours of training and 4.5 CEUs.

Cost for the five class series (45 clock hours and 4.5 CEU's) is \$390 per person. Session descriptions and registration, cost, and location information can be found in the Registration Portfolio included in this newsletter. (Individuals may also register for specific sessions and earn clock hours toward licensing requirements. However, CEUs will ONLY be awarded to individuals who register for and complete the entire series. The cost for individual sessions is \$90 per person.) If you would like more information, please feel free to contact Amy H. Hooten, CCR&R Training Specialist at 1-800-621-5908 or 270-745-2216 or by e-mail at ccrr.expert@wku.edu.

*CCR&R PROFESSIONAL
DEVELOPMENT TRAINING*



DECEMBER 2006

REGISTRATION PORTFOLIO

CCR&R PROFESSIONAL DEVELOPMENT TRAINING DECEMBER 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 December 2006, as well as information on the 2007 **CCR&R ADVANCED TOPICS SEMINARS IN EARLY MATH AND SCIENCE** (see pages 9-10). 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. You may also register on-line for all CCR&R training at www.wku.edu/ccrr-wku. 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.

Attending Weekday Training? We Provide the Parking Pass!

We all know that weekday parking on the WKU campus can be difficult. That's why the CCR&R provides free temporary WKU Visitors' Parking Passes for those pre-registering to attend CCR&R training on a weekday (Monday-Friday). Passes can be picked up at Registration and should be placed on the driver's side dashboard of your car. Passes are valid only for the dates indicated on the pass. With a Visitor's Pass, you may park in all Non-Premium lots, including non-premium Faculty/Staff, Housing, Student, and Commuter Lots. You *cannot* park in Premium (i.e., gated) Lots, Handicapped Parking Slots, or Loading Zone slots, or in fire lanes or other parking-prohibited areas. (As always, parking on campus is not regulated after 5:00 and on weekends, so passes are not required for attending evening training or training on Saturdays.)

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

INTRODUCTION TO RESOURCES IN KENTUCKY

1:30-3:30 P.M., TUESDAY, DECEMBER 5, 2006,

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. (*WKU Visitors' Parking Passes will be available at Registration.*)

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.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by November 28, 2006.

No registrations accepted after November 28, 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 November 28, 2006. Please register on-line at www.wku.edu/ccrr-wku OR 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
 THURSDAY, DECEMBER 7, 2006
 MASS MEDIA & TECHNOLOGY HALL, NORMAL DRIVE, 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. (*WKU Visitors Parking Passes will be available at registration.*) Copy and share this form as necessary; print clearly and submit one form per person.

REGISTRATION FEE IS \$40 PER PARTICIPANT.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by November 30, 2006.

No registrations accepted after November 30, 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 November 30, 2006. Please register on-line at www.wku.edu/ccrr-wku OR 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 Advanced Topics Seminar in Early Math & Science

“Early childhood educators know that a young child’s natural interest and curiosity can be used as a basis for learning, understanding, and enhancing mathematics skill acquisition and concept development. They understand that science and math are all around in a child’s world and should be treated as an integral part of a curriculum. Researchers and early childhood educators are exploring how a child’s reasoning capabilities in mathematics and science develop across the early childhood years and are examining how this knowledge can be translated into practice. They are also recognizing the importance of complementing child-initiated learning with high-quality, teacher-directed mathematics instruction in the early years. **National Child Care Information Center**

To address the critical topics of early math and science, the CCR&R at WKU has scheduled a series of Advanced Topic Seminars. Each session will be presented by Janet Buckley, well-known CCR&R consultant and early literacy expert. Participants may choose to enroll in the Full Seminar and earn 4.5 CEUs OR enroll in individual seminars for training clock hours. Please choose one of the following enrollment options:

FULL ADVANCED TOPICS SEMINAR. Participants agree to attend all five classes; each class includes 5 hours of instruction and 1 hour of reviewing/presenting field projects (30 hours total). Participants must also complete 3 hours of field work associated with each class (15 hours total). Successful participants will receive 4.5 CEUs (for 45 contact hours) **applicable toward the requirements for CDA renewal.** *To participate in the full Advanced Topics Seminar, you must enroll no later than January 19, 2007.* Participants who fail to fully complete seminar requirements will receive training clock hours for each class completed in lieu of CEUs. **Cost: \$390 per participant.**

INDIVIDUAL SESSIONS. Participants may attend the five-hour training portion of any or all of the five classes. CEUs are not available for individual sessions, but participants will receive 5 clock hours of training for each class, up to 25 clock hours total. Participants must enroll no later than the deadline date listed under individual class descriptions below. **Cost: \$90 per class.**

If using this form to register for individual sessions, please check the session(s) below that you will be attending, and return the registration form with payment no later than the deadline date listed in each session description.

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.

JANUARY 27, 2007 **9:00 A.M. - 4:00 P.M. (FULL SEMINAR)** **9:00 A.M. - 3:00 P.M. (TRAINING ONLY)**
YOUNG CHILDREN’S LEARNING: IT’S ABOUT DISCOVERY
Infants and toddlers are the ultimate scientists: they spend their time observing, experimenting and making conclusions about their experiences. The session will offer guidelines as to how support this learning and look at how infants and toddlers make six major kinds of discoveries: learning schemes, cause and effect, use of tools, object permanence, understanding space, and imitation. (*Core Content Area: Child Growth & Development. CDA Subject Area: 8. Training Level: 4*). **Return Form with payment by January 19, 2007.**

FEBRUARY 10, 2007 **9:00 A.M. - 4:00 P.M. (FULL SEMINAR)** **9:00 A.M. - 3:00 P.M. (TRAINING ONLY)**
WONDER, INVESTIGATION, DISCOVERY
Wonder, investigation, and discovery are three words to describe what happens when children grow in their knowledge of the world around them. As adults, we can encourage and aid this growth by building on young children’s abilities as keen observers of their surroundings. Describing, collecting, and recording information are important skills. In this session, we will explore ways to draw on preschoolers’ natural curiosity to teach them about science and scientific methods, and using photos, models and graphs for recording children’s results. (*Core Content Area: Child Growth and Development. CDA Subject Area: 4. Training Level: 4*) **Return Form with payment by February 2, 2007.**

- FEBRUARY 24, 2007** 9:00 A.M. - 4:00 P.M. (FULL SEMINAR) 9:00 A.M. - 3:00 P.M. (TRAINING ONLY)

THE PATH TO MATH: BEGINNING NUMBERS

Children, older toddlers, and preschoolers are learning that anything they count needs a “number name” (one block, two blocks) and that the list of number names has a set order (1-2-3-4). They may know that numbers stand for certain quantities. They notice that amounts change when things are added or removed. This session will present ways you can help preschool children learn about numbers and number concepts. (*Core Content Area:* Learning Environments & Curriculum. *CDA Subject Area:* 2. *Training Level:* 4) **Return Form with payment by February 16, 2007.**

- MARCH 10, 2007** 9:00 A.M. - 4:00 P.M. (FULL SEMINAR) 9:00 A.M. - 3:00 P.M. (TRAINING ONLY)

CLASSIFYING AND MEASURING ACTIVITIES

There's more to preschool math than counting! Classification skills are building blocks for learning important math concepts. Children classify objects, ideas, sounds, smells, or flavors into groups (categories) according to traits they have in common. Children ages 3-5 may wonder about measuring many things—from how tall they are to how long it takes to walk around the school. They hear adults talk about miles, pounds, gallons, acres, and minutes. They see adults use measuring tools. Measurement activities can help young children understand basic math concepts and learn life skills. (*Core Content Area:* Program Management & Evaluation. *CDA Subject Area:* 5. *Training Level:* 4) **Return Form with payment by March 2, 2007.**

- MARCH 24, 2007** 9:00 A.M. - 4:00 P.M. (FULL SEMINAR) 9:00 A.M. - 3:00 P.M. (TRAINING ONLY)

GEOMETRIC THINKING FOR YOUNG CHILDREN

Circles, squares, and triangles are just the beginning: Children ages 3-5 are beginning to understand relationships among objects, spaces, and places. These are the basic concepts of geometry. Young children use geometric thinking when they describe where things are located or when they notice how parts of things are connected to each other. This session will present activities and explore the language to use with older toddlers and preschool children. (*Core Content Area:* Child Assessment. *CDA Subject Area:* 7. *Training Level:* 4) **Return Form with payment by March 16, 2007.**

For all events, doors will open and participant check-in will begin at 8:30 a.m. on the morning of the training.
You may copy and share this form as necessary. Print clearly and submit one form per person.

To register for the **Full Advanced Topics Seminar**, please register on-line at www.wku.edu/ccrr-wku OR complete and return both pages of this form with payment of \$390 *no later than January 19, 2007.*

To register for individual sessions, please register on-line at www.wku.edu/ccrr-wku OR complete and return completed registration form with payment of \$90 per session *by the deadline date listed in each session description.*

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): _____

Please register on-line at www.wku.edu/ccrr-wku OR return completed forms 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.*

Calendar of CCR&R Training Events, January-June 2007

DATE	EVENT TYPE	TOPIC	LOCATION
January 6, 2007	Saturday Event	Commonwealth Child Care Credential Classes Begin	Bowling Green, KY
January 11, 2007	Introductory Event	Introduction to Kentucky Resources	Bowling Green, KY
January 17, 2007	Administrator Event	Administrators Book Club Meeting	Bowling Green, KY
January 20, 2007	Saturday Event	Orientation for Early Childhood Education Professionals Registered Provider Orientation General Child Care Issues	Bowling Green, KY
January 25, 2007	Telephone Event	General Child Care Issues	
February 6, 2007	Evening Event	General Child Care Issues	Bowling Green, KY
February 8, 2007	Introductory Event	Introduction to Kentucky Resources	Bowling Green, KY
February 13, 2007	Introductory Event	Orientation for Early Childhood Education Professionals Registered Provider Orientation	Bowling Green, KY
February 12-23, 2007	Alternative Venue	E-Mail Based Training on General Child Care Issues	
February 17, 2007	Saturday Event	General Child Care Issues Preschool Issues	Glasgow, KY
March 8, 2007	Introductory Event	Introduction to Kentucky Resources	Bowling Green, KY
March 17, 2007	Saturday Event	Orientation for Early Childhood Education Professionals Registered Provider Orientation Infant/Toddler Issues Make and Take March Madness: General Child Care Issues	Bowling Green, KY
April 12, 2007	Evening Event	General Child Care Issues	Bowling Green, KY
April 18, 2007	Introductory Event	Introduction to Kentucky Resources	Bowling Green, KY
April 19, 2007	Introductory Event	Orientation for Early Childhood Education Professionals Registered Provider Orientation	Bowling Green, KY
April 21, 2007	Saturday Event	General Child Care Issues	Bowling Green, KY
May 8, 2007	Introductory Event	Introduction to Kentucky Resources	Bowling Green, KY
May 10, 2007	Evening Event	Child Care Provider Appreciation Day	Bowling Green, KY
May 16, 2007	Administrator Event	Administrators Book Club Meeting	Bowling Green, KY
May 19, 2007	Saturday Event	Orientation for Early Childhood Education Professionals Registered Provider Orientation School Age Care Issues General Child Care Issues	Glasgow, KY
June 14, 2007	Introductory Event	Introduction to Kentucky Resources	Bowling Green, KY
June 19, 2007	Introductory Event	Orientation of Early Childhood Education Professionals Registered Provider Orientation	Glasgow, KY
June 21, 2007	Evening Event	General Child Care Issues	Bowling Green, KY
June 23, 2007	Saturday Event	Commonwealth Child Care Credential Classes End General Child Care Issues	Bowling Green, KY

Having Fun with Fall Activities

Sherri Meyer, CCR&R Parent & Community Coordinator

(Editor's Note: This article is intended for both parents and early care and education professionals. Please share with your staff and parents.)

Fall is here! Autumn is a great time for activities with the children. It is not too hot or too cold for outdoor activities. November is a busy month with pumpkins, changes in the weather, and changes in leaves. The following activities are great for autumn gatherings with friends and families who also have young children. Not only can parents enjoy these activities, but child care providers can also use them with children. The activities allow the children to experience a variety of materials and opportunities. Enjoy the season and the time spent together!

Visit a Farm. This time of the year, farms and orchards are full of learning experiences. Animals have had their young and children can learn the different names of the animals (cow for the female, bull for the male, and calf for the baby) and will be able to compare sizes and colors as well. Farms and orchards also have wonderful fruits to taste and purchase. Have a tasting party! Apples are wonderful to use in cooking and in conversations; compare colors and how each tastes.

Make a Pumpkin Pie. Making a pumpkin pie is not difficult and can be great fun. Children learn a variety of skills and topics such as measuring and counting ("We need a full can of pumpkin, we need 1 teaspoon of cinnamon, we need two eggs," etc.). Children will also learn about changes. The mixture will look different when the ingredients are put into the bowl and after they are mixed. Allow your child to stir the mixture. This is great for developing the small muscles in the hands. Beware of the hot stove and closely watch children when the stove is heating and cooking.

Compare Sizes of Pumpkins. At the grocery or pumpkin patch, talk with children about the different sizes and shapes of the pumpkins. This allows op-

portunities for children to make comparisons and sort by size. Even the youngest child can point to the "big pumpkin." It is a beginning to building math skills.

Notice Changes in Leaves. All families travel at some time in their day. While driving to child care or school, talk about the changes that are occurring in our environment, and about the different colors of leaves that you see. Track changes from the beginning of the week to the end of the week. Infants will benefit from hearing this language as well as the older children.

Rake Leaves. Raking leaves is a fun activity that does not require any special planning or equipment. Leaves have to be raked anyway, so why not have fun while you do it? Not only can adults rake the leaves, but if child size rakes are available, the children can assist as well. Rake a big pile and allow children of all ages to experience how much fun it is to run and jump in them. Be careful not to allow too many at one time - you don't want anyone getting hurt. Be a kid yourself and have fun jumping in the leaves with the children. Children experience physical activity and the importance of fun from their families and caregivers.

Compare Leaves. While you're outside, take a few minutes to gather some leaves that have fallen and encourage children to talk about the variety of colors and sort the leaves by colors or size. Make different piles and compare to see which has more or less.

Visit the Library. Visit your local library for books about fall or autumn. Read to children every day! Reading and understanding the spoken word will be intertwined in all that your child is involved in both now as a young child and later as an elementary age child.

Enjoy these activities and a variety of others associated with the changing season. Activities can be adapted for a variety of ages from toddler to school-aged. Enjoy the season – it won't last forever!



What Are You Giving Your Children to Drink?

Cassidy Williamson, Dental Hygiene Student, Western Kentucky University

Editor's Note: Dental care should be supported by early care and education professionals by following good practices in the program and by sharing information with the families enrolled. Here's a great article for sharing with your parents!

The world we live in is full of soft drinks and sodas. Nearly every corner has a soda machine and now the new craze is to drink a diet soda. While diet drinks are better for your teeth than regular soda, they still contain harmful acids that can damage the enamel and start the process of tooth decay. But what about children? What is best for them?

In today's society it is preached over and over again that sodas are bad and that you should not let your children have soft drinks. In light of this information, parents are now giving their children substituting other drinks for sodas, such as sports drinks, fruit drinks, and various other drinks that people would not typically classify as "soda." What most people don't realize is that these drinks aren't good for children's teeth either.

These types of drinks still have a low Ph and are therefore very acidic. When the children consume the drink, the acid attacks their enamel. Each attack of the acid lasts 20 minutes and makes the enamel weak and susceptible to decay if sugar is present in the mouth. The problem is that these drinks do contain sugar. So, the enamel is already weakened because of the acid in the drink and then the sugar steps in and starts the decay process. This is very similar to what happens to the teeth when a child drinks a soda. While many parents think they are doing something better for their children's teeth by handing them a sports drink in place of a soda, it can actually be just as harmful.

So what is the solution to this problem? One suggestion is to start giving your children more water. Set an example and drink more water yourself and then encourage your child to drink water also. Limit



their soft drink consumption to one or two a week and make sure that they are drinking diet soda instead of regular soft drinks. Give your child sports drinks as a substitute, but use them with caution and make sure to limit them to only one or two a week also. Sugar-free Kool-Aid is also an option, but it too should be used sparingly. And of course, if your children are drinking sodas or other drinks, make sure to monitor their oral hygiene. They should be brushing at least twice a day for two or three minutes each time they brush. Make sure they are seeing a dentist every six months for routine dental care.

So the next time your child is thirsty, think twice before you hand them a soda or a sports drink. Reach for a bottle of water instead; it is well worth it and your child's teeth will thank you.

References

Stop the Pop. Missouri Dental Association, www.modental.org.

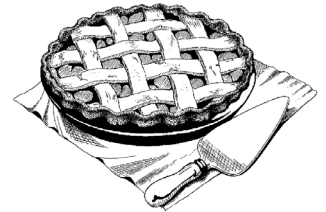
Introducing "Connect For Kids!"

Calling all moms, dads, grandparents, educators, child care professionals, students, and anyone else interested in children. Join **Connect For Kids** and connect with others to chat, get and give support, create online friendships, and to have fun. This forum was developed to offer mothers, fathers, grandparents, educators, mentors, and anyone interested in children a place to connect to others to get support, create friendships, and have fun! It's free to anyone interested! So **Connect** today at www.wku.edu/ccrr-wku.

Book Of The Month

I Know An Old Lady Who Swallowed A Pie

Alison Jackson's **I Know An Old Lady Who Swallowed A Pie** is a fabulously funny tale of an old lady who ate her Thanksgiving dinner - along with the pot; "I kid you not!". Written in a style similar to the favorite American folk tale, *There Was An Old Lady Who Swallowed A Fly*, it is sure to tickle the funny bone of kids and adults of all ages. Be sure to search for activity ideas on the web! To check out **I Know An Old Lady Who Swallowed A Pie** or other materials, please contact the CCR&R Lending Library at 270-745-2216 or 800-621-5908 to schedule a time to visit. We are open Monday through Friday from 8:00 a.m. until 4:00 p.m. The library is 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.



Shopping Anyone?

Sherri Meyer, Parent & Community Coordinator

Do you like to shop, especially with friends? Do you like door prizes or free gift wrapping? Do you enjoy the services of the Child Care Resource & Referral? If you answered yes to any of those questions, then we have an exciting time for you! The CCR&R will be participating in the **Real Simple Festival of Giving** sponsored by Greenwood Mall on Sunday, December 3, 2006 from 1:00 p.m. to 5:00 p.m. This special afternoon of shopping will help support the CCR&R in continuing to provide resources to the CCR&R lending library as well as other projects on which we are currently working. If you purchase a ticket from our office for \$5, you will enjoy special store discounts, free gift-wrapping, door prizes, and more! Because the CCR&R is a non-profit agency, 100% of the money raised by selling tickets will stay with the CCR&R. What an easy and fun way to support our lending library and office!

You may contact our office to purchase a ticket by calling 1-800-621-5908 or 270-745-2216, or you may stop by our office to purchase your tickets. We're located in Room 117 of Jones-Jagers Hall, on University Boulevard on the campus of Western Kentucky University. We will also have tickets available at the November training events. If you like to shop, please purchase a ticket in support of our office and enjoy the afternoon shopping trip!

CCCC Scholarships Available

The 2007 Commonwealth Child Care Credential Class (CCCC) Training will be offered through the Child Care Resource & Referral at WKU beginning Saturday, January 6, 2007 and continuing through Saturday, June 23, 2007. In addition to these two dates, the class will meet on nine additional Saturdays. The KIDS NOW scholarship is available to individuals who are interested in earning a Kentucky credential in early care and education and who meet the eligibility criteria for the KIDS NOW Scholarship. CCCC scholarship applications will be accepted from November 21 until December 21, 2006. Contact Kimberly Smith, Professional Development Counselor, at the address or number below for more information on eligibility or to request a KIDS NOW scholarship application packet.

Kimberly Smith, KATI Campus, Room 119
1127 Morgantown Road
Bowling Green, KY 42101
Phone: (270) 901-1157 or (800) 790-0990,
extension 11157.

E-Mail: KimberlyJ.Smith@uky.edu

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THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU

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