

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

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

KEEP IN TOUCH. If you are not currently receiving the newsletter at your own center or agency, please contact our office by mail, phone or e-mail and we will add your name to our mailing list. If you, your agency or center are moving, please let us know your new address; we’ll update our mailing list, and you won’t miss an issue of **THE CHILD CARE PROFESSIONAL**. (If you no longer wish to receive this newsletter, please contact our office by phone or e-mail and we will remove you from our mailing list.)

Child Care Resource & Referral at Western Kentucky University
1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098
Phone Us at (270) 745-2216 or (800) 621-5908 - Fax Us at (270) 745-7089
E-Mail Us at ccr.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.als@wku.edu).

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Time for Resolutions

Dr. Connie Jo Smith, CCR&R Director

It is almost time for us to all make resolutions for the New Year. What will yours be? Will you be healthier? Will you be happier? Will you be wealthier? Will you be wiser? Regardless of your resolutions, I encourage you to see how you can support the staff, children, and families in your program as you also work toward your resolutions.



focused on positive social and emotional development of young children. Check it out at <http://www.devereuxearlychildhood.org/>.



Another great place to find free resources about social and emotional development of young children is the Center on the Social and Emotional Foundations for Early Learning, which is located online at <http://csefel.uiuc.edu/>.

I Resolve to Be Healthier...

If you are exercising more, maybe you should re-evaluate your classroom's daily schedule for children and see if they have adequate time for movement. The guidelines of the National Association for Sport and Physical Education specify that infants should be provided a safe

environment to encourage physical and movement activity. Toddlers should be engaged daily in at least 30 minutes of structured physical activity and at least 60 minutes of non-structured physical activity.



Preschoolers should be involved in a minimum of 60 minutes of structured physical activity and a minimum of 60 minutes of non-structured physical activity. School age children should have at least 60 minutes of physical activity.

If you plan to improve your eating habits, maybe you should reevaluate your classroom meals and snacks. Check out <http://www.mypyramid.gov/> where you can find an abundance of information about nutrition for adults and children.

I Resolve to Be Happier...

If you are working on your happiness, maybe you should read more about resilience and how critical it is for young children. The Devereux Early Childhood Initiative's web page has some excellent free resources

I Resolve to Be Wealthier...

If you are working on your wealth, you may want to learn more about personal finance through the FDIC Money Smart online training, found at <http://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html>. Or if you want to learn more about financing child care, read from The Future of Children (http://www.future-ofchildren.org/pubs-info2825/pubs-info_show.htm?doc_id=73242).

If you want to start your own child care program, you may not get rich, but you can be your own boss. Contact Jill Norris at the Child Care Resource and Referral agency if you want to know about upcoming workshops on this topic.



I Resolve to Be Wiser...

If you want to work on your wisdom, you may want to sign up for more Child Care Resource and Referral workshops. Check the web page or call the office for upcoming sessions planned.

Or maybe you are ready to make that leap to college? Come on, you can do it! Check out Western Kentucky University's web page (www.wku.edu) to learn more about the associate degree in interdisciplinary early childhood education or the child studies area of

concentration bachelor degree. Or maybe you want to take classes in special education, management, or any number of things.



Whatever your resolution for the new year, we hope that 2007 proves to be one of the best ever!

References For Your Resolution:

- Center on the Social and Emotional Foundations for Early Learning: <http://csefel.uiuc.edu/>
- Devereux Early Childhood Initiative: <http://www.devereuxearlychildhood.org/>
- FDIC Money Smart Online Training: <http://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html>
- The Future of Children: http://www.futureofchildren.org/pubs-info2825/pubs-info_show.htm?doc_id=73242
- National Association for Sport and Physical Education (NASPE), A Statement of Physical Activity Guidelines for Children Birth to Five Years: http://www.aahperd.org/NASPE/template.cfm?template=ns_active.html
- National Association for Sport and Physical Education (NASPE), A Statement of Physical Activity Guidelines for Children Ages 5 to 12: http://www.aahperd.org/NASPE/template.cfm?template=ns_children.html
- USDA United States Department of Agriculture: <http://www.mypyramid.gov/>
- Western Kentucky University: www.wku.edu



Consumer Alert: New Tanning Bed Laws in Kentucky

In October 1997, the U.S. Department of Health and Human Services listed tanning beds and bulbs as a *known human carcinogen*. Since that time, 19 states have enacted laws restricting the use of tanning salons for those under age 18. Kentucky is one of the more recent, enacting **House Bill 151** on July 12, 2006.

House Bill 151 requires persons between the ages of 14-17 to have a signed statement from their parents or legal guardian stating that they have read and understand the warnings given by the tanning facility, that they consent to the minor using the tanning bed, and that the minor will wear protective eye wear. This written statement is valid for one calendar year, and the tanning facility must maintain the consent forms for a period of not less than two years. Those under the age of 14 must be accompanied by a parent or legal guardian when using a tanning device.

The bill also states that tanning facilities must give each customer a written statement which includes warnings stating that failure to use eye protection may result in damages to the eyes; overexposure to ultraviolet (UV) light causes burns; repeated exposure may result in premature aging and skin cancer; and that persons taking prescriptions or over-the-counter drugs should consult a doctor before using the tanning device.



The American Academy of Dermatology, the U.S. Food and Drug Administration, the Centers for Disease Control and Prevention, the World Health Organization, the American Cancer Society, and the U.S. Department of Health and Human Services all discourage the use of tanning beds and sun lamps.



CCR&R PROFESSIONAL DEVELOPMENT TRAINING FEBRUARY 2007 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 February 2007, as well as information on the 2007 **CCR&R ADVANCED TOPICS SEMINARS IN EARLY MATH AND SCIENCE** (see pages 11-12).

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!

Weekday parking on the WKU campus can be difficult. That's why the CCR&R provides free temporary WKU Visitor's Parking Passes for those pre-registering to attend CCR&R training on a weekday (Monday-Friday). Stickers 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

ARE YOU FEELING GOOD?

6:00 - 8:00 p.m., Tuesday, February 6, 2007

Jones-Jaggers Hall, University Boulevard, WKU, Bowling Green, Kentucky

Join us as we discuss ways to build self-esteem in children. Come ready to share ideas in building self-esteem and evaluating our ability to build a healthy self-esteem in ourselves and in children.. *Presenter: Sherri Meyer, CCR&R Family & Community Coordinator. Target Audience: General. CDA Subject Area: 3 Core Content: Child Growth & Development. Training Level: 3.*

Doors will open and participant check-in will begin at 5:30 p.m.
Copy and share this form as necessary; print clearly and submit one form per person.

Registration Fee is \$15 per participant.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by January 30, 2007.

No registrations accepted after January 30, 2007. 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 January 30, 2007. 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

INTRODUCTION TO RESOURCES IN KENTUCKY

1:30 - 3:30 p.m., Tuesday, February 6, 2007

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.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by February 1, 2007.

No registrations accepted after February 1, 2007. 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 February 1, 2007. 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 On-Line Professional Development Opportunity

E-MAIL TRAINING ON FAMILY & COMMUNITY PARTNERSHIPS

Monday, February 12 - Friday, February 23, 2007

Join us for an e-mail training and learn more about Family and Community Partnerships. Read articles, watch videos, listen to audio programs, participate in forums, and more - all on Internet. To earn the training credits, you must have an e-mail account and actively participate by sending e-mails 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 and Caregivers. CDA Subject Area: 11. Core Content: Family and Community Partnerships. 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 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.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by February 5, 2007.

No registrations accepted after February 5, 2007.

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 February 5, 2007. 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. #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
ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS
Tuesday, February 13, 2007
Room 104, Jones-Jaggers Hall, University Boulevard, WKU, Bowling Green, Ky

Morning Session: 9:00 a.m. - Noon

- RECOMMENDED PRACTICES.** This is the first 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.*

Afternoon Session: 1:00-4:00 p.m.

- BASIC HEALTH, SAFETY, AND SANITATION AND RECOGNIZING AND REPORTING CHILD ABUSE.** This is the second 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.***

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.

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by February 6, 2007.
No registrations accepted after February 6, 2007. 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 February 6, 2007. 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

Saturday, February 17, 2007

WKU Glasgow Campus, 500 Hilltopper Way, Glasgow, Kentucky

Morning Session: 9:00 a.m.-Noon

- WHY DO WE PLAY?** Join us as we explore the world of play, examine the types of play, and define the reasons we should play with preschool children. *Presenter: Sherri Meyer, CCR&R Family & Community Coordinator. Target Audience: Preschool. CDA Subject Area: 1. Core Content: Learning Environments & Curriculum. Training Level: 1.*
- PURPOSEFUL PROGRAM PLANNING.** Implementing program policies and licensing requirements in your classroom are critical components of ensuring a safe and healthy environment when caring for children. This session will explore these areas from the classroom teacher's perspective, allowing participants to consider their own classroom and develop an evaluation plan for ensuring compliance and providing a space that meets children's needs. *Presenter: Jill Norris, CCR&R Coordinator. Target Audience: General. CDA Subject Area: 5. Core Content: Program Management & Evaluation. Training Level: 2.*

Afternoon Session: 1:00-3:00 p.m.

- SCHEDULES AND TRANSITIONS: HOW TO WORK IT ALL INTO A DAY.** Join us for this session as we explore planning a day in the life of a preschooler. We will look at how to create a schedule and how to plan for transition throughout the day. *Presenter: Sherri Meyer, CCR&R Family & Community Coordinator. Target Audience: General. CDA Subject Area: 1. Core Content: Learning Environments & Curriculum. Training Level: 2.*
- PHILOSOPHY 100.** The early childhood field has a well developed philosophy of what caring for children should look like that is based on research and practical application. Additionally, child care providers have their own personal philosophy of early childhood education. This session will help participants explore their personal philosophy and look at ways of incorporating active learning and developmentally appropriate practice into their classroom. *Presenter: Jill Norris, CCR&R Coordinator. Target Audience: General. CDA Subject Area: 6. Core Content: Professionalism/Professional Development. 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)

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by February 9, 2007.

No registrations accepted after February 9, 2007. 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 February 9, 2007. 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 partici-**

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
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State Child Care Regs: Do You Know the Answers?

Sherri Meyer, Early Childhood Coordinator

We often find ourselves going through the day-to-day “hoops” of operating or working in a child care setting. Yet, some of you reading this have probably never had the opportunity to look at nor read the regulations that define the work that we do. One thing to remember about the regulations that child care programs follow is that these regulations are only **minimum** standards! When working with children, there are many opportunities to add quality to the environment and interactions above and beyond the minimum required by the standards. Quality is a must in order to move children forward with the best experiences as possible.

For this article, however, we are only looking at the child care regulations that are set forth for programs to follow in order to be in compliance. Take the short quiz below, and then compare your responses to the answers located on page 14 of **THE CHILD CARE PROFESSIONAL** to see how you did. No peeking! As a caregiver, take the quiz and see just how much you know about the regulations you are required to follow in your work with children everyday. As an owner/director, you may also want to give this short quiz to your staff and see how they do.

To access and review the entire set of regulations, including definitions, provider requirements, and health and safety standards, please visit www.chfs.ky.gov/dcb/ regul.htm. Good luck and have fun!

1. What is the child to staff ratio?
2. What is the child to staff ratio for nap/rest time?
3. What are the types of discipline prohibited by KRS 199.869(18)?
4. What are the contents in a First Aid kit?
5. How are bottles to be stored?
6. Do we have to have low open shelves?
7. Do all children have to sleep when it is nap time?
8. What are the areas that need to be addressed on the medication sign-off form?
9. How many staff are required to have Infant and Child CPR and First Aid?
10. How are medications to be stored?

Effect of Thumb-Sucking

Andrea Wilkins, WKU Dental Hygiene Student

Thumb-sucking is a common habit that occurs in many infants and toddlers. Sucking is a natural action of babies and can give them the feeling of security. Sucking can also provoke a relaxed feeling and induce sleep. Most children will naturally give up the action by the age of about four, but once permanent teeth begin to erupt there is an immediate need to take action against the sucking.

When evaluating the dangers of thumb-sucking, the greatest concern is the force that is being put on the thumb. Mild sucking usually isn't too detrimental, but if a popping sound is made when sucking, there is need for attention. Prolonged thumb sucking can cause minor physical problems, such as chapped lips or cracked skin, calluses, or fingernail infections. Of much greater concern, if the habit is not stopped, is that malposition of permanent teeth can occur and may cause changes in the palate.

Identifying the problem is easy, and curbing the want, need, and addiction is where professionals can help. One of the most effective ways to treat the behavior is to praise the child for not thumpsucking rather than to scold them when they do. Most children like to hear that they are doing a good job; when scolded they may find a way to sneak the habit in without getting caught. Setting a time frame for not sucking the thumb, such as an hour, a day, a week or longer can be encouraged. When the child goes that length of time without sucking, reinforce their accomplishment.

Still, in some cases the assistance of a dental professional may be necessary. By explaining and illustrating the consequences to the child, the dental professional may be able to make an impact on the child's habit. Parents can also try tying a string or ribbon on the thumb, painting the nail, or putting a bandage on the thumb to remind the child not to suck.

Thumb-sucking is natural and usually a part of children's lives. It shouldn't be a cause for great concern unless it progresses into later ages. The main point is to remember to reward the child for not sucking the thumb instead of reprimanding the child that does.

Answers to Regs Quiz

1. The child to staff ratio is based on the age of the children. If age groups are combined, then the ratio depends on the youngest child in the group. For example, if infants and one-year-olds are combined, then the ratio is based on the infant age group since they are the youngest in the group. Ratios are:

Infants – 1 staff for 5 children with a maximum group size of 10 children to 2 teachers;

One-Year-Olds – 1 staff for 6 children with a maximum group size of 12 children to 2 teachers;

Two-Year-Olds – 1 staff for 10 children with a maximum group size of 20 children to 2 teachers;

Three-Year-olds – 1 staff person to 12 children with a maximum group size of 24 children to 2 teachers;

Four-Year-Olds – 1 staff person to 14 children with a maximum group size of 28 children to 2 teachers.

The maximum group size includes those times when children are combined or on the playground.

2. The child to staff ratio for nap and rest time are the same as that when the children are awake. The ratio cannot change at nap and rest time; it must remain the same.
3. The types of discipline that are prohibited include: corporal physical discipline; loud, profane, threatening, or abusive language; or discipline associated with rest, toileting, or food. That means that no one (parents, directors, staff, etc) are allowed to spank or strike a child on the program's property whether in privacy or not. Children are not to be yelled at or cursed at, and children cannot be disciplined because they do not sleep or have a potty accident. Children may not be punished by having their food taken away at meal times.
4. The First Aid kit should include liquid soap, adhesive bandages, sterile gauze, medical tape, scissors, thermometer, flashlight, cold pack, first aid book, disposable gloves, and CPR mouthpiece protection. You may notice that there tweezers, hydrogen peroxide, or other medicines, which were required in the past, are not longer part of the First Aid kit.
5. Bottles are to be stored individually with each child's name on the bottles. Bottles should be promptly refrigerated, covered when not in use, and never propped during use. That means that when a child is finished with their bottle the remainder of the formula is discarded. The bottles must have a covering or cap over the nipple when the bottle is stored in the refrigerator. When feeding a child, bottles are NEVER to be propped; children are to be held when being fed a bottle!
6. The answer is YES! Toys and age-appropriate materials must be accessible to children of all ages. In this way, they are learning to make choices and become independent in their learning.
7. The answer is NO! Not all children are going to sleep at nap time. Infants and toddlers should never be expected to all be asleep at the same time. Part of our responsibilities when working with children is to allow for individualizing for each child. Infants and toddlers will have different nap and eating schedules and we are to respect and accommodate those schedules. Some preschool age children are outgrowing a nap and need to be allowed to have an alternative activity during this time. They can look at books with you, color or play with play dough, work a puzzle, or other quiet activities during this time.
8. The medication sing-off form must include the parent's signature giving permission for medication to be administered along with the schedule it is to be given, and the amount to be given. Staff must include the time the medication was administered, the date, the amount, and their name. This allows for parents to review the administration of medication for their child. The parental signature is needed for each day medication is needed and must be signed on a daily basis. One idea for maintaining confidentiality when recording this information is to have a sheet for each child in a binder with labels for each child. This allows the parent to only turn to their own child's sheet and not see others.
9. At least one person on duty and present with the children shall currently be certified in Infant and Child CPR and First Aid. However, it would be best for all staff to have this training.
10. All medications are to be stored out of reach of children, in a separate but locked place, in the original bottle, and properly labeled. This includes medications that are stored in the refrigerator.

How did you score on your quiz? If you need to brush up on your understanding of the Kentucky Child Care Regulations, you can access them on-line at www.chfs.ky.gov/dcbs/regul.htm.

Connect for Kids Corner

November 2006 proved to be another month of growth for the **Connect For Kids** forum. We had 28 members join us, and we are now 123 members strong! During the month of November, our members had a lot to say about the holiday season. We discussed the best toys to buy and the importance of play. A toy buying guide was posted which makes suggestions about positive and negative toys and the impact of branding movies, television shows, and restaurants that market their products to children. Some other topics on **CFK** during the month of November were: A live webcam of an African watering hole that animals visit; Lights and Your Baby; Children Turning Into Tweens Too Soon; Preparing for Pregnancy; Your Winter Pregnancy; Alternatives to Christmas Cards; and Sun Safety for Young Children (that's right, even during winter!) We swapped stories, ideas, and had lots of fun with games such as **CFK BINGO** and Regs Jeopardy!

In Their Own Words: What Our Members Are Saying

Re: Wage and Hour

"Wage and Hour laws are critical to child care owners and directors. An important fact that many of us overlook is that child care teachers should not be taking work home to do and not get paid for it. You know, cutting out those labels or making file folder games. As a owner or director, it is often looked at as if it is the teacher's choice to do this extra work at home. Often, it is looked upon as simply volunteer labor. However, this is against wage and hour laws and if you know teachers are doing things at home then it IS your responsibility to pay them for that time. This is an 'A-Ha! Moment' for many, I'm sure. Please allow planning time while your teachers are on the clock at work."

Re: Brain Development

"There is a lot of information available on brain development. It is important to sift through the information and ensure it is credible. I wish I'd had access to all this data when my children were small. One of the findings is that the brain is geared to recognize patterns. Use matching games, put puzzles together, build with blocks, and help guide you child's associations by helping them to observe patterns. Identifying logical relationships and noticing similarities and differences are how a child makes sense of the world."

Re: Online Dental Games

"I really liked these activities. I needed them for myself because I have to admit that I hate going to the dentist. I think that it is a great idea for children. I will pass this on to a parent that I had talked to about this issue."

Interested in Joining **Connect For Kids**?

Visit us at www.wku.edu/cfk. You must have a valid email address to register. Know a mom, dad, grandparent, aunt, uncle, student, or professional? Share the news! Membership is not limited! Anyone can join no matter where you live! If you care about children...

Connect For Kids!

Recipe Of The Month: Cookies in A Jar Holiday Gift

Submitted by Cindy

- 1/2 cup powdered orange flavored drink mix such as Tang
- 3/4 cup white sugar
- 1 1/2 cups vanilla baking chips
- 1 3/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder

Combine the flour with the baking soda and baking powder. Layer the ingredients in a clean, wide mouth, quart-sized glass jar, starting with the Tang, then sugar, vanilla chips and ending with the flour mixture. Press each layer firmly in place before adding the next ingredient. Seal the jar and attach a recipe card to the jar with the following instructions.

Dreamsicle Cookies

1. Preheat oven to 375 degrees F (190 degrees C).
2. Empty contents of this jar into a large mixing bowl. Add 1/2 cup softened butter, 1 egg slightly beaten and teaspoon vanilla extract. Mix until completely blended.
3. Roll heaping tablespoonfuls into balls. Place 2 inches apart on a lightly greased baking sheet.
4. Bake at 375 degrees F (190 degrees C) for 12 to 14 minutes or until tops are very lightly browned. Cool for 5 minutes on the cookie sheet then remove cookies to wire racks to cool completely. Makes about 30 cookies.

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