

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU

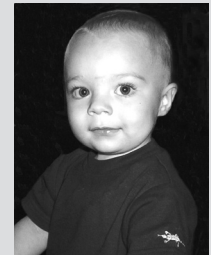


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The Newsletter of the Child Care Resource & Referral at WKU

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 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 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 a subscription form or to learn more, please contact our office by phone (800-621-5908 or 270-745-2216), by fax (270-745-7089), or by e-mail (heather.alms@wku.edu).

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

Tantrums, Fussing and Whining

from *The No-Cry Discipline Solution* by Elizabeth Pantley (McGraw-Hill 2007)

If you ask parents to list the most frustrating discipline problems during early childhood, you would find that these three items appear on every list: Tantrums, Fussing, and Whining. All children master their own version of these behaviors – and every parent has to deal with them!

Controlling Their Emotions

Most often these behaviors are caused by a child's inability to express or control his emotions. Tiredness, hunger, boredom, frustration, and other causes that ignite The Big Three can frequently be avoided or modified. When your child begins a meltdown, try to determine if you can tell what underlying issue is causing the problem. Solve that problem and you'll likely have your sweet child back again.

Handling Tantrums, Fussing and Whining

No matter how diligent you are in recognizing trigger causes, your child will still have meltdown moments. Or even meltdown days. The following tips can help you handle those inevitable bumps in the road. Be flexible and practice those solutions that seem to bring the best results.

- **Offer Choices.** You may be able to avoid problems by giving your child more of a say in his life. You can do this by offering choices. Instead of saying, "*Get ready for bed right now,*" which may provoke a tantrum, offer a choice, "*What would you like to do first, put on your pajamas or brush your teeth?*" Children who are busy deciding things are often happy.
- **Get Eye-to-Eye.** When you make a request from a distance your child will likely ignore you. Noncompliance creates stress, which leads to fussing and tantrums – from both of you. Instead, get down to your child's level, look him in the eye and make clear, concise requests. This will catch his full attention.



- **Tell Him What You DO Want.** Instead of focusing on misbehavior and what you don't want him to do, explain exactly what you would like your child to do or say instead. Give him simple instructions to follow.
- **Validate His Feelings.** Help your child identify and understand her emotions. Give words to her feelings. "*You're sad. You want to stay here and play. I know.*" This doesn't mean you must give in to her request, but letting her know that you understand her problem may be enough to help her calm down.
- **Teach the Quiet Bunny.** When children get worked up, their physiological symptoms keep them in an agitated state. You can teach your child how to relax and then use this approach when fussing begins.

You can start each morning or end each day with a brief relaxation session. Have your child sit or lie comfortably with eyes closed. Tell a story that he's a quiet bunny. Name body parts (feet, legs, tummy, etc.) and have your child wiggle it, and then relax it.

Once your child is familiar with this process you can call upon it at times when he is agitated. Crouch down to your child's level, put your hands on his shoulders, look him in the eye and say, let's do our Quiet Bunny.

And then talk him through the process. Over time, just mentioning it and asking him to close his eyes will bring relaxation.

- **Distract and Involve.** Children can easily be distracted when a new activity is suggested. If your child is whining or fussing try viewing it as an “activity” that your child is engaged in. Since children aren’t very good multi-taskers you might be able to end the unpleasant activity with the recommendation of something different to do.
- **Invoke his Imagination.** If a child is upset about something, it can help to vocalize his fantasy of what he wishes would happen: “*I bet you wish we could buy every single toy in this store.*” This can become a fun game.
- **Use the Preventive Approach.** Review desired behavior prior to leaving the house, or when entering a public building, or before you begin a playdate. This might prevent the whining or tantrum from even beginning. Put your comments in the positive (tell what you want, not what you don’t want) and be specific.
- **When It’s Over, It’s Over.** After an episode of misbehavior is finished you can let it go and move on. Don’t feel you must teach a lesson by withholding your approval, love or company. Children bounce right back, and it is okay for you to bounce right back, too.

Excerpted with permission by McGraw-Hill Publishing from ***The No-Cry Discipline Solution***, Elizabeth Pantley, McGraw-Hill, 2007. <http://www.pantley.com>.



*The future is
so bright,
we have to wear
shades!*

STARS for KIDS NOW Overviews

In this free training, participants will receive an overview of the KIDS NOW Initiative, and how becoming a part of STARS for KIDS NOW can benefit child care programs. Participants will also receive an overview of the Kentucky Early Childhood Development Scholarship Program. The training is mandatory for any licensed or family child care home provider interested in participation in the STARS for KIDS NOW Quality Rating System.

This session is for Directors/Owners of Type I, Type II and Certified Family Child Care Homes. If a center has an off-site Director, both the Director and the on-site Supervisor must attend. The session will be presented by Denney Breeding, STARS Quality Coordinator and Kimberly Smith, Professional Development Counselor. The events are planned for:

1:00-4:00 p.m.

Thursday, May 31, 2007

1:00-4:00 p.m.

Thursday, June 28, 2007

Pre-registration for the sessions is required. Please call 270-901-1173, or e-mail at Denney Breeding at Denney.Breeding@uky.edu for more details on the location and content of the STARS for KIDS NOW Overview.



***CCR&R PROFESSIONAL
DEVELOPMENT TRAINING***

***JUNE 2007
REGISTRATION PORTFOLIO***

CCR&R PROFESSIONAL DEVELOPMENT TRAINING

JUNE 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 June 2007. 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.

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

INTRODUCTION TO RESOURCES IN KENTUCKY

1:30-3:30 p.m., Thursday, June 7, 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 June 1, 2007.

No registrations accepted after June 1, 2007. There will be no on-site registrations!

Name: _____ Position: _____
Age Group(s) Served: _____ Program Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
County: _____ Phone Number: _____
E-Mail Address for Confirmation (if available): _____ Your Primary Language: _____
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
Card Expiration Date: ____ / ____ Signature: _____

No registrations accepted after June 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 Professional Development Training
ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS
 9:00 a.m. - 4:00 p.m., Tuesday, June 19, 2007
 Room 104, Jones-Jaggers Hall, University Boulevard, WKU, Bowling Green, Ky

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

- 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.*

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

- 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.***

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 June 15, 2007.
No registrations accepted after June 15, 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 June 15, 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

EVALUATING YOURSELF TO GROW PROFESSIONALLY

6:00 - 9:00 p.m., Thursday, June 21, 2007

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

Join us as we evaluate ourselves in order to plan on growing in our work with young children. We will create professional development plans and evaluate where our goals may be for the future. *Presenter: Sherri Meyer, CCR&R Parent & Community Coordinator. Target Audience: General. CDA Subject Area: 1 Core Content: Professionalism & Professional Development. Training Level: 2.*

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 June 14, 2007.

No registrations accepted after June 14, 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 June 14, 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, Saturday, June 23, 2007

Mass Media & Technology Hall, Normal Drive, WKU, Bowling Green, Kentucky

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

- MATH, MATH: IT'S EVERYWHERE!** Did you know that math is all around you? Did you know that you use math in your play and conversations with children every day? Join us for this session as we explore the many ways to incorporate math into your play. *Presenter: Sherri Meyer, CCR&R Parent and Community Coordinator. Target Audience: General. CDA Subject Area: 8. Core Content: Child Growth & Development. Training Level: 2.*
- INCLUDING FATHERS.** This session will examine the importance of fathers in children's lives. Information on the latest research on the topic will be provided as well as strategies for involving fathers in early childhood programs. *Presenter: Jill Norris, CCR&R Coordinator. Target Audience: General. CDA Subject Area: 4. Core Content: Family & Community Partnerships. Training Level: 2.*

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

- WORKING TOGETHER, PLAYING TOGETHER.** This team building workshop will help participants see how our working together towards a common goal is beneficial not only to ourselves but to the children and families we work with every day. Come prepared for fun and learning as we work together to have fun. *Presenter: Sherri Meyer, CCR&R Parent & Community Coordinator. Target Audience: General. CDA Subject Area: 6. Core Content: Professionalism & Professional Development. Training Level: 2.*
- I'M ON-LINE.** Join us for a hands-on session about utilizing on-line resources such as forums to gain new information, build professional relationships, and enhance program management. Please come prepared with an active e-mail address. If you do not have an e-mail account, you can sign up for one for free at www.yahoo.com. *Presenter: Heather Alms, CCR&R Provider Assistant & Office Coordinator, and Jill Norris, CCR&R Coordinator. Target Audience: General. CDA Subject Area: 5. Core Content: Program Management & Evaluation. Training Level: 3.*

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 June 15, 2007.

No registrations accepted after June 15, 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 June 15, 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.

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				
AGE GROUP/AGE RANGE	DAILY PART-TIME	DAILY FULL-TIME	WEEKLY PART-TIME	WEEKLY FULL-TIME
<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			
AGE GROUP/AGE RANGE	LICENSED CAPACITY	FULL-TIME VACANCIES	PART-TIME VACANCIES
<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

The Early Childhood Mental Health Program

The Early Childhood Mental Health Program is funded by the Kentucky Department of Education in cooperation with the Department for Health & Mental Retardation Services (DMH/MRS) and the Department of Public Health. The program works in cooperation with local child care providers to improve the childhood experience of children ages birth to five years by addressing their emotional, social, and relational needs. The Early Childhood Mental Health Program provides assessments of the mental health needs of children; provides therapeutic treatment services; collaborates with other service providers to assess the needs of children and families; fosters community awareness for mental health services; and provides outreach and instructional programs for caregivers and families.

Don't be afraid to talk to parents about the services of the Early Childhood Mental Health Specialist. Many times, parents do not know that there is help out there for their family and welcome the information. Here are just a few of the reasons that you may choose to refer a family to your Early Childhood Mental Health Specialist:

1. Parents request help for a child's behavior.
2. Parents report a life changing event that has affected or may affect the child's behavior.
3. Teachers have concerns about a child's anxiety, impulse control, defiant behaviors, depression, difficulties with change, severe temper tantrums, difficulty controlling anger, regression of behavior, etc.

If you need additional information about the Early Childhood Mental Health Program, please feel free to call Sandy Hackbarth, MAE, LPCC, Early Childhood Mental Health Specialist at (270) 901-5000, extension 1008.

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, or mail them on disk to: Child Care Resource & Referral at WKU, 1906 College Heights Blvd. #11098, Bowling Green, Kentucky 42101-1098.



Pearly Whites

Heather Francis, Dental Hygiene Student, Western Kentucky University

Having a beautiful, attractive, “pearly white” smile is on the top of many people’s “must have” list. Society has placed such emphasis on beauty that many people will go to any cost to have that million-dollar smile like they see in the magazines or on television. Many people, beginning in their twenties, spend hundreds of dollars to acquire the attractive smile they are trying to achieve. An attractive smile also requires having a healthy smile, and it is important to establish a healthy smile for life beginning when one is an infant.

Adults, with the correct knowledge, can form the baseline for children to have a healthy smile for life. Healthy teeth begin with a healthy diet. It is important for infants and children to get the correct amount of calcium on a daily basis, limit the amount of juice drinks and sodas consumed, and eat vegetables or dairy products for snacks instead of sweets and junk food.

A diet enriched with the correct amount of calcium necessary for bone and tooth development is essential for growing infants to adulthood. Many people are not receiving the correct amounts of calcium needed in their diet on a daily basis and, therefore, proper bone and tooth development does not occur. Recent research suggests that people who consume too little vitamin C (essential for gum tissue) and calcium (for bones) nearly double their risk of periodontal disease later in life.¹ The recommended intake of calcium per day for children aged one to three years is 700 mg; for four to seven year olds 800 mg; eight to 11 years is 800 mg (boys) and 900 mg (girls); 12 to 15 years is 1,200 mg (boys) and 1,000 mg (girls).¹

Calcium is not only essential for maintaining healthy teeth for life, but it is also an important factor in proper bone development and growth. If a child is intolerant or allergic to the protein in milk, total avoidance may be necessary and a substitute like soy milk with added

calcium could be an option. For those children who say they do not like the taste of milk, let them drink flavored milk. It still has less sugar than a soft drink and contains more nutrients than a soft drink.

Children are now drinking less milk and plain water than in the past, and increasing their consumption of soft drinks and juices. Once an infant’s teeth begin to come through, it is important to substitute water in their bottle during bedtime, rather than allowing them to go to sleep with milk or juice. By allowing the infant to fall asleep

with anything other than water in their bottle, the parent/guardian and caregiver could be contributing to a condition known as baby bottle tooth decay. This condition destroys a child’s teeth through early, serious decay when sugar in these liquids mixes with the bacteria in dental plaque in the mouth to form acids that attack tooth enamel. Each time a child drinks liquids containing sugar, the acids attack the teeth for at least 20 minutes.² It is very important for adults to take the necessary precautions to help children avoid acquiring baby bottle tooth decay. An easy way to make sure a child does not consume too many juice drinks and soft drinks is to limit them to occasional use and not to have those drinks sitting in the refrigerator so they are not easily accessible to the child. Such a problem in early childhood could make it difficult for the child to develop good oral hygiene habits early on.

Most people know that sweets and foods high in sugar and carbohydrates are not good for many reasons. They are not good for the overall diet of an individual and they aid in the formation of decay in teeth. Starchy foods, such as crackers, and sticky foods and candies, such as raisins, fruit roll-ups and gummy bears, tend to stay on the teeth longer. And because of this, they are more likely to lead to tooth decay. Starches, carbohydrates, and fruits, however, are a necessary part of



any child's diet. To avoid tooth decay, it is important for adults to give children these foods only at mealtime (before the teeth have been brushed). For healthy teeth, it is important for children to have a well-balanced diet with a variety of foods with plenty of fluoridated water throughout the day. This will certainly lead to a child having a healthy and attractive smile for a lifetime.

With the daily help of the media, a healthy smile is quickly becoming an essential component that makes a person stand out above the rest. Although many people think of a healthy mouth as being a physical attribute, it is most importantly a necessity in maintaining a healthy body (both mentally and physically) for a lifetime. Children with healthy mouths chew more easily and gain more nutrients from the foods they eat. They learn to speak more quickly and clearly.³ They have a better chance of general health, because disease in the mouth can endanger the rest of the body.

A healthy mouth is more attractive, giving children confidence in their appearance. With the help of parents, beginning when the child is an infant, it is possible for children to develop a healthy mouth and good oral hygiene habits that will last for a lifetime.



References:

1. Landry, Susan T. *Healthy Teeth from the Inside Out*. *Health* 14.2. (March 2000): 82.
2. Roblin, L. *Healthy Eating is Essential for Healthy Teeth in Young Children*. *Probe* (January/February 2004): 5-14.
3. *Your Child's Dental Health Care*. *Oklahoma Dental Association*. 7 Nov 2004. http://www.okda.org/pages/oral_health/articles/child_dental_health.htm.

Commonwealth Child Care Credentials Set to Expire

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

- You must have attended **15** hours of training in early childhood since your Credential Expiration Date. Remember that these are to be completed at least one month prior to your expiration date.
- You must contact Kimberly Smith, by phone at (270) 901-1157 or by email at kimberlyj.smith@uky.edu to ensure that you complete the necessary paperwork by June 1, 2007.

If you are unsure of the number of hours of training you have received, and you attended training through the CCR&R - don't worry. The CCR&R staff can provide you with assistance, contact us at crr.expert@wku.edu or by phone at 800-621-5908 or 270-745-4041.

"Agent Cool Blue" Recalled

McNeil-PPC, Inc. has announced a voluntary nationwide recall of all **Glacier Mint** and **Bubble Blast** flavors of **Listerine "Agent Cool Blue"** Plaque-Detecting Rinse for children. After determining that preservatives are not adequate against certain microorganisms,



McNeil-PPC, Inc. conducted a thorough assessment and concluded that the risk of illness in healthy individuals following use of this product is very low. However, there could be a significant health risk to individuals with weakened or suppressed immune systems. Consumers should discontinue use of "**Agent Cool Blue**" and properly dispose of the product. If you have further concerns, please consult your health care professional or call McNeil's toll free consumer line at 1-888-222-0249.

Connect For Kids Corner: Happy Spring from CFK!

Some topics of interest that were posted recently on the *Connect for Kids* web-site include:

- Summer Pregnancy Survival Guide
- Helping Your Toddler Become A Problem Solver!
- Internet Safety For Children
- Dads and Kids Hiking Tips
- The Single Mom's Survival Guide

Interested in Joining Connect For Kids?

Visit us at www.wku.edu/cfk. To join, visit www.wku.edu/ccrr-wku and click on the Forum link. You must have a valid e-mail 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!**

CFK Photo of the Month



This month's photo of four-year-old Tyler was submitted by his dad, Jeremy.

Visit www.wku.edu/ccrr-wku/Forum/phpBB2/viewtopic.php?t=750 for instructions on how to submit your favorite photo.

Recipe Of The Month: French Onion Soup

Submitted by Denney. *Recipe Courtesy Tyler Florence, Episode#: FO1A09*

- 3 tablespoons bacon drippings (4 bacon strips)
- 6 Maui or Vidalia onions (3 pounds or 8 cups), thinly sliced
- 2 large shallots, chopped
- 1 tablespoon balsamic vinegar
- 1 cup burgundy wine
- 2 teaspoons dried oregano
- 3 quarts chicken broth
- Salt and freshly ground pepper, to taste
- Sliced baguette, toasted and seasoned
- Swiss cheese, grated
- Flat-leaf parsley, chopped, for garnish

In a large saucepan over medium heat, fry 4 strips of bacon until crisp. Discard bacon. Saute onions and shallots in bacon fat until tender, about 10 minutes. Add balsamic vinegar, wine and oregano; cook for 30 minutes. Stir frequently until the onions caramelize and are golden brown.

Blend in chicken broth. Simmer gently for 1 hour, stir occasionally. Season with salt and pepper. Ladle soup into 4 ovenproof bowls. Float the croutons on top of soup and sprinkle with grated cheese. Broil until cheese melts. Garnish with flat-leaf parsley, serve immediately.

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THE CHILD CARE PROFESSIONAL

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