

THE CHILD CARE PROFESSIONAL

The Newsletter of the Child Care Resource & Referral at WKU



Kentucky
UNBRIDLED SPIRIT™

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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
Heather Alms, Provider Assistant & Office Coordinator

Sherri Meyer, Early Childhood Coordinator
Dr. Amy Hood Hooten, Training Specialist

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

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

2008 Kentucky Licensing Regulations: Hand Washing

Jill Norris, MPH, CCR&R Coordinator



Kentucky has implemented new regulations, effective July 1, 2008 and has updated requirements regarding hand washing practices for children and staff of early care and education programs. The times at which, and/or activities before/after which, staff and children should wash their hands have been expanded. Those times and activities that are listed in regulations as requiring hand washing are detailed in this article as a quick reference for you. Additionally, the steps to ensure adequate hand washing and the importance of adequate hand washing are outlined below.

Why is hand washing important?

Hand washing can significantly reduce the spread of illness. Research indicates that unwashed or improperly washed hands carry infection. According to *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs (2002)*, inadequate hand washing contributes to outbreaks of diarrhea in child care settings. However, the good news is that programs with good hand washing practices among children and staff can significantly reduce diarrheal illness as well as colds.

When should adults wash their hands?

According to 922 KAR 2:120, Section 3. (5)(c) 1-9, licensed child care program staff should wash their hands at the following times:

- Upon arrival at the center;
- After toileting or assisting a child in toileting;

- Before and after diapering each child;
- After wiping or blowing a child's or own nose;
- After handling animals;
- After caring for a sick child;
- Before and after feeding a child or eating;
- Before dispensing medication; and
- If possible, before administering first aid.



Certified family child care home providers and their assistants should wash hands as outlined in 922 KAR 2:100, Section 10. (27)(a) 1-7:

- Before and after diapering a child;
- Before and after feeding a child;
- After toileting or assisting a child with toileting;
- After handling animals;
- Before dispensing medication;
- After caring for a sick child; and
- After wiping or blowing a child's or own nose.

When should children wash their hands?

According to 922 KAR 2:120, Section 3. (4)(b) 1-7, children attending a licensed child care program should wash their hands at the following times:

- Upon arrival at the center;
- Before and after eating or handling food;
- After toileting or diaper change;
- After handling animals;
- After wiping or blowing nose;
- After touching items soiled with body fluids or wastes; and
- After outdoor or indoor play time.

Children attending a certified family child care home should wash hands as outlined in 922 KAR 2:100, Section 10. (26)(a)-(f):

- Before and after eating or handling food;
- After toileting or diaper change;
- After handling animals;
- After wiping or blowing nose;
- After touching items soiled with body fluids or waste; and
- After outdoor and indoor play time.

What is best practice regarding handwashing?

All of the times to wash hands for children and adults in child care settings that are listed in the child care regulations are included in best practices regarding hand washing as well as the times listed below:

- When changing classrooms;
- Before and after playing in water used by more than one person; and
- After sneezing or coughing, cleaning or handling garbage, handling uncooked food, playing outdoors, playing in sandboxes or with play dough, and handling money. (*Orientation for Early Care & Education Professionals*)

What is the appropriate procedure for washing hands?

According to Standard 3.021, Handwashing Procedure (*Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs: Second Edition*, <http://nrc.uchsc.edu/CFOC/index.html>), when washing hands the following method should be used:

- a) Check to be sure a clean, disposable paper (or single-use cloth) towel is available.
- b) Turn on warm water, no less than 60 degrees F and no more than 120 degrees F, to a comfortable temperature.
- c) Moisten hands with water and apply liquid soap to hands.



- d) Rub hands together vigorously until a soapy lather appears, and continue for at least 10 seconds. Rub areas between fingers, around nail beds, under fingernails, jewelry, and back of hands.
- e) Rinse hands under running water, no less than 60 degrees F and no more than 120 degrees F, until they are free of soap and dirt. Leave the water running while drying hands.
- f) Dry hands with the clean, disposable paper or single use cloth towel.
- g) If taps do not shut off automatically, turn taps off with a disposable paper or single use cloth towel.
- h) Throw the disposable paper towel into a lined trash container; or place single-use cloth towels in the laundry hamper; or hang individually labeled cloth towels to dry. Use hand lotion to prevent chapping of hands, if desired.

Who can help you better understand this new regulation?

Hopefully, this article has given you an overview of the new requirements regarding hand washing. However, if you would like additional assistance with improving the hand washing practices in your program, the staff of the Child Care Resource & Referral are available to help you and your staff.

Feel free to contact us at ccrr.expert@wku.edu or by phone at 1-800-621-5908 if we can offer more information or technical assistance in this area.



*CCR&R PROFESSIONAL
DEVELOPMENT TRAINING*

SEPTEMBER 2008

REGISTRATION PORTFOLIO

CCR&R PROFESSIONAL DEVELOPMENT TRAINING SEPTEMBER 2008 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 September 2008. 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.)

Although the CCR&R will have parking permits available for you at registration, you may still pick up on your own if you wish. Visitor parking permits are available at the WKU Transportation Office located at 578 Campbell Lane or at the Kentucky Museum on Kentucky Street.

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

9:30 - 11:30 a.m., Monday, September 8, 2008

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. ***Please note that training hours are not awarded for this training.***

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 August 28, 2008.

Registrations will be accepted after August 28, 2008 only if space is available, and an additional \$5 processing fee will be added to the Registration Fee. There will be no on-site registrations!

Name: _____ Position: _____

Age Group(s) Served: _____ Program Name: _____

Address: _____

City: _____ County: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail Address for Confirmation (if available): _____

ECE-TRIS ID Info: Birth Date: ___ / ___ / ___ (Day/Mo/Yr) Last 4 Digits of SSN: _____

Check Enclosed Purchase Order # _____ Enclosed

Please bill my Credit Card (Visa, Mastercard, Discover): _____

Card Expiration Date: ___ / ___ Signature: _____

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

ELECTRONIC TRAINING: MATH ACTIVITIES FOR YOUNG CHILDREN Monday, September 15 - Friday, September 29, 2008

Join us for this exciting Internet training on math activities for young children. We will access technology and share many activities and new ideas with each other to enhance the math experiences children have while in your care. *Presenter: Sherri Meyer, CCR&R Early Childhood Coordinator. Target Audience: General. CDA Subject Area: 2. Core Content: Child Growth & Development, Learning Environments & Curriculum. 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 September 2, 2008. Registrations will be accepted after September 2, 2008 only if space is available, and an additional \$5 processing fee will be added to the Registration Fee.

To receive CEU Credits, please check here and include an additional \$15 fee.

Name: _____ Position: _____

Age Group(s) Served: _____ Program Name: _____

Address: _____

City: _____ County: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail Address for Confirmation (if available): _____

ECE-TRIS ID Info: Birth Date: ___/___/___ (Day/Mo/Yr) Last 4 Digits of SSN: _____

Check Enclosed Purchase Order # _____ Enclosed

Please bill my Credit Card (Visa, Mastercard, Discover): _____

Card Expiration Date: ___/___ Signature: _____

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

Saturday, September 20, 2008

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

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

- PLANNING FOR PROFESSIONAL DEVELOPMENT.** With implementation of the revised child care regulations, there are issues around professional development that all early care and education professionals should be aware of. This session will review the new requirements and explore how to develop a professional development plan within your program. *Presenter: Dr. Amy Hood Hooten, CCR&R Training Specialist. Target Audience: General. CDA Subject Area: 6. Core Content: Professionalism, Professional Development. Training Level: 2.*
- DISASTERS: ARE YOU READY?** Do you know your program's disaster plan? Does your program have a plan? This session will explore your role in preparing for disasters at work and assisting families in understanding your disaster plans while preparing their own. *Presenter: Jennifer Capps, Executive Director, American Red Cross, South Central Kentucky Chapter, and Sherri Meyer, CCR&R Early Childhood Specialist. Target Audience: General. CDA Subject Area: 4. Core Content: Family & Community Partnerships. Training Level: 2.*

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

- FAMILY AND COMMUNITY PARTNERSHIPS: WORKING WITH CHILDREN WITH SPECIAL NEEDS.** Join us as we examine inclusion of children with special needs and how you can enhance relationships with families and community agencies. *Presenter: Taylor Tucker, Early Childhood Family Liaison, Kentucky Partnership for Families and Children, and Sherri Meyer, CCR&R Early Childhood Specialist. Target Audience: General. CDA Subject Area: 4. Core Content: Family and Community Partnerships. Training Level: 3.*
- UNIVERSAL PRECAUTIONS: WHAT THIS MEANS IN THE PRESCHOOL CLASSROOM.** This session will examine important health and safety practices in the preschool classroom. We will also discuss changes made within licensing regulations affecting health and safety routines in the classroom. *Presenter: Dr. Amy Hooten, CCR&R Training Specialist. Target Audience: Preschool. CDA Subject Area: 1. Core Content: Health, Safety & Nutrition. 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 September 9, 2008.

Registrations will be accepted after September 9, 2008 only if space is available, and an additional \$5 processing fee will be added to the Registration Fee. 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: _____ County: _____ State: _____ Zip Code: _____

Phone Number : _____ E-Mail Address for Confirmation (if available): _____

ECE-TRIS ID Info: Birth Date: ___ / ___ / ___ (Day/Mo/Yr) Last 4 Digits of SSN: _____

Check Enclosed Purchase Order # _____ Enclosed

Please bill my Credit Card (Visa, Mastercard, Discover): _____

Card Expiration Date: ___ / ___ Signature: _____

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.

Child Care Resource & Referral Telephone Conference

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

OVERVIEW OF NEW LICENSING REGULATIONS

6:00 - 7 :00 p.m., Monday, September 22, 2008

Join us for this conference call for an overview of the new child care licensing regulations that affect Type I Child Care Programs and Licensed Family Child Care Homes. We will review the new changes and answer any questions you may have *Presenter: Sherri Meyer, CCR&R Early Childhood Education Coordinator. Target Audience: General. CDA Subject Area: 5. Core Content: Programs Management & Evaluation. Training Level: 1.*

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

Registration Fee is \$10 Per Participant Per session

Register on-line at www.wku.edu/ccrr-wku OR return form with payment by September 12, 2008.

Registrations will be accepted after September 12, 2008 only if space is available, and an additional \$5 processing fee will be added to the Registration Fee.

Name: _____ Position: _____
Age Group(s) Served: _____ Program Name: _____
Address: _____
City: _____ County: _____ State: ____ Zip Code: _____
Phone Number : _____ E-Mail Address for Confirmation (if available): _____
ECE-TRIS ID Info: Birth Date: __ __ / __ __ / __ __ __ __ (Day/Mo/Yr) Last 4 Digits of SSN: __ __ __ __
 Check Enclosed Purchase Order # _____ Enclosed
 Please bill my Credit Card (Visa, Mastercard, Discover): _____
Card Expiration Date: __ __ / __ __ Signature: _____

Please register on-line at www.wku.edu/ccrr-wku OR return registration form with payment to:

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

CANCELLATION: To avoid obligation for payment of fees or to obtain a refund, all cancellations must be received in writing five working days prior to the event.

CCR&R Professional Development Training
ORIENTATION TRAINING FOR EARLY CARE & EDUCATION PROFESSIONALS
Tuesday, September 23, 2008
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: Jill Norris, CCR&R Coordinator. Target Audience: New Employees. CDA Subject Area: 1. Core Content: Learning Environments & Curriculum, Child Growth & Development. 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 September 13, 2008. Registrations will be accepted after September 13, 2008 only if space is available, and an additional \$5 processing fee will be added to the Registration Fee. 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: _____ County: _____ State: ___ Zip Code: _____

Phone Number: _____ E-Mail Address for Confirmation (if available): _____

ECE-TRIS ID Info: Birth Date: ___ / ___ / ___ (Day/Mo/Yr) Last 4 Digits of SSN: _____

Check Enclosed Purchase Order # _____ Enclosed

Please bill my Credit Card (Visa, Mastercard, Discover): _____

Card Expiration Date: ___ / ___ Signature: _____

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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: _____

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Smart Ways To Help Children Learn

Reprinted by permission from *ZERO TO THREE: The National Center for Infants, Toddlers and Families*

Few parents might imagine that when their baby first opens his eyes, he is actually preparing for his first day of school. Research shows that children are born ready to learn and are naturally curious beings motivated to make sense of the world around them. In fact, the brain is the only organ that is not fully formed at birth.

Children learn best through their everyday experiences with the people they love and when the learning is fun, according to Zero to Three. Zero to Three offers suggestions for helping children develop skills to become eager learners:

Language and Literacy Skills. Language provides the foundation for the development of literacy skills, so:

- Talk together. Copy your baby's sounds and encourage her to imitate you. Point out and name the things you see together.
- Read books. It's never too early to start sharing books. Let him explore in whatever way he likes—even if it's chewing on them or holding them upside down! Let your child hold the book and point to the pictures as you read.

Thinking Skills. Children are born eager to understand how the world works, so:

- Encourage your child to explore objects and toys in different ways. Touching, banging and shaking help children learn about how things work.
- Incorporate math games into your everyday routines. Count stairs as you climb them. Ask if there are enough crackers for everyone.

Self-Control. Self-control is the ability to express and manage emotions in appropriate ways. It is essential for school success and healthy development overall, so:

- Teach acceptable behaviors. Tell and show your child what he can do, not just what he cannot do. For example, tell him balls can be thrown outside

but not inside.

- Give choices. Present him with acceptable options and let him choose. If a decision is really yours, don't offer a choice. Say, "It's bed time," not "Are you ready to go to bed?"

Self-Confidence: When children feel competent and believe in themselves, they are more willing to take on new challenges, so:

- Establish routines with your child. Most children feel safe and in control of their world when events are predictable.
- Let your child be the problem-solver. Give her the support she needs to solve a problem but don't solve it for her.

For More Information: Zero to Three is a nonprofit organization that promotes the healthy development of babies and toddlers. With funding from MetLife Foundation, the group has developed a booklet for parents called **Getting Ready for School Begins at Birth**. To download a copy or for additional information, visit www.zerotothree.org.

Free Camera-Ready Handouts

ZERO TO THREE distributes free camera-ready feature articles and handouts on early childhood for educational purposes and publication in dailies and weeklies across the country. You do not need to obtain further permission to use these "as-is" articles - just download and share.

Registration is required to download these articles. It's free and takes less than a minute. Articles are saved as PDF files, and you will need a copy of the free Acrobat Reader to open them. For more information, visit www.zerotothree.org/site/PageServer?pagename=news_camera_ready.

Self-Guided Professional Development and the Internet

Heather Alms, CCR&R Provider Assistant & Office Coordinator

Professional development is an important ingredient in providing a quality program for the children in your care and their families. As changes occur in the field of early childhood education, it is important for all educators to stay connected to the latest information and increase our knowledge and skills through on-going, self-guided professional development.

Professional development is a broad term that applies to a variety of learning opportunities. Attending classes and reading journals is a great way to stay current, learn new skills, and gather ideas. As technology develops, more information is readily available on the Internet. Not all information on-line is quality information and searching can sometimes become frustrating.

So, where do you start? Signing up for a professional listserv or message board is one way to connect with others and share information. Often members will recommend websites and on-line articles that they have enjoyed and found beneficial. This is a great way to network and receive a variety of information.

Information available on the Internet takes on many different forms and we all have different learning styles. Becoming familiar with the various ways that information is delivered online will help you choose ways to gain knowledge that is both enjoyable and diverse. Some common mediums for transmitting information on the Internet are:

WEBCASTS: A webcast is an audio or video broadcast. Webcasts can either be live or recorded. Most computers have the software needed for viewing webcasts. If additional software is needed, a prompt will let you

know and direct you to the software website for download. Keep in mind that before downloading any software the source should be verified as safe.

WEBINARS: A webinar is a seminar on-line. They are live, interactive presentations that take place in real-time. Many times, the presenter will also use telephone conferencing during the presentation. This means that you will be connected on the Internet and over the phone. Participants can interact with the presenter and each other. During webinars, activities may be offered or participants may be polled. Poll results are instant and help the presenter focus on relevant information based on audience need.



PODCASTS: A podcast is a form of audio broadcasting. The podcaster is the person you are hearing on the audio file. In order to hear a podcast, your computer must have the required software. Generally, as long as you have a music player on your computer, you can listen to a podcast. Windows Media Player is a free music player that you can download online, if you don't already have it. There are some podcasts that require a special player. Usually information on obtaining the required player is easy to find within the website hosting the podcast.

Podcasts offer you the ability to subscribe to the feed. This means that you do not have to go visit each website to read the latest content. Instead, you use feed reading software to automatically organize the latest articles in one place. You can download feed reading software onto your computer for free. RSSOwl, www.rssowl.org, is a popular reader. You can also choose to use a web-based feed reader. A free on-line feed reader is Bloglines, www.bloglines.com; it offers the ability to access feeds online, from any computer.

BLOGS: A blog is a web log. It is a website that is maintained by an individual who writes regular entries as commentaries, or descriptions of events, as well as sharing related audio and video. Podcasts are often presented in blogs. Many professionals are now utilizing blogging as a means to share information. Using a search engine is a good way to find blogs related to early childhood. Type “early childhood blog” into Google and see what comes up!

The WKU Child Care Resource and Referral has many opportunities for online information and self-guid-

ed professional development. Our website, www.wku.edu/ccrr-wku, offers a variety of topics, with new topics being offered each month. The **Links** section offers our recommendations of early childhood related websites. Visit the **Providers** section to join PRO-Talk, our listserv. Select the **Forum** tab to join Connect For Kids, our message board. You can also read past and present Child Care Professional newsletters, search and register for training, gather activity ideas, and so much more!

The next time you are sitting at a computer, take a moment to visit the CCR&R on the web!

Open Your Windows

Erin McPherson, WKU Student

Assessment is a vital part of early childhood education. It is used to track and appraise a child’s development. Assessment can take many forms. For example, assessment can include tests, interviews, observations, or reports from other knowledgeable sources. However, no matter what type of assessment is performed, it is important to obtain information from many sources, or *windows*.

According to the book ***Assessing and Guiding Young Children’s Development and Learning***, no one source of information tells everything. Therefore, when assessing a child, the conductor should include information given by the parents, the child, teachers, and other professionals.

A useful analogy the book suggests is comparing assessment to a house. If you look out of one window of a house, you are only going to see one part of what is outside. However, if you look out several windows you will get a better idea of what the outside actually looks like.

The same can be said with a child. If you strictly use observations of a child, you are only going to see that part of the child. Add assessment interviews with parents into the mix and then you get an idea of how the child acts at home. Interview the child’s teacher and you will know how the child acts at school. Each of these facets is important when assessing whether a child should be recommended for further screening.

The book also explains that “assessment is an estimate of a child’s or group’s status and is not an exact indication of performance. Using multiple windows results in better and more complete information about children.” It is vital for every person working in early childhood education to utilize any and every window they can. I have some personal experience working in a child care center. I received minimal training, and never learned that I should use multiple sources. While I never actually performed assessments, it was important for me to know the status of each child’s development.



For example, if a child in my class did not participate in wordplay, I should not assume they are not developing language skills appropriately. I should instead speak to parents and previous professionals who have worked with the child. These sources would give some indication whether the child is only shy, or if they really should be assessed further. In the future, we should all make sure not to judge a child based on just one window. For everyone working with children, remember that we would never judge a house’s view by looking out only one window; let’s do the same for our young children!

References

McAfee, O. & Leong, D. (2002). *Assessing and Guiding Young Children’s Development and Learning*, (3rd Ed). Boston: Allyn and Bacon.



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