

Child Care Resource and Referral
is a project of the Indiana
Association for Child Care
Resource and Referral and the
Indiana Family and Social Services
Administration



Newsletter

February 2013

Issue # 2

Printed monthly at:
1101 S. 13th St.
Terre Haute, IN 47802



Shimmy and shake for Levi!!!



****All proceeds go to 4 Paws for Ability in Honor of Levi Walker****

When?	Sat. Feb 2nd 12:30-2:30PM
Where?	Booker T. Washington Comm. Center Gym 1101 South 13th St. - Terre Haute, IN

TICKETS: \$10 in advance, \$15 at door



**You may purchase an advance ticket at
the CASY office.**



Congratulations!



Recently Increased to

Greencastle Family Resource Center

Putnam County

Newly Enrolled Providers

A Joyful Noise Family Child Care

Parke County



Provider Updates: Why are they SO important?

CASY provides free and confidential information to families seeking child care. To be able to assist these families we must have complete and accurate information in our referral database. Therefore we must update your file at least every 6 months. Specific needs of the family are matched with a list of between 7-15 provider profiles. Some of the questions that are asked are: What is your Child(ren)s age, What days/times do you need care, Does your child have any allergies, What type of care are you looking for. We also find out if they need their child care to be located near their home, work, etc.

There are many ways for you to update your profile in our database:


- You can go to our website: www.casyonline.org, click on Child Care Provider Information, and fill out the CCR&R Provider Update Form.
- Our staff will be asking you to verify your information at trainings or at on-site mentoring visits.
- You can receive emails, from rheerdt@iaccrr.org, when it is time to update your information, which you can use to do your update.
- The Consumer Education Specialist, Becky Heerdt, will be calling you from her special phone line, 800-299-1627 or a 317 area code number to do a provider update over the phone with you. You will be asked a series of questions and will be given the opportunity to register for Online Provider Services (OPS) so that you can update your information through an online portal at your convenience.

Thank you for keeping your profile information accurate so that we can assist families in their search for child care.

Webinar Opportunities:

CASY along with Indiana Association for Child Care Resource and Referral are offering exciting new webinar opportunities. These webinars are designed to give extra training opportunities during the workday.

Participants must register 24 hours in advance.
To register go to Training Central at www.iaccrr.org

DESCRIPTION	DATE	
Aspects of Child Maltreatment: Presented by Prevent Child Abuse Indiana, this one hour webinar will focus on the four types of child maltreatment: physical abuse, sexual abuse, emotional abuse, and neglect. It will also discuss the reporting laws in the state of Indiana.	4/10	
Creepy Critters: Head Lice, Ringworm, and Bedbugs, oh my!: The Creepy Critters webinar is a rather fun informative training which talks about the 5 most common "critters" that plague children. They include bed bugs, head lice, scabies, pin worms and ring worm. We will discuss how they are transmitted, symptoms, and treatment.	2/6 3/6 4/3	
Disability Awareness: The foundation is the first part of a house to be built. Everything else is built upon this foundation. There are foundational pieces to caring for children with special needs that everything else is built upon. This webinar will discuss these foundational aspects such as defining inclusion, person-first language, the benefits of inclusion and the resources that are available to assist providers and family members.	2/12 3/12	
Nutrition: What on Earth do I Feed Them? This webinar fulfills the requirement for annual nutrition/sanitation training for licensed child care centers. It covers proper portions of food for different ages of children as well as proper nutrition requirements.	2/20 4/17	
Immunizations: Requirements, Myths and Schedules: Within the Immunization webinar the attendees will learn which immunizations are required by the State of Indiana for attendance at child care. It will also dispel some myths regarding immunizations. We will also discuss the proper schedule for immunizations and how to read them.	2/7 4/4	
Introduction to Ages and Stages: This webinar will provide an overview of the Ages and Stages screening tool as well as compare what an assessment is vs. a screening. It will provide the opportunity to think through the current practices pertaining to screening children and why screening tools should be implemented in child care settings. Information will also be shared on how to obtain additional assistance with the Ages and Stages screening tool. Presenter: Renee Kinder IACCRR	2/19 3/12 4/9	
Introduction to the Americans with Disabilities Act (ADA) for Child Care: Do I have to accept a child who has a disability? Who will pay for the extra staff that may be needed if I enroll the child who has a special need? These are the sorts of questions that the ADA answers. The ADA is a piece of federal legislation that describes the rights and responsibilities of the parents as well as the providers when discussing caring for children with special needs. This webinar will provide an overview of this legislation, compare and contrast it to the Indiana licensing regulations, and share examples of how to implement this legislation into a child care setting in order to make the most appropriate decisions when caring for children with special needs. Presenter: Renee Kinder IACCRR	2/12 3/19	
"I Can Do It": Nurturing Physical Development, Confidence, Competence and Self-Esteem for Infants and Toddlers using FOUNDATIONS: Infants and toddlers are on the move. They learn best by doing, using their whole bodies. Learn how to promote the physical development of infants and toddlers by providing space, opportunities and interactions that encourage movement and exploration. Use the FOUNDATIONS to the Indiana Academic Standards to explore infant and toddler physical development and all of its benefits and build the foundations for all future physical development.	3/14	
Medication Administration: This medication administration webinar will allow the provider to understand the 5 "Rights" of medication administration. It also indicates the most common errors made when giving medication to children. Attendees will learn the responsibility of the child care provider when giving medication. This webinar meets the criteria for NAEYC accreditation.	3/7	
Paths to QUALITY™ Introduction: The Paths to QUALITY Introduction Session is designed to provide you with all the information you will need in order to participate in Indiana's quality improvement and rating system. You will learn about the four levels of participation, the enrollment process, mentoring options, rater visits, incentives and awards.	2/28 3/28	
Ouch! Biting Hurts. What are they trying to tell us? Participants will learn about the possible reasons why children bite, strategies that will decrease this behavior, and how to work with families.	4/3	
Universal Precautions: Universal precautions training is required for all staff working in regulated child care programs. Early childhood professionals need to be knowledgeable about infectious diseases that can be transmitted in the early childhood setting, including those spread through contact with blood and other potentially infectious body fluids. Universal precautions training deals with safe handling of bodily fluids, blood, and airborne secretions to reduce the chance of infection and transmission of diseases to staff or children in child care settings.	2/5 3/5	

Crystal Snowflakes

Materials:

- String
- Wide Mouth Jar
- White Pipe Cleaners
- Borax
- Pencil
- Boiling Water
- Food Coloring (optional)
- Scissors



Make your own crystal snowflakes! They are shimmery and make excellent decorations for the winter months. First, you need to make a snowflake shape by cutting and twisting the pipe cleaners together. No two snowflakes look the same, so the children can make them look how they want! Next, tie the string to one of the snowflake arms and tie the other end to the pencil. Fill the wide mouth jar with boiling water, and stir in borax one tablespoon at a time. You will need 3 tablespoons of borax per one cup of water. If you wish, you can tint the solution with food coloring. Hang the pipe cleaner snowflake into the jar so the pencil rests on top, and the snowflake is completely covered with liquid and hangs freely. It should not touch the bottom of the jar! Allow the jar to sit in an undisturbed location overnight. There will be crystals on the snowflakes the next day!

To encourage critical thinking, have the children predict what they think will happen to the snowflakes as they sit in the solution. They can check to see if their predictions were correct, and ask them why they think the crystals grew.

Why Does This Happen?

Hot water holds more borax crystals than cold water. That's because heated water molecules move farther apart, making room for more of the borax crystals to dissolve. When no more of the solution can be dissolved, you have reached saturation. As this solution cools, the water molecules move closer together again. Now there's less room for the solution to hold onto as much of the dissolved borax. Crystals begin to form and build on one another as the water lets go of the excess and evaporates. This also applies to snowflakes - As water cools the molecules move closer together. Since all water molecules are shaped the same they align in a six sided crystal.

<http://britton.disted.camosun.bc.ca/snow/boraxsnowflake.html>

National Bird Feeding Month

“Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.”

~Dalai Lama. Help teach this to the children by caring for the birds in your natural habitat during the winter months when the birds need help finding food to survive. Children can help our feathered friends by learning how to make bird snacks and putting them out in your yard. Allow the children to do as much of the work as possible! This will help develop many skills as well as make them feel as though they are the ones caring for the birds.

Garlands Galore Bird Snacks:

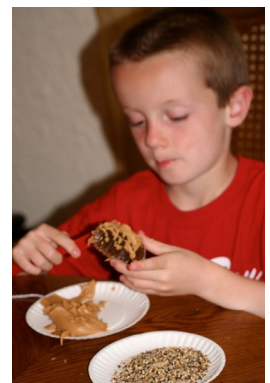
Tear stale bread slices into fourths. Then slice oranges into rounds, and cut the rounds into fourths. Thread a large plastic needle with yarn/string, and string the bread and the oranges onto the yarn -- space them out along the yarn. Decorate an outdoor tree/bush or window area with your garlands.

Cheap and Simple Feeders:

Buy a bag of bird seed made just for the birds in your yard. Fill stiff paper plates or recycled pie pans with the seed. String them to lower branches of trees/bushes.

Pinecone Feeder:

Tie a string from the top of a pine cone. Smear lots of peanut butter all over the cone. Roll the cone in birdseed so the seeds stick in the peanut butter. It may not make your mouth water, but to birds, it's a treat. Hang the pine cone from a branch, and birds will begin stopping by for a snack. NOTE: If you are concerned about peanut allergies you can substitute vegetable shortening. Don't forget to provide fresh water for birds as well!



Top 10 Things to do TODAY for Your Child's Fine Motor Skills



10. Play doh, Lego, dolls with doll clothes, squirt guns - simple, no-tech toys are the best!



9. Play "Follow-the-Leader" with lots of hopping, crawling, running and stopping - any fun movement you can think of!

8. Encourage your child to lie on his/her tummy while colouring, playing games and even just watching TV.

7. Go to the playground as often as possible! Swings, slides, teeter-totters, jungle gyms are excellent for a child's development!



6. Invest in an easel for your child. Children in kindergarten or younger should be doing the majority of drawing, colouring and printing on a vertical surface.

5. Get some scissors for your child - and then use them OFTEN in a supervised setting. Cut old cereal boxes, scrap paper, straws, food, play doh - anything (except hair!). Use thumb and middle finger in loops.



4. Play with your child - spend some uninterrupted playtime every day - even if it's only 10 minutes - simply playing!

3. Enlist the troops - get your child to help you in some way in your every-day household tasks. Wipe off the table, open jars, clean the windows, carry the laundry - give your child a small job during all of your big jobs!



2. **LET YOUR CHILD DO THINGS FOR HIM/HERSELF.** It might take longer, and he/she may complain, cry, tantrum or all of the above! But it's the best thing you can do. Make sure they have enough time, and help only as little as necessary.

And most importantly ...

1. **Have fun!** It's okay to have some expectations of your child - it is better than having no expectations at all. But set the precedent that learning and trying new things can be fun, rewarding and worth doing again!

This information was compiled by Nicole Ebbesen Rowan.

If you have any questions about fine motor skills or Occupational Therapy, please contact your community Occupational Therapist.



Food for Thought

National Children's Dental Health Month

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. CACFP providers can play a role in helping children develop good eating habits that will benefit them and their teeth for a life time.

There is a diet-dental health connection. Good nutrition is essential to maintaining healthy teeth and gums throughout life. For strong decay-resistant teeth, children need protein, vitamins and minerals; especially calcium, phosphorus and proper levels of fluoride. Foods or liquids containing sugars and starches encourage the production of plaque, which produces acids that attack tooth enamel. If you often indulge in sugary and/or starchy foods or liquids the result may be tooth decay and possibly tooth loss. Always check food labels for sugar content. Eat foods that contain sugars with meals and avoid between-meal snacks. Avoid sugar containing cough drops, hard candies and breath mints that stay in the mouth a long time and increase the likelihood of decay. Research indicates that certain foods such as cheese, peanuts or sugar free gum may be "tooth friendly". Eating these foods with or after sugary/starchy foods may help counter the effects of the acids. Drink pop in moderation; do not allow it to take the place of essential water and milk. It's not just the sugar. It's the acid that makes soda pop sipping double trouble. See below for more tips and resources on the diet-dental connection.

Tips to Reduce Your Risk of Tooth Decay

- * Avoid sipping pop throughout the day. Drink pop in a short time with food or as a part of a meal.
- * Drink pop in moderation. Even diet drinks contain acid that can result in tooth decay.
- * If you can't brush, rinse your mouth with water after drinking and/or eating.
- * Never drink pop or juice before bedtime or put in baby bottle. The liquid pools in the mouth and coats teeth with sugar and acid that can result in decay.
- * Drink water instead of pop since it has no harmful sugar and acid and no calories.
- * Brush and floss regularly to remove the plaque that can lead to tooth decay.

Dental Health Month Resources:

www.ada.org
www.smilemichigan.com/Classroom
www.aquafresh.com
www.colgate.com

Healthy Tooth Friendly

Snack Options

Stock up on such healthy snacks as bagels and cream cheese, yogurt, nuts, trail mix, cheese and crackers, fresh fruit, string cheese, 100% fruit juice, pretzels, baked chips, milk, water, seltzer water and veggies.

Great Teeth Friendly Recipes for Kids

Ingredients:

Yogurt Parfait:

2 cups low fat yogurt
 1 cup chopped fresh, canned or frozen fruit
 1 cup low-fat granola

Directions:

Layer equal amounts into four cups

Peanut Butter Roll Up

Spread peanut butter on a tortilla, sprinkle with kids' favorite nut or sunflower seeds.
 Roll up and enjoy.



Kid Friendly Valentine's Day Activities

Valentine's No Cook Playdough

Ingredients:

- 2 cups flour
- 1 cup salt
- 2 tbsp cream of tartar
- 2 tbsp oil
- 1.5-2 cups boiling water
- food coloring



Directions:

1. Combine all dry ingredients together and then add oil.
2. Pour in water and mix and knead with hands. It will lose its stickiness and form a nice ball of dough.
3. You can add glitter or a fragrance to make it more fun. Also a few drops of glycerin makes the dough stretchy and shiny.

Add some red gems, a heart cookie cutter, and a spoon.



Number Matching

The kids can count the hearts on the cards, then match the clothespin with the corresponding number.



Did You Know...

You Can Help Ease the Transition Between Home and Child Care?

Every day children have to adjust from home, to child care, and back again. Now that the holidays are over and children have been at home more, transitioning back to child care may be difficult. There are some things that you can do as a child care provider to help ease this transition, for both children and parents. Here are a few simple suggestions to try to make transitions a little bit easier for everyone:



1. **Ask a Question of the Day.** Post a simple question at eye level that the family member can read to the child. The question can have a simple answer, such as yes/no or fruit/vegetable. Together the family member and child can answer the question. This engages the child and gives the family member and child time to interact and transition together.
2. **Communicate and Build Trust.** Parents tend to feel more at ease when they have access to information they need and when there are no surprises. Make sure you keep your parents informed of all activities, how their child is doing, field trips, and any changes that you make to the facility, staff, and environment. Consider sending home a weekly newsletter of all upcoming activities for the week. Making phone calls to parents who seem to be struggling with the transition can go a long way toward building trust.
3. **Coach parents who are rushing.** Children's school activities can improve dramatically when their family member spends five minutes helping them settle in at drop-off. Encourage those parents who rush to take some time to help their child put their belongings away, and to help them settle in for the day.
4. **Start a breakfast club.** Have families join their child for cereal, milk, and fruit when they arrive. This can help the child feel more comfortable.
5. **Be available.** Have your site adequately staffed so that you can be available to answer questions and discuss any concerns families may have. If you are in a center, have at least one administrator on site from open until close.
6. **Make a good bye window.** Good-bye windows look out on the building entrance or parking lot. This allows for a last wave, "I love you", silly dance, or whatever they include in their parting routine.
7. **Provide tips for parents.** Clear drop-off instructions for families make the process run smoothly:
 - Establish a routine. (including washing hands)
 - Make the good bye short, as extended departures increase anxiety levels.
 - Say good bye once and then leave.
 - Trust that your child will be alright. Make a phone call if you must check in.

http://www.naeyc.org/tyc/article/8X_Supporting_Transitions

Attention Center Based Directors!

You are invited to a Director's Forum on Friday, February 8, from 9:30 am-4:00 pm, in Nashville, IN. You should have received a registration form in the mail. We are proud to announce Holly Elissa Bruno as the keynote speaker for this special event. The day will be jam-packed with leadership/management trainings.

Holly Elissa Bruno, MA, JD, author, attorney and acclaimed keynote speaker hosts an online radio program: *Heart to Heart Conversations on Leadership: Your Guide to Making a Difference* on BAMradionetwork.com. Holly Elissa served as Assistant Attorney General for the state of Maine and Assistant Dean at the University of Maine School of Law. While working as Associate Professor and Dean of Faculty at the University of Maine-Augusta, Holly Elissa was selected "Outstanding Professor". An alumna of Harvard University's Institute for Educational Management, she teaches leadership courses for The McCormick Center for Early Childhood Leadership and Wheelock College. Holly Elissa's books include *What You Need to Lead an Early Childhood Program: Emotional Intelligence in Practice* (NAEYC, 2012) and *Preventing Legal Flare-ups in Early Childhood Programs* (Columbia University's Teachers College Press, November 2012). Redleaf Press will release Holly Elissa's co-authored book, *Leadership Lessons Learned from the Bumps in the Road* in June 2013. Holly Elissa's keynotes receive stellar audience reviews.

Please don't miss out on this unique opportunity. See your registration form for details or contact Sally Lacey at slacey@iacrr.org. Register early as space is limited!

From One Provider To Another– Chat Session

Many providers have shared the thought of having an informal “chat session” about everyday situations that may arise at their child care facilities. We have scheduled the small conference room at the Booker T. Washington Community Center, 1101 S. 13th St. on

- Tuesday, February 5, 2013 from 6:30pm-8:00pm

Bring your own snack and drink. Drop in and out as your schedule will allow. For any further information please call Jean Ann Schmittgens at (812) 232-5906 or Ann Brooks at (812) 299-5825. A new friend could be someone you haven’t met yet!
(Please note: This is not a CASY sponsored event, just a good opportunity to network with fellow providers.)

“Exceptional Explorations”

Bridges of Indiana and Child Adult Resource Services (C.A.R.S.) have created a program to provide individuals with disabilities a unique opportunity to experience the Terre Haute Children's Museum for a 2 hour window at NO COST!

For more information or to complete a registration form, please visit the Kiosk at the Terre Haute Children's Museum or visit www.bridgesofindiana.com.

The following dates have been chosen for the Exceptional Explorations events:

- Wednesday, March 6, 2013 - Disability Awareness Day (4-6 PM)
- Tuesday, April 2, 2013 - Autism Awareness Day (4-6 PM)
- Friday, June 1, 2013 - Summer Games Kickoff Party (4-6 PM)



Early Education Professional Development Grant Reimbursement



United Way of the Wabash Valley

.....
: Clay, Parke, Sullivan, Vermillion :
: and Vigo Counties only :
.....

The Professional Development Grant Program supports attendance at continuing education programs for child care providers/early education professionals that work directly with children ages 0-6 and for educators and administrators who manage or train child care providers.

Success by Six Professional Development Grants may be used for conferences, trainings, or workshops that focus on early education, child development or child care. Conferences, trainings, or workshops must be significantly related to the applicant's position and improve the applicant's ability to do his or her job and the agency's ability to foster the healthy development of young children. Applications due 10th of every month.

Professional Development Grants may only be used for the following expenses: Registration/conference/training fees. The minimum cost of the registration must be \$30. Trainings with minimal registration fees of less than \$30 are not eligible for a grant. Total grant available: **\$ 150 maximum and only one grant per person per calendar year.**

Complete Guidelines & Application available at: casyonline.org/successby6grantmay2011.pdf



“When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of "disaster," I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.”

— Fred Rogers

Orientation I and II Trainings: Wanting to become a licensed child care provider? You can begin by attending our Orientation Trainings.

Orientation I - Part 1 of 2 on opening a Child Care site. Start up workshop for those interested in opening a Licensed Home, Licensed Center, or Unlicensed Registered Ministry to learn about basic health, safety, and start up requirements, plus information on the different types of child care programs in Indiana. Strongly encouraged, but not required for Unlicensed Registered Ministries. *CDA Subject Area: I (1 hour), V (.75 hours), VI (.25 hours)*

Orientation II - Part 2 of 2. For Licensed Family Child Care Providers. Learn about licensing regulations and what steps to take in the process. *CDA Subject Area: I (1.5 hours), V (1.5 hours), VI (.5 hours)*

2/6/2013 - Orientation I - 6:00pm-8:00pm - BTWCC (Vigo)

2/23/2013 - Orientation II - 1:00pm-4:30pm - BTWCC (Vigo)

3/7/2013 - Orientation I - 4:00pm-6:00pm - Fountain Square Mall (Monroe)

3/21/2013 - Orientation II - 3:00pm-6:30pm - Fountain Square Mall (Monroe)

Prior registration required. To register please call Kristi at (812) 232-3952 ext. 38 or (800) 886-3952 ext. 38.



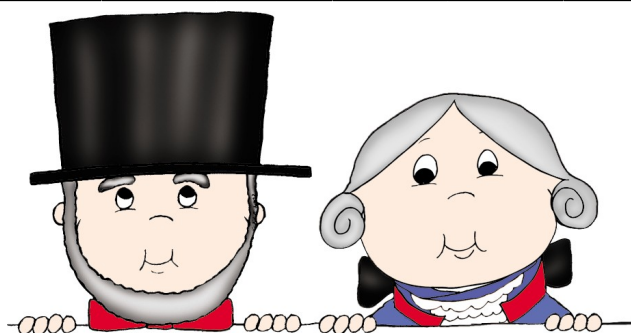
CPR Information

CPR & First Aid

Classes include Universal Precautions

By Request, we have added various days of the week to the class schedule. All CPR, First Aid and Universal Precautions classes are \$30 per person.

- * Registration and payment **MUST** be received in advance.
- * Classes are filled on a first-come basis and money is non-refundable.
- * Classes are held at the Booker T. Washington Community Center, Small Conference Room.
- * Classes begin promptly; late attendees cannot be admitted.
- * Classes are not designed to accommodate children.
- * Call the CASY office, ext. 30 for available dates and additional information.



CASY Office Closing

Monday, February 18— President's Day

The Provider Resource Room Hours

Monday - Friday 9:00am - 5:00pm

&

1st Saturday of the month

Our next open Saturday is February 2 from 9:00am - 1:00pm

Come in during our business hours to use our Provider Resource Room. We have a Lending Library with several great books available to borrow, also a Laminator, AccuCut Machine, and much more! This room is open for providers and their employees to use. We have staff available to answer questions and to show you how to use the items in the Resource Room.

For any questions feel free to contact the CASY office at 800-886-3952 or 812-232-3952



Creative Corner

Training Registration Form

Mail this form along with a check or money order made out to CASY.

Registrations are taken on a first come first serve basis.

Payments must be received prior to registration.

Attendee Name: _____

Address: _____

Telephone: _____

Birth Date: _____

Training(s) information:

Name

Date

CASY trainings are about children not for children.

You will not be allowed to stay at a training if you have a child(ren) with you

Training Registration Form

Mail this form along with a check or money order made out to CASY.

Registrations are taken on a first come first serve basis.

Payments must be received prior to registration.

Attendee Name: _____

Address: _____

Telephone: _____

Birth Date: _____

Training(s) information:

Name

Date

CASY trainings are about children not for children.

You will not be allowed to stay at a training if you have a child(ren) with you.

Community Alliance and Services for Young Children

1101 S. 13th— 2nd floor
Terre Haute, IN 47802

Return service requested

Phone: 812-232-3952 or 800-886-3952

Fax: 812-232-1731

<http://www.casyonline.org>

NON-PROFIT ORG.

U.S. POSTAGE

PAID

Terre Haute, IN

Permit No. 841

CASY Membership

CASY Membership fees are used to enhance our programs and projects.

Membership is open to child care and early education professionals as well as business and individuals interested in supporting our mission to promote developmentally appropriate early education and quality child care.

General membership types receive:

- AAA Hoosier motor club discount membership
- Monthly newsletter
- Free Notary Public Services
- Access to Lending Library
- Access to Accu-Cut Machine
- Access to Cricut cartridges
- Access to our rubber stamp collection
- Discount from Indy Park Ride and Fly

Child Care provider/Early Educational Professional membership receive in addition:

- 100 free photo copies per month
- Free laminating— 20 sheets per year
- Free newsletter classified ads
- Qualifies as Professional membership for CDA and renewal
- Special gifts and items throughout the year
- Discount to CASY conferences

Thank you for your support!

Your membership is a reflection of your investment in quality child care for our community.

All membership types only \$30 per year

Type of membership check one

_____ Child Care or Early Education Professional (All benefits)

_____ Individual interested in quality child care and early education in our community (General membership benefits)

_____ Business interested in quality child care and early education in our community (General membership benefits)

Name _____

Child Care site or school if applicable _____

Business name if applicable _____

Mailing address _____

City _____ State _____ Zip code _____

Email: _____

Phone: _____

Office use only:

Expires: _____

Card #: _____

It is the policy of CASY not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, or employment policies.