

May/June 2012

Child Care Aware® NEWS

A Publication for Child Care Professionals

Child Care Aware® of Northeast & North Central Kansas

Topeka
Toll free 800-279-2372
nenc.ks.childcareaware.org

Counties Served: Brown, Clay, Cloud, Dickinson, Doniphan, Douglas, Ellsworth, Franklin, Geary, Jackson, Jefferson, Jewell, Lincoln, Marshall, Mitchell, Morris, Nemaha, Osage, Osborne, Ottawa, Pottawatomie, Republic, Riley, Saline, Shawnee, Smith, Wabaunsee and Washington

Can you believe that summer is nearly upon us? For those of you with school-agers enrolled, this edition of Child Care Aware NEWS is full of strategies for a super summer! The summer can bring challenges as you try to balance the unique needs of older, school-age kids with the needs of younger children in your care. Having a plan while still being flexible and letting the kids direct their learning will lead to an awesome summer for all! As always, let us know how we can assist you. Our services including on-site coaching, professional development events, and access to resources are all designed to support you in your work with children and families.

Our annual signature event, the Designers' Showhouse, is taking place in Topeka through May 13th. Please support this important fundraiser by helping us get the information out to the families you serve, and by taking time to tour! Proceeds support our many programs and services for child care providers and families with young children. Visit our website for details including dates/times, group tours and special events, and much more!

Provider Appreciation Day is May 11th! Do something to celebrate! **Thank you** for your commitment to high quality child care in northeast and north central Kansas!

Reva Wywadis
Reva Wywadis, Executive Director



Creative Summer Weekly Themes

Theme Ideas for Summer

- Amazing Race
- "Camp ____'s Got Talent"
- Splasha Pooloza
- Lego® Camp
- Out of the Box (build a city out of large boxes)
- Forts and tunnels
- Craft-o-rama
- Minute to Win it
- Where's me Treasure...Rrrrr
- Girl Power

Summer Camp Program Director
<http://summercampprogramdirector.com/100-summer-camp-themes/>

By Christi Smith, New Dimensions
in Child Care Solutions, LLC.

As the days become longer and the weather warms up, signs of summer are near. It is not too late to begin planning for summer 2012. Whether you are expecting

a couple of youth or 200 youth, planning is the key for a fun, safe, and successful summer.

Planning fun activities keeps youth engaged and entertained. Creating daily or weekly themes is a way to organize and plan fun activities. Themes and activities should encourage independence, leadership, problem-solving, communication, teamwork, and character development. Summer youth programs are a great opportunity for kids to try a variety of things they don't typically get to do. Knowing the interest of youth is a good starting point. Do the kids love science? Create a weekly theme called science

extravaganza. Do they love messy goopy projects? How about an ooey goopy week? Maybe they love to cook. How about an iron chef week?

Don't know where to start? Ask them!! If you really want to keep the interest of youth, invite them to be part of the planning process. Youth will be more engaged and excited when they get to do activities that they want to do.

Here are some tips for creating weekly themes for youth:

- Are youth interested in the activities and experiences?
- Are the theme names and activities catchy and inviting?
- Do the themes allow for a variety of activities and experiences?
- Can you add guest speakers, field trips, special events to enhance the fun?
- Always practice safety when planning your events.

BUSINESS TIPS

40 Developmental Assets

By The Search Institute

Discovering what kids need in order to succeed!

The Search Institute has identified 40 Developmental Assets that help children and youth grow up healthy, caring and responsible. Youth need people, places, and activities that make them feel special and challenged to do and be their best. Since its creation in 1990, Search Institute's framework of Developmental Assets® has become the most widely used approach to positive youth development in the United States. Grounded in extensive research in youth development, resiliency, and prevention, the Developmental Assets® represent the relationships, opportunities, and personal qualities that youth need to avoid risks and to thrive.

The Developmental Assets® are 40 common sense, positive experiences and qualities that help influence choices youth make and help them become caring, responsible, and successful adults. Studies of more than 2.2 million youth in the United States consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive. Assets have power for all young people, regardless of their gender, economic status, family, or race/ethnicity. The average youth experiences fewer than half of the 40 assets. Boys experience three fewer assets than girls (17.2 assets for boys vs. 19.9 for girls).

For more information, visit the Search Institute at www.search-institute.org.

**BEST
PRACTICE
IN ACTION**

Here are the 8 Building Blocks, that list all 40 Developmental Assets®:

Support: Family support, positive family communication, other adult relationships, caring neighborhood, caring school climate, parent involvement in schooling

Empowerment: community values children, children as resources, service to others, safety

Boundaries and Expectations: Family boundaries, neighborhood boundaries, adult role models, positive peer influence, high expectations

Constructive Use of Time: Creative activities, child programs, religious community, time at home

Commitment to Learning: Achievement motivation, learning engagement, homework, bonding to school, reading for pleasure

Positive Values: Caring, equality and social justice, integrity, honesty, responsibility, self-regulation

Social Competencies: Planning and decision making, interpersonal competence, cultural competence, resistance skills, peaceful conflict resolution

Positive Identity: Personal power, self-esteem, sense of purpose, positive view of personal future

Water Safety

From The American Red Cross

Swimming and water play are popular summer activities to beat the heat. The best thing you can do to keep

**HEALTH
& SAFETY**

youth safe this summer is to make water safety your priority. According to The American Red Cross, drowning is the second leading cause of unintentional injury-related death for children ages 1-14 years. Drowning usually happens quickly and silently. Many people who drown were out of sight for less than

5 minutes. The American Red Cross recommends these steps to stay safe around the water:

Make water safety your priority, know the risks.

- Swim in designated areas supervised by a lifeguard.
- Always use the buddy system
- Set limits based on swimming ability

Maintain constant supervision

- Never leave youth unattended near water
- Actively Supervise youth when

around water—even if lifeguards are present.

- Always stay close to non-swimmers even in shallow water.

Know how to respond to an emergency

- Know when and how to call 9-1-1.
- Keep life jackets, throw rings and first aid kits available.
- Keep a phone near you-use it only to call for help if there is an emergency.
- Maintain First Aid and CPR certification.



Block the Sun, Not the Fun!

From www.rmsunscreens.com

Fresh air, sunshine, and exercise are essential to the healthy development of youth, so we should

HEALTH & SAFETY

encourage youth to be outside moving and safe! However, they often don't think about protecting themselves from the sun. Too much unprotected exposure to the sun's UV radiation can lead to sunburn, eye damage, wrinkles, and skin cancer, including life-threatening melanoma. Research indicates that one serious childhood sunburn could trigger skin cancer in later years. Regular use of sunscreen with a high SPF can reduce the risk of skin cancer by up to 78 percent.

The mission of the Sun Safety Alliance, Inc. (SSA) is to reduce the incidence of skin cancer. SSA has created great resources, including games and information to educate youth and families on protecting from the sun's harmful rays. Once youth complete their activities, they can be "Sun Certified."

For more information check out www.sun-safetyalliance.org.

As a reminder, sunscreen should meet the new FDA regulations, effective summer 2012.



Sunscreen Regulations

On June 14, 2011, the U.S. Food and Drug Administration (FDA) announced new requirements for sunscreens currently sold over-the-counter (OTC) (i.e. non-prescription). These requirements support the FDA's ongoing efforts to ensure that sunscreens meet modern-day standards for safety and effectiveness.

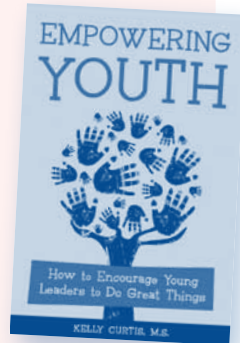
- **Broad Spectrum Designation:** If the product is labeled Broad Spectrum, the product is FDA-certified to protect against UVA radiation.
- **Water Resistant Claim:** A sunscreen may claim to be water resistant, but it must be accompanied by a numerical identifier specifying either 40 or 80 minutes of protection.
- **Marketing Term Restrictions:** The following terms are no longer allowed: waterproof, instant protection, sunblock, all day protection and sweat-proof.
- **Mandatory Drug Fact Box:** The drug facts identification box is now mandatory. It must include the statement that the sunscreen must be re-applied every 2 hours to ensure adequate UV protection.
- **Skin Cancer Prevention Claim:** If the broad spectrum claim is made on the front of the packaging, the sunscreen may state within the drug facts box: "When used as directed, this sunscreen helps prevent skin cancer and early skin aging."

BOOK NOOK

Empowering Youth

Author: Kelly Curtis
Paperback: 160 pages

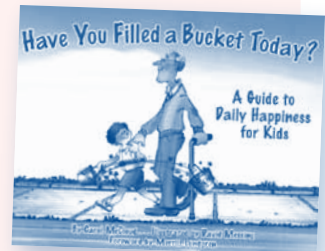
Are you looking for ways to include youth as resources in your program? Do you wish you could explain "youth empowerment" to the members of your community? This book will give you the insight and tools necessary to spread the good news about youth, while facilitating discussions and activities that help others to understand the profoundly positive impact young people can have on a community.



Have you filled a Bucket Today? A guide to daily happiness for kids

Author: Carol McCloud
Illustrator: David Messing
Reading level: Ages 4 and up
Paperback: 32 pages

Through simple prose and vivid illustrations, this heart-warming book encourages positive behavior as youth see how rewarding it is to express daily kindness, appreciation, and love.



I DOUBLE Dare You!

Author: Dana Lehman
Illustrator: Judy Lehman
Hardcover: 36 pages

Silly and Sassy come to Walnut Grove to visit their cousin Sammy. Silly is always daring his friends to do things that they shouldn't do. I think everyone has been dared, double dared, or double dog dared to do something. *I DOUBLE Dare You!* helps youth think about the decisions they make and try to make good choices.



CORRECTION:

2011 Tax Changes for Family Child Care Providers By Tom Copeland

- The standard meal allowance rate for 2011 is: \$1.19 breakfast, \$2.22 lunch/supper and \$.66 snack. The rates for 2012 are **\$1.24** breakfast, \$2.32 lunch/supper and \$.69 snack.

Child Development Associate Renewal Amnesty Program

Do you need to renew your Child Development Associate? If you have received a Child Development Associate (CDA) within the last 10 years and it is time to renew or it has expired, you are eligible to renew your CDA. The CDA Council is offering the CDA Renewal Amnesty Program.

CDA renewal candidates will need to meet the following five criteria:

- Document of a current pediatric first aid certificate.
- Documented proof of Continuing Education Units (CEUs) or a college course in approved areas of study.
- Documented proof of recent work experience with young children or their families.
- Letter of recommendation.
- Proof of membership with a national or local early childhood professional organization.

The Renewal Amnesty Program will only last through December 31, 2012. Don't wait to find out what else you need to do! Get more information at <http://www.cdacouncil.org/the-cda-credential/how-to-renew-your-cda>.

Eco-Healthy Child Care Tip

Eco-Healthy child care includes improving nutrition!

Current health data on American preschoolers states that one in four is at risk of becoming obese or already is obese. Child care providers have a terrific opportunity to help shape children's eating habits and activity levels.

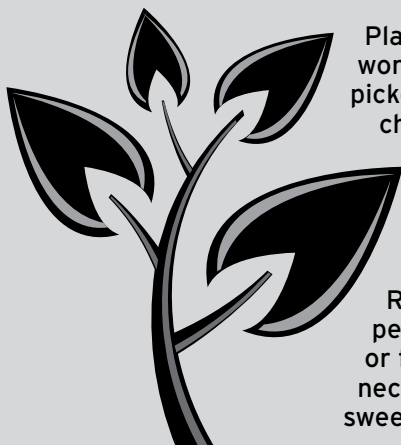
Lead by example! Young children are great imitators. They observe everything we do. So be sure you are modeling healthy eating and activity levels.

Eat your fruits and veggies! Increase the number of fresh fruits and vegetables you and the children are eating.

Read the labels of packaged food and select "real" ingredients. Look for labels that have the least number of ingredients. Eliminate added salt, sugar, fats, dyes and any ingredients that you cannot spell or pronounce. If you cannot spell it or pronounce it, chances are that it is an artificial ingredient. Watch out for high fructose corn syrup. Eliminate or limit it to reduce exposure to mercury, a neurotoxin, pesticides, genetically modified ingredients and empty calories.

Serve water. Children need water for healthy brain development. Add a piece of nutrient and fiber dense whole fruit to the water and you can replace fruit juice. Fruit juice is basically calories with little nutrient value.

Buy local, buy organic. You've heard it before, but what does it mean? Food grown closer to home is fresher. Fresh fruits and vegetables lose nutrients each day after they are picked. Go to the farmer's markets and get to know the growers in your area. They can tell you how they have grown them, if they are certified organic or if they avoid using pesticides or other chemicals.



Plant a garden! From small containers to a large plot in your yard, a garden can be a wonderful source of healthy food and physical exercise for you and the children. Fresh picked spinach, rinsed and eaten with a ranch dip makes a great treat. So does picking cherry tomatoes or bell peppers from the vine and putting them directly on your mini-pizza. Gardening, whether you have a simple herb garden or a giant pumpkin patch, provides a fabulous educational adventure. It is a simple way to avoid pesticides and save money. You don't even have to drive to the farmer's market or grocery store.

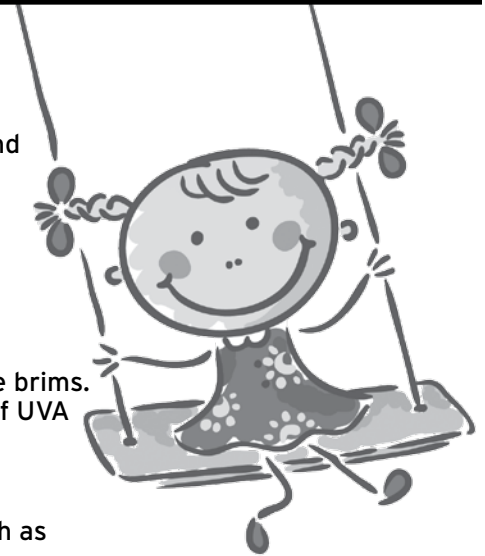
Remember the dirty dozen! The following produce items carry the highest pesticide residues. Try to buy the following fruits and vegetables grown organically or from a trusted grower who does not use pesticides: apples, lettuce, carrots, nectarines, celery, peaches, cherries, pears, imported grapes, strawberries, kale and sweet bell peppers.

Summer Fun Safety

As the old song goes "it's summertime and the livin' is easy." Keep it easier and safer by following some of these summer fun safety tips.

Here Comes the Sun!

- Sunscreen should be applied at least 30 minutes before going outside, even on cloudy days. Use a brand with a minimum UVB rating of 15 and reapply every 2 hours, more often when swimming or doing vigorous activities that cause heavy sweating.
- Wear clothing that is tightly woven or has SPF built in and hats with wide brims.
- Eyes need sun protection too! Sunglasses that block 99 to 100 percent of UVA and UVB can be purchased for a minimal cost.



Bugs, Bugs, Bugs!

- Even though they may seem to be a minor annoyance, many insects, such as mosquitoes and ticks, can carry harmful diseases.
- Use caution when using repellents that contain DEET. They are effective, but can be toxic or deadly if swallowed.
- Do not apply repellents to a child's face or hands and wash off before bedtime.
- Check with your physician for help in deciding what type of repellent to use for you and your family.

Drinking Enough Water?

- Dehydration can be prevented. Hydrate before going outside and have your child take frequent water breaks (every 15 to 20 minutes) to cool off.
- Sip water, rather than gulp it.

Helmets ARE Cool!

- Helmets are the most important tool available in helping prevent head injury and trauma.
- Use helmets when using any kind of wheel toy - bikes, trikes, skate boards, scooters, etc.

Backyard Safety

- Do you have play equipment in your yard? Make sure the ground beneath it is soft enough. Dirt, asphalt and concrete surfaces are too hard.
- Nine inches of mulch or wood chips in an outdoor play area is recommended by the Consumer Product Safety Commission (CPSC).

The suggestions above and others can be found at the following website:
www.childparenting.about.com/od/healthsafety/a/summer_safety_checklist.htm.

Other suggestions are at <http://children.webmd.com/primer-on-summer-safety>.



Child Care & Early Education Portal

Changes made due to Lexie's Law have increased the health and safety of child care programs across the state. The Kansas Department of Health and Environment (KDHE) has established an online option for parents to research the compliance history of child care facilities. This new option allows Kansas families to make a more informed choice in child care. The child care and early education portal can be accessed at www.kdheks.gov/bcclr/capp.htm.

FAMILY FUN ACTIVITIES

Family Fun Activities for School-Age

Research has shown that play is one of the best ways for children to learn, doing so at their own pace. Play is motivating and maintains children's interest, enabling them to learn new skills. As children interact with engaging, hands-on experiences through age appropriate materials, they can be learning in all subject areas. Using the time given over summer break to engage, inspire and create with a school-age child will be rewarding for both the adult and child.

School-Age Children are Young Scientists!

Plan simple experiments that help sharpen skills and create a sense of wonder and imagination. These experiments can include categories like weather phenomena, plant growth, animal habitats, chemistry and physics. Home-based experiments can be found at www.kids-science-experiments.com.

Go Explore Outdoors!

Children are fascinated by bugs, plants and animals. Take along a magnifying glass, bags or jars for collections and create a great adventure. Use your neighborhood resources, such as walking trails, parks and nature preserves. A family shadow walk can provide wonderful opportunities to explore the mysteries of light and shadows. Take time to enjoy the walk and observe shadows as you move about outdoors. Incorporate math skills by measuring the length of the shadows, and, by doing so at different times of the day, science skills can also be sharpened.

Unplug From the Electronics!

Spend at least thirty minutes a day reading with your school-age child. Make reading fun by incorporating fiction and non-fiction books and magazines. You can explore the world through a book or article. Check out your local library for a summer reading program to encourage your child or create a home summer reading program. Reading throughout the summer will keep skills sharp for the upcoming school year.

Accentuate the Artist Within!

The arts provide children with the opportunity to make meaning of their world and experience joy as they grow in their creativity and self-expression. Empower children to use the arts to learn new ways to solve problems and see the world in a different way. Save the markers, crayons, scissors and glue that come home from school at the end of the year. Art is not expensive and is a great way for children to express themselves. Use recyclables to build and create. Create a box or drawer for art materials that are accessible to the child. Be sure to give ample time for the creative process to work. Remember to encourage the child through the creative process, not focusing on the end result for praise.

Move, Move It!

Children need space and time for large motor activities. Hiking, biking, using a scooter, swimming or playing a sport can keep children's hearts healthy. Plan time for outdoor movement activities. When the weather is keeping you indoors, don't forget to turn on the music and dance. Create games using balls and hoops. Make an obstacle course indoors or outdoors. Encouraging these large motor activities will strengthen your child's physical attributes, as well as get them actively involved in staying fit and healthy in a fun and exciting way.



PROFESSIONAL NETWORKING OPPORTUNITIES

Topeka Area Early Childhood Director's Network

Perkin's Restaurant

1720 SW Wanamaker Rd, Topeka

1:00 to 3:00 p.m.

■ Wednesday, May 23, 2012

Does not meet during summer months.

Director's Collaboration Group Meeting

Topeka Child Care Aware® Office

1710 SW 10th, 2nd Floor, Topeka

11:30 a.m. to 1:30 p.m.

(Bring a sack lunch.)

■ Tuesday, May 15, 2012

■ Tuesday, June 12, 2012

Provider Support Groups

■ Douglas County Family Day Care Association, Lawrence

Meets the first Monday of each month, September through May, from 7:00 to 9:00 p.m., unless otherwise specified.

For speaker information and locations, contact Vickie Lord at (785) 841-4115.

■ Kaw Valley, Eudora

Meets the first Monday of each month, September through May, from 7:00 to 9:00 p.m., unless otherwise specified.

For speaker information and locations, contact Barbara Kruger at (785) 542-5256.

■ Capital Area Providers, Topeka

Meets the third Monday of each month, September through May, from 7:00 to 9:00 p.m., unless otherwise specified.

For speaker information and locations, contact Janet Miller at (785) 272-4779.

■ North Central Kansas Child Care Professionals

Meets the second Monday of January, March, May, July, September and November, unless otherwise specified.

For more information and locations, contact Sue Affolter at (785) 455-3387 or Shani Jennings at (785) 534-1127.

■ Family Child Care Providers of Dickinson County

Contact Donna Brown at (785) 263-5216 for meeting information.

Inclusion Corner

Adapting and modifying activities is part of providing an inclusive environment in which all children can participate, regardless of abilities. With the arrival of warm weather, many think about offering or increasing sand and water play.

Here are few strategies to support children with diverse needs:

- Use pictures in addition to verbal directions to help children understand the sequence of activities and the choices available.
- To encourage language, demonstrate concepts like full, empty, in, out, pour and scoop. Repeat often for the child to hear and encourage the child to verbalize.
- Provide different sizes and types of sand and water equipment. These can include scoops, eyedroppers, cookie cutters, spray bottles, shovels, tongs and sponges cut into small squares.
- If a child uses a wheelchair, consider having them lay on a wedge or in your lap with a smaller container of sand or water.
- For a child who is easily over stimulated or has a short attention span, consider offering two toys and, after a few minutes, exchange the two toys with two others.

The information above is adapted from *The Inclusive Early Childhood Classroom* by Patti Gould and Joyce Sullivan. Gryphon House, 1999.

KQRIS Informational Meeting in Salina

Keep hearing about KQRIS and have no idea what it is or what is involved? KQRIS (Kansas Quality Rating & Improvement System) is having an informational meeting for child care providers. The meeting is 6 to 7 p.m. on May 17, 2012, at the Salina Child Care Aware® office (1512 East Iron, Suite A).

KQRIS is a tiered quality rating system modeled by Qualistar Early Learning in Denver Colorado. It is a continuous quality improvement system that is research and outcome based. It measures quality and provides follow-up of technical assistance by a KQRIS Coach with the goal of increasing your FCCERS-R, ITERS-R or ECERS-R rating. Assessment results are measured in a star rating of 1 to 5 stars.

The informational meeting will provide you with information on:

- Eligibility Requirements
- Coaching/Technical Assistant Resources
- Support & Peer Networks
- Available Annual Grants
- Other questions you may have!

Please contact 785-820-8232 to reserve your seat for the meeting!

Salina Public Library Offers FREE Resources

Have you visited the Salina Library Lately? The Salina Public Library Youth Services Department is focusing on early literacy and they have lots of great activities that are FREE! In addition to their variety of story times and Fun Fridays, there are pre-school literacy totes that include bilingual games for you to check out. They will even put together a bag of books on your choice of topic that you can pick up and check out at your convenience! Visit or call (785) 825-4624 for more information.

LET'S ASK LICENSING

Licensing and regulation questions answered by the Kansas Department of Health & Environment for area child care providers.



Question: If a family child care provider is caring for infants, toddlers and preschoolers, do they need to take child development classes that cover all of these ages or are they able to take a child development class that covers one of the age groups? Would this be sufficient to meet the child development training requirement?

Answer: Basic child development training should cover all ages. That is the idea and intent of the regulatory training requirement. Family child care (day care home) providers care for all age groups, infant through school-age.

Question: What do providers need to show they have met the requirement for 2 hours of child development? Will a college class count, or is that considered too high level? If the provider gets a certificate from Child Care Aware® that lists Core Competency Level 2 on a child development class they took, what does the provider need to show their surveyor to prove that basic, Level 1 child development information was included in the class?

Answer: Nothing is "too high level" if it meets the content requirement. The intent of the regulation is for providers to complete 2 hours of training related to BASIC child development- ages and stages/milestones/signs of abnormal development or delays/critical periods, etc. Training related to interactions with children, curriculum, activities, setting up the child care environment is not what the training focus should be.

Surveyors must decide if training, regardless of the title, is a course on child development. It is acceptable if the 2 hours of child development falls within a longer course, as long as the provider can show course materials/information that covers basic ages/stages/development if the certificate doesn't clearly indicate it. It is the provider's responsibility to have documentation on file for the 2 hours. It can be from one source or more.

Get Outside, Learn Outside & Keep it Safe

American children spend less than half as much time outdoors as their parents did growing up. Environmental education in early childhood requires a slightly different approach, both in definition and in practice, than for older children or adults. Exposing young children to their natural outdoor environment improves attention, decreases stress, increases physical activity and addresses childhood obesity.

Call your Child Care Aware® of Northeast & North Central Kansas coach to come out and take a look at your outdoor play area. The visit will include information on playground safety, such as fall zones, and the key factors for having a safe outdoor play space. We will discuss considerations in designing play areas that promote active outdoor learning. We will also share resources and practical activities that are cost-effective, fun and keep kids engaged in learning while playing outside.

Your coach will bring resources right to your outdoor play area. To schedule your visit, contact us at (800) 279-2372 or (785) 357-5171.



LENDING LIBRARY

DOUGLAS COUNTY

Late Night Library

2706 Iowa, Ste C, Lawrence
5:00 to 8:00 p.m.

- Tuesday, May 8, 2012
- Tuesday, June 12, 2012

FRANKLIN COUNTY

Ottawa Mobile Library

■ Available by appointment.

Contact Marie Treichel,
(800) 279-2372 or marie.treichel@nenc.ks.childcareaware.org.

JEFFERSON COUNTY

Jefferson Mobile Library

■ Available by appointment.

Contact Ann Beedles, (800) 279-2372 or ann.beedles@nenc.ks.childcareaware.org.

OSAGE COUNTY

Osage Mobile Library

■ Available by appointment.

Contact Nancy Rohr, (800) 279-2372 or nancy.rohr@nenc.ks.childcareaware.org.

SALINE COUNTY

Lending Library Extended Hours

1512 E Iron, Ste A, Salina
8:00 a.m. to Noon

- Saturday, May 5, 2012
- Saturday, June 2, 2012

Late Night Library

5:00 to 8:00 p.m.

- Tuesday, May 15, 2012
- Tuesday, June 19, 2012

SHAWNEE COUNTY

Lending Library Extended Hours

1710 SW 10th, 2nd Floor, Topeka
9:00 a.m. to Noon

- Saturday, May 5, 2012
- Saturday, June 2, 2012

Late Night Library

5:00 to 7:00 p.m.

- Tuesday, May 15, 2012

Do you live in a different county
but would like library materials?
Call us at (800) 279-2372!

FIRST AID & CPR CERTIFICATION

CLOUD COUNTY

Cloud County Health Department
910 W 11th St, Concordia

Infant, Child & Adult CPR and Basic First Aid Certification

Limit 10, Cost \$65

9:00 a.m. to 4:30 p.m.

■ Saturday, June 23, 2012

To register, contact John at (785) 430-7095 or jccreager@gmail.com. You can also register online at www.safetytrainingsolutions.net.

DOUGLAS COUNTY

Lawrence Memorial Hospital
3500 Clinton Parkway, Lawrence

Heartsaver First Aid

Limited Space Available, Cost \$50.00

8:00 to 11:00 a.m.

■ Saturday, May 12, 2012

Heartsaver CPR

Limited Space Available, Cost \$45.00

8:00 to 11:00 a.m.

■ Saturday, May 5, 2012

■ Saturday, June 9, 2012

To register, contact John at (785) 505-3067.

RILEY COUNTY

Family & Child Resource Center,
2101 Claflin, Manhattan

Infant, Child & Adult CPR and Basic First Aid Certification

Limit 10, Cost \$60

9:00 a.m. to 4:30 p.m.

■ Saturday, May 12, 2012

To register, contact John at (785) 430-7095 or jccreager@gmail.com. You can also register online at www.safetytrainingsolutions.net.

SALINE COUNTY

Salina Heights Christian Church
801 E Cloud, Salina

Basic First Aid

Limit 20, Cost \$27.50

6:00 to 9:30 p.m.

■ Wednesday, June 20, 2012

Infant, Child & Adult CPR

Limit 10, Cost \$37.50

6:00 to 9:30 p.m.

■ Tuesday, June 19, 2012

To register, contact John at (785) 430-7095 or jccreager@gmail.com. You can also register online at www.safetytrainingsolutions.net.

SHAWNEE COUNTY

Pozez Education Center
1505 SW 8th St, Topeka

Basic First Aid

Limit 20, Cost \$20

6:00 to 9:30 p.m.

■ Monday, May 14, 2012

■ Thursday, June 14, 2012

Infant, Child & Adult CPR

Limit 10, Cost \$30

6:00 to 9:30 p.m.

■ Monday, May 21, 2012

To register, contact John at (785) 430-7095 or jccreager@gmail.com.

You can also register online at www.safetytrainingsolutions.net.

6

AVAILABLE CLASSES

Unless otherwise noted, see enclosed registration form or call (800) 279-2372 to register for a class.

MAY 2012

DICKINSON

Tuesday, May 1, 2012

Safe Slumber: Creating a Safe Sleep Environment

6:30 - 8:30 p.m.

Abilene Public Library

209 NW 4th St, Abilene

Instructor: Alison Littell

(F, I/T, D), Limit 30, Cost \$10

REPUBLIC

Wednesday, May 2, 2012

Conscious Discipline: Preventing Power Struggles

6:00 - 9:15 p.m.

Public Library

1327 19th St, Belleville

Instructor: Jennie Thrash

(*A), Limit 15, Cost \$15

SHAWNEE

Wednesday, May 2, 2012

Challenging Behaviors in Infants & Toddlers (PCAN 8) (MODULE)

(Part 1 of 3. Additional dates on May 16 & 30.)

6:30 - 8:30 p.m.

Pozez Education Center

1505 SW 8th St, Topeka

Instructor: Star Robinson

(F, I/T, P, D), Limit 30, Cost \$30

OSAGE

Thursday, May 3, 2012

Terrible or Terrific?

7:00 - 8:00 p.m.

Frontier Extension District

128 W 15th St, Lyndon

Instructor: Fran Richmond &

Rebecca McFarland, District Family and

Consumer Sciences Agent

(F, T, P), Limit 20, Cost FREE

Register with Juanita at (785) 229-3520,

email juanita@k-state.edu. For more

information, call Rebecca at

(785) 229-3520 or email rmcfarla@ksu.edu.

Sponsored by K-State Research and Extension.

SALINE

Thursday, May 3, 2012

Act Naturally: Discovering Nature with Young Children

6:30 - 8:30 p.m.

Salina Child Care Aware® Office

1512 E Iron, Ste A, Salina

Instructor: Sherron French

(F, I/T, P, D), Limit 15, Cost \$10



SHAWNEE

Thursday, May 3, 2012

Child Abuse and Neglect and Abusive Head Trauma

6:30 - 8:30 p.m.

Pozez Education Center

1505 SW 8th St, Topeka

Instructor: Child Care Aware® Staff

(A), Limit 30, Cost \$10

DOUGLAS

Saturday, May 5, 2012

Basic Child Development

9:00 - 11:00 a.m.

Lawrence Child Care

Aware® Office

2706 Iowa St, Ste C,

Lawrence

Instructor: Marie Treichel

(A), Limit 20, Cost \$10



OTTAWA

Monday, May 7, 2012

Child Abuse and Neglect and Abusive Head Trauma

6:30 - 8:30 p.m.

Minneapolis Public Library

519 Delia, Minneapolis

Instructor: Sherron French

(F, I/T, P, S), Limit 15, Cost \$10

RILEY

Monday, May 7, 2012

The Creative Curriculum for Infants, Toddlers, and Twos: Tasting and Preparing Food & Exploring Sand and Water, and Going Outdoors

(MODULE)

(Part 1 of 3. Additional dates on May 8 & 9.)

6:30 - 8:30 p.m.

Family and Child Resource Center

2101 Claflin Rd, Manhattan

Instructor: Marsha Tannehill

(*F, I/T, D), Limit 20, Cost \$30

DOUGLAS

Wednesday, May 9, 2012

School-Age Science

6:30 - 8:30 p.m.

Lawrence Child Care Aware® Office

2706 Iowa St, Ste C, Lawrence

Instructor: Deb Danielson

(F, S, D), Limit 20, Cost \$10

SHAWNEE

Wednesday, May 9, 2012

Basic Child Development

9:00 - 11:00 a.m.

Topeka Child Care Aware® Office

1710 SW 10th, 2nd Floor, Topeka

Instructor: Star Robinson

(A), Limit 20, Cost \$10

SMITH**Wednesday, May 9, 2012****Conscious Discipline: Preventing Power Struggles**

6:00 - 9:15 p.m.

Srader Center, Large Conference Room in Basement

119 W Court, Smith Center

Instructor: Jennie Thrash

(*A), Limit 15, Cost \$15

DOUGLAS**Thursday, May 10, 2012****Literacy Through the Day (MODULE)**

(Part 1 of 3. Additional dates on May 24 & 31.)

6:30 - 8:30 p.m.

Lawrence Child Care Aware® Office

2706 Iowa St, Ste C, Lawrence

Instructor: Jenny Eberth

(F, I/T, P, D), Limit 20, Cost \$60 and includes curriculum, FREE to Douglas County KQRIS participants.

MORRIS**Thursday, May 10, 2012****Child Abuse and Neglect and Abusive Head Trauma**

6:30 - 8:30 p.m.

Butler Community College

131 W Main, Council Grove

Instructor: Sherron French

(F, I/T, P, S), Limit 15, Cost \$10

DOUGLAS**Monday, May 14, 2012****The Magical Do's to Helping Children Follow Instructions**

6:30 - 8:30 p.m.

Community Health Facility

200 Maine, Lawrence

Instructor: Linda Burgen, MS, ECSE,

Autism Specialist

(*A), Limit 40, Cost FREE

Co-sponsored by Easter Seals Capper Foundation.

SHAWNEE**Monday, May 14, 2012****Safe Slumber: Creating a Safe Sleep Environment**

6:30 - 8:30 p.m.

Pozez Education Center

1505 SW 8th St, Topeka

Instructor: Renee Wohletz

(F, I/T, D), Limit 30, Cost \$10

WASHINGTON**Monday, May 14, 2012****Dealing with Biting**

7:00 - 9:00 p.m.

First United Presbyterian Church

200 W Hwy 9, Clifton

Instructor: Marsha Tannehill

(*F, T, D), Limit 20, Cost \$10, FREE to

North Central KS Child Care

Professionals members.

Co-sponsored with North Central Kansas Child Care Professionals.

DOUGLAS**Tuesday, May 15, 2012****Child Abuse and Neglect and Abusive Head Trauma**

6:30 - 8:30 p.m.

Lawrence Child Care Aware® Office

2706 Iowa St, Ste C, Lawrence

Instructor: Ann Beedles

(A), Limit 20, Cost \$10

SHAWNEE**Tuesday, May 15, 2012****Exploring Science with Toddlers**

6:30 - 8:30 p.m.

Pozez Education Center

1505 SW 8th St, Topeka

Instructor: Nancy Rohr

(F, T), Limit 30, Cost \$10

ELLSWORTH**Wednesday, May 16, 2012****Child Abuse and Neglect and Abusive Head Trauma**

6:00 - 8:00 p.m.

Ellsworth County Health Department

1603 Aylward, Ellsworth

Instructor: Alison Littell

(F, I/T, P, S), Limit 15, Cost \$10

POTTAWATOMIE**Wednesday, May 16, 2012****Basic Child Development**

6:30 - 8:30 p.m.

Wamego Senior Center

501 Ash, Wamego

Instructor: Marsha Tannehill

(A), Limit 15, Cost \$10

DOUGLAS**Thursday, May 17, 2012****Planning Experiences for Children**

6:00 - 9:15 p.m.

Lawrence Child Care Aware® Office

2706 Iowa St, Ste C, Lawrence

Instructor: Marie Treichel

(A), Limit 20, Cost \$15

SALINE**Saturday, May 19, 2012****Health and Safety Initial Professional Development (MODULE)**

9:00 a.m. - 4:00 p.m.

Salina Child Care Aware® Office

1512 E Iron, Ste A, Salina

Instructor: Sherron French

(A), Limit 15, Cost \$30

SHAWNEE**Saturday, May 19, 2012****The Ages of Infancy: Young Infants, Mobile Infants, and Older Infants**

9:00 a.m. - 12:15 p.m.

Topeka Child Care Aware® Office

1710 SW 10th, 2nd Floor, Topeka

Instructor: Star Robinson

(F, I/T), Limit 18, Cost \$15

DOUGLAS**Monday, May 21, 2012****Safe Slumber: Creating a Safe Sleep Environment**

6:30 - 8:30 p.m.

Lawrence Child Care Aware® Office

2706 Iowa St, Ste C, Lawrence

Instructor: Marie Treichel

(F, I/T, D), Limit 20, Cost \$10

SALINE**Monday, May 21, 2012****Positively Professional**

6:30 - 8:30 p.m.

Salina Child Care Aware® Office

1512 E Iron, Ste A, Salina

Instructor: Sherron French

(F), Limit 15, Cost \$10

SHAWNEE**Monday, May 21, 2012****(CAP) Child Passenger Safety Advocacy Training**

7:00 - 9:00 p.m.

Topeka Lutheran School Center for

Young Children

1732 SW Gage, Topeka

Instructor: Timothy McCool

(A), Limit 30, Cost FREE to CAP

members, \$10 for non-members, payable at the door.

BROWN**Tuesday, May 22, 2012****Safe Slumber: Creating a Safe Sleep Environment**

6:30 - 8:30 p.m.

Morrill Public Library

431 Oregon, Hiawatha

Instructor: Jennifer Pishny

(F, I/T, D), Limit 15, Cost \$10

DICKINSON**Tuesday, May 22, 2012****Basic Child Development**

6:30 - 8:30 p.m.

Abilene Public Library, Jordan Room

209 NW 4th St, Abilene

Instructor: Sherron French

(A), Limit 15, Cost \$10

RILEY**Tuesday, May 22, 2012****The Creative Curriculum for Preschool: Sand and Water**

6:30 - 8:30 p.m.

Family and Child Resource Center

2101 Claflin Rd, Manhattan

Instructor: Marsha Tannehill

(F, P, D), Limit 20, Cost \$10



NEMAHA

Wednesday, May 30, 2012
Safe Slumber: Creating a Safe Sleep Environment
6:30 - 8:30 p.m.
Seneca Public Library
606 Main St, Seneca
Instructor: Jennifer Pishny
(F, I/T, D), Limit 15, Cost \$10

SHAWNEE

Thursday, May 31, 2012
One, Two, Buckle My Shoe: Preschool Experiences That Build Numeracy Skills
6:30 - 8:30 p.m.
Topeka Child Care Aware® Office
1710 SW 10th, 2nd Floor, Topeka
Instructor: Michelle Gilbert
(F, P, D), Limit 18, Cost: \$10
Co-sponsored by Capital Area Smart Start.

JUNE 2012

DOUGLAS

Monday, June 4, 2012
Child Abuse and Neglect and Abusive Head Trauma
6:30 - 8:30 p.m.
Lawrence Child Care Aware® Office
2706 Iowa, Ste C, Lawrence
Instructor: Ann Beedles
(A), Limit 20, Cost \$10

SALINE

Monday, June 4, 2012
Basic Knowledge Curriculum-Daily Experiences (MODULE)
(Part 1 of 2. Additional date on June 11.)
6:30 - 9:45 p.m.
Salina Child Care Aware® Office
1512 E Iron, Ste A, Salina
Instructor: Sherron French
(A), Limit 15, Cost \$30

SHAWNEE

Monday, June 4, 2012
Preschool Development, Routines and Activities
9:00 a.m. - 12:15 p.m.
Topeka Child Care Aware® Office
1710 SW 10th, 2nd Floor, Topeka
Instructor: Michelle Gilbert
(F, P, D), Limit 18, Cost \$15
Co-sponsored by Capital Area Smart Start.

SHAWNEE

Monday, June 4, 2012
Safe at Home: Families Affected by Domestic Violence
(Part 1 of 2. Additional date on June 11.)
6:30 - 8:30 p.m.
Pozez Education Center
1505 SW 8th St, Topeka
Instructor: Laura Burton, YWCA Center for Safety and Empowerment
(*F, I/T, P, S), Limit 30, Cost \$20
Partnered with YWCA Center for Safety & Empowerment.

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LINCOLN

Wednesday, June 6, 2012
Basic Child Development
6:00 - 8:00 p.m.
Lincoln County Health Department
114 W Court St, Lincoln
Instructor: Alison Littell
(A), Limit 15, Cost \$10

MARSHALL

Wednesday, June 6, 2012
Safe Slumber: Creating a Safe Sleep Environment
6:30 - 8:30 p.m.
Lincoln Center
405 N 4th St, Marysville
Instructor: Jennifer Pishny
(F, I/T, D), Limit 15, Cost \$10

SHAWNEE

Wednesday, June 6, 2012
Basic Knowledge Curriculum-Program Planning (MODULE)
(Part 1 of 2. Additional date on June 27.)
6:15 - 9:30 p.m.
Pozez Education Center
1505 SW 8th St, Topeka
Instructor: Nancy Rohr
(A), Limit 30, Cost \$30

CLOUD

Thursday, June 7, 2012
Conscious Discipline: 10 Steps to Positive Discipline, Sessions 1-5 (MODULE)
(Part 1 of 5. Additional dates on June 14, 21, 28 & July 5.)
6:30 - 8:30 p.m.
Pawnee Mental Health Center, Community Room
210 W 21st St, Concordia
(A), Limit 15, Cost \$50 *(Includes all 5 sessions.)*

DOUGLAS

Thursday, June 7, 2012
Cradling Literacy: Early Language and Literacy Development
6:30 - 8:30 p.m.
Lawrence Child Care Aware® Office
2706 Iowa, Ste C, Lawrence
Instructor: Deb Danielson
(F, I/T, P, D), Limit 20, Cost \$10
Funded by United Way of Douglas County.

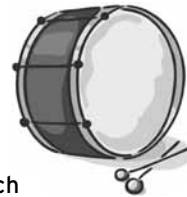
POTTAWATOMIE

Saturday, June 9, 2012
Basic Child Development
9:00 - 11:00 a.m.
Wamego Senior Center
501 Ash, Wamego
Instructor: Marsha Tannehill
(A), Limit 15, Cost \$10



DICKINSON

Monday, June 11, 2012
Basic Knowledge Curriculum-Program Planning (MODULE)
(Part 1 of 2. Additional date on June 18.)
6:30 - 9:45 p.m.
Abilene Public Library
209 NW 4th St, Abilene
Instructor: Sherron French
(A), Limit 15, Cost \$30



JACKSON

Monday, June 11, 2012
The Magical Do's to Helping Children Follow Instructions
6:30 - 8:30 p.m.
Auburn Community Center, East Room
121 W 11th St, Holton
Instructor: Linda Burgen, MS, ECSE, Autism Specialist
(*F, T, P, S), Limit 60, Cost FREE
To register, contact Risa Flanders at (785)272-4060 or email rflanders@cappers.easterseal.com.
Co-sponsored by Easter Seals Capper Foundation.

SHAWNEE

Monday, June 11, 2012
Child Abuse and Neglect and Abusive Head Trauma
6:30 - 8:30 p.m.
Topeka Child Care Aware® Office
1710 SW 10th, 2nd Floor, Topeka
Instructor: Child Care Aware® Staff
(A), Limit 18, Cost \$10

POTTAWATOMIE

Wednesday, June 13, 2012
Safe Slumber: Creating a Safe Sleep Environment
6:30 - 8:30 p.m.
TBD
St. Marys
Instructor: Jennifer Pishny
(F, I/T, D), Limit 15, Cost \$10

DOUGLAS

Thursday, June 14, 2012
Basic Child Development
6:30 - 8:30 p.m.
Lawrence Child Care Aware® Office
2706 Iowa, Ste C, Lawrence
Instructor: Marie Treichel
(A), Limit 20, Cost \$10

SALINE

Thursday, June 14, 2012
Cradling Literacy M2: Understanding Early Language and Literacy in Young Children (MODULE)
(Part 1 of 3. Additional dates on June 21 & 28.)
6:30 - 8:30 p.m.
Salina Child Care Aware® Office
1512 E Iron, Ste A, Salina
Instructor: Debbie Weaver
(F, I/T, P, D), Limit 15, Cost \$30

CLAY

Saturday, June 16, 2012
Basic Child Development
9:30 - 11:30 a.m.
Clay Center Medical Center
617 Liberty St, Clay Center
Instructor: Marsha Tannehill
(A), Limit 15, Cost \$10

JACKSON

Monday, June 18, 2012
Sensory Strategies for Better Behavior
6:30 - 8:30 p.m.
Auburn Community Center, East Room
121 W 11th St, Holton
Instructor: Wilma Ferkol, MA, OTR
(*A), Limit 60, Cost FREE
To register, contact Risa Flanders
at (785)272-4060 or email
rflanders@cappers.easterseal.com.
Co-sponsored by Easter Seals Capper
Foundation.

SHAWNEE

Tuesday, June 19, 2012
**Safe Slumber:
Creating a Safe
Sleep Environment**
6:30 - 8:30 p.m.
Pozez Education Center
1505 SW 8th St, Topeka
Instructor: Child Care
Aware® Staff
(F, I/T, D), Limit 30,
Cost \$10



SHAWNEE

Wednesday, June 20, 2012
Cut It Out!
6:30 - 8:30 p.m.
Susanna Wesley Preschool
7433 SW 29th St, Topeka
Instructor: Susan Drewelow
(F, P, S), Limit 30, Cost \$10
Co-sponsored with Susanna Wesley
Preschool/School-Age program.

WASHINGTON

Wednesday, June 20, 2012
**Safe Slumber: Creating a Safe
Sleep Environment**
6:30 - 8:30 p.m.
First National Bank
101 C St, Washington
Instructor: Jennifer Pishny
(F, I/T, D), Limit 15, Cost \$10

DOUGLAS

Wednesday, June 27, 2012
**Safe Slumber: Creating a Safe
Sleep Environment**
6:30 - 8:30 p.m.
Lawrence Child Care Aware® Office
2706 Iowa, Ste C, Lawrence
Instructor: Marie Treichel
(F, I/T, D), Limit 20, Cost \$10

GEARY

Wednesday, June 27, 2012
**Cradling Literacy: Families as
Partners in Supporting Early
Language and Literacy**
6:30 - 8:30 p.m.
Dorothy Bramlage Library
230 W 7th St, Junction City
Instructor: Marsha Tannehill
(F, I/T, P, D), Limit 15, Cost \$10

POTTWATOMIE

Wednesday, June 27, 2012
**Safe Slumber: Creating a Safe
Sleep Environment**
6:30 - 8:30 p.m.
Wamego Senior Center
501 Ash, Wamego
Instructor: Jennifer Pishny
(F, I/T, D), Limit 15, Cost \$10

SHAWNEE

Thursday, June 28, 2012
Basic Child Development
6:30 - 8:30 p.m.
Pozez Education Center
1505 SW 8th St, Topeka
Instructor: Star Robinson
(A), Limit 30, Cost \$10

OSAGE

Saturday, June 30, 2012
**Health and Safety Initial
Professional Development
(MODULE)**
9:00 a.m. - 4:30 p.m.
Lyndon United Methodist Preschool
721 Washington, Lyndon
Instructor: Nancy Rohr
(A), Limit 20, Cost \$30

JULY 2012

DOUGLAS

Thursday, July 12, 2012
**Cradling Literacy: Emergent
Literacy in Two Languages**
6:30 - 8:30 p.m.
Lawrence Child Care Aware® Office
2706 Iowa, Ste C, Lawrence
Instructor: Deb Danielson
(F, I/T, P, D), Limit 20, Cost \$10
Funded by United Way of Douglas County.

SHAWNEE

Monday, July 16, 2012
**Helping Children and Families
Transition to Kindergarten**
6:30 - 8:30 p.m.
Topeka Child Care Aware® Office
1710 SW 10th, 2nd Floor, Topeka
Instructor: Michelle Gilbert &
Renee Wohletz
(F, P, D), Limit 18, Cost \$10
*Funding provided by Capital Area Smart
Start.*

NEW PROVIDER ORIENTATION

DOUGLAS COUNTY

Community Health Facility
200 Maine St, Lawrence
1:00 to 4:00 p.m.
■ Tuesday, May 8, 2012
■ Tuesday, June 12, 2012
*Please pre-register by calling
(785) 843-3060.*

GEARY COUNTY

Geary County Health Department
1212 W Ash, Junction City
10:00 to 11:30 a.m.
■ Friday, May 11, 2012
■ Friday, June 8, 2012
*Pre-registration is required. To register,
contact (785) 762-5788 or email
jgarcia@jcgchealthdept.org.*

MARSHALL COUNTY NEMAHA COUNTY

Marshall County Health Department
600 Broadway, Marysville
6:00 to 8:00 p.m.
■ Every Wednesday Evening
*To schedule an orientation, contact
Julia Alfors at (785) 562-3485.*

POTTAWATOMIE COUNTY

Pottawatomie County Health Department
320 Main St, Westmoreland
1:00 to 4:00 p.m.
■ Wednesday, May 2, 2012
■ Wednesday, June 6, 2012
*To register, contact Mary Altenhofen at
(785) 457-3719.*

RILEY COUNTY

Family & Child Resource Center
2101 Claflin, Manhattan
6:00 to 8:00 p.m.
■ Thursday, May 17, 2012
■ Thursday, June 21, 2012
*To register, contact Mindy Robbins at
(785) 776-4779, ext. 273, or email
mrobbins@rcmhealth.org.*

SALINE COUNTY

Saline County Health Department
125 W Elm, Salina
*For dates, more information or to register,
call (785) 826-6600, ext. 107 or 108.*

SHAWNEE COUNTY

Shawnee County Health Agency
North Annex, 1515 NW Saline, Topeka
Cost \$20, Limit 20
8:30 to 11:30 a.m.
■ Monday, May 7, 2012
■ Monday, June 4, 2012
■ Monday, July 2, 2012
*Call (785) 291-2455 for more information.
Registration and pre-payment is required to
SCHA, see address above. (Deadline
is noon the business day before the
class.)*

CLASS DESCRIPTIONS

Act Naturally: Discovering Nature with Young Children

Participants will learn to encourage children to discover the joy of nature, to facilitate how children interact with their natural surroundings and how to bring nature indoors. (*F, I/T, P, D); Core Competency 2, Level 2; CDA 2; In-Service Hours 2.

The Ages of Infancy: Young Infants, Mobile Infants, and Older Infants

Examine the concept of the three stages of infancy (young, mobile and older). Understanding the needs of infants at these different stages underlies the caregivers ability to promote healthy learning and development in the infants and toddlers in their care. (F, I/T); Core Competency 1, Level 1; CDA 8; In-Service Hours 3.

Basic Child Development

Upon completion of this professional development event, participants will appreciate the principles and influences of child growth and development and recognize that child development is individual. This session addresses the four domains of child development and identifies benchmarks for each area of development for birth through 6 years of age. (A); Core Competency 1; CDA 8; In-Service Hours 2.

Basic Knowledge Curriculum-Daily Experiences (MODULE)

Participants will learn about child development, basic learning concepts and factors that influence development. Developmentally appropriate practice is also covered and how to adapt the principles into the environment. We will learn what play means to a child and how to help communicate the benefits of play to families. (A); Core Competency 1, 2, 4; CDA 2, 3, 4, 8; In-Service Hours 6.

Basic Knowledge Curriculum-Program Planning (MODULE)

Learn about designing both indoor and outdoor spaces for infants through preschoolers in both home and center-based programs. We'll also learn about curriculum planning and discover ways to enrich the learning environment. (A); Core Competency 2, 5, 7; CDA 1, 4; In-Service Hours 6.

Challenging Behaviors in Infants & Toddlers (PCAN 8) (MODULE)

Explore your beliefs and feelings about challenging behaviors, learn more about some of the antecedents of challenging behaviors, and practice discussing such challenges with parents in an effective and supportive manner. (F, I/T, P, D); Core Competency 1, 2, 3, 4, 6;

CDA 1, 2, 3, 4, 7;

10 In-Service Hours 6. CEU's available for additional \$5 fee.

Child Abuse and Neglect and Abusive Head Trauma

Become familiar with the different types of child abuse and neglect and what it means to be a mandated reporter. Participants will get tips on how to help prevent child abuse and neglect, including shaken baby syndrome. (F, I/T, P, S); Core Competency 5, Level 1; CDA 1; In-Service Hours 2.

(CAP) Child Passenger Safety Advocacy Training

Participants will gain a basic knowledge of child restraints, including types, selection criteria and installation. (A); Core Competency 5; CDA 1; In-Service Hours 2; KDHE approved.

Conscious Discipline: 10 Steps to Positive Discipline, Sessions 1-5 (MODULE)

Participants will explore positive discipline principles and techniques in this 5-session series, created by Dr. Becky Bailey. This is a 5-part module all session have to be completed for total credit. (A); Core Competency 6, Level 2; CDA 3; In-Service Hours 10.

Conscious Discipline: Preventing Power Struggles

Participants will explore the beliefs that create power struggles, the skills needed to prevent and get out of power struggles, and how to heal once a power struggle has occurred. (A); Core Competency 6; CDA 3; In-Service Hours 3.

Cradling Literacy: Early Language and Literacy Development

Participants will discuss how early language and literacy develops from birth and examine how young children acquire early language and literacy. Participants will also reflect on ways they can nurture and support early language and literacy. (F, I/T, P, D); Core Competency 1, 2; CDA 2, 8; In-Service Hours 2.

Cradling Literacy: Emergent Literacy in Two Languages

Participants will reflect on their beliefs about a second language, review research on the benefits of home language retention, and gain an overview of the developmental stages of a second language. Participants will also explore strategies to foster young children's second-language acquisition. (F, I/T, P, D); Core Competency 1, Level 1, 3; CDA 8; In-Service Hours 2.



Cradling Literacy: Families as Partners in Supporting Early Language and Literacy

Participants will review research on the benefits of partnering with parents for long-term effects on children's language and literacy skills. Participants will explore their powerful and professional role in communicating effectively with parents. Additionally, they will discuss strategies to engage families in supporting their child's literacy development, motivation to learn to read and future readiness. (A); Core Competency 4; CDA 4; In-Service Hours 2.

Cradling Literacy M2: Understanding Early Language and Literacy in Young Children (MODULE)

Participants will gain an understanding of early language and literacy development, reflect on the importance of home language to second-language acquisition, and explore ways to engage families as partners in supporting early language and literacy. Includes 3 sessions: Early Language and Literacy Development; Emergent Literacy in Two Languages; and Families as Partners in Supporting Early Language and Literacy. (A); Core Competency 1, 2, 4; CDA 2, 4, 8; In-Service Hours 6.

The Creative Curriculum for Infants, Toddlers, and Twos: Tasting and Preparing Food & Exploring Sand and Water, and Going Outdoors (MODULE)

Explore three experiences discussed in The Creative Curriculum. Participants learn strategies to support children's development and learning by caring and teaching during play experiences. Learn ways to create an environment for each type of experience and explore ideas for sharing their knowledge about the experiences with families. (*F, I/T, D); Core Competency 2, 5; CDA 1, 2; In-Service Hours 6.

The Creative Curriculum for Preschool: Sand and Water

Learn how sand and water promote all areas of development and how to set the stage for children to learn and have fun. (F, P, D); Core Competency 2, Level 2; CDA 2; In-Service Hours 2.

Cut It Out!

Participants will gain an understanding of how to teach children to cut with scissors. Discussion includes tips on how to help children strengthen muscles needed for cutting and how to take children through the sequence of skills that encourage success with simple and more complex cutting tasks. (F, P, S); Core Competency 2, Level 1, 2; CDA 2; In-Service Hours 2.

Dealing with Biting

Participants will learn how to deal appropriately with children who are biting. Information will be presented as to why children bite (i.e. developmental issues and environments), along with prevention strategies that focus on developing plans and policies for specific situations, individual children and families. (*F, T, D); Core Competency 1, Level 2; CDA 8; In-Service Hours 2.



Exploring Science with Toddlers

Explore ideas for positively guiding and facilitating a toddler's lifelong attitude about science. Participants will have an opportunity to experience hands-on science and sensory experiences developmentally appropriate for toddlers, which they can implement in their programs. (F, T); Core Competency 2, Level 2; CDA 2; In-Service Hours 2.

Health and Safety Initial Professional Development (MODULE)

Includes 3 sessions: Basic Child Development; Child Abuse and Neglect and Abusive Head Trauma; and Safe Slumber: Creating a Safe Sleep Environment. This class meets the child care licensing regulations for safe sleep/SIDS, child abuse and neglect, and basic child development. (A); Core Competency 1, 5, 6; CDA 1, 3, 8; In-Service Hours 6 total.

Helping Children and Families Transition to Kindergarten

Starting kindergarten is a giant milestone for children and families! This professional development event will focus on how providers can support children and families through the transition to kindergarten. (F, P, D); Core Competency 4, Level 3; CDA 4; In-Service Hours 2.

Literacy Through the Day (MODULE)

This module includes: Language and Vocabulary; Print in the Environment; and Writing Around the Room. Participants will explore how conversation, reading and story re-telling impact language and vocabulary development for young children. Participants will receive a free mini library and an interactive storytelling visit. (F, I/T, P, D); Core Competency 2; CDA 2; In-Service Hours 6.

The Magical Do's to Helping Children Follow Instructions

This class will share some research-based techniques that will help adults increase the likelihood of compliance and support follow-through on directions for children. As both adults and children improve communication skills in the area of instruction, problem behavior will decrease. (*F, T, P, S); Core Competency 6; CDA 3; In-Service Hours 2.

One, Two, Buckle My Shoe: Preschool Experiences That Build Numeracy Skills

Participants will learn about a range of developmentally appropriate early math concepts for preschool children. Many strategies will be shared for meaningful ways to integrate these concepts throughout all areas of the room and all times of the day. (F, P, D); Core Competency 2; CDA 2; In-Service Hours 2.

Planning Experiences for Children

Participants will learn what developmentally appropriate practice is and how to adapt the principles into their environment. Participants will be introduced to what play means to a child and how to help communicate the benefits of play to families. (F, I/T, P, S, D); Core Competency 1, 2; CDA 2, 3, 8; In-Service Hours 3.

Positively Professional

Many child care providers are frustrated by the lack of respect they feel from parents, children and others. A professional attitude and image is the path to respect. Learn to show others how important you and your program are in the life of a developing child. (F); Core Competency 8; CDA 6; In-Service Hours 2.

Preschool Development, Routines and Activities

This class will focus on the growth and development of preschool-aged children. Participants will explore routines that support young children and a variety of age-appropriate learning activities. (F, P, D); Core Competency 1, 2; CDA 1, 8; In-Service Hours 3.

Safe at Home: Families Affected by Domestic Violence

Participants will learn about domestic violence, identify warning signs and learn how children are affected by domestic violence. Community resources for victims and perpetrators will also be shared. (*F, I/T, P, S); Core Competency 4, 5; CDA 1, 4; In-Service Hours 4 (pending approval).

Safe Slumber: Creating a Safe Sleep Environment

Sudden Infant Death (SIDS) is the leading cause of death for infants 1 month to 12 months of age. The Safe Slumber presentation defines SIDS and Sudden Unexpected Infant Death (SUID), identifies how to create a safe sleep environment, become familiar with SIDS/SUID and what steps educators, parents and childcare providers can take to reduce SIDS and SUID. Participants will discuss definitions and statistics of SIDS/SUID and address bereavement issues related to infant mortality. (F, I/T, D); Core Competency 5, Level 2; CDA 1; In-Service Hours 2.

School-Age Science

Learn how to turn ordinary activities into unforgettable learning experiences. Use easy inquiry-based science activities to help school-age children strengthen critical thinking skills. Engaging children with these fun experiences will make them want to learn more on their own. (F, D, S); Core Competency 2, Level 1, 2; CDA 2; In-Service Hours 2.

Sensory Strategies for Better Behavior

All individuals use sensory processing to modulate, accommodate and organize. Learn ways to integrate sensory processing activities to be successful in daily function. (*A); Core Competency 2; CDA 2; In-Service Hours 2.

Terrible or Terrific?

Young children face many obstacles in the first few years of life. Children are faced with fears, anxiety, biting and temper tantrums. Using "Terrible or Terrific," learn how to handle and help children deal with the obstacles that face them on a day-to-day basis. (F, T, P); Core Competency 6; CDA 3; In-Service Hours 1. KDHE approved.



STAFF

Reva Wywadis, Executive Director
Becky Meyer, Accountant
Linda Gwaltney, Executive Assistant
Eryn Allen, Marketing & Communications Coordinator
Laurie Pigg, Director of Referral Services
Debra McClelland, Stephanie Prue, Billie Segrist, Resource Specialists
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Eleanor Strecker, Early Literacy Specialist
Deb Danielson, Keela Meiers, Library Resource Specialists
Star Robinson, Infant/Toddler Recruitment Specialist

CLASS REGISTRATION FORM

To register for Child Care Aware® of Northeast & North Central Kansas classes (unless otherwise noted) in the schedule, please call (785) 357-5171, (800) 279-2372 or complete the form below and submit payment to:

ERC d/b/a Child Care Aware® of Northeast & North Central Kansas
Attn: Kim vonSoosten
1710 SW 10th Avenue, Suite 215
Topeka, KS 66604

Name: _____

Center/Business: _____

Address: _____

Phone: _____

Email: _____

Range of Ages Served: _____

I would like to enroll in the following courses:

Course Title: _____

Date Offered: _____

City: _____

Cost: _____

Course Title: _____

Date Offered: _____

City: _____

Cost: _____

Course Title: _____

Date Offered: _____

City: _____

Cost: _____

Course Title: _____

Date Offered: _____

City: _____

Cost: _____

PAY BY CREDIT CARD

Credit Card Number: _____

Security Code (three-digit number on back of card): _____

Expiration Date: _____

Name on Card: _____

Please indicate if an interpreter or other accommodations are needed.

Classes are updated on the Professional Development Calendar at nenc.ks.childcareaware.org.

CLASS INFO

Approved Audience Key:

All (A); Directors (D); Family Child Care (F); Infant/Toddler (I/T); Preschool (P); School-age (S); Appropriate for Parents (*)

Guidelines for Child Care Aware® of Northeast & North Central Kansas Sponsored Professional Development Sessions:

- Registration accompanied by payment is required to complete registration for any class that is sponsored by Child Care Aware® of Northeast & North Central Kansas. The deadline for registration is 12:00 p.m. the day before the class is scheduled. You may register by mail or phone to pay with a credit or debit card. Payment will no longer be accepted at class.
- If you cancel by 5:00 p.m. the day before the class, a credit coupon will be issued to you or the fee may be transferred to another class. Refunds are not available. In cases of emergencies (illness or other unplanned situation), you may call and cancel up to one hour prior to the time the class is scheduled to begin. If you are calling after hours, please leave a message with the time of your call and the reason for your late cancellation. Credit refunds will not be issued for no-shows or failure to notify if unable to attend.
- A minimum of five class participants is required. A class with insufficient enrollment may be cancelled by Child Care Aware® of Northeast & North Central Kansas. Paid registrants may elect to take a coupon or be added to a future class.
- Participants arriving more than 10 minutes after the start time of the class are invited to stay, but will not be awarded in-service hours.
- In cases of inclement weather, every effort will be made to make a decision about cancelling class 3 hours prior to the scheduled class start time. Registered participants will be notified by phone, but if you have any questions you are welcome to call the Child Care Aware® of Northeast & North Central Kansas Topeka office to determine whether a class will be held.
- Please do not bring children to any in-service class.
- Exceptions to these policies may be made, as appropriate, after review by a member of the Child Care Aware® of Northeast & North Central Kansas management staff.

Calendar

May 11
National Provider
Appreciation Day

May 18-19
Kansas Fatherhood Summit
& Family and Father Expo
Topeka, KS

Jokes

By Paul McGhee, *The Laughter Remedy*

**Knock, knock. Who's there?
Doris! Doris Who?
Dor-is locked that's why
I am knocking!**

**Knock, knock. Who's there?
Summer. Summer Who?
Summer here, Summer there.**

Recent research has demonstrated what our grandmothers always knew to be true; LAUGHTER really is GOOD MEDICINE!

When you think of children, what is the first image that pops in your mind? If you're like most people, it's play, fun, and laughter. The main focus of adults' daily routine is work, but for youth it is simply to have fun! It is easy to think of their humor as just silliness that kids need to get out of their system. However, there is evidence that play, humor, and laughter make important contributions to cognitive, emotional, and social development. It is also a powerful tool in helping children cope with stress. When youth tell jokes it increases their confidence, helps them remember a story in order, can relate the story to others, and stimulates their creative thinking. Go on...encourage jokes!

Take advantage of after school professional development!

Including: Program management; health and safety; child development; programming; environment set-up; positive child guidance; and more!

Contact us—your CCR&R—for details!

ERC RESOURCE & REFERRAL INC.
DBA as



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'Everybunny' will love these carrots

Carrots are the second most popular vegetable after potatoes, and for good reason.

Carrots pack a powerful

nutritional punch, providing Vitamin A and beta-carotene. Carrots are available year round and can be prepared in a variety of ways. These "Cottontail Carrots" include ingredients you usually have on hand in the kitchen. They're

also simple to prepare in the microwave. The subtly sweet glaze and catchy name will have children asking for seconds!

Cottontail Carrots

Ingredients

2 pounds carrots, julienned
1/4 cup apple juice
1/4 cup butter
2 tablespoons brown sugar
1 teaspoon salt
Minced fresh parsley

Directions

In a 2-qt. microwave-safe casserole dish, combine carrots and apple juice. Cover and microwave on high for 10-12 minutes or until crisp-tender, stirring once. Add butter, brown sugar and salt if desired; toss to coat. Sprinkle with parsley.

Nutritional Analysis: One 1/2-cup serving (prepared with margarine and without salt) equals 77 calories, 72 mg sodium, 0 cholesterol, 11 gm carbohydrate, 1 gm protein, 4 gm fat.

Source: allrecipes.com

