

Child Care Aware® NEWS



Kansas' most trusted child care resource.

REGION ONE

Colby - 1255 S. Range, Colby
Community College Library
Garden City - 502 N. 7th St, Ste B2
Hays - 1010 Downing, Ste 60
Salina - 1508 E. Iron

Phone: Toll free 1-855-750-3343
Website: www.ks.childcareaware.org/one.html

Counties Served: Barber, Barton, Cheyenne, Clark, Clay, Cloud, Comanche, Decatur, Dickinson, Edwards, Ellis, Ellsworth, Finney, Ford, Gove, Graham, Grant, Gray, Greeley, Hamilton, Harper, Haskell, Hodgeman, Jewell, Kearny, Kingman, Kiowa, Lane, Lincoln, Logan, Marion, McPherson, Meade, Mitchell, Morton, Ness, Norton, Osborne, Ottawa, Pawnee, Phillips, Pratt, Rawlins, Reno, Republic, Rice, Rooks, Rush, Russell, Saline, Scott, Seward, Sheridan, Sherman, Smith, Stafford, Stanton, Stevens, Thomas, Trego, Wallace, Washington, Wichita

Staff Directory

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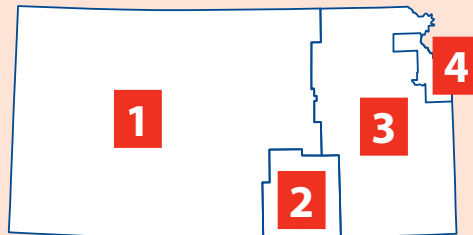
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Service Delivery Areas

Four Child Care Resource and Referral Agencies (CCR&Rs), located across Kansas, provide services to all 105 counties. Together, we offer many services for families, child care providers and community members.

Our referral center makes finding quality child care programs quick and easy for parents and families.

For child care providers and early learning staff, professional development opportunities and resources are available.

For local communities, supply and demand data paints the picture about child care.

These are just a few of our many services - for more details about all of the work we do, please contact your local CCR&R.

REGION ONE • Toll free 855-750-3343
Service Centers: Salina, Hays, Garden City, Colby

REGION TWO • Toll free 800-684-3962
Service Center: Wichita

REGION THREE • Toll free 877-678-2548
Service Centers: Topeka, Lawrence, Pittsburg

REGION FOUR • Toll free 800-755-0838
Service Center: Kansas City

Profile and Vacancy Winners

The providers below have won a Wal-Mart gift card for updating their profiles.

- Chelsea Dickey - Munjor, KS
- Yanitza Ascanio Ortega - Liberal, KS
- Angela Haas - Salina, KS
- Michelle Ruth - Scott City, KS

The providers below have won a Wal-Mart gift card for updating their vacancies.

- Susan Fry - Ulysses, KS
- Rae Ann Mattke - Quinter, KS
- Darcy Becker - Hays, KS
- Becky Sears - Little River, KS

Make sure to update your profile and vacancies to be entered in to win a Wal-Mart gift card. Call us at 855-750-3343!



Meet Our Staff

Rachel Jury has been working as an Infant/Toddler Specialist for just over a year now. She also oversees the Lending Libraries in Region One. Rachel has been in early childhood for 10 years in which she has obtained her CDA in Preschool and has completed her Bachelor's Degree in Elementary Education with an emphasis in Early Childhood. During her free time, Rachel enjoys working in many ministries at her church and spending time with her husband.



**FIELD TRIPS
THAT COME
TO YOU!**

DECEMBER
Is Everyone Ready for Fun? by Jan Thomas
This book has been chosen for the 2014 Kansas Reads to Preschoolers Week

JANUARY/FEBRUARY
Totally Teeth

YEAR ROUND FIELD TRIPS –
Teddy Bear Check-up and Icky Sticky Germs

CALL 1-855-750-3343 FOR MORE INFORMATION AND TO SCHEDULE YOURS TODAY!

Where's Your Water?

Did you know about 71% of the earth's surface is made up of water and approximately 60% of your body is made up of water. You did? Well, did you know that your brain is made up of 70% water? Hopefully, you responded with an intrigued, "really???" Your brain and body need water to work at their peak performance. The water actually increases your brain's ability to increase neurotransmitters and cognitive ability, as well as many other benefits. This is very significant for children as they are developing billions of neural connections. Hydration facilitates the optimal environment for their brain development. It's also important to note that children have a greater chance of dehydration because many children are dependent on adults for their water consumption. If their needs are not met they can begin to exhibit signs of fatigue, constipation, and irritability. According to the American Academy of Pediatrics, infants to at least 6 months should be drinking breast milk or formula to supply their adequate water intake; this is important to note because water can actually interfere with critical caloric intake for infants under 6 months of age. According to the Panel on Dietary Reference Intakes for Electrolytes and Water, children older than 6 months should be getting between 25 - 60 ounces of water a day-that is equivalent to 3 to 7.5 cups of water. I know it seems like a lot of water, but if you are serving fruits and vegetables that are high in water content or even soups, the water intake is counted. So now we know that water is important for children to grow and develop successfully. What if children don't want to drink water? I would start off by suggesting that you set the example and drink water throughout the day. As you drink, tell your children that your body needs water to make your brain strong and that it helps your body to work hard. Hopefully, the children want their brains strong and they will start to drink water when you drink. Unfortunately, not all children will follow your lead and a little stronger plan has to be formulated to achieve hydration. Here are a few other suggestions that might help:

- Limit choices available for children to drink. Give them choices of water, milk, and juice (1/3 juice to 2/3 water). You could also create a reinforcement procedure that allows children the

choice of beverage after finishing a small glass of water.

- Make it available! Purchase a small water dispenser and place it where children can access it. This will give the children their independence to get water whenever they want. Please make sure and teach them how to use it and your expectations.

- Make it FUN! Get some special straws or cups for use when drinking water. You could also get different kinds of fruit and allow the children to pick what flavor they want you to squeeze into their water.

- Create a water tracker chart. Give children a goal and let them track how many cups of water they drink throughout the week. I wouldn't make it into a competition, but use it as encouragement on how they are taking care of their bodies.

Just remember that you are a leader and what you do will speak much louder than what you say. In other words, re-hydrate yourself and your children will begin to see your commitment and follow your lead. According to Dr. Batmanghelidj, author of *Your Body's Many Cries For Water*, most people unknowingly suffer from chronic dehydration. This dehydration can and will wreak havoc on many of your systems. We all want the best for our children and that means taking care of yourself as well! So what are you waiting for? Go get a glass of water and start re-hydrating!

Resources

- Batmanghelidj, F. *Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty!*: Don't Treat Thirst with Medications. Falls Church, VA: Global Health Solutions, 1995. Print.
- DRI, Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, D.C.: National Academies, 2005. Print.
- "Infant - Food and Feeding." *Infant - Food and Feeding*. American Academy of Pediatrics, n.d. Web. 10 Oct. 2014.
- "The Water in You." *Water Properties: (Water Science for Schools)*. N.p., n.d. Web. 07 Oct. 2014.

Professional Development Opportunities

Date	Time	Location	Title	Trainer	Hours	Cost
1/6/15	6:00 PM	Hutchinson - HCC 809 E Essex Rd, Pioneer Hall 117A	Building Positive Relationships	Rachel Jury	2	\$10
1/6/15	6:30 PM	Hays-Child Care Aware	Basic Child Development	Michele Brungardt	2	\$10
1/7/15	6:30 PM	Greensburg-First United 600 W Lincoln	Working with Temperaments	Kelly Cain-Swart	2	\$10
1/10/15	9:00 AM	Salina- 1508 E Iron	Safe Slumber: Creating a Safe Sleep Environment*	April Bonilla	2	\$10
1/10/15	12:00 PM	Salina- 1508 E Iron	Child Abuse and Neglect with Abusive Head Trauma	April Bonilla	2	\$10
1/10/15	2:30 PM	Salina- 1508 E Iron	Basic Child Development	April Bonilla	2	\$10
1/10/15	9:00 AM	Clay Center- 820 Spellman Circle	Eco-Healthy Childcare <i>FREE to Early Childhood Wellness participants</i>	Debb Homman	6	\$30
1/10/15	9:00 AM	Hays-Child Care Aware, 1010 Downing Ave.	I am Moving, I am Learning Module 1 <i>FREE Early Childhood Wellness Participants</i>	Brett Schmidt	6	\$30
1/17/15	8:00AM	Hays-Child Care Aware 1010 Downing Ave.	Building Positive Relationships*	Brett Schmidt Allison Meyerhoff	2	\$10
1/17/15	8:30 AM	Salina - 1508 E Iron	Challenging Behaviors in Infants and Toddlers**	Rachel Jury	6	\$30
1/17/15	10:00AM	Hays-Child Care Aware 1010 Downing Ave.	Enhancing Emotional Literacy*	Brett Schmidt & Allison Meyerhoff	2	\$10
1/17/15	1:00PM	Hays-Child Care Aware 1010 Downing Drive	Responsive Environments and Routines*	Brett Schmidt & Allison Meyerhoff	2	\$10
1/17/15	6:30 PM	Salina - 1508 E Iron	Social and Emotional Needs of Children in Strengthening Families**	April Bonilla	2	\$10
1/22/15	6:30 PM	Clifton- Faith United Church Presbyterian 200 West St	Greetings and Departures	Debb Homman	2	\$10
1/24/15	9:00 AM	Great Bend - TBA	Challenging Behaviors in Infants and Toddlers**	Brett Schmidt	6	\$30
1/24/15	10:00 AM	Colby - Colby CCC 1255 S. Range Rm 253	Basic Child Development	Michele Brungardt	2	\$10
1/24/15	1:00 PM	Colby - Colby CCC 1255 S. Range Rm 253	Child Abuse and Neglect with Abusive Head Trauma	Michele Brungardt	2	\$10
1/24/15	3:00 PM	Colby - Colby CCC 1255 S. Range Rm 253	Safe Slumber: Creating a Safe Sleep Environment*	Michele Brungardt	2	\$10
1/27/15	6:30 PM	Great Bend-Barton CCC Room T-103	Get Off the Sidelines, Get into the Game!	Sherron French	2	\$10
1/27/15	6:00 PM	Hutchinson - HCC 809 E Essex Rd, Pioneer Hall 117A	Enhancing Emotional Literacy**	Rachel Jury	2	\$10
1/27/15	6:30 PM	Salina - 1508 E Iron	Parental Resilience in Strengthening Families**	April Bonilla	2	\$10
1/31/15	8:00 AM	Salina - 1508 E Iron	Practical Strategies to Build Resiliency in Children**	Sherron French	2	\$10
1/31/15	10:30 AM	Salina - 1508 E Iron	Family to the Center of Our Focus**	Sherron French	2	\$10

INFORMATION FROM CHILD CARE AWARE® REGION ONE

1/31/15	1:30 PM	Salina - 1508 E Iron	Parent Engagement in Strengthening Families**	Sherron French	2	\$10
2/3/15	6:30 PM	Hays-Child Care Aware 1010 Downing Ave	Creative Curriculum for Preschoolers: Dramatic Play	Allison Meyerhoff	2	\$10
2/7/15	9:00 AM	Hays-Child Care Aware 1010 Downing Ave	Building a Healthy Brain	Brett Schmidt	6	\$30
2/7/15	9:00 AM	Great Bend- Barton CCC RM T 147	Social-Emotional Development for Infants, Toddlers and Their Families**	Sherron French	6	\$30
2/7/15	9:30 AM	Hutchinson - TBA	Challenging Behaviors in Infants and Toddlers**	Rachel Jury	6	\$30
2/10/15	6:30 PM	Medicine Lodge- First Christian Church 300 S Main Family Life Center	Enhancing Emotional Literacy**	Kelly Cain-Swart	2	\$10
2/10/15	6:30 PM	Hays-Child Care Aware 1010 Downing Ave	Child Abuse and Neglect with	Michele Brungardt	2	\$10
2/10/15	6:30 PM	Abilene- 209 NW 4th (Jordan Room)	Working with Temperaments	Debb Homman	2	\$10
2/14/15	9:00 AM	Dodge City-2501 N 14th DCCC Child Development	Helping Parents and Providers Understand Temperaments**	Kelly Cain-Swart	6	\$30
2/24/15	6:30 PM	Hays-Child Care Aware 1010 Downing Ave.	Basic Child Development	Michele Brungardt	2	\$10

*FREE to Quality Steps participants

** FREE to Strengthening Families and Quality Steps Participants

Class Descriptions

Building Positive Relationships

Participants will learn how to build relationships using the curriculum from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) for Infant/Toddler/Preschool.

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 six years of age.

Working with Temperaments

Just as children come in all shapes and sizes, so does their temperaments. With whom do you work best? What kinds of temperaments are there? All these questions and more will be answered in this session. Safe Slumber: Creating a Safe Sleep Environment

Safe Slumber: Creating a Safe Sleep Environment

The Safe Slumber presentation defines Sudden Infant Death Syndrome (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 child care 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.

Child Abuse, 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 prevent child abuse and neglect including shaken baby syndrome.

Eco-Healthy Childcare

Research increasingly shows that the first years of a child's life are extremely important in shaping their future health and development. Child care providers can make small changes that make a big impact on the children in their care. Participants will learn about several types of chemicals and the health impact they can have on children. Participants will also learn how to reduce children's exposure to toxins and provide environmentally healthy, low-toxic toys, art supplies and child care settings.

I am Moving, I am Learning Module 1

Early Childhood programs play an important role in preventing childhood obesity, supporting motor development and promoting good nutrition. The "I am Moving, I am Learning" approach provides strategies to improve the quality of physical activity and nutrition choices for young children and their families.

Challenging Behaviors in Infants and Toddlers

Encountering the challenging behavior in infant-toddler child care is inevitable. Such challenges can pose a significant dilemma for the child care professional who may struggle with how best to respond to a child who may be preverbal, who

Class Descriptions

does not use logic, and/or whose memory cannot yet retain rules or limits over the long term. Challenging behavior in very young children can evoke strong emotional reactions in child care professionals, who are working to respond to such incidents in a sensitive, supportive, and nurturing fashion. This training session provides participants with the opportunity to reflect on their own beliefs and feelings regarding challenging behavior, to learn more about some of the antecedents of challenging behavior, and to practice discussing such challenges with parents in an effective and supportive manner.

Enhancing Emotional Literacy

Participants will learn how to enhance emotional literacy using the curriculum from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) for Infant/Toddler/Preschool.

Responsive Environments and Routines

Participants will learn how responsive environments and routines can be used to provide support for young children's appropriate behavior. This information will come from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) curriculum for Infant/Toddler/Preschool.

Social and Emotional Needs of Children in Strengthening Families

Just like adults, children have emotional and social needs. Join us to learn how to help children develop healthy social skills and help their emotional needs.

The Creative Curriculum® for Preschool: Music and Movement

When you include music and movement activities in your daily program, not only do you provide an outlet for children's high spirits and creative energy, you contribute to their development. In this event participants will learn how to incorporate music and movement into their everyday routines which will engage children in different learning experiences.

Greetings and Departures

This session will stress the role of arrival and departure times in building relationships between the caregiver and parent; and between the caregiver and child.

Parental Resilience in Strengthening Families

This course will provide an introduction to the Strengthening Families approach which centers on shifting the focus from risks and deficits to strengths and resiliency. The course will also provide an overview of what parental resiliency is and how to help families gain resiliency skills. Resiliency involves looking at how values and beliefs determine how you help families in addition to how the environment can promote resiliency.

Get of the Sidelines. Get into the Game!

It's time to get in the game! If your day only allows for the required routines and paperwork with not time for YOU to play, this session is for YOU! Participants will explore the importance of playing with children as well as the barriers that prevent teachers and caregivers from getting into the game. Participants will leave with a 'game plan' that includes developmentally appropriate practice and a carefully planned schedule.

Practical Strategies to Build Resiliency in Children

This course will provide an introduction to the Strengthening Families approach which centers on shifting the focus from risks and deficits to strengths and resiliency. Social and Emotional Learning (SEL) is a critical component in building resiliency in children. SEL begins with looking at feelings and how they are important. Exploring the Happiness Equation, learning strategies to increase flexible thinking and understanding optimism and pessimism will assist with understanding and promoting SEL.

Family to the Center of Our Focus

This course will provide an introduction to the Strengthening Families approach which centers on shifting the focus from risks and deficits to strengths and resiliency. This course also looks at the importance of family in the lives of children and how the two go hand-in-hand. Understanding the well being of a child is linked to the well-being of the family and one must also identify the vital role the environment plays in supporting all families

Parent Engagement in Strengthening Families

This course will provide an introduction to the Strengthening Families approach which centers on shifting the focus from risks and deficits to strengths and resiliency. The course will also look at the importance family involvement plays in strengthening families by exploring strategies to help child care programs increase family and male involvement. Technology-based methods for communicating with families will be identified.

The Creative Curriculum® For Preschool: Dramatic Play

Dramatic play is central to children's learning and development. In this training, participants will explore ways of creating a dramatic play area for children to learn and explore as they engage in dramatic play.

PCAN: Building a Healthy Brain

The development of the brain begins at conception and continues across the life span. Child care professionals support and promote very young children's healthy brain development when they use relationships, respect, repetition, routines, and responsive interactions—the "5 R's." In this session, participants identify ways to purposefully use these five strategies in their work with very young children and their families.

Helping Parents and Providers Understand Temperaments

A child's temperament influences not only his or her style of interaction but the very way in which he or she understands and experiences the world and the people in it. This unit provides child care professionals with an introduction to the concept of temperament and to the five key temperament traits. It also examines the interaction between a child's and a parent's temperament ("goodness of fit"). Although no temperament can be labeled "good" or "bad," temperament characteristics may either increase or decrease a child's risk of having a poor fit with his or her environment and caregivers.

Class Registration Form

To register for Child Care Aware® Region One trainings, mail this completed form and payment to:
Child Care Aware® Region One, 1508 E. Iron Avenue, Salina, KS 67401

Name: _____ Center/Business: _____
 Address: _____ Phone: _____
 Cell Phone: _____ Email: _____

Course Title	Date	Location	Cost

- Quality Steps Participant Early Childhood Wellness Participant
 Strengthening Families Participant Live in County with Waived Cost

Registration and payment must be received 5 business days prior to the event.

Peer Learning Community

January 5, 2015 6:30 – 8:00 PM Brett Schmidt Hays Office
The Lending Library and Resource Room will be open at 5:30 for anyone wishing to check out books, materials or use the laminator or die cut machine.

February 2, 2015 6:30 – 8:00 PM Brett Schmidt Hays Office
The Lending Library and Resource Room will be open at 5:30 for anyone wishing to check out books, materials or use the laminator or die cut machine.

January 20, 2015 7:00 – 8:30 PM Rachel Jury Salina Office
The Lending Library and Resource Room will be open at 5:00 for anyone wishing to check out books, materials or use the laminator or die cut machine.

February 17, 2015 7:00 – 8:30 PM Rachel Jury Salina Office
The Lending Library and Resource Room will be open at 5:00 for anyone wishing to check out books, materials or use the laminator or die cut machine.

FAMILY FOCUS

Keeping Children Active in the Cold Weather Months!

Finding ways to keep children active in the winter can be tricky. Keeping them moving so they use up enough energy throughout the day takes some creative thinking. Here are a few ideas:

Glacier jump: Toss a bunch of pillows on the floor. Each player must jump from “glacier” to “glacier” without falling in the “water.” If she does, she’s out. With each round, move the pillows farther apart until everyone is sunk.

Treasure Hunt: Hide miscellaneous items around the house for kids to find. Then have them race to find them.

Family Challenge: Give everyone with pedometers and make it a family goal to get a certain number of steps by the end of the day (the usual recommendation is 10,000 steps a day.). Keep everyone motivated by checking in often to see how many steps everyone is at.

Charades: Write the names of various animals, songs, movies, or book titles on slips of paper and drop them into a bowl. Take turns choosing a slip and acting out the animal until someone guesses correctly.

Freeze Game: Play music, have everyone dance until the music stops then everyone has to freeze.

Source: Ideas gathered from parenting.com



Do you know somebody interested in becoming a child care provider?

Have them call their local Child Care Resource & Referral Agency at 1-855-750-3343 for more information!



IDEA SPOT

Is your child care provider profile out of date? Call us today! **Update your profile and/or your vacancies and your name will be entered to win a Walmart Gift Card!** We will draw names every quarter. It's easy to win!

In order for your name to keep going out to parents looking for child care, your profile needs to be updated by **March 31, 2015**. When profiles are not updated every year, Child Care Aware® of Kansas cannot refer parents to your child care. Call Megan at 1-855-750-3343, email megan@ks.childcareaware.org, or print off a blank profile on our website and mail it in. www.ks.childcareaware.org/one.html

LENDING LIBRARY HOURS

All libraries are open Monday - Friday from 8am - 5pm and by appointment.

ADDITIONAL HOURS:

COLBY - 1255 S. Range
Colby Community College Library

- By appointment
- One hour prior to trainings

HAYS - 1010 Downing, Ste. 60

- 1st Saturday: 9am - 12pm
- 3rd Tuesday: 5pm - 7pm
- One hour prior to trainings

GARDEN CITY - 502 N. 7th, Ste. B2

- By appointment
- One hour prior to trainings

SALINA - 1508 E. Iron

- 1st Saturday: 9am - 12pm
- 3rd Tuesday: 5pm - 7pm
- One hour prior to trainings

Call 1-855-750-3343 for more information or to make an appointment

Kansas Association of
Child Care Resource and
Referral Agencies d/b/a



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DO YOU HAVE CHILD CARE OPENINGS?

Update your information to get accurate referrals!

Name: _____
Address: _____
City: _____ Zip: _____ County: _____
License #: _____ Phone: _____
Email: _____

Type of Care:

Licensed FCC Group FCC Child Care Center Preschool

Do You Accept DCF?

Yes No

Receive This Newsletter by Email?

Yes No

DAYS OPEN: Mon Tue Wed Thu Fri Sat Sun

Time (Open): _____
Time (Close): _____

Age	Capacity	Vacancies	Enrolled
Under Age 1 (Infant)	_____	_____	_____
12 - 17 Months (Infant)	_____	_____	_____
18 - 23 Months (Toddler)	_____	_____	_____
Age 2 (Toddler)	_____	_____	_____
Age 3 (Preschool)	_____	_____	_____
Age 4 (Preschool)	_____	_____	_____
Age 5 (School Age)	_____	_____	_____
Age 6 & Over (School Age)	_____	_____	_____

Please complete and return this form to:

Child Care Aware® of Kansas, 1508 E. Iron Avenue, Salina, KS 67401

