



REGION ONE

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](http://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

**MICHELE BRUNGARDT**  
Infant/Toddler Specialist  
[micheleb@ks.childcareaware.org](mailto:micheleb@ks.childcareaware.org)

**KELLY CAIN-SWART**  
Infant/Toddler Specialist  
[kelly@ks.childcareaware.org](mailto:kelly@ks.childcareaware.org)

**SHERRON FRENCH**  
Infant/Toddler Specialist  
[sherron@ks.childcareaware.org](mailto:sherron@ks.childcareaware.org)

**JENNIFER HECKER**  
Community Engagement  
[jennifer@ks.childcareaware.org](mailto:jennifer@ks.childcareaware.org)

**DEBB HOMMAN**  
Infant/Toddler Specialist  
[debb@ks.childcareaware.org](mailto:debb@ks.childcareaware.org)

**RACHEL JURY**  
Infant/Toddler Specialist  
[rachel@ks.childcareaware.org](mailto:rachel@ks.childcareaware.org)

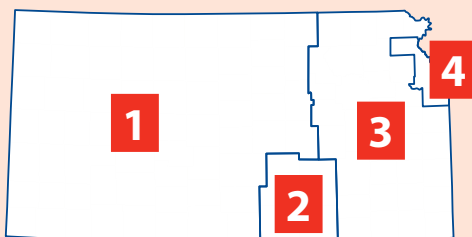
**TANYA KOEHN, Director**  
[tanya@ks.childcareaware.org](mailto:tanya@ks.childcareaware.org)

**ALLISON MEYERHOFF**  
Infant/Toddler Specialist  
[allisonm@ks.childcareaware.org](mailto:allisonm@ks.childcareaware.org)

**BRETT SCHMIDT**  
Infant/Toddler Specialist  
[brett@ks.childcareaware.org](mailto:brett@ks.childcareaware.org)

**MEGAN STRICKLIN, Data Clerk**  
[megan@ks.childcareaware.org](mailto:megan@ks.childcareaware.org)

# Child Care Aware® NEWS



**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

### 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.

## Come Join us at a Peer Learning Community!



Who? Peer Learning Communities are open to ALL early care and education providers!

What? Each Peer Learning Community is different; the topics discussed are chosen by the providers who are participating; some meetings are informal and fun and all meetings are designed to encourage early care and education professionals to continue to offer high quality early childhood environments!

Why? Peer Learning Communities provide a specific meeting time for providers to share ideas and resources, to connect as professionals and to engage in in-depth discussions with their peers regarding challenges and strategies that have been successful. Child Care Aware® of Kansas staff is available to help with resources, support and guidance.

When and Where? (See Page 6 for more information)

## Meet Our Staff



Debb Homman is an Infant/Toddler Specialist in the Salina office. During her sixteen years in early childhood, she has been a preschool teacher at the Salina YMCA and a Child Care Director at Learn & Grow Depot. Debb graduated from Butler County Community College with her Associates degree in Early Childhood Education. In her spare time she enjoys spending time with her puppies, bowling, camping, cheering on the Kansas State Wildcats, and attending WWE events.

# FIELD TRIPS THAT COME TO YOU!

**NOVEMBER/DECEMBER**

**Is Everyone Ready for Fun? by Jan Thomas**

*This book has been chosen for the 2014 Kansas Reads to Preschoolers Week*

**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!**

## A Gift to You!

“Put the oxygen mask on yourself first, and then place a mask over the child’s mouth.” I have heard this many times while flying. This principle of taking care yourself first so that you can take care of others is relevant to all child care professionals.

- Enjoy the holiday treats! Balance the sugary foods with healthier choices throughout the day.
- Move your body. Exercise is essential to physical and mental health. Taking a walk outdoors when possible or walking indoors at a gym or the mall can help clear your mind, decrease stress and burn the extra calories the holidays bring.
- Wash your hands frequently. Remember to wash your hands after every nose blow and diaper change.
- Get plenty of sleep! Studies have found a relationship between the quantity and quality of one’s sleep and many health problems. When you sleep your body repairs itself and replenishes your immune system. This is important to good physical and mental health.
- Go to a doctor for a checkup! If you do not have health insurance and would like more information on obtaining health insurance contact your local health care navigator at [www.insureks.org](http://www.insureks.org) to find a plan that will fit your budget

and health care needs.

- Reduce work stress! Call an infant/toddler specialist at Child Care Aware of Kansas to schedule an on-site visit. The specialist can bring a field trip to your location or talk to you about your child care concerns. Contact an infant/toddler specialist at 855-750-3343.
- Accentuate the positives! Take a few moments each day to reflect on the positives of the day. The holidays can be an emotional and stressful time of the year. Stress is reduced when you take time to think on what good has happened in each day.
- Laugh! With cold and flu season just around the corner, you’ll be pleased to know that a hearty dose of laughter can boost your immune system, increase the number of virus-killing cells in your bloodstream, reduce stress related hormones, and enhance your mental functioning... all without taking a single vitamin or spending a minute on the treadmill!
- Read more: <http://www.care2.com/greenliving/20-awesome-facts-about-laughing-and-why-you-should-do-it-more.html#ixzz3BPcV2b4X>



# Professional Development Opportunities

Date	Time	Location	Title	Trainer	Hours	Cost
11/1/14	9:00 AM	Hays-Child Care Aware® Region One Office 1010 Downing Avenue	I am Moving, I am Learning Module 1 <i>FREE to Early Childhood Wellness Participants</i>	Michele Brungardt	6	\$30
11/1/14	9:00 AM	Dodge City-2501 N 14th DCCC Child Development Center	Child Abuse and Neglect with Abusive Head Trauma	Kelly Cain-Swart	2	\$10
11/1/14	11:15 AM	Dodge City-2501 N 14th DCCC Child Development Center	Safe Slumber: Creating a Safe Sleep Environment <i>FREE to Quality Steps participants</i>	Kelly Cain-Swart	2	\$10
11/1/14	2:00 PM	Dodge City-2501 N 14th DCCC Child Development Center	Basic Child Development	Kelly Cain-Swart	2	\$10
11/4/14	6:30 PM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	Child Abuse and Neglect with Abusive Head Trauma	Debb Homman	2	\$10
11/11/14	6:30 PM	Hays-Child Care Aware® Region One Office 1010 Downing Avenue	Safe Slumber: Creating a Safe Sleep Environment <i>FREE to Quality Steps participants</i>	Allison Meyerhoff	2	\$10
11/11/14	6:30 PM	Salina -Child Care Aware® Region One Office 1508 E Iron Avenue	Safe Slumber: Creating a Safe Sleep Environment <i>FREE to Quality Steps participants</i>	Debb Homman	2	\$10
11/13/14	6:30 PM	Hutchinson Public Library Conference Room 2 901 N. Main	Social Connections, Meeting Concrete Needs in Strengthening Families <i>FREE to Strengthening Families participants</i>	Sherron French	2	\$10
11/15/14	9:30 AM	Hutchinson Public Library Conference Room 2 901 N. Main	Building a Healthy Brain <i>FREE to Strengthening Families participants</i>	Sherron French	6	\$30
11/15/14	8:00 AM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	CSEFEL: Building Social Emotional Foundations <i>FREE to Quality Steps participants</i>	Rachel Jury	6	\$30
11/18/14	6:30 PM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	Basic Child Development	Sherron French	2	\$10
11/22/14	9:00 AM	Colby Community College 1255 S. Range Rm 253	I am Moving, I am Learning Module 1 <i>FREE Early Childhood Wellness Participants</i>	Michele Brungardt	6	\$30
11/22/14	9:00 AM	Abilene- 1001 N Brady	The Creative Curriculum® for Preschool: The Learning Environment	Debb Homman	3	\$15
12/2/14	6:30 PM	Kingman- United Methodist Church 133 D Avenue	Basic Child Development	Kelly Cain-Swart	2	\$10

## INFORMATION FROM CHILD CARE AWARE® REGION ONE

12/2/14	6:30 PM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	Social Connections, Meeting Concrete Needs in Strengthening Families <b>FREE to Strengthening Families &amp; Quality Steps participants</b>	Sherron French	2	\$10
12/4/14	6:00 PM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	The Creative Curriculum® for Infants, Toddlers, and Twos: Connecting with Music and Movement	Sherron French	2	\$10
12/6/14	8:00 AM	Hays-Child Care Aware® Region One Office 1010 Downing Avenue	Safe Slumber: Creating a Safe Sleep Environment <b>FREE to Quality Steps participants</b>	Brett Schmidt	2	\$10
12/6/14	1:00 PM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	The Creative Curriculum® for Preschool: Block Play	Rachel Jury	2	\$10
12/11/14	6:30PM	Hays-Child Care Aware® Region One Office 1010 Downing Avenue	The Creative Curriculum® for Preschool: Block Play	Allison Meyerhoff	2	\$10
12/11/14	6:30 PM	Concordia-Pawnee Mental Health Service 210 W 21st Street	The Creative Curriculum® for Preschool: Block Play	Debb Homman	2	\$10
12/13/14	9:00 AM	Salina-Child Care Aware® Region One Office 1508 E Iron Avenue	Building a Healthy Brain <b>FREE to Strengthening Families participants</b>	Sherron French	6	\$30
12/16/14	6:30 PM	Anthony-Harper County Health Department 123 N Jennings	Child Abuse and Neglect with Abusive Head Trauma	Kelly Cain-Swart	2	\$10
12/16/14	6:00 PM	Beloit-Mitchell County Partnership for Children 1720 N Hersey Avenue	The Creative Curriculum® for Preschool: Music and Movement	Debb Homman	3	\$15
12/20/14	8:00 AM	Hays-Child Care Aware® Region One Office 1010 Downing Avenue	Eco-Healthy Childcare <b>FREE to Early Childhood Wellness participants</b>	Brett Schmidt	6	\$30

## Class Descriptions

### **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.

### **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.

### **Child Abuse and Neglect with 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.

### **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.

### **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.

## Class Descriptions

### **Social Connections, Meeting Concrete Needs 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 thereby building the Protective Factors. Social connections and support systems for families are very important in building the Protective Factors. One must first understand ways to help families establish social connections and access concrete support in times of need. Building awareness on how social connections and concrete support promotes optimal child development and build family strengths.

### **Building Social Emotional Foundations**

Rock Solid Foundations is a blended curriculum of the Infant/Toddler/Preschool modules from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) curriculum; based upon the Pyramid Project model; and using the foundational framework and strategies from CSEFEL.

### **The Creative Curriculum® for Preschool: The Learning Environment Part 1**

In an effective learning environment, children become independent and confident learners. When the environment is comfortable and attractive, both teachers and children learn better. In this event, participants will learn how the environment effects how we feel and behave. We will explore ways to adapt the environment for all children with different needs and abilities.

### **The Creative Curriculum® for Preschool: Block Play**

Blocks appeal to young children because they feel good to the touch, are symmetrical, and invite open-ended explorations. When children construct, create, and represent their experiences with blocks, they grow in all areas of development.

### **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.

### **The Creative Curriculum® for Infants, Toddlers, and Twos: Connecting with Music and Movement**

Teachers plan meaningful experiences by selecting materials that match children's growing abilities and interests, by observing what children do, and by reflecting on those observations. Music and movement can be a joyful experience for young children, beginning at birth. When you rock babies to a gentle lullaby, sing a favorite song over and over, or dance around the room with children you share special moments. This training will give providers ideas to engage infants and toddlers in meaningful music and movement activities.

### **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.



## What's the Plan? Emergency Preparedness Planning in Child Care Settings

Child care providers are responsible for the health, safety and welfare of the children in their care. Providers need to know how to respond quickly and calmly in an emergency. Developing a written emergency plan and reviewing it frequently helps to prepare and reduces the likelihood of poor judgements made under the stress of an actual emergency situation. There are a number of resources available to help in the development of an effective plan.

[www.kdheks.gov/bcclr/emergency\\_preparedness\\_planning.htm](http://www.kdheks.gov/bcclr/emergency_preparedness_planning.htm)

## 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

**November 3, 2014                      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.*

**December 1, 2014                      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.*

**November 18 , 2014                      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.*

**December 16, 2014                      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

## Kid Approved Snowy Day Activities:

Here are a few snowy day activities to keep the children entertained use their imaginations, and as well as to work on their large motor skills.

- Get out the cardboard boxes and create! Let the imaginations flow. A box can be anything: a train, ramps for cars, an airplane, a house.
- Tape up the doorway and throw some wadded up newspapers (or cotton balls) at it to see if you can make them stick. A great indoor activity for large motor practice!
- Shaving cream is a wonderful indoor sensory activity that toddlers love. Squirt some on a pan and just let them have fun. You might want to put them in an old shirt and maybe a towel down too. It does get messy!
- Bowl indoors! Grab a soft kids ball. Set up a few items for pins. Lots of things will work for these, pop bottles or paper towel tubes!
- Dig a newspaper out of the recycling bin and have a ball throwing them! Add a target to the mix and practice counting too. All great large motor practice.
- Here's a sensory activity that's easy and clean! Squirt some hair gel (lotion would work too) into a baggy and zip it up! Add some odds and end craft items to the mix for added fun.
- Tape a line on the floor in different ways (zig zag, curvy or straight) and have a toddler walk along it, trying to balance his best. Can he do it forward, how about walking backwards? Another fantastic large motor activity that can be done indoors.
- Have your toddler poke pom poms through an opening in a small bottle, or cut a small hole in a container. Pom poms and other small items can be used for fine motor practice, but always be careful with small kids and watch them closely.



<http://handsonaswegrow.com/top-10-indoor-activities-for-toddlers/>



## 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 December 31, 2014. 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](mailto:megan@ks.childcareaware.org), or print off a blank profile on our website and mail it in. [www.ks.childcareaware.org/one.html](http://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



PO Box 2294, Salina, KS 67401

NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
TOPEKA, KS  
PERMIT NO. 9



## 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

