



**Phone:** Toll free 855-750-3343  
**Website:** [www.ks.childcareaware.org](http://www.ks.childcareaware.org)

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

**Garden City Office**  
502 N. 7<sup>th</sup> Street, Suite B2  
Garden City, KS 67846

**Hays Office**  
1010 Downing Ave. Suite 60  
Hays, KS 67601

**Salina Office**  
1508 E. Iron Ave.  
Salina, KS 67401

**Colby Office**  
1255 S. Range Ave.  
Colby, KS 67701  
*Colby Community College Library*

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# Starting off the New Year Right

It's time for that yearly tradition of reflection and resolutions for the upcoming child care year. We hope these tips get you started on the right foot!

**Stay Positive** – Coming out of the hectic holiday season, it's time to figure out how to make your learning environment a happy place for you and your students in the long stretch to summer ahead.

**Spice Up Your Routine** – Try one new instructional technique each month to keep things new and challenging. Making a list and assigning one new thing to each month will help you actually stick to this resolution. Our lending library has TONS of teacher resources to help you.

**Build Fitness into Your Curriculum** – It wouldn't be a resolution list without some mention of better health. Make it a program wide affair with healthy eating lessons, integrating movement into your day-to-day activities and just encouraging you and your students to take care of your bodies. Visit our website to read archived issues of our Healthy Kansas Kids newsletter for inspiration.

**Get Your Work/Life Balance in Order** – As best you can, keep work at work and enjoy your time at home. Making yourself happy will be better for you AND the children and families you serve.

**Get Organized! Work Smarter, Not Harder** – With the fresh start, it's a great opportunity to get your classroom organization back on track. Join our Provider Group on Facebook and chat with other providers about how they stay organized.

**Set Goals & Avoid Autopilot Mode** – Now, I don't mean your business and official achievement goals, I mean your own personal teaching goals. What are one or two things you think are important but forget as soon as the flurry of the teaching gets in the way? Write one achievable goal a month on your calendar and make it a priority.

Tell us your New Year's Resolution...Like us on Facebook and post your resolution at [www.facebook.com/CCAksRegionOne](https://www.facebook.com/CCAksRegionOne). We'll be watching for you!

# Professional Development Opportunities!

Please visit our website or Facebook page for updates on exact locations. Make sure you have provided us with your most current email address so you don't miss out on any announcements and additions (email addresses are kept confidential and are not shared or sold to vendors).

Date	Time	Location	Name of Training	Trainer	Hours	Cost	Additional Information
1/7/14	6:30 p.m.	<b>Pratt</b> St Paul Lutheran Church, 118 S Thompson St	Basic Child Development	Sherron French	2	\$10	
1/11/14	9:00 a.m.	<b>Salina</b> 1508 E Iron	Building a Healthy Brain (PCAN 2)	Sherron French	6	\$30	Free to participants of Strengthening Families
1/13/14	6:30 p.m.	<b>Salina</b> 1508 E Iron	How to support the breastfeeding mother and family	Rachel Jury	2	\$10	
1/13/14	7:00 p.m.	<b>Liberal-</b> SW Med. Center Rm 2 (15th & Pershing)	We Care for Breastfed Babies	Wanda Spresser	2	\$10	
1/14/14	6:00 p.m.	<b>Kingman</b> Library 455 N. Main	How to support the breastfeeding mother and family	Kelly Cain-Swart	2	\$10	
1/16/14	6:00 p.m.	<b>Salina</b> 1508 E Iron	Parental Resilience in Strengthening Families	Sherron French	2	\$10	Free to participants of Strengthening Families
1/16/14	6:30 p.m.	<b>Norton</b> County Hospital 101 E Holme (Basement Conf. Rm)	Stewards of Children	Paige Campbell	3	\$15	
1/23/14	6:30 p.m.	<b>McPherson</b> Fire Dept 312 E. Kansas	Parental Resilience in Strengthening Families	Sherron French	2	\$10	Free to participants of Strengthening Families
1/27/14	6:30 p.m.	<b>Salina</b> 1508 E Office	Basic Child Development	Sherron French	2	\$10	
1/30/14	6:30 p.m.	<b>Abilene</b> Public Library 209 NW 4th- Jordan Room	How to support the breastfeeding mother and family	Debb Homman	2	\$10	
2/6/14	6:30 p.m.	<b>Salina</b> 1508 E Iron	Child Abuse Neglect and Abusive Head Trauma	Sherron French	2	\$10	
2/6/14	6:30 p.m.	<b>Greensburg</b> First United Methodist Church, 600 W Lincoln	Basic Child Development	Kelly Cain-Swart	2	\$10	
2/6/14	6:30 p.m.	<b>Great Bend</b> BCCC Room T147	Understanding the ASQ-SE Tool	Jobeth Jackson	3	\$15	Free to participants of Strengthening Families
2/8/14	8:30 a.m.	<b>Hays</b> Medical Center, Hadley room 1	Pediatric First Aid/CPR	EMS instructor	4	\$30	
2/8/14	9:00 a.m.	<b>Salina</b> 1508 E Iron	I am Moving, I am Learning	Debb Homman	6	\$30	Free to Early Childhood Wellness Project participants
2/10/14	6:30 p.m.	<b>Anthony</b> Harper Cty Health Dept. 123 Jennings	Basic Child Development	Kelly Cain-Swart	2	\$10	
2/11/14	6:30 p.m.	<b>Salina</b> 1508 E Iron	Social and Emotional Needs of children in Strengthening Families	Sherron French	2	\$10	Free to participants of Strengthening Families
2/11/14	6:30 p.m.	<b>Hays</b> 1010 Downing Ave	Understanding the ASQ-3 Tool	Wanda Spresser	3	\$15	Free to Quality Steps Project participants
2/13/14	6:00 p.m.	<b>McPherson</b> Fire Dept 312 E. Kansas	Bringing Family to the Center of Our Focus	Sherron French	2	\$10	Free to participants of Strengthening Families
2/18/14	6:30 p.m.	<b>Hays</b> 1010 Downing Ave	Understanding the ASQ-3 Tool	Wanda Spresser	3	\$15	Free to Quality Steps Project participants
2/22/14	8:30 a.m.	<b>Hays</b> 1010 Downing Ave	Eco Healthy Child Care	Jobeth Jackson	6	\$30	Free to Early Childhood Wellness Project participants
2/24/14	6:30 p.m.	<b>Salina</b> 1508 E Iron	Creative Curriculum for Infants, Toddlers and Twos: Creating with Art	Rachel Jury	2	\$10	

Date	Time	Location	Name of Training	Trainer	Hours	Cost	Additional Information
2/24/14	6:00 p.m.	<b>Medicine Lodge</b> First Christian Church, 300 S Main	Working with Temperaments	Kelly Cain-Swart	2	\$10	
2/25/14	6:30 p.m.	<b>Abilene</b> Public Library 209 NW 4th - Jordan Rm	Creative Curriculum for Infants, Toddlers and Twos: Building Family Partnerships	Debb Homman	2	\$10	
3/3/2014 & 3/10/ 14	6:30 p.m.	<b>Hays</b> 1010 Downing Ave	CSEFEL: Building Social Emotional Foundations	Wanda Spresser	6	\$30	Must attend both--Free to Early Childhood Wellness participants
3/6/14	6:30 p.m.	<b>Phillipsburg</b> Olliff/Boeve Memorial Chapel, 115 2nd St.	Healthy Habits For Life	Leona Breeden	2	\$10	
3/8/14	8:30 a.m.	<b>Salina</b> 1508 E Iron	Eco Healthy Child Care	Rachel Jury	6	\$30	Free to Early Childhood Wellness Project participants
3/10/14	6:00 p.m.	<b>Kingman</b> Library 455 N. Main	The Creative Curriculum for Infants, Toddlers, and Two's: Creating with Art	Kelly Cain-Swart	2	\$10	
3/15/14	9:00 a.m.	<b>Pratt</b> St Paul Lutheran Church, 118 S Thompson St.	Eco Healthy Child Care	Bobbie Coopridier	6	\$30	
3/24/14	6:00 p.m.	<b>Medicine Lodge</b> First Christian Church 300 S Main	Basic Child Development	Kelly Cain-Swart	2	\$10	
3/27/14	6:30 p.m.	<b>McPherson</b> Fire Dept 312 E. Kansas	Social and Emotional Needs of Children in Strengthening Families	Sherron French	2	\$10	Free to participants of Strengthening Families
3/29/14	8:00 a.m.	<b>Great Bend</b> BCCC Room T147	Social Connections, Meeting Concrete Needs in Strengthening Families	Jobeth Jackson	2	\$10	Free to participants of Strengthening Families
3/29/14	10:00 a.m.	<b>Great Bend</b> BCCC Room T147	Social Emotional Needs of Children in Strengthening Families	Jobeth Jackson	2	\$10	Free to participants of Strengthening Families
3/29/14	1:00 p.m.	<b>Great Bend</b> BCCC Room T147	Family to the Center of Our Focus	Jobeth Jackson	2	\$10	Free to participants of Strengthening Families
3/29/14	8:00 a.m.	<b>Salina</b> 1508 E Iron	Child Abuse Neglect and Abusive Head Trauma	Sherron French	2	\$10	
3/29/14	10:30 a.m.	<b>Salina</b> 1508 E Iron	Safe Slumber	Debb Homman	2	\$10	
3/29/14	1:30 p.m.	<b>Salina</b> 1508 E Iron	Basic Child Development	Sherron French	2	\$10	

Questions about professional development events? Call our office at 1-855-750-3343

## Class Registration Form

To register for Child Care Aware® trainings, mail this completed form and payment to:

Child Care Aware®  
1508 E. Iron Ave  
Salina, KS 67401

Name: \_\_\_\_\_ Center/Business: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Course Title(s)	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.

# New Training Registration Information

- Ways to make reservations:
  - By mail via the registration form included in this newsletter
  - By phone via our toll free number 855-750-3343; payment can be mailed
- Registration must be completed at least **one week in advance – we no longer accept walk-ins**
- **A minimum of 5 participants is required in order to hold professional development events**
- Unless otherwise indicated, all trainings are \$5.00 per hour
  - 1 hour event - \$5.00
  - 2 hour event - \$10.00
  - 3 hour event - \$15.00

## Class Descriptions

### **Building a Healthy Brain**

Have you ever wondered how the brain develops? Join us as we explore and learn about brain development, how to help healthy development of the brain, and what can cause unhealthy brain development.

### **How to Support Breastfeeding Mothers**

The U.S. Surgeon General has identified 20 key action steps to improve support for breastfeeding mothers and states that one of the most highly effective preventive measures a mother can take to protect the health of her infant and herself is to breastfeed. “Step #16: Ensure that all child care providers accommodate the needs of breastfeeding mothers and infants.” Join us to learn more about ways to welcome breastfed infants and their mothers into your care.

### **Parent Resilience in Strengthening Families**

This class introduces the Happiness Equation and how we can support children’s social emotional development to build life skills, manage feelings and build relationships.

### **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 unique for each child. This session addresses the four domains of child development and identifies benchmarks for each area of development for birth through 6 years of age.

### **Preventing Child Abuse and Neglect**

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.

### **Understanding the ASQ-SE**

ASQ-SE is a tool for looking at social emotional developmental aspects of children from one month to 5 ½ years. Highly reliable and valid, ASQ-SE looks at strengths and trouble spots, and educates about social emotional development. Participants leave this professional development training with the understanding of how to use the ASQ-SE and how it can be utilized within the early childhood setting to enhance activities and promote social and emotional competence among children.

### **Pediatric First Aid and CPR**

Become certified in both first aid and CPR techniques for your children.

### **I am Moving, I am Learning**

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.

### **Social 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 meet their emotional needs.

### Understanding the ASQ-3

ASQ3 is a tool for looking at developmental aspects of children from one month to 5 ½ years. Highly reliable and valid, ASQ3 looks at strengths and trouble spots, and educates about developmental milestones. Participants leave this professional development training with the understanding of how to use the ASQ3 and how it can be utilized within the early childhood setting to enhance activities.

### Bringing Family to the Center of Our Focus

Participants will identify how your environment plays a vital role in supporting all families and will explore how the well being of the child is linked to the well being of the family.

### Eco Healthy Child Care

Many American children spend 40 hours a week or more in a child care setting. Do you want to find ways for your early learning environment to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals? Learn more about Eco-Healthy Child Care and the EHCC Endorsement.

### Creative Curriculum for Infants, Toddlers and Twos: Creative Art

Learn about developmentally appropriate and process oriented art that is fun, safe and challenging for young children.

### Creative Curriculum for Infants, Toddlers and Twos: Building Family Partnerships

Are you looking for way to engage parents so they respond and participate in your child care program? Join us for a fun and interactive day to learn about the most successful way to build positive partnerships with parents that work.

### Working with Temperaments

Just as children come in all shapes and sizes, so does their temperaments. With whom do you best work? What kids of temperaments are there? All these questions and more will be answered in this interactive session.

### Healthy Habits for Life

Children's healthy development starts young. The habits we acquire as children stay with us through our lifetime. The session focuses on how to help children (and their families) begin young and build habits that create lifelong health and wellness.

### Building Social Emotional Foundations (CSEFFEL)

The course will discuss how you can identify strengths in families that help increase the social and emotional competence of children. We will explore emotional intelligence, how it relates to childhood stressors; and classroom strategies to support social and emotional development.

### Parent Engagement

Children benefit most when their families are involved in their early learning program. This class will explore strategies to help child care programs increase family involvement and engage men. Come learn how technology-based methods can build relationships and improve communication with families.

## Peer Learning Community Meetings

Peer Learning Community Meetings are open to any child care center director, teacher or family child care provider who would like to network, learn, share skills and information and build professional relationships with other early education peers. Participation in Peer Learning Community Meetings is required for individuals who participate in Quality Steps and Strengthening Families projects.

Date	Time	Coordinator	Location	Additional Information
1/21/14	7:00 - 8:30 PM	Sherron French	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.
1/23/14	6:30-8:00 pm	Kelly Cain-Swart	St Paul Lutheran Church, 118 S Thompson Street, Pratt	Build a group - come , design and organized the group that meets your needs!
February & March	TBA	Kelly Cain-Swart	Pratt	Build a group - come , design and organized the group that meets your needs!
3/18/14	7:00 - 8:30 PM	Sherron French & 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.

# Vacancy Update

Name: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ License #: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Type of Care:

- ☐ Licensed FCC
- ☐ Group FCC
- ☐ Child Care Center
- ☐ Preschool

Do You Accept DCF?

- ☐ Yes
- ☐ No

**DAYS OPEN:** ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

Time (Open): \_\_\_\_\_  
am pm

Time (Close): \_\_\_\_\_  
am pm

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)	_____	_____	_____

Our statewide Child Care Referral Center receives requests for over 100 child care referrals per day - don't miss out on having your business referred to families for free... update your vacancies today.

**Take full advantage of this service by making sure your information is up to date!**

**Please complete and return this form to:**

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

For assistance, call 1-855-750-3343  
 or email [megan@ks.childcareaware.org](mailto:megan@ks.childcareaware.org)

Comments:

# Traveling Field Trips for New Providers!

Are you a new center, preschool or family child care program? See what Child Care Aware® of Kansas is all about by scheduling one of our field trips that comes to you! Check out the upcoming events below. Space is limited so call and reserve your “trip” today.

## January

### Young Architects

Block play isn't just for boys! Get your imagination going and join us for a fun and interactive visit using homemade blocks. We'll make and build with homemade materials and leave you with interesting and inspiring resources to enhance your own block play area.



## February

### Totally Teeth

February is Oral Health Month – help us celebrate by teaching children how to properly care for the teeth through interactive story telling, large scale tooth models, puppets and freebies.

**Call 1-855-750-3343 to reserve your spot today!**  
**Space is limited so don't delay!**

## Lending Library Hours

**Garden City Office**  
502 N. 7<sup>th</sup> Street, Suite B2  
Garden City, KS 67846

- Every 3<sup>rd</sup> Monday: 5-7 pm
- Every 1<sup>st</sup> Saturday: 9 am-12 pm
- Additional Hours by Appointment
- 1 hour before any training or Peer Learning Community held in the Garden City Office

**Hays Office**  
1010 Downing Ave. Suite 60  
Hays, KS 67601

- Every 3<sup>rd</sup> Tuesday: 5-7 pm
- Every 1<sup>st</sup> Saturday: 9am -12pm
- 1 hour before any training or Peer Learning Community held in the Hays office

**Salina Office**  
1508 E. Iron Ave.  
Salina, KS 67401

- Every 3<sup>rd</sup> Tuesday: 5-7pm
- Every 1<sup>st</sup> Saturday: 9am – 12pm
- 1 hour before any training or Peer Learning Community held in the Salina Office

**Colby office**  
Coming soon!

### Materials Available Include:

- |                   |                       |
|-------------------|-----------------------|
| ○Theme Kits       | ○Games                |
| ○Puzzles          | ○CDs                  |
| ○Children's Books | ○Adult Resource Books |
| ○Die Cuts         | ○Laminator            |

**Do you live in a different county and need lending library materials?**

**Call us at 1-855-750-3343 toll free!**



# FAMILY FOCUS

## SCREEN TIME OVERLOAD IN THE WINTER!

Screen time overload can happen when colder temperatures make it difficult to get outside. How can you avoid it?

First, you need to know when it is safe to go outside. Check out the chart below to see what temperatures are safe for children and which ones are safer weathered indoors.

### WIND-CHILL FACTOR GUIDE

		WIND SPEED (MPH)								
AIR TEMPERATURE (F)		Calm	5	10	15	20	25	30	35	40
	40°	40°	36°	34°	32°	30°	29°	28°	28°	27°
	30°	30°	25°	21°	19°	17°	16°	15°	14°	13°
	20°	20°	13°	9°	6°	4°	3°	1°	0°	-1°
	10°	10°	-1°	-4°	-7°	-9°	-11°	-12°	-14°	-15°
	0°	0°	-11°	-16°	-19°	-22°	-24°	-26°	-27°	-29°
	-10°	-10°	-22°	-28°	-32°	-35°	-37°	-39°	-41°	-43°
	-20°	-20°	-34°	-41°	-45°	-48°	-51°	-53°	-55°	-57°
	-30°	-30°	-46°	-53°	-58°	-61°	-64°	-67°	-69°	-71°

Comfortable Outdoor Play
  Use Caution
  Dangerous

Then, have activities planned for kids instead of putting them in front of a screen. Try these:

1. Make lunch or supper with your children
2. Play cards or games together
3. Have children read a favorite book, or read it with them; then send a letter to the author
4. Make an album with photographs
5. Draw a family portrait
6. Build a fort in the living room and camp out
7. Research your family's history and create a family tree
8. Make puppets from socks and have a puppet show.
9. Write letter to family members
10. Create a collage out of old magazines

Source:  
[www.screenfree.org](http://www.screenfree.org)



*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!