**Vision:** All communities across Kansas value and support early childhood development. **Mission:** High-Quality early education is available to all Kansas families and children.



## CHILD CARE RESOURCE AND REFERRAL SERVICES

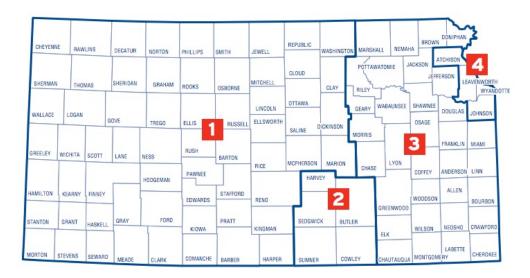
October 2019

## October Training Calendar

Note: All training times are local to the training location. To ACCESS or PRINT the Training Calendar: Click Here

Class Type	Class Start	Title	Trainer	County	Number to call
Classroom	10/3/2019	The Instrument Connection	Susan Wade	Sedgwick	800-684-3962
Classroom	10/3/2019	Relationships Matter!	JoAnn Henry	Saline	785-823-3343
Classroom	10/3/2019	Time Out! Taking Care of YOU!	Kendra Pratt	Republic	785-823-3343
Classroom	10/5/2019	Foundations of Quality Child Care, Part 1	Rebecca Quigley	Shawnee	877-678-2548
Classroom	10/5/2019	Safe Slumber: Creating a Safe Sleep Environment	Susan Wade	Sedgwick	800-684-3962
Classroom	10/5/2019	Keeping Children Safe: Environment and Transportation Safety	Susan Wade	Sedgwick	800-684-3962
Classroom	10/5/2019	Basic Child Development and Supervision	Susan Wade	Sedgwick	800-684-3962
Classroom	10/5/2019	Child Abuse, Neglect & Head Trauma	Susan Wade	Sedgwick	800-684-3962
Classroom	10/8/2019	Sensory Exploration and Early Literacy for Infants & Toddlers	Susan Drewelow	Shawnee	877-678-2548
Online	10/8/2019	Assessment: The Why and How for Early Educators	Jennifer Pishny	Saline	785-823-3343
Classroom	10/9/2019	Lighten UP! Using Humor to Enrich Your Life	Michelle Gilbert	Shawnee	877-678-2548
Classroom	10/9/2019	Be a Transition Magician	Marie Treichel	Douglas	877-678-2548
Classroom	10/10/2019	Signing with Babies and Toddlers	Grace Cott	Shawnee	877-678-2548
Classroom	10/10/2019	Happy Meals: Safe Food Practices and Allergy Awareness	Talia Juiliano	Crawford	877-678-2548
		Using the Kansas Early Learning Standards-Designing the			
Classroom	10/12/2019	Environment and Planning Activities	Susan Pearson	Finney	785-823-3343
Classroom	10/12/2019	Conscious Discipline Overview	Carol Ayres	Wyandotte	913-342-1110 X1913
Classroom	10/12/2019	Adult CPR/AED, Pediatric CPR and First Aid	Mike Ferguson	Sedgwick	800-684-3962
Classroom	10/15/2019	Building Leadership in Early Childhood at All Levels	Michelle Gilbert	Shawnee	877-678-2548
Classroom	10/15/2019	Building Connections with Children	Nancy Heathman	Wyandotte	913-342-1110 X1913
Classroom	10/17/2019	Learning Through Music	Susan Wade	Sedgwick	800-684-3962
Classroom	10/17/2019	Infant/Toddler Early Literacy	Audrey Danielson	Shawnee	877-678-2548
Classroom	10/17/2019	Involving Families	Chelsy Spiller	Reno	785-823-3343
Classroom	10/17/2019	Adult, Child and Pediatric First Aid & CPR	Kendra Pratt	McPherson	785-823-3343
Classroom	10/19/2019	Foundations of Quality Child Care, Part 2	Rebecca Quigley	Shawnee	877-678-2548
Classroom	10/21/2019	Promoting Higher Order Thinking	Michelle Gilbert	Shawnee	877-678-2548
Online	10/22/2019	The Great Outdoors	Kelly Cain-Swart	Saline	785-823-3343
Classroom	10/24/2019	Exploring Sound (PEEP)	Susan Wade	Sedgwick	800-684-3962
Classroom	10/24/2019	•	Shari Williams	Wyandotte	913-342-1110 X1913
		Environments, Routines and Strategies that Support Social and			
Classroom	10/24/2019	Emotional Development in Young Children	JoAnn Henry	Saline	785-823-3343
Classroom	10/26/2019	Me dication Administration in Child Care	Susan Wade	Sedgwick	800-684-3962
Classroom	10/26/2019	Healthy Environments: Disease Prevention and Control	Susan Wade	Sedgwick	800-684-3962
Classroom	10/26/2019	Happy Meals: Safe Food Practices and Allergy Awareness	Susan Wade	Sedgwick	800-684-3962
Classroom	10/26/2019	Emergency Preparedness for Child Care Providers	Susan Wade	Sedgwick	800-684-3962
Classroom	10/26/2019	Adult CPR/AED, Pediatric CPR and First Aid	Mike Ferguson	Sedgwick	800-684-3962
Classroom	10/29/2019	Playful Pursuits	Susan Wade	Sedgwick	800-684-3962
Classroom	10/30/2019	Emergency Preparedness for Child Care Providers	Michelle Gilbert	Shawnee	877-678-2548

## Child Care Resource and Referral (CCR&R) Agencies



The four regional Child Care Resource and Referral (CR&R) agencies provide professional development, program supports, and resources for child care providers and others in the early education field.

**Region Three Region One Region Two Region Four** 1508 E. Iron 1002 S. Oliver 1100 S.W. Wanamaker Rd. 444 Minnesota Ave. Salina, KS 67401 Wichita, KS 67218 Suite 101 Suite 200 (855) 750-3343 (800) 684-3962 Topeka, KS 66604 Kansas City, KS 66101 (877) 678-2548 (800) 755-0838

### **Online Training Opportunities**

# **Equipment, Activities, and Strategies for Promoting Physical Activities**

This course familiarizes students with levels and types of physical activity that are suitable for children. It discusses ageappropriate activities and equipment, recommended activity levels, benefits of being active, risks from being inactive, and strategies that can be used to encourage children to become physically active.



#### **Assessing Children's Physical Development**

This course discusses assessment and screening of children's physical development, including common assessment and screening tools and instruments used by health care professionals and child care providers to evaluate children's physical development. It also discusses areas of children's physical development, including health and growth, visual and auditory development, and gross and fine motor skills development.

#### Sudden Infant Death Syndrome Awareness Month

October is Sudden Infant Death Syndrome (SIDS) Awareness Month.

Here are some tips on how to ensure your child(ren)'s safety.

- Place your baby on his or her back for all sleep times naps and at night. Some parents may be concerned that a baby who sleeps on his or
   her back will choke if he or she spits up during sleep. However, babies' anatomy and
   gag reflex will prevent them from choking while sleeping on their backs. Babies who
   sleep on their backs are much less likely to die of SIDS than babies who sleep on their
   sides or stomachs.
- Use a firm, flat sleep surface, such as a mattress in a safety-approved crib covered
  only by a fitted sheet. Some parents might feel they should place their baby on a soft
  surface to help him or her to be more comfortable while sleeping. However, soft
  surfaces can increase the risk of sleep-related death. A firm sleep surface helps
  reduce the risk of SIDS and suffocation.
- Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old. Some parents may feel they should share their bed with their baby to help them feel more connected. However, accidental suffocation or strangulation can happen when a baby is sleeping in an adult bed or other unsafe sleep surfaces. Sharing a room with your baby is much safer than bed sharing and may decrease the risk of SIDS by as much as 50%. Also, placing the crib close to your bed so that the baby is within view and reach can also help make it easier to feed, comfort, and monitor your baby.
- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area. Additionally, do not cover your baby's head or allow your baby to get too hot. Some parents may feel they should add sheets or blankets to their baby's crib to help keep their baby warm and comfortable while sleeping. However, sheets, comforters, and blankets can increase the risk of suffocation or overheat your baby. If you're worried about your baby getting cold during sleep, you can dress her or him in sleep clothing, like a wearable blanket.

For more information and to learn how to reduce the risk of SIDS and other sleep-related infant deaths, Click Here

Source: https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html? CDC AA refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fbabysafesleep%2Findex.html

## For a complete library of community education materials available, click here!



## Child Care Aware® of Kansas

Toll Free: (855)750-3343 Fax: (785)823-3385

www.ks.childcareaware.org

Having trouble viewing this? Click here to access this newsletter online.





