

Child Care Resource and Referral
is a project of the Indiana
Association for Child Care
Resource and Referral and the
Indiana Family and Social Services
Administration



NEWSLETTER

July 2011
Issue # 7

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1101 S. 13th St.
Terre Haute, IN 47802

Annual CASY Conference Learn and Play the Active Way



Saturday- August 27, 2011
Registration 8:00 am Conference 8:30 am-1:00 pm
Oakley Auditorium IVY Tech Community College
Terre Haute, IN

*Conference Brochure and registration form will be mailed to you by
early July and will be available on the CASY website.*

Conference Info: Research shows that physical activity can help children learn at the same time they are building their bodies and improving their movement skills. And did you know that physical activities can also add joy and purpose to every child care day? Children are natural movers. Let them Learn and Play the Active Way! This presentation by Dr. Diane Craft will teach you many easy-to-lead activities. You'll see how easy it is to encourage children 18 months to 5 years of age to develop their fundamental movement skills and fitness, while using the very same physical activities to teach them cognitive concepts. Dr. Craft's physical activities use only readily available, inexpensive and common equipment to give children many opportunities to explore moderate to vigorous movement in safe ways.

Speaker Info: Diane H. Craft, PhD, Professor, is on the faculty of the Physical Education Department at State University of New York at Cortland where she regularly teaches undergraduate and graduate courses in adapted physical education and elementary physical education. Since 1999 she has been promoting developmental appropriate, inclusive physical activity for toddlers and preschoolers. To that end, she has co-authored three books on inclusive preschool physical activity. Her most recent book/DVD set, co-authored and co-produced with Craig Smith is *Active Play: Fun Physical Activities for Young Children* and the accompanying Telly Award winning DVD showing young children participating in physical activities. Craft presents frequently on preschool physical activity at conferences and workshops throughout the country.

For more information about Dr. Craft visit: www.activeplaybooks.com



In May the Bureau of Child Care sent car clings to all the child care programs that are participating in Paths to QUALITY. The car clings are an easy way to help raise awareness and brand the Paths to QUALITY logo. By using the car clings it will also help make families and members of the community more aware of the value of Paths to QUALITY.

If you would like additional car clings to distribute to families please contact Kelsey Morris at (812) 232-3952 ext. 36 or at kmorris@casyonline.org

☆ Congratulations! ☆

Providers who increased to Level 2 in May/ June

Jack and Jill Daycare, Preschool and Latchkey Building 1 (Greene)

Jack and Jill Daycare Preschool and Latchkey Building 2 (Greene)

Alphabet Train (Greene)

Daisy Hill Daycare (Morgan)

Nana's Place (Vigo)

Gib's Place (Vigo)

Smallville's Clubhouse (Vigo)

Kimmie's Kids (Vigo)

Providers newly enrolled in Paths to QUALITY

Almost Like Home Daycare (Parke)

YourCDA CDA Renewal Applications Are Now Available Online

The Council now offers an online option for Candidates who need to renew their credentials. To use **YourCDA** you must have (1) a valid email address and (2) your ECE Reviewer's valid email address. You must also purchase the CDA Renewal Application Packet.

With **YourCDA** you can:

- Get your CDA renewed in a few days, if not in a few hours!
- Fill out and submit your renewal application online
- Check your status anytime
- Receive and submit your ECE Reviewer recommendation letter electronically
- Pay the renewal fee electronically
- Communicate quickly with the Council
- Get automatic updates as to where you are in the process

To learn more, please visit www.cdacouncil.org/yourcda.

Early Education Professional Development Grant Reimbursement



Clay, Parke, Sullivan, Vermillion and Vigo Counties only

The Professional Development Grant Program supports attendance at continuing education programs for child care providers/early education professionals that work directly with children ages 0-6.

Success by Six Professional Development Grants may be used for conferences, trainings, or workshops that focus on early education, child development or child care. Conferences, trainings, or workshops must be significantly related to the applicant's position and improve the applicant's ability to do his or her job and the agency's ability to foster the healthy development of young children. Applications due 10th of every month.

Professional Development Grants may only be used for the following expenses: Registration/conference/training fees. The minimum cost of the registration must be \$30. Trainings with minimal registration fees of less than \$30 are not eligible for a grant. Total grant available: **\$ 150 maximum and only one grant per person per calendar year.**

Complete Guidelines & Application available at: casyonline.org/successby6grantmay2011.pdf

For more information, contact Mark Johnson at United Way of the Wabash Valley at 812-235-6287.



Safety with Children

Gross Motor

Put a transportation safety twist on a game of Simon Says. Change the words, "Simon Says" to "Buckle-Up." Give transportation-themed commands as you lead the game. For example, say "Buckle-up and drive a bright red sports car," or "Buckle-up to fly around the room in a jet airplane." When you give a transportation command without saying "Buckle-Up," the children must not act out the command. Let them know that it is important to buckle up when they get in a vehicle.

Sensory/Art



Tape some traffic sounds, including sirens, airplanes, motorcycles, etc. and have children identify and draw what they hear.

Dramatic Play

Put life jackets, goggles, fins, traffic signs, masks, toy vehicles, doctor's kit, telephones, etc. in the dramatic play area. Children can use the items to practice safety.



This Is The Way We Cross The Road

This is the way we cross the road,
 We cross the road, we cross the road.
 This is the way we cross the road,
 We stop, we look we listen.
 We stand at the curb and we look both ways,
 Look both ways, look both ways.
 We stand at the curb and we look both ways,
 Before we cross the road.
 If the road is clear we cross the road,
 Cross the road, cross the road.
 If the road is clear we cross the road,
 We follow the green cross code.

Seatbelt

I like my seatbelt nice and snug.
 Around my hips like a big bear hug.
 I make it click so the driver will know
 I'm buckled in and ready to go

Books

- * Little Red Riding Hood by Candice Ransom
- * I Can Be Safe: A First Look At Safety by Pat Thomas
- * Who Is a Stranger and What Should I Do by Linda Walvoord Girard
- * Water Safety by Dana Meachen Rau
- * Impatient Pamela Calls 911 by Mary Koski
- * Don't Ever Cross That Road! An Armadillo Story by Conrad Storad

Online Training Opportunities

Here are other opportunities for trainings if you are working on your CDA, CDA renewal, or Paths To QUALITY training hours.

Kaplan Online Learning – www.kaplanco.com

Centers:

- **Center Annual Subscription Plan**
- Unlimited Annual Online Access* to 100+ courses offered by CCEI through Kaplan Online Learning
- Administrator access to Kaplan Online Learning Management Center to manage and monitor staff progress
- Center user licenses are transferable (conditions apply)
Up to 20 users - \$499.00 per year

This is a great opportunity if you have more than 5 staff wanting to work on training hours.

Individuals:

- **Individual Annual Subscription - \$99.00 per year**
- Unlimited online access* for 1 user for one year
- Individual user license is non-transferable

Care Courses – www.carecourses.com

These courses do cost different amounts depending on the amount of hours each course is worth. While courses are done online, the work itself is mailed in, evaluated, and a certificate is mailed back to you. You can pay to have the certificate rushed to you if you are on a deadline. They award both clock hours and CEU's.

CCIC – www.inclusivechildcare.org

The Center for Inclusive Childcare (CCIC) provides a couple of different training opportunities. For those only needing one or two hours, you can log onto their site and take any course listed in the info module for free. These modules are 15 minute overviews on topics giving you a certificate for 15 minutes. (You would need to take 4 of these for each hour of training needed).

The other option they offer is self study courses on a variety of topics. The courses themselves are free but you must pay \$25.00 for the certificate which will be good for 10 clock hours or 1 CEU.

National Association for Child Care Resource and Referral (NACCRRA) courses available on the CASY website!

Online Child Care Professional Education Center- <http://www.smarthorizons.org/naccrra/casy/>



Fireworks Safety



Fireworks are a popular part of July 4th celebrations. Unfortunately, more than half of the injuries from fireworks occur in children under age 15 years and include severe lacerations and burns to the hands, legs, head, fingers and eyes. Misuse of fireworks of all types accounts for the majority of these injuries which most often result from children being too close to the fireworks when they explode.

Young children can enjoy the idea of fireworks, without the risk of injury. Many simple, fun craft projects can resemble fireworks displays and provide fun and creative hands-on activities for young children. Consider these ideas:

- Streamers of colorful crepe paper and sparkles pasted to paper plates provide colorful decorations at school, at home and in outdoor areas.
- Glo-sticks, glo-ropes, and novelty flashlights in different colors are inexpensive, safe, and fun for young children.
- Spinning pinwheels can be used indoors or outdoors.
- Part of the attraction of fireworks is the sound created. Children love making noise and can easily be encouraged to pop paper bags or find kitchen items that can be used as noisemakers. For example, take empty plastic water bottles, decorate them, fill them with pea gravel, and shake, shake, shake! Avoid whistles and noisemakers that create very loud or shrill noises because these can damage hearing.
- Tie-dyeing t-shirts in red, white, and blue is a fun craft project for children (and adults) of all ages. Younger children can participate by attaching the rubber bands, helping tie string, and helping to hang the shirts to dry.
- Plan a parade. Have children show off their tie-dyed shirts, and give everyone a noisemaker, streamer, pinwheel, or other item.

Information provided by: Healthy Childcare

Let's Move! Child Care

Today's kids are more likely to be overweight or obese.

Three times more children are obese today than just 30 years ago. Now, nearly a third of kids in America are overweight or obese. The rate skyrockets to almost 40% in African American and Hispanic communities. Plus, more and more children are being diagnosed with obesity-related conditions that were traditionally only seen in adults— like type 2 diabetes and high blood pressure. Even more disheartening, many of these kids will experience serious conditions like heart disease, cancer, and stroke as adults.



You can be a child care champion for healthy choices.

Because you've dedicated your career to taking care of young children, you have the opportunity to help turn these frightening statistics around. As kids' bodies and brains develop, they can form unhealthy food preferences and habits that are hard to break. That's why the First Lady, Michelle Obama, is launching Let's Move! Child Care— a nationwide call-to-action that empowers child care providers, like you, to make positive health changes in children, early on, that could last a lifetime.

Start early, start smart.

We understand the challenges you face as a child care professional, so we want to give you the support you need to give the children in your care a healthier start.

Let's Move Child Care Goals (from infancy through preschool)

1. **Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
2. **Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents to ensure children have a total of no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
3. **Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
4. **Beverages:** Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4-6 ounce serving of 100% juice per day.
5. **Infant Feeding:** For mothers who want to continue breastfeeding, provide their breast milk to their infants and welcome them to come in and breastfeed during the child care day. Support all new parents in their decisions about infant feeding.

Healthier Alternatives

Instead of	Try
Fruit drinks or other sugary beverages	Frozen cubes of 100% fruit juice in cups of water
Cookies	Graham crackers dipped in unsweetened
Sugary cereal	Mix different shapes of whole-grain cereals, such as oat O's bran squares, and corn flakes
Potato chips	Baked vegetable chips
Crackers	Whole-grain crackers with apple butter or fruit
Cheese puffs	Thinly sliced vegetables and low-fat ranch dip
Cupcakes	Zucchini or carrot mini-muffins
Ice cream	Yogurt and fruit parfait
Gummy fruit snacks	Fresh fruit, cut in small pieces



- Let children participate in preparing food, if possible.
- Have kids create their snacks.
- Learn about how food grows.
- Don't use food as a reward or punishment.

WIC

WIC helps families start strong and stay that way. They will provide families a check to use for nutritious food for free.

Who is eligible? Pregnant women, new moms (up to six months after delivery, Breastfeeding moms (up to one year after delivery), infants, and children under the age of five.

Families must live in Indiana and meet income guidelines. Help families check their eligibility according to the following information. When a family applies, they will receive a personalized nutrition assessment to see if the program is right for them.

Household size: Annual income up to \$
(total before deductions)

1	\$20,147
2	\$27,214
3	\$34,281
4	\$41,348
5	\$48,415
6	\$55,482
7	\$62,549
8	\$69,616
9	\$76,683
10	\$83,750
11	\$90,817
12	\$97,884

The WIC checks can be used at local grocery stores for cereal, juice, milk, eggs, peanut butter, fruits, vegetables, whole grains, and formula. The food is healthy and everything is free which makes it easy to do what's right for parents and children.

To refer families who may be eligible, encourage them to contact 800-522-0874 for a clinic in their area.



CPR Information
CPR & First Aid

Classes include Universal Precautions

All CPR, First Aid and Universal Precautions classes are \$30 per person.

- * Registration and payment must be received in advance.
- * Classes are filled on a first-come basis and money is non-refundable.
- * Classes are held at the Booker T. Washington Community Center, Small Conference Room.
- * Classes begin promptly; late attendees cannot be admitted.
- * Classes are not designed to accommodate children.
- * Call the CASY office, ext. 30 for available dates and additional information.



The CASY office will be closed July 2 & 4 in Observance of Independence Day.



**Happy
4th of
July**



The Provider Resource Room Hours

Monday - Friday 9:00am - 5:00pm

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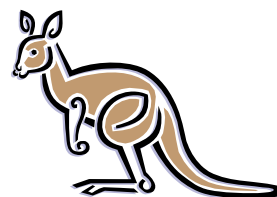
1st Saturday of the month

Closed 1st Saturday in July in Observance of Independence Day.

Our next open Saturday is August 6 from 9:00am - 1:00pm

Come in during our business hours to use our Provider Resource Room. We have a Lending Library with several great books available to borrow, also a Waxing Machine, Laminator, AccuCut Machine, and much more! This room is open for providers and their employees to use. We have staff available to answer questions and to show you how to use the items in the Resource Room.

For any questions feel free to contact the CASY office at 800-886-3952 or 812-232-3952



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Training Registration Form

Mail this form along with a check or money order made out to *CASY*.
Registrations are taken on a first come first serve basis.

Attendee Name: _____

Address: _____

Phone: _____

Training(s) information:

Name

Date

_____	_____
_____	_____
_____	_____

**CASY* trainings are about children not for children.
You will not be allowed to stay at a training if you have a child(ren) with you.

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Community Alliance and Services for Young Children

1101 S. 13th– 2nd floor
Terre Haute, IN 47802

Return service requested

Phone: 812-232-3952 or 800-886-3952

Fax: 812-232-1731

<http://www.casonline.org>

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Terre Haute, IN

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CASY Membership

CASY Membership fees are used to enhance our programs and projects.

Membership is open to child care and early education professionals as well as business and individuals interested in supporting our mission to promote developmentally appropriate early education and quality child care.

General membership types receive:

- AAA Hoosier motor club discount membership
- Monthly newsletter
- Free Notary Public Services
- Access to Lending Library
- Access to Accu-Cut Machine
- Access to Cricut cartridges
- Access to our rubber stamp collection
- Discount coupon from Education World, Terre Haute

Child Care provider/Early Educational Professional membership receive in addition:

- 100 free photo copies per month
- Free laminating– 20 sheets per year
- Free newsletter classified ads
- Qualifies as Professional membership for CDA and renewal
- Special gifts and items throughout the year
- Discount to CASY conferences

Thank you for your support!

Your membership is a reflection of your investment in quality child care for our community.

All membership types only \$30 per year

Type of membership check one

_____ Child Care or Early Education Professional (All benefits)

_____ Individual interested in quality child care and early education in our community (General membership benefits)

_____ Business interested in quality child care and early education in our community (General membership benefits)

Name _____

Child Care site or school if applicable _____

Business name if applicable _____

Mailing address _____

City _____ State _____ Zip code _____

Email: _____

Phone: _____

It is the policy of CASY not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, or employment policies.