

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



# CASY NEWSLETTER

September 2011

Issue # 9

Printed monthly at:  
1101 S. 13th St.  
Terre Haute, IN 47802

Cover your mouth • Use a tissue • Wash your hands



## Influenza Prevention Education

Back to school is a great time to provide professional development for volunteers and staff. At the beginning of each influenza season, (usually considered to be September or October with another peak in February and March), a child care facility should provide refresher training for all staff and children to include emphasis on the value of influenza vaccine, respiratory hygiene, cough etiquette, and hand hygiene. Staff and children should be encouraged to practice these behaviors. Necessary equipment and supplies (e.g., disposable tissues and hand hygiene materials) should be made available.

Child care health consultants have stated:

- Hand-washing should be incorporated into the individualized morning greeting and health check for each child. Asking the parent to assist the child in washing hands saves time, reinforces good habits for families, and reduces germ levels in the program. The morning greeting and health check is also a good opportunity to talk to parents about annual flu vaccination. Post information about where to get flu vaccination in your community.

Although immunization is the single best way to prevent influenza, appropriate hygiene including respiratory hygiene, cough etiquette, and hand hygiene have been shown to reduce spread of respiratory tract infections.

In order to be effective, hygiene-based interventions need to be periodically reinforced. Influenza immunizations are recommended for healthy children and adolescents six months through eighteen years of age, for all adults including household contacts and caregivers/teachers of all children younger than five years and health care professionals.

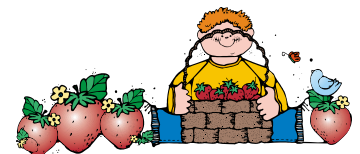
- Programs should include parents in their prevention education through the use of newsletters, posters, and parent meetings. Ideally, good healthy practices at home will reinforce those learned at school. To ensure proper hand-washing practices, child care providers should supervise children washing their hands whenever possible and to frequently review the procedure with the children.

In order to encourage influenza vaccine for staff and children, a few child care programs have provided an on-site “flu shot clinic” at their child care facility.

While it is clear that immunization of child care professionals is very important in the overall effort to reduce the burden of influenza, it can be quite challenging to get them immunized. Like the general public, many are resistant because they don’t understand the potential severity of the infection and because they have doubts about the safety and effectiveness of the vaccine. Staff should be educated annually about their duty to protect not only themselves but also the children/families they care for.

A pediatrician states: Since child care providers often juggle inflexible work schedules with other personal demands, it can be very useful to arrange for a visiting nurse to come to one of the center’s monthly mandatory staff meetings, thus making the low-cost immunizations as easy to get as possible.

The CASY office will be closed Monday, September 5  
in Observance of Labor Day.





# Congratulations

Providers who recently increased to

## Level 2

Tiny Tykes Inc  
Greene County

Tiny Tykes Daycare  
Greene County

Tender Times  
Vigo County

The Kids' Place  
Vermillion County

Small Treasures Daycare  
Parke County

## Level 3

Marcia Trusley  
Parke County

Country Kids Family  
Childcare  
Parke County

## Newly Enrolled Providers

ABC Preschool  
Vigo County

ABC Daycare  
Vigo County

Little Sprouts Daycare  
Vigo County

Mama Bears Day Care  
Vigo County

Auntie Mel's Day Care  
Vigo County

Paths to QUALITY Introduction Sessions

Attend a session to learn how to participate in Paths to QUALITY.

<u>Date</u>	<u>Time</u>	<u>Location</u>
Wednesday, September 21st	6:00pm-8:00pm	<b>Crawfordsville Holiday Inn</b>
Monday, September 26th	6:00pm-8:00pm	<b>Booker T. Washington Community Center</b>
Thursday, October 6th	6:00pm-8:00pm	<b>Booker T. Washington Community Center</b>



# Clowning Around

## Jump Through Fire Hoops

Wrap red, yellow, and orange crepe paper around hula hoops. Let small bits of the crepe paper dangle into the hoop. Hold the hoop vertically and let the children jump through the fiery hoops.

## Cotton Candy

Start at the top of a empty paper towel roll and glue on pink or blue cotton balls. Cover about 3/4 of the roll. To color white cotton balls place in a baggie with powered tempera paint and shake.

## Color Clowns

Need a clown body shape.....and the several bits and pieces to add to it as you recite a poem.....

Silly clown, silly clown with a great big nose,  
 Silly clown, silly clown wearing funny clothes.  
 Silly clown, silly clown with a suit of blue,  
 Silly clown, silly clown with one big shoe.  
 Silly clown, silly clown with a spotty tie,  
 Silly clown, silly clown big glasses on your eye.  
 Silly clown, silly clown with hair....(make up the rest along these lines)  
 (you can leave the clown out for children to dress up and tell stories)



## Dramatic Play

Go to rummage sales, Salvation Army, and Goodwill, and pick up old bathing suits, sparkly clothes, boas. They make terrific outfits for the TIGHT ROPE WALKERS to wear as they cross the balance beam!

## Books

*My Circus by Xavier Deneux*  
*Where's Pup by Dale Ann Dodds*  
*Three Ring Circus by Adam Rex*  
*Ollie Jolly, Rodeo Clown by Jo Harper*

# CASY CROP & CRAFT

Saturday November 5, 2011

9:00am-5:00pm

## \*Scrapbooking\*



Booker T. Washington Community Center Gym  
 1101 S. 13th St.

Terre Haute, IN 47802

Cost: \$25 per person includes lunch/snacks & freebies

Registration form available online.

Bring your own supplies & work on your scrapbook pages or other craft project.

The largest Make-it-Take-It Craft selection around!

Cricut machine & cartridges available-no charge!

Tons of great door prizes and raffle items!

812-232-3952 ext. 30 or e-mail [jjones@casonline.org](mailto:jjones@casonline.org)

All proceeds benefit CASY programs.

## \*Make-It-Take Its\*





## JUST A REMINDER: CHILD AND ADULT CARE FOOD PROGRAM PROVIDERS AND FACILITIES



This Policy becomes effective October 1, 2011

**Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program:** Requirements for fluid milk and fluid milk substitutions in the Child and Adult Care Food Program have been modified. The modification requires that fluid milk served in the CACFP be consistent with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommend that persons over two years of age consume fat-free (skim) or low-fat (1%) fluid milk. This is now a requirement for Child and Adult Care Food Program providers; **fat-free (skim) or low-fat (1%) fluid milk must be served to children over the age of 2 years.** Whole milk and reduced-fat (2%) milk may **not** be served to participants over two years of age. This requirement is effective immediately and full compliance should occur no later than October 1, 2011.

## Attention Food Program Providers New FY12 Tiering Rates Released.

See chart below

RATES EFFECTIVE FROM JULY 2011 TO JUNE 2012

Tier 1		Tier 2	
Breakfast	1.24	Breakfast	.45
Lunch/Supper	2.32	Lunch/Supper	1.40
Supplements/Snacks	.69	Supplements/Snacks	.19



## Nutritious Snacks

### Cereal Snack (12 servings)

- 7 cups O shaped cereal
- 1/4 cup margarine
- 1/4 cup light corn syrup
- 1/2 cup brown sugar
- 1 cup raisins
- 1/2 tsp. baking soda

Combine margarine, syrup and sugar in a small saucepan. Bring to boil and cook 2 minutes. Remove from heat & add soda. Pour over cereal & raisins and mix well. Pour mixture into greased baking sheet and bake at 350 degrees for 15 minutes. Remove from heat and cool. Store in air tight container.

Snack Menu:

2/3 cups Cereal Snack &  
1/2 cup cantaloupe.

Resource: Purdue Extension Consumer and Family Sciences

### Juicy Finger Blocks

- 3 envelopes unflavored gelatin
- 3/4 cup boiling water
- 1 12-oz. can frozen apple, orange, grape, or other juice concentrate

Dissolve gelatin in boiling water. Add juice and stir until mixed. Pour into a lightly greased 9 x 13 inch cake pan. Chill in the refrigerator about 2 hours until firm. Cut into squares or use cooking cutters to make shapes. Store in an airtight container in the refrigerator.

### Sunshine carrot Cocktail (6 servings)

- 2 cups pineapple juice
- 1/2 cup carrots
- 1 banana
- 1/2 cup crushed ice or ice cubes

Cut carrots. Place carrots in blender and chop for a few seconds. Add some pineapple juice and blend for a few more seconds until carrots are smooth. Add remainder of pineapple juice, banana and crushed ice and blend until smooth.

Snack Menu:

1/2 cup Sunshine Carrot Cocktail and  
1/2 slice raisin toast



## First Steps of Indiana- Services for Children Birth-Three



Most First Steps services take place in a “natural environment” and for many of our children that natural environment is in your child care. The child’s parent and you should have an opportunity to meet with the new First Steps therapist and discuss exactly what services will look like and how each of you can support those services throughout the child’s daily routines. It is very critical that all of the child’s “important” people know what the therapist is working on and how to support the development of those targeted skills. Don’t hesitate to ask questions about what the therapist is doing and about how you can follow-through and support this child.

Therapy should occur within the context of your normal daily routines and activities. It is not best practice for a child to be isolated from his or her peers for therapy time. Research shows that children learn best from other children and part of the therapist’s role is to support those interactions. Sometimes the therapist will limit the number of play partners that are included to ensure that focus and attention to the task are maximized. But the First Steps provider will not need a separate/ isolated space to work with the child. Please feel free to talk to the First Steps provider about your regular routines and activities so that things work smoothly for everyone.

First Steps providers should come at a consistent day and time as well as contact you when their schedule has to be changed. Therapists should be courteous and respectful of you and your staff as well as your space and your requirements. Please don’t hesitate to contact the First Steps office if you ever have an issue with a therapist.

First Steps providers will be asking you to sign a “face to face summary sheet” each time s/he sees a child in your care. This is a great time for the therapist to talk to you about strategies you can use to support the goals that they are working on and a perfect time for you to ask any questions you might have. This face to face summary sheet is also a way to communicate therapy information to the parent. Services work best when the child’s team works together toward the same goals.

Every child deserves the best start. One way to ensure this is to make certain that nothing stands in the way of his or her continued developmental growth. Together we make a powerful team for supporting children’s development.

If you need more information, call First Steps toll free, 1-877-860-0413.

### New Crib Standards Survey

Many of you are aware of the new crib standards that were put into place by the consumer product safety commission. All of you received letters and I have spoken to many of you as well. This is just a reminder that those new standards concern ALL providers who use cribs or portacribs. It does NOT just affect drop side cribs – It is ANY crib manufactured before July of 2010. I have spoken with all centers and registered ministries in our 10 county area if you are listed as serving Infants about your cribs. However, I have not contacted homes so I am asking you to contact me if you are a home provider who currently is using a crib or portacrib. (Pack and plays are not a portacrib and are not affected by this new regulation). Please call Jill at 1-800-886-3952 ext. 34 or 232-3952 ext. 34 if you are a home provider who is using cribs instead of pack and plays. If I am not in – please leave me a message as to how many cribs you currently have in your facility. If you have any questions about the new regulations or you aren’t sure if it applies to you, please feel free to contact me as well. All cribs must be in compliance with the new regulations by Dec. 2012.

Jill Erickson– Infant Toddler Specialist

### **Orientation I and II Trainings:**

Do you want to become a licensed child care provider? You can begin by attending our Orientation Trainings.

**Orientation I** - Part 1 of 2 on opening a Child Care site. Start up workshop for those interested in opening a Licensed Home, Licensed Center, or Unlicensed Registered Ministry to learn about basic health, safety, and start up requirements, plus information on the different types of child care programs in Indiana. Strongly encouraged, but not required for Unlicensed Registered Ministries. *CDA Subject Area: I (1 hour), V (.75 hours), VI (.25 hours)*

**Orientation II** – Part 2 of 2. For Licensed Family Child Care Providers. Learn about licensing regulations and what steps to take in the process. *CDA Subject Area: I (1.5 hours), V (1.5 hours), VI (.5 hours)*

**9/8/2011 Orientation I** - 6:00pm-8:00pm - Owen County Public Library (Owen)

**9/14/2011 Orientation I** - 6:30pm-8:30pm - BTWCC (Vigo)

**9/20/2011 Orientation II** - 1:00pm-4:30pm - BTWCC (Vigo)

**10/4/2011 Orientation II** - 4:30pm-8:00pm - Owen County Public Library (Owen)

**10/6/2011 Orientation I** - 6:00pm-8:00pm - Martinsville Public Library (Morgan)

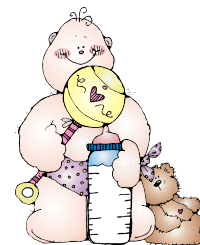
**10/19/2011 Orientation II** - 4:30pm-8:00pm - Martinsville Public Library (Morgan)



### Better Baby Care Series to Begin in October

Better Baby Care (BBC) will begin Sat. October 22<sup>nd</sup>. Better Baby Care is a series of classes that total 30 hours of training in best practices when caring for infants and toddlers. There are 3 – 10 hour units: Caring Safely, Family Centered Care, and Watch me Grow, Help me Learn. The first 10 hours (Caring Safely) are health and safety subjects as well as equipment specific to infants and toddlers. The 2<sup>nd</sup> 10 hours (Family Centered Care) talks about how to deal with families and policies for child care. The final 10 hours (Watch me Grow, Help me Learn) covers child development, appropriate expectations, developmentally appropriate practices, and activities and planning for infants and toddlers. Better Baby Care will help any provider on Paths to QUALITY in levels 1, 2, and 3. BBC is a series training and must be completed in the order offered. If you miss a class, you will have to wait until next year to pick back up where you left off. The classes are scheduled at the Booker T. Washington Community Center (Vigo) as follows:

- October 22<sup>nd</sup> (8:30am – 1:30pm)
- November 19<sup>th</sup> (8:30am – 1:30pm)
- December 10<sup>th</sup> (8:30am – 1:30pm)
- January 14<sup>th</sup> (8:30am – 1:30pm)
- January 28<sup>th</sup> (8:30am – 1:30pm)
- February 11<sup>th</sup> (8:30am – 1:30pm)



There are assignments given in class to be done outside of class before the next session that will give you an additional 2 hours credit and must be completed to come to class. You must be able to attend all of these dates to register. **There is a \$25.00 fee per person for this series. For more information or to register, please call Jill at ext. 34.**



### 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.



CASY members can stop by our office

September 1-30 to pick up your membership gift bag that is stuffed full of fun items! If you are out of county and have a difficult time getting to our office you can call Jacquie at ext. 25 to make arrangements to have the bag delivered to your county. If you are not a paid CASY member & would like to join in September, you will receive your gift bag!

### The Provider Resource Room

#### Hours

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

&

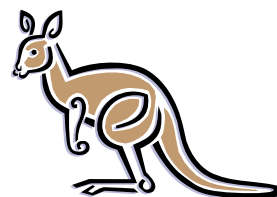
1st Saturday of the month

Closed first Saturday in September in Observance of Labor Day.

Our next open Saturday is October 1 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



*C*  
*r*  
*e*  
*a*  
*t*  
*i*  
*v*  
*e*

Corner

# 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

_____	_____
_____	_____
_____	_____

*\*CAS Y* 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.



# 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

_____	_____
_____	_____
_____	_____

*\*CAS Y* 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.

## 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>

NON-PROFIT ORG.

U.S. POSTAGE

**PAID**

Terre Haute, IN

Permit No. 841

### 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.*