

Bright Beginnings

Child Start, Inc.

Wichita
Toll free 800-684-3962
www.childstart.org

Counties Served: Butler, Cowley, Harper, Harvey, Kingman, Marion, McPherson, Reno, Rice, Sedgwick and Sumner

Because of a number of new and exciting staff changes, I wanted to share with you Child Start CCR&R program's teams!

Outreach Management Team

CHERYL DUNN, Outreach Program Director

CLAIRISSA MADDY, Sr. Mgr., Call Center

MARCY CONE, Sr. Mgr., Early Childhood

MARILEE HANEY, Sr. Mgr., Resource Services

Early Childhood Resource Team

JACQUETTE THOMPSON, Professional Development Specialist, Sedgwick County

ANGELA BITKER, Infant/Toddler Specialist, Cowley and Sumner Counties

KATE HOVIS, Infant/Toddler Specialist, Rice and McPherson Counties

GLENDA HIGBEE, Infant/Toddler Specialist, Harper and Kingman Counties

KELLY CAIN-SWART, Infant Toddler Specialist, Harvey and Marion Counties

CRYSTAL FRANKS, Infant/Toddler Specialist, serves Sedgwick County

JACKIE TANNER, KQRS Coach, Butler County

NIKKI NANSEL, KQRS Coach, Reno County

Call Center Referral Team

LYNDA DEMEL, Referral Counselor

SHIRLEY LEWIS, Referral Counselor

BEVERLY FOWLER, Referral Counselor

RUTH CARTAGENA-BATISTA, Referral Counselor

CHASITY KUFFLER, Referral Counselor

LARRY DREYER, Data Specialist

Be Prepared

FIRE!

Drills, rules, equipment: there is a lot to think about in fire safety education, but making such education a regular part of your organizational system will be worth it just in case.... On equipment, check fire extinguishers, smoke detectors and sprinkler system (if you have one), each quarter. Practice fire drills once a month by slowly walking through the drill—telling children what you are doing and why, and setting rules such as “Be silent, walk quickly, follow directions, shut off lights, and close the door when you leave the room.” Have a set meeting place when you all arrive outside where you are to go. Practice “Stop, Drop and Roll” when you are outside to put the two experiences together in the children’s mind. Mix it up – every once in a while block one of the exits or doorways and use another way to go outside. In a real fire, your quickest exits may be blocked by heat or smoke. Be prepared. Take your emergency kit and class roster with you.

TORNADO!

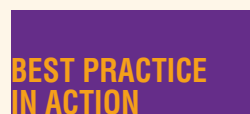
Regular practices of tornado drills are needed also. When selecting a tornado “safe place,” look for a place on the lowest level and away from windows, preferably in a small room (closet or bathroom) in the center of the house or program. Walls that are close will help provide more support to the roof, and each wall between you and the outside will provide further protection. Keep your safe place uncluttered! Keep windows closed! Use an arm and hand to protect your head and neck from falling or flying objects. Your head and neck are more easily injured than other parts of your body. Protect them as much as you can. This is why we have children practice tucking their heads and covering their necks with their hands. Kit basics include:

- A NOAA Weather Radio with a tone-alert feature to keep you aware of watches and warnings while you are indoors

See PREPARED, page 2

Protecting Young Children

Anticipating, preparing, and taking action to prevent safety problems or helping children handle emergencies is part of



every child care environment.

We all take responsibility

for protecting young children in our care. Children do not have the experience to know what to do in an emergency. We want to simulate such experience in a calm, helpful environment first so that if situations such as tornados or fires do occur, everyone will be prepared. This is why we post and practice drills with the children in our care. Such drills make children aware of possible dangers and ways they can, with our help

and guidance, make it through dangerous environments.

You can reinforce safety through other means such as a curriculum unit on all kind of safety topics, including group discussions, or by making available puzzles, pictures, books and games illustrating safety precautions to the children at group time or on a regular basis. Letting children know that their safety is important to you, to their parents, and to themselves will help them understand the importance of safety rules and why they are worth following. Simple, non-frightening explanations about why the rules and drills are important will go a long way in helping children learn to follow safety rules.

Economic Recovery

Meeting the Needs of Women and Families

Women and their families are facing an economic crisis across the country. The American Recovery and Reinvestment Act contains many of the crucial provisions we fought so hard to include, such as funding for child care and Head Start, child

UPDATE IN THE FIELD

support enforcement, health care, education and job training. Specific to the field of Child Care and Early Education, the Act will help low-

income parents obtain the child care they need to get and keep jobs and help children get the early learning they need to succeed, including. The Act includes \$2 billion for the Child Care and Development Block Grant and \$2.1 billion for Head Start and Early Head Start for more information go to The National Women's Law Center at <http://www.nwlc.org>



PREPARED, from page 1

- A portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- First aid kit and first aid manual
- An extra set of vehicle keys
- Matches in a waterproof container
- Signal flare
- Map of the area and phone numbers of places you could go
- Special needs, for example, diapers or formula, prescription medicines and copies of prescriptions
- Class roster

Emergency resources:

First Aid for Children, About.com, http://pediatrics.about.com/od/firstaid/First_Aid_for_Children.htm Has tons of information on creating a first aid kit, Heimlich Maneuver, CPR - Infant, animal bites, common dental emergencies, springtime safety, poison control, etc.

Resources for Educators and parents from the Federal Emergency Management Agency (FEMA). www.fema.gov/kids/teacher.htm

Health and Safety Topics. National Network for Child Care. http://cyfernet.ces.ncsu.edu/cyfdb/browse_2pageAnncc.php?subcat=Health+and+Safety&search=NNCC&search_type=browse

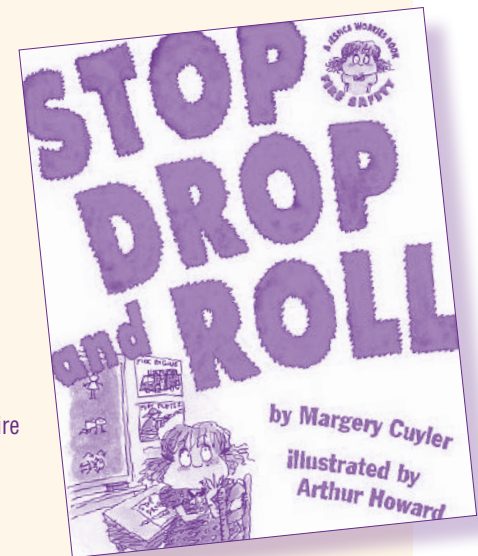
A Day Care Facilities Emergency Planning Guide – sample http://www.pema.state.pa.us/pema/lib/pema/daycareplanningtoolkit/day_care_facilities_planning_guide.pdf

LIBRARYCORNER

Stop, Drop and Roll

Author: Margery Cuyler
Reading level: Ages 4-8
Hardcover: 32 pages
Publisher: Simon & Schuster Children's Publishing (September 1, 2001)
Language: English
ISBN-10: 0689843550
ISBN-13: 978-0689843556
Cost: \$13.13

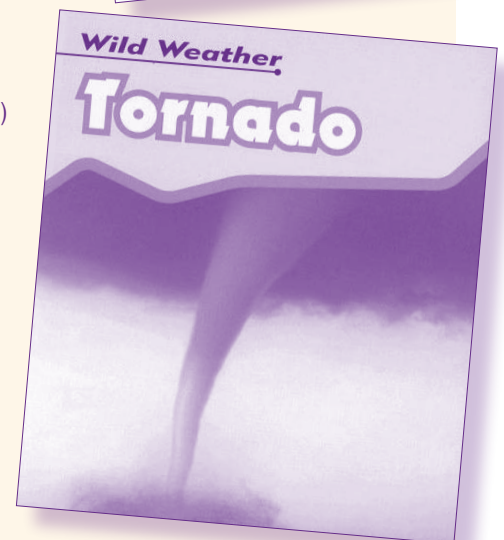
An excellent source of information about fires and fire safety. It teaches kids in a fun and comfortable way what to do if they need to utilize stop, drop and roll.



Wild Weather Series: Tornado

Reading level: Ages 4-8
Paperback: 48 pages
Publisher: Cartwheel; 1 edition (March 1, 1994)
Language: English
ISBN-10: 0590463381
ISBN-13: 978-0590463386

Start with the Tornado book in this series (Wild Weather). Then you can go on to the others. There is one on hurricanes, which is even better. Also in the series are books on flooding, lightning, as well as blizzards. It depends upon which area of the state you live in and which type of wild weather information you need for your group of children.



Low-Fat Dairy

Americans have reversed their beverage consumption over the last 60 years. In 1945, Americans drank 4 times more milk than soft drinks.

PROVIDER PERSPECTIVE

Now, we drink 3 times more soft drinks than milk, and our

bodies are missing out on all the health benefits that dairy products offer.

Contrary to popular belief, ALL milk has calcium and vitamin D for strong teeth and bones, protein for muscle growth, and calcium, potassium and magnesium for healthy blood pressure. But most people do not know that low fat milk has all the benefits of whole milk with less calories and fat!

For both men and women over the age of 19, the USDA's My Pyramid recommends 3 full servings of low-fat dairy products daily. Consuming low-fat dairy helps reduce the risk of high blood pressure, osteoporosis, heart disease, stroke, some cancers, and dental cavities.

While many people select low-fat yogurts and cheeses, they cannot get used to the taste of skim milk. Instead of jumping from whole to skim, try taking gradual steps over a period of time. If you don't like to drink milk, try adding low-fat milk in place of water when making oatmeal, or make scrambled eggs with low-fat milk and top with cheddar cheese. Soups and casseroles can be made more flavorful by adding low-fat milk. Low-fat yogurt can be transformed into a delicious smoothie when mixed with fruit in a blender.

For those who have lactose intolerance, there are a number of milk products specifically for you. Look for low-fat dairy products labeled as "lactose free," "lactose reduced," or "low lactose." For those who choose a vegan diet, calcium is available in soy or rice beverages, as well as fortified juices, cereals and breads. During this year, join us in making the move to low-fat dairy!



Are you Ready?

All family child care homes should be registered with the local fire/rescue department. (Center based and group home facilities are registered and annually monitored.) In case of an emergency, the proper authorities need to know as much as possible about your facility.

PROFESSIONAL DEVELOPMENT

Having a rescue registration process in effect could make a rescue situation safer and quicker.

Initiating a rescue registration plan can be as simple as a family child care provider visiting the local fire/rescue department and registering your family child care home using a Family Child Care Rescue Registration Form or creating your own. It should include basic contact information, hours of operation, maximum number of children enrolled and their age ranges, other employees and their hours, language spoken, and a description of where exactly in your home you provide child care. Include as much information as possible, including the type of home (single, multi-family, duplex, etc.), which floors and rooms you use. Describe the main entrance to the child care and any additional entrances, etc. Include other important information such as special needs children, other adults, animals, etc.

Excerpt taken from Young Children – NAEYC

What about this referral process?

Referral Series Part II: How families look for child care

Families may choose one of two methods to look for child care.

1. They may call the KACCRRRA toll free number 877-678-2548 and be transferred to the appropriate call

center where a referral specialist will assist them in finding care to match their needs. By using the call center, a referral specialist is able to use additional search criteria such as looking for a provider with special needs training, one that has no pets or is smoke free. The specialist can even broaden the search by expanding into other zip codes in the area.

BUSINESS TIPS

2. The family may also choose to use the on-line referral process.

Using the on-line referral process is limited but can be helpful if a family is not able to call the referral specialists during office hours.

Information used to match the needs of a family using either method includes:

- Hours and days of care
- Age of children
- Vacancies per age group
- Location (city, zip, school)
- Type of care (family child care, child care center, preschool)
- SRS subsidy

Next month, watch for a discussion on what information families receive from the R&R referral call.

Upcoming Events

Kansas Child Care Providers Coalition Conference

April 24 & 25, 2009

Ramada Hotel, 420 SE 6th Street,
Topeka, Kansas 66607

Website: <http://www.ccpcofkansas.com/ConferenceBrochure2008.html>

Worthy Wage Day

May 1, 2009

A day to build community awareness and highlight the importance of quality care for children and its relationship to worthy wages for child care workers.

Websites: www.ccw.org & <http://worthywageday.org>

Provider Appreciation Day

May 8, 2009

A yearly event to recognize child care providers everywhere!

<http://www.providerappreciationday.org/>



Milk Marvels

Add one of the following to 1 cup cold milk for nutrition and interest. Mix well in blender.

½ banana, mashed or frozen

1 scoop of fruit-flavored ice cream or sherbet

½ cup frozen strawberries plus the syrup, or ½ cup fresh berries plus some sweetener if needed,

Canned peaches or pears (drained) 2 T. fruit syrup and 1 scoop of vanilla ice cream



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Milk is a FOOD!

Milk is a terrific food – yes, FOOD. The only difference between skim milk and regular milk is the fat content. If your child is active and not carrying excess weight, let her choose the type of milk

she likes best.

Most experts agree that it is okay for

kids to drink skim milk from age two on since everyone seems to get enough fat elsewhere in their diet.

Milk provides a good supply of vitamin A and D, protein and calcium. If your child has an aversion to milk, then cheese, yogurt and cottage cheese will add calcium. Even powdered milk is an excellent method for sneaking in extra milk value as it can be added to many foods including cookies, scrambled eggs, frostings, dips and even milk itself. While using powdered milk is a good enrichment idea, do not get carried away with it.

NUTRITION NEWS



Outreach Staff

Cheryl Dunn, Outreach Director
Marilee Haney, Senior Manager, Resource Services
Clairissa Maddy, Senior Manager, Call Center
Marcy Cone, Senior Manager, Early Childhood
Angela Bitker, Infant/Toddler Specialist
Glenda Higbee, Infant/Toddler Specialist
Crystal Franks, Infant/Toddler Specialist
Kelly Cain-Swart, Infant/Toddler Specialist
Katherine Hovis, Infant/Toddler Specialist
Amber Ives, Infant Recruitment Specialist
Jacquette Thompson, Professional Development Specialist

Beverly Fowler, Call Center Counselor
Lynda Demel, Call Center Counselor
Ruth Cartagena, Call Center Counselor
Chasity Kuffler, Call Center Counselor
Shirley Lewis, Call Center Counselor
Jackie Tanner, KQRS Coach
Nicole Nansel, KQRS Coach
Larry Dreyer, Data Specialist
Amanda Jones, Workshop Clerk
Amita Delgado, Outreach Secretary
Siophi Shepherd, Scheduling Specialist

New Position - Infant/Toddler Recruitment Specialist

Amber Ives has joined Child Start's Outreach program as the Infant/Toddler Recruitment Specialist. This new position was created to help recruit new infant and toddler professionals and to give new professionals a point of contact to help them start in their new careers. Among other projects, the Infant/Toddler Recruitment Specialist will:

- Answer questions from family child care providers, center-based teachers, parents and other caregivers on infant and toddler child development and other special concerns.
- Recruit prospective infant and toddler child care professionals
- Conduct pre-service training for child care professionals
- Provide Strengthening Families training
- Conduct program assessments

This position is funded by the Early Childhood Block Grant to serve Harvey County.

Average Infant & Toddler Rates

Below is a table of the average full time weekly rates as of February 2009. This information was gathered from the provider profiles that are updated by those listed on our child care referral service.

To read this table: On the left are age ranges. Along the top are the initials for all of our district office counties. If you look down the column for each county you will see the average weekly rate for each age group.

	SG	RC	McP	MA	RN	HV	KM	BU	HP	SU	CO
Under Age 1	\$ 120.85	\$ 110.00	\$ 95.54	\$ 93.57	\$ 98.52	\$ 107.90	\$ 105.00	\$ 110.80	\$ 92.86	\$ 99.40	\$ 92.53
12-17 Mos	\$ 120.98	\$ 110.00	\$ 92.50	\$ 92.14	\$ 97.45	\$ 106.68	\$ 105.00	\$ 114.53	\$ 92.86	\$ 101.50	\$ 93.17
18-23 Mos	\$ 107.75	\$ 110.00	\$ 91.29	\$ 93.75	\$ 91.35	\$ 101.20	\$ 87.50	\$ 104.19	\$ 87.50	\$ 91.85	\$ 85.71
2 Years	\$ 107.34	\$ 105.00	\$ 91.52	\$ 93.12	\$ 90.80	\$ 97.91	\$ 78.00	\$ 105.39	\$ 86.88	\$ 92.75	\$ 87.03

April 2009 In-Service Trainings

Date	County	Title
1	Sedgwick	Child Abuse Recognition & Reporting/Signs and Symptoms
4	Sedgwick	Adult, Child & Infant CPR & First Aid/Safety
6	Sedgwick	Pediatric First Aid Introduction and Refresher
9	Sedgwick	Keep Mooving. . . With Lowfat Milk and Dairy Foods
9	Reno	Creative Curriculum of Infants, Toddlers and Twos - Going Outdoors
13	Sedgwick	Creative Curriculum for Preschool - Cooking
14	Sedgwick	Child Abuse Recognition & Reporting/Signs and Symptoms
16	Sedgwick	KQRS Support Group
16	Sedgwick	Tools of the Trade III
18	Rice	5 Minutes a Day Keeps the Tantrums Away (Must reside in Rice Co.. to attend)
18	Sedgwick	Adult, Child & Infant CPR & First Aid/Safety
20	Harper	Pediatric First Aid Introduction and Refresher
20	Sedgwick	Pediatric First Aid Introduction and Refresher
21	Marion	Pediatric First Aid Introduction and Refresher
21	Butler	Creative Curriculum for Infants, Toddlers and Twos - Tasting & Preparing Food
23	Sedgwick	Nuts and Bolts of Center Care 101 Part 3
25	Sedgwick	PCAN-M1, Building Collaborative Relationships with Families Module
27	Sedgwick	Creative Curriculum for Preschool - Dramatic Play
28	Reno	Flexible, Fearful or Feisty-The Different Temperaments of Infants and Toddlers
28	Rice	Creative Curriculum for Preschool - Block Play

May 2009 In-Service Trainings

Date	County	Title
2	Butler	Tools of The Trade Module
2	Sedgwick	Adult, Child & Infant CPR & First Aid/Safety
4	McPherson	Creative Art for Infants and Toddlers
4	Sumner	Child Abuse Recognition & Reporting/Signs and Symptoms
4	Sedgwick	Child Abuse Recognition & Reporting/Signs and Symptoms
5	Sedgwick	KQRS Support Group
7	Reno	Creative Curriculum for Infants, Toddlers and Twos - Sand and Water
11	Harvey	Adult, Child & Infant CPR & First Aid/Safety
12	Sedgwick	Creative Curriculum for Preschool - Discovery
12	Butler	Creative Curriculum for Infants, Toddlers and Twos - Discovering Sand and Water
12	Harvey	Adult, Child & Infant CPR & First Aid/Safety
13	Sedgwick	Pediatric First Aid Introduction and Refresher
14	Sedgwick	Tools of the Trade I
18	Sedgwick	Creative Curriculum for Preschool - Sand and Water
18	Rice	Child Abuse Recognition & Reporting/Signs and Symptoms
19	Reno	Getting in Tune: The Responsive Process
19	Sedgwick	Child Abuse Recognition & Reporting/Signs and Symptoms
21	Marion	Creative Curriculum for Preschool - Dramatic Play

*For more information or to make a reservation please call 316-682-1853 or visit www.childstart.org
Workshop Cancellation Hotline (Recorded message with status of workshops): 316-682-1853 ext. 279*