

Bright Beginnings

Child Start, Inc.

Wichita
682-3962 or Toll free 800-684-3962
www.childstart.org

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

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Environmental Design

Open Spaces & Cozy Places

“If you want to do something good for a child give him an environment where he can touch things as much as he wants.”

— Katherine Whitehorn

Children need the opportunity for both open spaces and cozy places. When a childcare program is cramped and crowded with too much furniture and materials, this may create chaos, sensory overload and lead to behavioral issues. With no place for coziness or privacy, children may become overwhelmed and frightened.

Your child care environment should invite children in and make them feel like they belong. Open spaces should be available not only outdoors but within the walls of a childcare program for those active children who need accessibility for constant movement. Create active play areas where children can move around and just be kids. Offer music and movement props that children can access on their own such as: scarves, ribbons, streamers, large feathers, and boas. Furnish active play equipment like a small basketball hoop, a hop-scotch mat or a home-made bowling alley. Also a mattress, pillows, or cushions for jumping, blankets for hiding and rolling in, ropes for jumping, boards for making balance beams and ramps, a radio or stereo for music to dance to. Change the way you set up your activity space a little every day to keep it interesting to the children.

A cozy space grants children the opportunity to get away from the pressures of group care, time to calm their bodies



when they are angry, and permits a choice to be alone. Offer a cozy space away from active play. A corner in the room, space in between or behind furniture, perhaps under a table would work. Use a refrigerator box or an old bathtub. Cloth hammocks are a great way to create a cozy space outside and if hung low enough, could be used by toddlers. With the swaying motion, hammocks provide sensory interaction that many children need. Lofts provide a perfect place to be alone for older children. Be sure to provide a soft mat or carpeting under the hammock and loft to prevent injuries. Used indoors, inflatable pools or air mattresses can be a safe and cozy place for young children. Furnish soft

See SPACE, back page

BEST PRACTICE IN ACTION

KACCRRRA offers E-Learning

Kansas Association Child Care Resource & Referral Agency, (KACCRRRA), is now offering on-line courses through their e-Learning solutions. Providers can now obtain the hours they need to earn or renew their CDA, and to earn CEU credits. There are four online courses available: 120 Hour CDA Course; 45 Hour CDA Renewal Course; 8 Hour Child Abuse Training for Center Staff; and 8 Hour Child Abuse Training for Family Child Care.

With all four courses, early childhood educators will receive CEU credit that is accepted by KDHE, for certification and re-certification. Child care professionals who complete the 120-Hour CDA Course and earn their CDA National Credential can also be awarded college-level credit through Nova Southeastern University's Fischler School. The Fischler School currently transfers the CDA National Credential, for nine (9) credits, towards the Bachelor of Science (B.S.) Degree, with a concentration in Child Development. Coursework completed towards the 45-Hour CDA Renewal Course will be considered, before being transferred for a maximum of three (3) credits.

Participants must have internet and email access to be able to participate in e-learning. To find out more about e-Learning visit www.kaccrra.org and look under the provider tab. For additional questions contact your local child care resource and referral office, or KACCRRRA's Professional Development Director, Tanya Koehn, at 785-823-3343 or by email at tanyak@kaccrra.org.

Encourage reading with cozy spaces

By Pamela Cole Harris

Research has shown that reading to your child not only forms a stronger bond, but also increases his/her cognitive, motor and social skills. And designating a space as a reading corner can make the experience comfortable and cozy.

Here are some tips for making the most of your reading corner:

- Make sure that there is proper lighting in the corner. Don't rely on harsh overhead lighting! Use soft, reader-friendly bulbs in lamps which are the correct position to prevent light from shining directly at eye height.
- Find a table to put beside the chair to hold the lamp or additional books. Make it sturdy enough so that kids cannot accidentally turn it over.

- Have a warm afghan or quilt in the wintertime to wrap up in a snugly cocoon. It increases the sense of intimacy!
- An ottoman or footstool is a wonderful place to put up your feet while reading! Or it is a perfect place for a child to sit. The most important thing is that the children be comfortable reading.
- Gather stuffed animals as an additional audience when a child begins to read to you. Kids love to have an audience of favorite friends!

Pamela Cole Harris Visit her website, <http://www.homeandgardenmakeover.com>
This article provided by the Family Content Archives at <http://www.Family-Content.com>

Resource books for providers

These are great resources for developing learning centers:

- Complete Learning Center Book by Rebecca Isbell (Beltsville, MD: Gryphon House, 1995)
- Early Learning Environments that Work by Rebecca Isbell and Betty Exelby (Beltsville, MD: Gryphon House, 2001)
- Caring Spaces, Learning Places by Jim Greenman (Redmond, WA: Exchange Press, 2005)
- The Complete Learning Spaces Book for Infants and Toddlers by Rebecca Isbell and Christy Isbell (Beltsville, MD: Gryphon House, 2003)



BELIEF

Early Childhood Leadership Institute

Now recruiting
Cohort 3 for 2011

Contact Becky Woerz
for more information
877-678-2548 or becky@kaccrra.org

LIBRARYCORNER

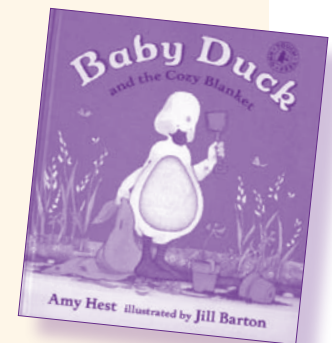
Baby Duck and the Cozy Blanket

Author: Amy Hest
Illustrator: Jill Barton (Paperback)
Publisher: Candlewick Press
Format: Paperback, 14pp
Age Range: For infants or children in preschool
Series: Baby Duck Books! Series
ISBN-13: 9780763615826
ISBN: 076361582X

Baby Duck faces blanket separation in this heartwarming, touch-and-feel tale for the youngest of readers.

Poor Baby Duck! Her cozy blanket needs washing, and that means spending the day without it. In this

familiar tale of blanket separation, Amy Hest and Jill Barton bring their lovable, grumpy duck to life in a most touching way. Baby's many fans are invited to stroke her downy belly, feel her sticky blanket, poke her squishy bath sponge, and even check their own faces in her bedroom mirror. In the end, little readers will be happy to help cuddle Baby's blanket, which is cleaner—and cozier—than ever.



Get your ZZZs!

Caregivers are naturally nurturing people who are generous with their help and time. Ironically, they often forget to extend their care giving skills to themselves. They overlook the fact that their personal health and well-being impacts the work they do with children and families. Healthy Kansas

PROVIDER PERSPECTIVE

Kids wants you to remember that **YOUR PERSONAL WELLNESS MATTERS!**

What a perfect topic for this month's issue: sleep. Chances are, you do not get enough sleep or suffer from lack of sleep. Surveys conducted by the National Sleep Foundation reveal that at least 40 million Americans suffer from sleep disorders. In addition, more than 40 percent of adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few days each month. Many adults and parents focus on children getting adequate amounts of sleep but ignore their own needs. Sleep does a number of things for our bodies and minds. Sleep is important for concentration, memory formation and the repair of damage to your body's cells during the day. Chronic lack of sleep increases the risk for developing obesity, diabetes, heart disease and infections. Stress is the number one cause of short-term sleeping difficulties, according to sleep experts. Common triggers include school- or job-related pressures, a family or marriage problem and a serious illness or death in the family. Usually the sleep problem disappears when the stressful situation passes. However, if short-term sleep problems aren't managed properly from the beginning, they can persist long after the original stress has passed. Drinking alcohol or caffeinated beverages in the afternoon or evening, exercising close to bedtime, following an irregular morning and nighttime schedule, and working or doing other mentally intense activities right before or after getting into bed can disrupt sleep. Everyone's individual sleep needs vary. In general, most healthy adults need an average of eight hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours. And, contrary to common myth, the need for sleep doesn't decline with age but the ability to sleep for six to eight hours at one time may be reduced.



Preventing Falls

SAFETY TIPS

- Never leave your child alone on a changing table or other high place.
- Keep safety gates on stairs and close the latches on windows.
- Supervise children on playground equipment. A recent nation study shows that 79% of playground injuries are caused by falls.
- When installing new equipment, consider fall zones and install the recommended depth of wood chips or soft surfacing.

I could make that!

Create a Picture Display

It is very important to display pictures so that infants, toddlers and preschoolers can see them. To enable younger children to enjoy and view pictures without harming them, consider building Plexiglas picture frames to mount on the wall at varying levels.

CURRICULUM CORNER

Materials:

- 2 - 1" x 2" wood molding pieces, 12" to 24" long
- 4 to 6 screws and a screwdriver
- Clear Plexiglas

Use two pieces of wood molding to make the top and bottom of a simple frame. Cut these pieces to the width of one or two pictures.

Cut a piece of Plexiglas to fit between the two pieces of molding.

Screw the molding frame into the wall at the eye level of the infants, toddlers or preschoolers in the classroom.

Be sure to leave a 1/2" space between the Plexiglas and the wall.

Leave both sides of the frame open with no wood molding. With the sides of the frame open, pictures can be changed simply by sliding them in and out of either side. However, infants and toddlers will not be able to remove the pictures.

Calendar of Events

April 11-17th Week of the Young Child

Theme: Early Years Are Learning Years
www.naeyc.org

April 23 & 24 Child Care Provider Coalition Conference

Wichita, Ks. Holiday Inn
<http://www.ccpcofkansas.com/2010ConferencePage.html>

May 7th Provider Appreciation Day

May 20, 21 and 22 Let's Go Outside! Symposium

WSU Campus, Wichita
Rhatigan Student Center

May 20 (\$20/person)

8:00 a.m. to 4 p.m.

Learn how to evaluate your outdoor spaces for children with the Preschool Outdoor Environments Measurement Scale (POEMS).

6:00 to 7:30 p.m.

Free Reception and Keynote address. Speaker: Mary Rivkin, author of *The Great Outdoors: Restoring Children's Right to Play Outside*.

May 21 (\$25/person)

9:00 a.m. to 4:00 p.m.

A series of workshops about creating outdoor classrooms, promoting active play, nature education, and playground safety.

May 22 (included in symposium fee)

9:00 a.m. to 1:00 p.m.

Mobile Workshops to a variety of outdoor classrooms (Picnic lunch and chartered transportation provided).

For more information, contact Cathy Gray at 785-823-3343 or cathy@kaccrra.org



1069 S. Glendale, Wichita, KS 67218

316-682-1853 • Toll Free 800-684-3962 • Find Child Care 877-678-2548

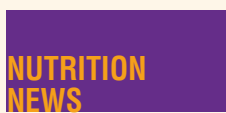
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Comfy-warm Cocoa Party!

Some times you just need a little bit of comfort food (not always nutritious but nice to have as a special treat.) Help kids plan a comfy-warm Cocoa Party! You could add a movie (an old favorite or something



just released.) Yes, some days movies are permissible, like a rainy spring day

when you can't get outside. Make popcorn (for children over three years of age) or have cookies and set up a hot chocolate bar where everyone can add marshmallows, and light whipped cream to cups of cocoa.

Extension Idea

Consider adding a pajama party! Have kids wear PJ's for the entire day and lounge on pillows and blankets as they watch a movie. (Don't forget to have everyone bring their favorite stuffed animal!)

SPACES, from page 1

pillows of all shapes, sizes, colors and textures; 12 to 18 inch throw pillows, 24 inch soft stuffed pillows, pillows that double as puppets, 24-inch square foam pillows around ½-foot high to serve as occasional seats for adults and children. They can also serve as materials for building and places to be alone. Include quiet play materials such as: books, crayons and paper, soft toys, and/or soothing music with headphones.

Kneel down to the children's level to check out what is functional and pleasing from that perspective. Try it in your room. Get on the floor and make yourself the size of the children using the space. Look at the soft areas and private spaces. If you find that the room is lacking in any area, brainstorm solutions. Dare to take some small actions to add and improve your childcare environment. By creating open spaces and cozy spaces, you will support each child's needs and experience less chaos and behavior issues in your program.

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Beverley Adams, KQRIS Coach
Larry Dreyer, Data Specialist
Amitai Delgado, Outreach Secretary

Join the Child Start Playground!

Child Start's online community! A place for parents to chat with each other, ask questions, read blogs, and more! The "more" is up to you, our recently opened Playground is a work in progress and we want you to jump in and tell us what you would like to see.

www.childstart.ning.com

Update your Provider Profile!

Updating your profile is what keeps parents coming. Call us at 1-800-684-3962 to update your information.

Child Start Trainings

April 2010 In-Service Trainings

Date	Time	Title	County
3	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick
6	6:30 pm-8:30 pm	Creative Art for Infants and Toddlers	Butler
6	7:00 pm-9:00 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Sedgwick
12	6:00 pm-9:00 pm	Fire Safety Module One - Fire Safety in the Workplace: ABC's of Fire Extinguishers	Harper
12	7:00 pm-9:00 pm	Pediatric First Aid Introduction and Refresher	Sedgwick
15	6:30 pm-8:30 pm	Keep Mooving . . . With Lowfat Milk and Dairy Foods	Cowley
15	7:00 pm-9:00 pm	KQRIS Support Group Meeting (KQRIS participants only)	Sedgwick
15	7:00 pm-9:00 pm	Tools of the Trade Part 3	Sedgwick
17	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick
17	9:00 am-4:00 pm	PCAN: Helping Parents & Providers Understand Temperament	Sedgwick
19	6:30 pm-8:30 pm	Creative Curriculum Preschool - Exploring Sand & Water	Butler
19	6:30 pm-8:30 pm	Food, Fun & Fitness - It's Berry, Berry Good	Harvey
19	7:00 pm-9:00 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Sedgwick
20	6:30 pm-8:30 pm	Creative Curriculum Preschool - Exploring Sand & Water	Marion
22	7:00 pm-9:00 pm	Nuts & Bolts Part 3	Sedgwick
27	7:00 pm-9:00 pm	Pediatric First Aid Introduction and Refresher	Sedgwick
29	7:00 pm-9:00 pm	Asthma Education	Sedgwick

May 2010 In-Service Trainings

Date	Time	Title	County
1	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick
3	6:00 pm-9:00 pm	Fire Safety Module One - Egress Exit Safety: Awareness of Exit Hazards	Harper
4	6:30 pm-8:30 pm	Creative Curriculum for Preschool - Exploring Blocks	Butler
4	7:00 pm-9:00 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Sedgwick
6	6:00 pm-9:00 pm	Creative Curriculum for Preschool - Music & Movement	Sumner
11	6:30 pm-8:30 pm	Food, Fun & Fitness - It's Berry, Berry Good	McPherson
11	7:00 pm-9:00 pm	Pediatric First Aid Introduction and Refresher	Sedgwick
13	6:30 pm-8:30 pm	Weird Science for Preschool and School Age	Rice
15	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick
17	7:00 pm-9:00 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Sedgwick
20	7:00 pm-9:00 pm	Tools of the Trade Part 1	Sedgwick
24	7:00 pm-9:00 pm	KQRIS Support Group Meeting (KQRS participants only)	Sedgwick
25	7:00 pm-9:00 pm	Pediatric First Aid Introduction and Refresher	Sedgwick
25	6:30 pm-8:30 pm	Weird Science for Preschool and School Age	Reno
29	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick

June 2010 In-Service Trainings

Date	Time	Title	County
1	7:00 pm-9:00 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Sedgwick
7	6:30 pm-8:30 pm	Creative Curriculum Preschool - Dramatic Play	Butler
7	7:00 pm-9:00 pm	Pediatric First Aid Introduction and Refresher	Sedgwick
7	6:30 pm-8:30 pm	Tools of the Trade Part 1	Sumner
8	6:30 pm-8:30 pm	Tools of the Trade Part 1	Butler
8	6:30 pm-8:30 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Cowley
8	6:30 pm-8:30 pm	What to Do When You Can't Go Outside	Kingman
12	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick
14	7:00 pm-9:00 pm	Child Abuse Recognition & Reporting/Signs and Symptoms	Sedgwick
14	6:30 pm-8:30 pm	Tools of the Trade Part 2	Sumner
15	6:30 pm-8:30 pm	Tools of the Trade Part 2	Butler
15	6:30 pm-8:30 pm	School Age Math Adventures, Games and More!	Reno
17	6:30 pm-8:30 pm	Kids in the Kitchen	Rice
17	7:00 pm-9:00 pm	Tools of the Trade Part 2	Sedgwick
21	6:30 pm-8:30 pm	Tools of the Trade Part 3	Sumner
22	6:30 pm-8:30 pm	Tools of the Trade Part 3	Butler
22	7:00 pm-9:00 pm	Pediatric First Aid Introduction and Refresher	Sedgwick
24	7:00 pm-9:00 pm	Tools of the Trade Part 3	Sedgwick
26	9:00 am-4:00 pm	Adult, Child & Infant CPR & First Aid/Safety	Sedgwick

**2009-2010 Professional Development Memberships
Expire July 31st, 2010!**

*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*