

Early Childhood News

“Leading the way for child care in North Dakota.”

H1N1 Update

Swine flu (H1N1) information is everywhere and changes so often that it is overwhelming. There will be a vaccine for H1N1 for this year’s flu season, but it is not yet available, and it will only be available for select groups of people (considered priority groups). The following are considered to be priority groups: pregnant women; health care workers and emergency medical services personnel; children and young adults 6 months to 24 years old; people living with or caring for infants younger than 6 months; adults (25-64 years) who have medical conditions.

Due to the vaccine situation, prevention of illness in your child care setting is even more critical. Handwashing is one of the most effective ways to prevent the flu. One of the most important times for children to wash their hands is when they **arrive** at child care. If parents spend time in your home or in their child’s classroom, they should wash their hands as well. Now that school is back in session, it is extremely important to make sure that all children in your care who attend school wash their hands **immediately** upon arrival to your home or facility to prevent them from bringing germs from school into your setting. Please also make sure children are washing their hands properly and have the necessary supplies (liquid soap and paper towels). For more ways to prevent the flu, please follow these tips:

Stay informed. Watch the www.flu.gov website. This website will be updated regularly as information becomes available.

Access the toolkit for child care programs www.cdc.gov/h1n1flu/childcare/toolkit/ for helpful information.

Take everyday actions to stay healthy

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands. If you don’t

- have a tissue available, cough or sneeze into your elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers

are also effective if a sink for handwashing is not accessible. Please make sure handwashing is being done correctly and that hand sanitizer is being used properly according to the manufacturer’s instructions. Hand sanitizer should be used with close supervision to make sure that children do not get it into their eyes or into their mouths. Keep hand sanitizer out the reach of young children.

- Get fresh air daily – go outside and open windows.
- Conduct daily health checks when **children arrive before parents leave**. That way, if you have concerns about a child, you can discuss them with the parent right then. Use all of your senses when doing a health check: look for signs of illness; listen for complaints; feel for fever; smell for unusual odor.

- Sanitize toys and surfaces with bleach solution or an EPA registered sanitizer. Influenza can live on surfaces/items for 2-8 hours.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Move children who become sick at your child care program to a separate, supervised, comfortable space which separates them from others by at least 6 feet until they can be sent home.
- Exclude children if they are sick and do not take care of children if you are sick. The CDC recommends that children and adults with fever and flu-like symptoms stay home for at least 24 hours after their fever is gone (without taking a fever-reducing medicine.) A fever is defined by the CDC as **100 degrees F** or **37.8 degrees C**.
- Practice good health habits: eat nutritious food, drink water, exercise, and get plenty of sleep.

- Get a shot for the H1N1 flu (if in a priority group) **and** for the seasonal flu as soon as they are available. Encourage the parents of the children that you care for to get their flu shots as well. Good news – The FDA has approved the use of one dose of H1N1 flu vaccine for persons 10 years of age and older.

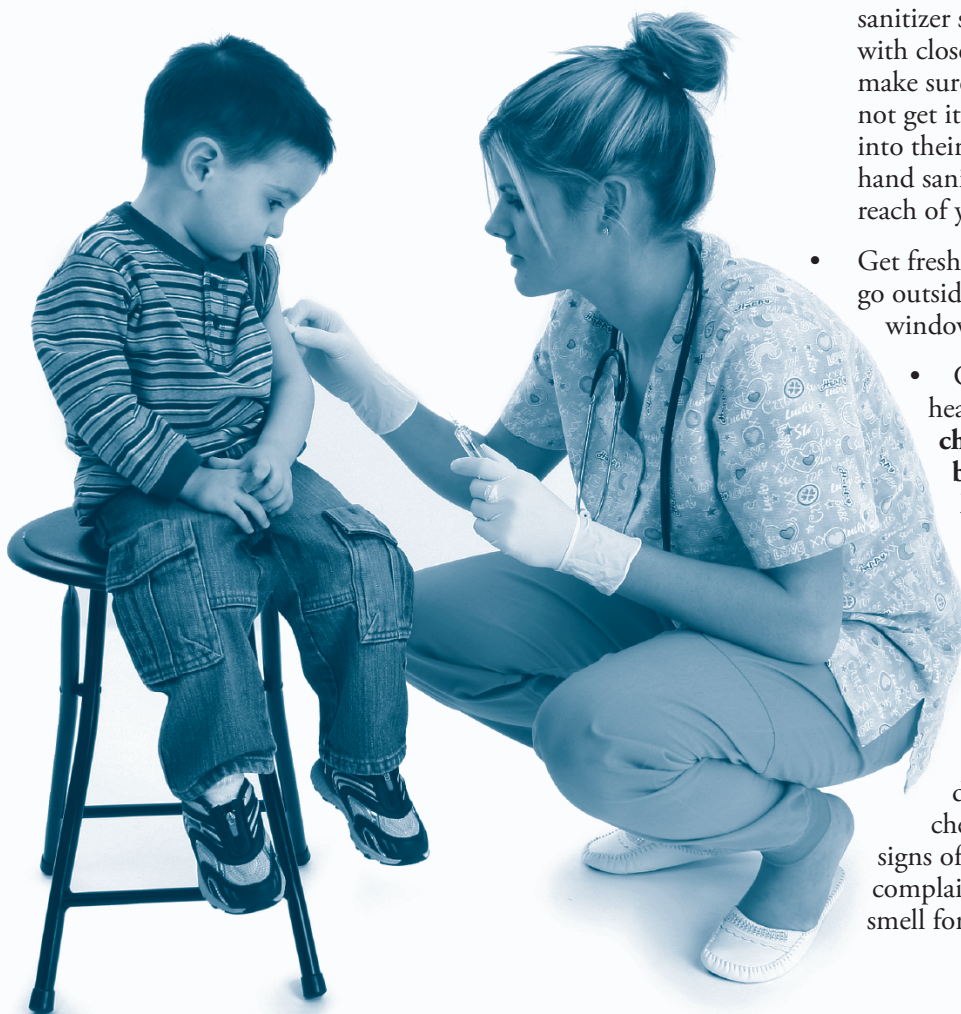
Inform parents that they should find back up child care now so they are prepared in the event that your child care program needs to close.

Follow your local public health department’s advice regarding child care closures, avoiding crowds and other social distancing measures.

Call 1-800-CDC-INFO for more information and check the ND CCR&R website frequently for information updates: www.ndchildcare.org.

If you have further questions, please contact Sarah Myers, RN (CCR&R Health Consultant) at sarahm@lakesandprairies.net or 218-299-7626.

Information provided in this article was current at the time that the newsletter went to print. It is possible, due to the frequently changing nature of this topic, that newer information has become available. Please go to www.flu.gov for most up-to-date information.



Building Up a Child's Vocabulary

The development of language and a growing vocabulary is an exciting time during childhood. Child care providers and parents marvel as children experiment with new words and phrases heard in day to day conversation. Child language research shows that the number of conversations and the variety of words that children hear affect the speed of their language growth. Children who are exposed to more words, and more unusual words, in their conversations with adults tend to develop larger vocabularies. You can help children acquire a larger vocabulary and build their oral-language skills by exposing them to a wide variety of experiences, here are a few examples to get you started:

Meal time conversations

...expose children to rare words in contexts that help them figure out what they mean. For example, while cooking lunch, you might say she needs a "colander" to drain the water from a pot of spaghetti; this provides a meaningful context for an unfamiliar word.

Trips and other special events

...provide children with new vocabulary and knowledge. Learning is maximized when you lay the groundwork beforehand (e.g., reading a relevant book to help construct initial ideas about what a place is like and what goes on there). Giving children some appropriate vocabulary and information in advance usually heightens attentiveness during the trip. You can invite your children to predict what they will be seeing and hearing, record their ideas, and revisit the ideas later on.

Routines

...offer many opportunities for interaction. For example, times when children are getting ready for a nap, during diaper changes, or while adults and children do chores together—such as wiping the table before a snack—are great opportunities to initiate conversations.

Play time

...is a good opportunity to hold conversations. Some children are more interested in talking when they have something concrete to talk about such as toys and materials. One advantage of this strategy is that a child who may be reluctant to talk can take nonverbal and verbal turns. For example, while Ms. Johnson plays and talks with Leon (who is 3 1/2 years old) about blocks, she says, "Your tower is very tall." Leon responds by placing another block on his tower. She makes another comment: "Now it's even taller." This time he responds verbally, "It's the tallest tower in the world."

Note: These experiences are especially important for children with developmental delays and second-language learners because it gives them more support and opportunities to be excited about and comfortable speaking.

Adapted from <http://www.rif.org/kids/leadingtoreading/en/grown-ups/articles/buildingvocab.htm>

Please Notice: Final Edition of Lakes & Prairies CCR&R Bi-Annual Newsletter

In an effort to reduce costs, limit waste and ensure that you receive more timely information, Lakes & Prairies CCR&R will be sending monthly E-News to your e-mail address and will no longer be producing and mailing out paper copies of the Early Childhood News Bi-Annual Newsletter. To ensure that you are receiving up-to-date information, join our e-mail list by sending your e-mail address to: jennyc@lakesandprairies.net or sign up for our free newsletters at www.ndchildcare.org (Click on free newsletter – CCR&R Child Care Provider tab on the bottom left column of the home page.) E-News issues will arrive in your inbox from ND CCR&R (please mark our address as a safe sender to prevent it from getting marked as spam.)

For more information about developing a child's vocabulary and to get some great new activity ideas plan to attend our Jamestown Jazz event.

Wiggle into Language and Literacy Learning

Featuring: Jane Kitson a.k.a Mother Goose Lady

Saturday, March 20

Jamestown, ND
9:00am-3:45pm

Registration deadline:

March 5, 2010

\$49.00

(\$59.00 after 3/5)

For information contact Lisa at

1-800-452-3646 ext. 7325 or

lisab@lakesandprairies.net.

To register for this event visit our

website www.ndchildcare.org.

www.janekitson.com



Vocabulary building songs

from Jane Kitson

To the tune of: IF YOU'RE HAPPY AND YOU KNOW IT

WHEN OCTOBER COMES IT'S TIME FOR HALLOWEEN!

BATS AND CATS AND SCARECROWS WILL BE SEEN!

THERE'S EXCITEMENT IN THE AIR...

JACK O LANTERN'S EVERYWHERE....

PUT YOUR COSTUME ON SO WE CAN TRICK OR TREAT!

(Select pictures of halloween, bats, cats and scarecrows...then jack-o-lanterns and children in their costumes to show as you sing the song.)

To the tune of: THIS OLD MAN....HE PLAYS ONE

I'M SO GLAD...YOU ARE HERE...(point to yourself and others)

ALL OUR FRIENDS ARE VERY NEAR! (*hug yourself to show near*)

LET'S WAVE AT THEM AND SHAKE A HAND OR TWO! (*wave and shake hands*)

WE'VE GOT LOTS OF THINGS TO DO! (*clap together*)

To the tune of: I'M A LITTLE TEAPOT

I'M A FIRE FIGHTER IN A TRUCK THAT'S RED... (*show driving a truck...mimic steering wheel*)

I WEAR MY HELMET ON MY HEAD! (*point to head*)

WHEN YOU HEAR THE FIRE SIREN LOUD... (*make a siren sound*)

I'LL BE HEADING TOWARD THE FIRE TO PUT IT OUT! (*mimic swishing with a hose*)

MORE THAN JUST SAYING “NO”: Guiding Children to Positive Behaviors

You may hear the terms discipline, punishment, and guidance when it comes to addressing children’s behavior. Debates and discussions are sparked continuously over what is the best way to discipline children. Are timeouts useful? Just how can I get three-year olds to behave? Child care providers want children to show positive behaviors and at the very least not be disruptive, or hurt anyone, including themselves.

Each of us has a few different ideas on what behavior is acceptable or not. But, because we live in a society with laws and social expectations, we learn to adapt our behavior. We obey the laws and tend to meet most societal expectations. If we don’t, we learn to deal with the consequences. The same rules apply to how children learn to “behave”. Children’s positive behavior is guided by knowing the expectations, as well as the results of their behavior.

Goals and Tools for Discipline

Discipline is not just stopping children from doing something or punishing children for unacceptable behavior. Discipline means teaching. The goal of discipline is to teach children to be responsible for their actions, develop self-control, and develop the ability to make better behavior choices. Using positive guidance techniques will help children learn acceptable behaviors.

The following tools can put you on the road to success:

- **Make the environment behavior-friendly:** Young children need and love to explore. Make sure dangerous objects are removed and there is no temptation to pull or climb on things that are not safe.
- **Set clear rules/expectations:** For preschoolers and older children, set clear rules and make sure they understand what they are. You can have rules like: “You must walk indoors.”
- **Give choices when appropriate:** Give children a sense of control and practice in making choices. Foreexample, “Would you like to sit next to Tommy or Suzie during lunch”? Don’t offer choices you are not willing for them to have.
- **Praise and notice children when their behavior is acceptable:** If children only hear when they are doing things wrong, they may continue to do them if that is the only way they get attention. Point out instances when they are behaving positively: “I see you are cleaning up now that you are done. That shows great responsibility.”
- **Focus on the behavior, not the child:** When a child does something you don’t like, make sure you focus on the behavior as being unacceptable. Don’t use language such as “You’re bad”. That makes the child feel bad which in turn can make the child start to believe they are bad. What you want them to know is that particular behavior is ‘bad,’ and that they shouldn’t do it anymore.
- **Be consistent in the rules and consequences you set.** Teach your children consequences. Once you set some rules and expectations, make sure you always follow-up on them if the children do not go along. “If you do not want to take turns and share the toy, you will not have a chance to play with it again today. “



Adapted from: “MORE THAN JUST SAYING “NO”: Guiding Your Child to Positive Behaviors” The Daily Parent; Issue #43; <http://www.childcareaware.org/en/subscriptions/dailyparent/volume.php?id=43>

Two ways to learn more about North Dakota’s Early Learning Guidelines!

Perhaps you’ve heard the term “Early Learning Guidelines” and wondered what they are. Or maybe you have a copy of the North Dakota Early Learning Guidelines but aren’t sure how to use the information. Increasingly, states across the country have developed or are developing Early Learning Guidelines or Standards to describe expectations for children’s development and learning in all care settings including home, relative care, child care, preschool, and Head Start. Early Learning Guidelines are defined as research-based, measurable descriptions of the things we expect young children to know and be able to do at each age and stage of development and they are the “roadmap” for planning, carrying out, and evaluating an early childhood environment to ensure that it supports children’s development and learning. Early Learning Guidelines give everyone – from parents to policy makers – common language and common expectations for children’s development and learning, and give us common ground to help North Dakota’s young children achieve healthy outcomes and reach their full potential.

To watch a free overview about Early Learning Guidelines, visit www.ndchildcare.org

To earn 2 clock hours of training, register for the online training class “Early Learning Guidelines: A Guide to Children’s Development and Learning in the Formative Years” available at www.ndchildcare.org under “search for training”

New Opportunity!! GRANTS AND LOANS

Governor Hoeven recently announced two new programs in the ND Department of Commerce that will provide grants and low-interest loans for North Dakota child care providers. Providers interested in either program are encouraged to apply immediately—funding is limited.

1. The Child Care Grant Program provides matching grants of up to \$5,000 that can be used for furniture, fixtures, and equipment. The Department of Commerce is currently taking applications for the first round until October 31. Information for the grant program, including an application, can be found at <http://www.communityservices.nd.gov/community/child-care-grant-program/>. If you have questions or need an application mailed to you, call Gordon La France, Program Manager, at the Department of Commerce at (701) 328-3698.
2. The Child Care Loan Program, available until June 30, 2011, provides up to \$100,000 in low-interest loans from the North Dakota Development Fund to acquire, lease, or remodel real estate, to purchase equipment or for working capital. Child care programs applying for a child care loan will be required to submit a child care business plan and can apply for child care grant funds to purchase child care business consultation services to assist in completing a business plan. Applications are available at <http://www.business.nd.gov/forms/north-dakota-development-fund-forms/>. Questions can be directed to (701) 328-5310.

CCR&R Training Opportunities Oct - Dec 2009

Cass County

SAT	10/24	10 Steps to Positive Discipline: Part 1 of 2
THU	11/05	GoFar Let's Get Movin'
SAT	11/14	Basic Child Care
MON	12/07	Exploring Water with Young Children: Part 1 or 4
MON	02/01	GoFar Tastes Great!
MON	04/05	GoFar The Wonders of the Great Outdoors

Grand Forks County

MON	10/19	CC: Family Child Care: Child Development
SAT	10/24	10 Steps to Positive Discipline: Part 1 of 2
MON	11/16	PE: Developmentally Appropriate Care

Ramsey County

TUE	10/17	Celebrate Children Conference
SAT	11/14	Play Power: Learning to Play w/Young Children

Stutsman County

SAT	10/24	Hand in Hand: The Child Who Doesn't Play
THU	11/19	CC: Family Child Care: Child Development

Online Options:

Putting Training and Professional Development in your Hands.

Eager-To-Learn — multi-week, in-depth, learning experiences facilitated by an instructor. Explore topics at greater depth all while networking with others in the field.

TUE	11/17	Working with Families
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Easy Reach — online self study courses available 24/7. A great way to review basic skills and knowledge.

- Mandated Reporter
- Healthy Practices and Policies
- Safe Practices and Policies
- Illness Prevention and Management
- Food and Nutrition
- SIDS
- Introduction to the CDA
- Abusive Head Trauma
- ND Early Learning Guidelines
- Family/Group Money Management & Retirement
- Family/Group Legal & Insurance Issues
- Family/Group Marketing
- Family/Group Contracts & Policies
- Family/Group Taxes & Recordkeeping

Please visit our website www.ndchildcare.org for class descriptions or registration information or call (800)452-3646 ext. 7325.

Other Training Opportunities: October - December 2009

Please check with your child care licenser to verify topics are approved for re-licensing hours.

North Dakota Child Care Providers, Food Program

(Serving all counties except Ransom, Richland and Sargant) 800-422-0326.

Prevent Child Abuse ND

To schedule a program call 701-223-9052.

Cass County Area:

Association for Better Daycare (ABDC) www.betterdaycare.com

Cass County Child Care Network

Call Janelle Stahl at 701-347-5201 for more information.

YMCA of Cass and Clay Counties

Call Pennie at 701-364-4139 for more information.

Moorhead Community Ed. Classes

Call 218-284-3400 for information.

Casselton Child Care Network

Call Janelle Stahl at 701-347-9878 for information.

Rape and Abuse Crisis Center

Call Angela at 701-293-7273 for information.

United Child Care Providers

Association (UCCPA)
Call Anne at 701-237-4573 for more information.

Safe Kids – Child Passenger Safety

Call Bobbi at 701-234-7233 for more information.

Cavalier County Area:

Call Macine at NDSU Extension Service, 701-256-2560 for more information.

Grand Forks County Area:

Grand Forks Directors Association
Call Marie Remz at 701-746-8112 for more information.

GFHCCA

Call Tami Davidson at 701-746-6217 for more information.

NENDAIEYC

Call Rae Ann at 218-791-5588 or Jen at 701-722-4141, or email nendaieyc@yahoo.com for more information.

Parent Information Center

Call 701-787-4216 for information.

Safe Kids – Child Passenger Safety

Call Sandy at 701-780-1639 for more information.

Ransom County Area:

Ransom County Childcare Assoc.
Call Marilyn at 701-683-4551 for more information.

Richland County Area:

Bettering Americas Child Care Assoc.
Call Kathy at 701-642-3807 for information.

Stutsman County Area:

Jamestown Association for Child Care Services (JACCS)
Call Shannon at 701-952-5326.

Jamestown Association of Young Children (JNDAIEYC)

Call Judy at 701-251-1525 for information.

Area Food Programs

SENDCAA Food Program

800-726-7960 or www.cacfp@sendcaa.org
(Serving Steele, Traill, Cass, Ransom, Sargent and Richland Counties)

Heartland Child Nutrition, Inc

800-366-6793 or www.heartlandnutrition.org. (Serving all of North Dakota.)

NDC

800-422-0326 or www.minot.com/~ndc
(Serving all counties except Ransom, Richland and Sargent.)

Dakota Prairie CAA

800-321-5943 or www.dpsaa.org
(Serving Ramsey, Rolette, Towner, Benson, Eddy and Cavalier.)

Ameri-Kids Nutrition Inc.

701-772-7756 or vcichygra@midco.net
(Serving Grand Forks, Walsh, Trail and Nelson.)

First Aid and CPR

Cass County Area:

FM Ambulance	701-364-1750
Fraser	701-232-3301
MeritCare	701-234-5570
FM YMCA	701-293-9622
Red Cross	701-364-1800
Clay County Public Health	701-299-7206

Cavalier County Area:

Langdon High School Adult Ed	
	701-256-5291
Carla Symons, RN	701-256-3723

Dickey County Area:

American Red Cross	701-252-3550
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Eddy County Area:

Nathan Presnell	701-947-2183
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Foster County Area:

American Red Cross	701-252-3550
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Grand Forks County Area:

American Red Cross	218-773-9565
Grand Forks Head Start	701-746-2433
YMCA	701-775-2586

Logan County Area:

American Red Cross	701-252-3550
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Ransom County Area:

Devils LAke Ambulance Service	701-662-8961
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Richland County Area:

St Francis Medical Center	218-643-3000
Ambulance Service, Inc.	218-643-2636

Rolette County Area:

Presentation Medical Center	701-652-2374 ext. 271
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Stutsman County Area:

American Red Cross – Buffalo Valley	701-252-3550
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Traill County Area:

Health Education Network	701-788-4702
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Walsh County Area:

Walsh County EMS	701-352-9385
Kerry McCoy	701-284-4569

Wells County Area:

Harvey Ambulance Service	701-324-4624
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Give Us Your Input

The 2010 Needs Assessment Survey is online and available.

Please visit www.ndchildcare.org to take our survey. The survey link can be found on the home page of the website in the **Training Quick Links** box. The information we gather guides our planning around training and technical assistance. Take the 2010 needs assessment survey anytime during the upcoming year!

SAVE THE DATE! Spring Conference 2010

“The Nurtured Heart Approach”
featuring Howard Glasser

Saturday, May 1, 2010

9am - 3:30pm

Ramada Plaza Suites, Fargo, ND

For registration information call 218-299-7325.

NORTH DAKOTA
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715 North 11th Street
Suite 402
Moorhead, MN 56560

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