

Lakes and Prairies Child Care Resource & Referral Bi-Annual Newsletter

Early Childhood News

“Advocating for the well-being of children in child care”



Tummy to Play with Baby

by Rae Pica

More and more pediatricians, it seems, are hearing from parents whose babies aren't lifting their heads, turning over, or crawling when the books say they should. The reason, they believe, is the public health campaign begun in 1994 encouraging parents to put babies to sleep on their backs to prevent sudden infant death syndrome (SIDS). The good news is that this is resulting in a decrease in the incidence of SIDS. The bad news is that infants are getting much less tummy time than did babies of previous decades.

Our parents didn't have to think about “tummy time” for us. They often placed us to sleep on our tummies. As babies, we hung around in our playpens both face up and facedown. And it was not at all unusual for us to be lying on our tummies on the living room carpet or the backyard lawn.

But, like so much in our rapidly-changing world, many things about raising a baby are different today. Where tummy time is concerned, specifically, things began to change when the American Academy of Pediatrics released its Back to Sleep policy. Fortunately, it did help reduce the incidence of SIDS. Since then, prone sleeping has decreased from more than 70 percent to about 20 percent in the United States; and the SIDS mortality rate has decreased by more than 50 percent.

Unfortunately, other problems have arisen in the wake of babies sleeping in a supine position, as parents seem to be less aware of the second half of the campaign title: Tummy to Play.

Because babies are now spending so much time on their backs, many are experiencing “flat head syndrome;” weak

arm, neck, shoulder, and trunk muscles; and delays in developmental milestones like rolling over, crawling, pulling up to stand, and walking. The estimated 60 waking hours a week babies are spending in things (what a colleague calls “containerized”) further exacerbate some of these problems.

Of course, nobody wants a child to go through life with a flat head! And lack of upper torso strength could result in difficulties with gross (large-muscle) and fine (small-muscle) control. The former is needed for physical activity and athletics and the latter for such tasks as writing and keyboarding. Also, although babies do eventually master most or all developmental milestones, babies who don't spend time on their tummies may spend less time crawling. This could mean eventual difficulty crossing the midline of the body – the

invisible, vertical line that runs from the head to the toes and divides the body into left and right sides. In some cases, children unable to cross the midline – and there seem to be more of them in schools every year – have problems with reading and writing.

The good news is that something as simple as tummy time can lessen or eliminate all of these potential problems. Pediatricians advise that even five minutes of tummy time a day have a positive effect on head shape. When you place a baby facedown, curiosity induces her to attempt lifting her head and pushing up on her arms, strengthening the upper torso. (When she's on her back, she has no compelling reason to make the effort!) And crawling is a cross-lateral experience (the left arm and right leg move simultaneously, and vice versa), so children who spend time practicing this motor skill generally have no problem crossing the body's midline.

Also, babies who spend time facedown tend to reach their motor milestones earlier than babies who don't.

Making Tummy Time Fun Time

What do you do with a baby who simply doesn't enjoy being on the tummy?

First, it's important to acclimate an infant to this position as early in life as possible. Right from the start, following a nap or diaper change, two to three times a day, you should place him on his tummy for a brief play period. You can gradually increase the length of these periods as the baby becomes used to them. Also, whenever possible, lie on your back and place the baby facedown on your chest. This not only helps him adapt to this position; it will also give him a reason to lift his head: to look at you!

But even if tummy time didn't begin the day she came home from the hospital, it's not too late to start! Following are some suggestions for making tummy time a fun time.

- **Get down with baby.** Lie side by side with the baby and have a “conversation!” Coo and sing and make funny sounds. There's no one else's voice he'd rather hear. When the baby is ready to start lifting his head, you can also lie head-to-head with him. He'll eventually lift his head and push up on his arms because he wants to look at you. You can make it worth his effort by making his favorite funny faces!
- **Tempt her with a toy.** Place a favorite toy or stuffed animal just out of baby's reach and encourage her to get it! Mirrors and rattles work well, too.
- **Circle the wagons.** The American Academy of Pediatrics recommends placing toys in a circle around the baby. Reaching in different directions helps develop the muscles needed to roll over, scoot, and crawl.
- **Give him a lift.** If all else fails and the baby still fusses while facedown, place a pillow or a “bobby” under his chest, with his arms in front of him. Or lay him across your lap, raising one of your legs to create a slight incline. This will make it easier for him to see what's going on around him and should stop the fussing. Then, as he develops upper body strength, he'll no longer need the lift.

**Remember the policy is:
“Back to Sleep. Tummy to Play!”**



Rae Pica is a children's physical activity specialist and the author of *A Running Start: How Play, Physical Activity, and Free Time Create a Successful Child* (from which this article is excerpted). Read more of what she has to say at her blog, *The Pica Perspective*, and hear her interviews with experts in the fields of early childhood education, motor development, the neurosciences, and more at www.bodymindandchild.com.

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Child Care Resource and Referral is a program of the Lakes and Prairies Community Action Partnership, Inc. with services in 24 counties in eastern North Dakota

Small Claims Court

Many businesses experience that situation where a customer owes them money, and child care is no exception. You have done your best to be reasonable with the parent that owes you money; but you still don't have your money. Small claims court could be a reasonable option.

Small claims court is a simple way for child care businesses to take legal action to collect money without hiring an attorney. North Dakota small claims court basically handles cases that are less than 6 months old and for amounts less than \$5000. For child care professionals, the most common case will be contract or payment disputes over child care services.

Prevention

The best way to avoid having to use small claims court is to never allow the parent customer to owe you money in the first place. That seems, and is, rather obvious; and is not that difficult if you always **remember that you are a child care professional and a business person.**

You are not a bank that lends parents money. You are not a credit card company that extends credit to parents. You are not a volunteer agency that provides services for free. You are a professional child care business that plays a vital role in preparing young children for their developmental, social, physical and academic future. There is a service cost attached to that preparation.

Most child care businesses cannot write off bad debts on their taxes. It is to your financial advantage to collect what you are owed.

There are no guarantees. Even the most prudent business person can find themselves in a dispute over money. Following are some best business practices that may decrease the situations where a parent owes you money:

- use a contract
- enforce your contract terms
- do not let a parent get in the habit of paying late
- require payment a week or two in advance
- charge late payment fees and make them appropriately meaningful
- have the parent leave you a blank check in case they forget their checkbook
- use a software package such as C-K Kids Online that processes payments electronically
- if you agree to allow a late payment; get it in writing and have it signed by the customer parent. Never financially carry a parent for more than one week.
- get references from child care providers the parents have previously used
- if they pay by check, photocopy the check and make certain the check has the appropriate identifying information. Note changes in banks, addresses, names, etc.

Once you have decided that small claims court action is necessary, get the Small Claims Court packet from the Clerk of District Court or online at ndcourts.com/court/forms/small/forms. Ask for the brochure from the ND Attorney General's office: "Small Claims Court in North Dakota." This will be your guide through the process. A North Dakota small claims court process guide developed especially for child care providers is available in our lending library by calling Molly at 218-291-5844 or email blakec@lakesandprairies.net to request a personal copy.

North Dakota is Growing Futures

Plans to support the ND Growing Futures Professional Development plan continue to take shape. To support Early Childhood Professional Development, North Dakota recently adopted three key documents to serve as guides in assisting child care professionals in their work with children.

The North Dakota Early Learning Guidelines serve as a resource to help caregivers understand what they can expect as children grow and develop. The document provides a common language for understanding what young children should know and be able to do in each of the learning domains. There are separate documents available for age birth to three and age three through five.

Child care providers might use the document to guide learning experiences, provide direction for planning appropriate assessment, and to provide ideas for staff training and development.

The documents can be viewed at:

- Birth to Age Three (adopted from MN)
<http://edocs.dhs.state.mn.us/lfserver/legacy/DHS-4438-ENG>
- Ages Three through Five
<http://www.nd.gov/dhs/info/pubs/docs/cfs/nd-early-learning-guidelines-for-ages-3-thru-5.pdf>

The North Dakota Core Competencies define what a provider needs to know and be able to do to obtain a quality program. They are designed to serve as a guide for improving work with children and families. Competencies are defined as demonstrated or observable skills that providers working with children need to facilitate a child's learning and development.

Child care providers might use the Core Competencies to self-assess their individual level of knowledge and skill, or to identify specific areas for future professional development.

The Core Competencies (adopted from MN) can be viewed at:

<http://www.mnpdcouncil.org/core/CoreCompetenciesbirththrough8.html>

How are the two documents related? While the Early Learning Guidelines focus on the children and provide the framework for what children need to know and be able to do the Core Competencies focus on the provider and define what caregivers can do within a child care setting to provide quality programming. Quality programming as defined in the Core Competencies in turn provides the foundation for children to develop the skills identified within the Early Learning Guidelines.

Child care provider training will be available in the future to provide further explanation about the documents and how they apply to the child care field.

Quality Rating and Improvement Systems (QRIS)

There is overwhelming evidence that the quality of the experiences that young children have in child care programs matters to their later success in school and life. Research has also identified the characteristics of child care programs that lead to good outcomes.

Many states across the nation are starting to pay more attention to this growing body of research and are creating systems that can guide and support early childhood programs as they strive to meet higher standards. Quality Rating and Improvement Systems have five common elements:

- Standards include levels beyond licensing standards, with incremental progression to the highest QRIS level.
- Accountability measures are used to determine the extent to which programs meet QRIS standards and to assign ratings.
- Program and practitioner outreach and supports promote participation and help programs meeting higher standards. Supports may include training, technical assistance, consultation and mentorship programs.
- Financing incentives specifically linked to quality standards may include quality improvement grants, scholarships, low-interest loans, and professional recognition.
- Parent education explains overall quality as well as specific QRIS ratings so parents and guardians can make informed child care decisions.

QRIS can help maximize resources, inform the public about quality early childhood programming, and align efforts related to licensing, standards, professional development and program accountability.

North Dakota's Department of Human Services, like most states across the country, convened a group of stakeholders to begin planning its QRIS system in late 2007. A few of its Guiding Principles include:

- QRIS is voluntary
- Adequate support, both financial and infrastructure, are necessary to encourage and support providers in their quality improvements.
- Successful QRIS programs require communication, collaboration and consensus among families, agencies, communities and early care and education providers
- QRIS is a journey

In June, 2008, an initial draft of the North Dakota QRIS model and standards was completed. It includes five levels within each of the five Categories of Standards:

- Health, Safety and Nutrition
- Knowledgeable and Responsible Adults/Caregivers
- Relationships and Interactions
- Connections with Families and Communities
- Learning Environment and Curriculum

Next steps in the development of the ND QRIS include soliciting feedback on the standards and levels, deciding where the QRIS infrastructure will reside, how it will be monitored, developing processes and forms, creating marketing and outreach strategies, determining the funding required to support QRIS implementation, and identifying sources and securing fiscal support.

I am Moving, I am Learning

By Sarah Myers, RN

In the last 30 years, the percentage of obesity has tripled. For the first time, our current generation of children is expected to have a shorter life span than their parents. Fortunately, child care programs have the opportunity and ability to promote change of this obesity trend. A new training addressing this topic titled “I am Moving, I am Learning” will be offered next spring for child care professionals. If interested, please check our website (www.ndchildcare.org) or CCR&R’s training guide for more information.

You may wonder how to start making changes in your child care program; sometimes implementing a few small changes can make a big difference in regards to the health of the children you care for. Here are some suggestions for improving eating habits and encouraging movement:

- Offer water rather than juice or other sweetened drinks when children are thirsty. If juice is offered, it is recommended to limit to one 4-6 ounce serving of 100 percent fruit juice per day. Please be aware that most juice boxes are 8 ounces. No juice is recommended for infants

under the age of 6 months.

- Encourage children (and yourself) to move around every 20 minutes. Physical activity nourishes the brain with glucose and oxygen. Studies show this also decreases undesirable behavior. The National Association of Sport and Physical Education (NASPE) recommends that children should not be still for more than 60 minutes at a time unless asleep.
- No TV for children under age 2; no more than 60 minutes per day for children over the age of 2. Turn off the TV when

eating meals and snacks; instead, use this time to talk with the children.

- Don’t force feed or require children clean their plates. Let children determine when they are full.
- Serve a variety of food including fruits, vegetables, and whole grains. Remember that children often need to try foods at least 15 times before liking them.
- Read books about healthy food to the children. Avoid books that promote junk food or specific unhealthy products.

- Don’t use food or candy as a reward. Reward with other things, activities, or privileges.

- Use food as educational activity. Discuss with children where food comes from, the color, shape, texture, smell, temperature, etc. Plant and care for a fruit or vegetable with the children and watch it grow.
- Use music and dance to encourage movement in your program.
- Provide infants with lots of floor time (tummy time too – if awake and supervised). Limit use of restrictive equipment such

as exersaucers, swings, bouncy seats, etc. to 20 minutes twice a day.

- Be a healthy role model for the children!!! Eat nutritious food and participate in the physical activity with the children.

Sources:

Fact Sheets for Families, Healthy Eating and Activity for Your Child, California Childcare Health Program, September 2006.

Health & Safety Notes, Nutrition and Activity for Young Children: Raising Physically Fit and Well Nourished Children, California Childcare Health Program, March 2007.

Safety Guidelines Infant and Toddler Toys and Products

Making sure the toys and items in your child care program are safe is a big responsibility and may seem like an overwhelming task. One very helpful resource is the Consumer Product Safety Commission (CPSC). You can check the CPSC website www.cpsc.gov to see if a toy is recalled, as well as sign up for email announcements of recall and safety news. You can also use the following safety guidelines listed below when evaluating toys for your child care program. Please keep in mind, regardless of how safe a toy is considered to be, supervision is still recommended to make sure the toy is being used properly.

- To minimize the risk of purchasing lead-contaminated toys: check CPSC website, avoid purchasing non-brand toys or toys from discount shops/private vendors, do not purchase old toys, and do not give costume jewelry to young children. Lead can be found in at least four different forms: paint on the surface of a toy, pigment throughout the toy, lead in jewelry, and lead in vinyl or plastic.
- Toys should be washable and labeled nontoxic.
- Toys should be larger than 1 and 1/4” in diameter and longer than 2 and 1/4” in length (can use paper toilet roll to test diameter – if it fits in roll, it is unsafe).
- For a riding toy, it should be stable and well-balanced so it won’t tip.
- All parts of toy should be protected so that a falling child will not be injured.
- The weight of the toy should be light enough for a child to handle.
- For a cloth toy, it should be labeled flame resistant, flame retardant or nonflammable.
- For a stuffed toy, the seams should be sewn tightly so the stuffing cannot come out and all paper tags should be removed.
- For electrical toys, it should be labeled “UL” (for Underwriters Laboratory), which means that the electrical parts have been safety tested.
- For mechanical toys, the driving springs should be adequately encased.
- For battery operated toys, the battery case should be securely closed so children cannot open it.
- For a metal toy, it should be free from rust.
- For a plastic toy, it should be sufficiently strong or flexible so it won’t break and leave sharp or jagged edges.

Things to Avoid:

- Small cars (ex. Matchbox or Hot Wheels) due to their small wheels and parts.
- Toys with magnets, unless magnet or toy containing a magnet is large (doesn’t fit in toilet paper roll) or magnet is completely enclosed so it cannot fall out. Magnets can kill a child if two or more are swallowed, or if one is swallowed with a metal object.
- Toys with detachable small parts (ex. removable eyes) that could lodge in windpipes, ears or noses.
- Foam blocks, books, puzzles, etc. (a child could potentially bite off piece of foam)
- Play forks, spoons, or knives. They can become lodged in a child’s throat. Large spatulas or mixing spoons are safer choices for dramatic play.
- Toys with sharp edges, exposed nails, sharp wires and straight pins.
- Toys with parts that could pinch fingers or toes or catch hair.
- Toys with cords/strings that are longer than 12 inches long with beads or attachments that could tangle and form a loop.
- Straps on hats and guitars. It is recommended to remove them. Straps pose a strangulation hazard.
- Long straps/handles on bags or purses. Remove them or tie a knot to shorten. Child should not be able to get his/her head through strap/handle.
- Ties, scarves, necklaces, boas, etc. due to strangulation hazard.

CCR&R Training Opportunities Oct - Dec 2008

Cass County

SAT	10/04	How Should We Behave?
SAT	10/04	Basic Child Care
THR	10/09	Stop it Now
SAT	10/11	CC: Routines
SAT	10/11	Preventing Discipline Problems
TUE	10/27	Building Structures (3 part series)
SAT	11/01	Autism in the Child Care Setting
SAT	11/08	Intro to the Environmental Rating Scales
SAT	11/08	PITC: Ask, Acknowledge, Adapt
SAT	11/15	Partnership for Prevention: Social/Emotional Dev.
SAT	11/15	Basic Child Care
TUE	12/03	SIDS/SBS
SAT	12/04	CC: Daily Events and Weekly Planning
THR	12/11	Sensory Processing Disorder

Grand Forks County

SAT	10/11	Partnership for Prevention: Social/Emotional Dev.
SAT	10/11	Basic Child Care
SAT	10/18	Financial Stability
TUE	10/21	Supporting Military Families
SAT	11/01	Six Keys Children's Mental Health (2 part series)
SAT	11/08	Preventing Discipline Problems
TUE	12/09	Intro to Environmental Rating Scales

Ramsey County

SAT	10/04	Basic Child Care
TUE	10/07	CC: Daily and Weekly Planning
SAT	10/25	Celebrate Children Conference
SAT	12/06	Dollars and Sense

Stutsman County

TUE	10/09	CC: Daily Events and Weekly Planning
SAT	10/11	How Should We Behave?
SAT	11/08	I am Moving, I am Learning
SAT	12/13	Partnerships for Prevention: Relationships with Families

Call Child Care Resource and Referral at 218-299-7325 or 1-800-452-3646 ext. 7325 for registration information or visit www.ndchildcare.org for class times, locations and fees.

Site Contact Information

Jamestown Office
Jamestown Business Center
300 2nd Ave. NE, Suite 224
Jamestown, ND 58401
888.767.0350 or
701.252.0350
Fax: 701.252.7843

Fargo/Moorhead Office
715 11th St. N., Suite 402
Moorhead, MN 56560
800.941.7003 or
218.299.7026
Fax: 218.299.7547

Grand Forks Office
2512 C South Washington
Grand Forks, ND 58201
888.778-3435 or
701.772-3435
Fax: 701.772.3446

Area Food Programs

For training listed on this page, please contact the name or organization listed for registration information.

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.dpcaa.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

Barnes County Area:

City County Health and Home Care 701-845-8518
Mercy Hospital 701-845-6613

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
or 701-256-5291

Dickey County Area:

Ellendale Comm. Ambulance 701-349-3364
American Red Cross - Buffalo Valley 701-252-3550

Eddy County Area:

Nathan Presnell 701-947-2183
or 701-650-8764

Foster County Area:

Carrington Ambulance 701-652-2374
American Red Cross - Buffalo Valley 701-252-3550

Grand Forks County Area:

Altru (www.altru.org) 701-780-1849
American Red Cross 218-773-9565
Grand Forks Head Start 701-746-2433
YMCA 701-775-2586

Griggs County Area:

Cooperstown Medical Center 701-797-2221

Logan County Area:

American Red Cross - Buffalo Valley 701-252-3550

Nelson County Area:

Nelson County Health System 701-322-4328

Ramsey County Area:

Devils Lake Ambulance 701-662-8916

Ransom County Area:

First Medic Ambulance 701-683-4721

Richland County Area:

St Francis Medical Center 218-643-3000
Ambulance Service, Inc. 218-643-2636
Richland County Health Department 701-642-7735

Rolette County Area:

Presentation Medical Center 701-652-2374
ext. 271

Sargent County Area:

Sargent District Health Unit 701-724-6241
Beth Fritz 701-724-6444

Stutsman County Area:

American Red Cross - Buffalo Valley 701-252-3550

Traill County Area:

Health Education Network 701-788-4702

Walsh County Area:

Walsh County EMS 701-352-9385
Kerry McCoy 701-284-4569
Valley Ambulance 701-352-3128

Wells County Area:

Harvey Ambulance Service 701-324-4624

Other Training Opportunities: October 2008 - March 2009

Please check with your child care licenser to verify topics are approved for re-licensing hours. For training listed on this page, please contact the name or organization listed for registration information.

North Dakota Child Care Providers, Inc.

Call 701-572-8083 or e-mail ndccpi@pop.ctctel.com for more information

Prevent Child Abuse ND

To schedule a program call 701-223-9052 or e-mail tracyw@btinet.net, or visit www.stopchildabuse.nd.com for more information.

Barnes County Area:

Call NDSU/Barnes Co. Ext. at 701-845-8528 for information.

Benson County Area:

Early Explorers Head Start
DeeAnn Peterson 701-324-4871

Cass County Area:

Cass County Child Care Network
Call 701-347-5201 or playcornerdaycare@hotmail.com

THU	10/16	Car Safety
THU	11/20	RSV
THU	12/18	1 st Visit to the Dentist
THU	01/15	It's OK to be Me
THU	02/19	Trouble with Siblings
THU	03/19	Scrapbook with your kids
THU	04/16	Music Therapy

Cass County Extension

Call Parent Resource Center 701-241-5700 or go to www.ext.nodak.edu/county/cass

Clay County Social Services

Call 218-299-7128 for information.

YMCA of Cass and Clay Counties

701-293-9622 or www.ymcacassclay.org

Moorhead Community Ed. Classes

Call 218-284-3400 for information.

Clay County Public Health

Call Leslie at 218-299-7178 for information.

Rape and Abuse Crisis Center

Call Angela at 701-293-7273 for information.

Casselton Child Care Network

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

United Child Care Providers Association (UCCPA)

Call Elyzabeth at 701-364-0707
THU 10/16 Breastfeeding and the Child Care Provider
THU 11/20 Pick-up Your Socks

FM Ambulance Service

SIDS Awareness, Shaken Baby Syndrome
Call Shawna 701-364-1750 for information.

Sam's Club

Call Marlene at 701-282-7997 for information.
SAT 10/04 Sam's Club Workshop

Clay County Collaborative

Call Carolyn at 218-233-1231 or carmar1957@cableone.net for information.

Safe Kids - Child Passenger Safety

Call Bobbi at 701-234-7233 for information.
THU 11/06 Child Passenger Safety
MON 02/02 Child Passenger Safety
TUE 04/07 Child Passenger Safety

Cavalier County Area:

Call Macine at NDSU Extension Service, 701-256-2560 for information.
SAT 3/28 Together 4 Kids Workshop

Dickey County Area:

Dickey County Daycare Association
Call Tara at 701-742-2794 for information.

Grand Forks County Area:

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

GFHCCA

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

NENDAIEYC

Call Jen at 701-772-4141 or e-mail nendaieyc@yahoo.com for more information.
THU 10/09 CCR&R Training To Go
TUE 11/18 Early Child Matters: Roundtable Talks w/ Legislators

THU 02/19 Temperaments and Guidance w/Young Children

SAT 03/07 Book Study
THU 04/02 Valued Provider Night

Parent Information Center

Call 701-787-4216 for information.

Safe Kids - Child Passenger Safety

Call 701-780-5919 at least 1 week prior to register.
SAT 10/04 Child Passenger Safety
THU 11/06 Child Passenger Safety
TUE 12/02 Child Passenger Safety
SAT 01/10 Child Passenger Safety
TUE 02/10 Child Passenger Safety
SAT 03/14 Child Passenger Safety
TUE 04/07 Child Passenger Safety

EGF Licensed Family Child Care Providers

Call Susan at 218-773-0781 for information.

Logan County Area:

NDSU Extension Service - Family Nutrition Program

Call Carmen at 701-754-2504 for information.
MON 11/03 Follow My Lead
MON 03/02 DAP

Pembina County Area:

NDSU Extension
Call Helen Volk-Schill at 701-265-8411

Ramsey County Area:

Family Resource Center
Call Patti Kerlin at 701-662-7529.

Ransom County Area:

Ransom County Childcare Assoc.
Call Marilyn at 701-683-4551 for 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 for information.
SAT 10/11 Training Event

Jamestown Association of Young Children (JNDAIEYC)

Call Judy at 701-251-1525 for information.

NDSU Extension Service

Call Eunice or Teresa at 701-252-9030 for information.

Towner County Area:

NDSU Extension
Call Gayle Gette at 701-968-4364



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