



Child Care Chat

Winter 2008-09

A publication of
Child Care Choices



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According to Michael Rich, MD, Director of the Center on Media and Child Health, Children's Hospital, Boston/Harvard Medical School, it depends on the child's age and what she is watching.

Our brains develop quickly during the first two years of life, and there is some evidence that watching TV may slow down certain aspects of that process, such as learning new words. At 30 months, kids are old enough to learn from what's on the screen if it is designed by experts to meet their developmental needs, but creative play with blocks or play dough is better. And sitting down with mom or dad and a book is better still.

We know what strengthens brain architecture at an early age (under 30 months). It is face-to-face dialogue with people,

Is TV Really That Bad?

manipulating their physical environment such as stacking blocks or getting food into their own mouths, and open-ended problem solving using creative play such as time in a sand box.

Research links over-exposure to media to health issues such as obesity, anxiety, risk-taking and aggression. Parents should share developmentally appropriate activities and games with children under age two, rather than have them use screen media. For older children parents should limit screen time to an hour or two a day.

When picking shows to let your children watch, ask yourself, "Is this developmentally appropriate for her/him?" "Sesame Street, for example, is designed for 3 to 5 year olds. But many of the kids watching

it are only 16 to 18 months old. And shows that move from one scene to another quickly aren't good because they can be disorienting. Watching TV with your children (at any age) is a good idea because you can help them learn how to process the messages, including the commercials.



Save the Date!

Child Care Choices
Annual Benefit/Auction
"Flashback to the 50s"
Saturday, April 25, 2009
at
Edison Community College!

Ohio's New Booster Seat Law

Around April 1, 2009, Ohio will have a new booster seat law. Children under the age of 9 and less than 4-feet-9-inches tall will be required to ride in booster seats. Adult seat belts are not designed for short, light-weight passengers. Last year in Ohio emergency rooms 18,000 children were treated for "seat belt syndrome". This includes internal or spinal cord injuries caused during crashes by ill-fitting adult seat belts. State law already mandates that babies and toddlers younger than 4 and under 40 pounds must ride in child car seats. Children younger than 16 must wear seat belts whether they are in the front or back seat.

Don't Miss It—CCC'S Story Lady Program



The Story Lady is coming!

January and February bring cold, wet, dreary days that sometimes pose a dilemma for the caregivers of energetic, active young children. **Call the Story Lady for relief!**

For each child she will bring a book centered on music and movement, with a packet of story-related activities that families can use at home. Nothing cures the fidgets like physical activity, and children always love moving to music. The Story Lady will read the book to the children and participate in the activities so that they can teach them to their parents and siblings. A good time will be had by all!

The Story Lady demonstrates innovative ways to use books and brings a different book with related activities for the provider to use to act as her own "Story Lady."

If you have yet to schedule your next Story Lady visit, call Child Care Choices at 667-1799 or 773-9944 to set up a time for your appointment.



Home Care Provider Appreciation Day!

Please join us for a celebration!

Feb. 12, 2009, 7:00 PM – 8:30 PM at West Charleston Church of the Brethren, 7390 State Rte 202 , Tipp City
RSVP to Betsy Russ 937-667-1799

There will be pizza, desserts, bags of goodies for everyone plus door prizes!
Come and have fun for an evening to celebrate you and your hard work.

Fifteen Minute Activities To Do With Your Children

1. Read to your children every day.
 2. Prepare a meal together: help children set the table attractively, let them wash greens for a salad and arrange rolls on a baking sheet, make bread or cookie dough and bake it, and do clean-up together. A relaxed parent in a cozy kitchen offers great opportunity for companionship and sharing.
 3. Make up tunes for nursery rhymes and sing them while you do chores or ride in the car.
 4. Take a walk or at least go outside every day unless the elements are such that you will get soaked with cold rain (warm summer rain is ok!) or hit by flying debris, or unless there's too much ice to stand up.
 5. Make cookies and take some to an elderly neighbor or shut-in and visit for a few minutes.
 6. Dress warmly on a clear night, take a blanket outside to lie on, and watch the stars.
 7. Get out pictures of your children when they were much younger and tell them stories about the wonderful things they did when they were "little".
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Move for a Minute!

With cold weather children are inside more but still need to MOVE!

Clean Out Your Own Backyard (the inside version)

1. Gather all of your balls – divide into 2 baskets.
2. Erect a rope or low net or cones (balls will need one foot of bottom clearance).
3. Divide children into two groups, one on each side of the net.
4. At your signal, children roll balls under the net or between the cones as fast they can. As soon as a ball comes into their side of the net, any child rolls it back. When you say freeze, children can redistribute the balls and start again.

- Lynn Ratliff

Child Care Choices Thanks. . .

Child Care Choices thanks the following for their recent generous donations. We are very grateful for your support!!

Troy United Way
 Tipp City Area United Way
 Brethren Foundation
 Miami County Department of Job and Family Services
 Ohio Children's Trust Fund
 West Charleston Church of the Brethren
 (for workshop space)
 Miami County Foundation

Tipp City Area Community Foundation
 RJB Consulting Comapny
 Piqua Community Foundation
 Big Robot Game Center
 Evans Title Company
 Bob Evans Restaurant
 Miller Valentine Group
 Kyle Foundation

Child ID Cards

You may apply for an Ohio picture ID card for your child of any age at your local deputy registrar location. The card will assist authorities in the event that a child is lost or reported missing. The photos and information can be easily obtained by law enforcement and distributed to the media to assist in a quick recovery in the event your child is lost.



You must provide the following documentation:

- Name
- Date of birth
- Social Security number (if it has been assigned)

The list of acceptable identifying documents can be viewed at the Bureau of Motor Vehicles website: www.bmv.ohio.gov/driver_license/pd.htm.

The cost is \$8.50. Children under

the age of 18 must be accompanied by a parent or guardian, who must also provide proof of name, date of birth, Social Security number, or their Ohio driver license or state ID.

The children's cards may be used for identification purposes only, not for driving or any other purpose.

To change or add next of kin or emergency contact information to your Ohio driver's license, call your local Bureau of Motor Vehicles or visit their website at www.ohiobmv.com.

Child Care Choices Needs Providers

Do you have friends who offer child care in their homes, but are not registered with Child Care Choices? Child Care Choices can now serve child care providers in either of the following two ways!

1. *Complete the traditional application process:* Receive a start-up kit that includes books, a puzzle, blocks and much more; receive child care referrals, quarterly activity packets, monthly parenting newsletter, free access to workshops, telephone

support, meal reimbursement, and more.

2. *Register for the mailing list only:* Receive the quarterly activity packets, monthly parenting newsletter, and other helpful information from Child Care Choices.

Please tell your friends about the many advantages Child Care Choices offers home child care providers. And please tell them that it is all FREE!

Free Health Care Information Available for Child Care Providers

The Ohio Child Care Resource and Referral Association (OCCRRA) has recently started a program through *Healthy Child Care Ohio* to link child care providers and parents with registered nurses who can answer specific child health-related questions. To get answers to your questions or just find out about this program, call 877-543-7669.

Child and Adult Care Food Program

It's the new year, time for fresh beginnings and new starts. It's also the time of year when already tight budgets are stretched by Christmas bills and high heating costs. Why not treat yourself to a raise this year by signing on with the Child and Adult Care Food Program? This federal program reimburses you for meals and snacks served to children in your care. The providers on our program see checks for up to \$500 each month for serving healthful, nutritious meals.



It's easy to sign up and involves simple daily paperwork. Food guidelines are flexible--the meals you're currently serving probably qualify. Your parents will be pleased to know their children are receiving nutritious meals while in your care. Call Gail today, (937) 667-1799.

If you are interested in participating in the Child and Adult Care Food Program and receiving reimbursement for the meals you serve the children in your care, call Gail at Child Care Choices, 937-667-1799 or in Piqua call 773-9944.

Workshop Locations

Child Care Choices Office, 814 W. Main Street, Tipp City

Take the Tipp City exit from I-75. Drive east (towards Tipp City) on Route 571 / Main Street. The CCC office is located on the right side of the street in a beige building with other offices. The CCC office is downstairs.

Riverside School, 1625 Troy Sidney Road, Troy

Troy Christian School, 700 S. Dorset Road, Troy (Corner of McKaig and Dorset)

Troy Christian School, 1586 McKaig Ave. , Troy (park in front of school – use front doors).

Upper Valley JVS, 8811 Career Drive, Piqua

West Charleston Church of the Brethren, 7390 State Route 202, Tipp City (Between Rt. 571 and Ross Rd.). Workshop room is downstairs.



CCC Calendar of Trainings

Winter 2008-09

- January 13 **Infant Toddler Guidelines—Language Development (Module Six)**
 6:30-9:30 PM Infants and Toddlers communicate to build relationships, share meaning with one another, and express their needs. Acquisition of language is one of the most amazing developmental accomplishments during the first three years of life. Participants will examine the progression of language development, and review techniques to support this development in infants and toddlers. Early literacy development will also be discussed. Presented by Think TV. **LOCATION:** West Charleston Church
- January 15 **Afterschool Initiative Basic Trainings**—Presented by 4-C Miami Valley; School-age specialist Janine Robinson—**School-age Program Overview.** This session provides an overview of basic information, including health and safety, child development, communicating with children and their parents, classroom management and program activities for school age children.
 6:30-9:30 PM **LOCATION:** West Charleston Church
- January 22 **Ohio Ready to Learn Training** presented by Think TV—**Preschool Asthma: Triggers and Solutions** —Asthma is a major public health problem in the United States. Many children suffer from asthma. Besides proper medical treatment, controlling triggers is the most important method of controlling symptoms. Join this group to discuss and problem-solve many triggers found in the home or classroom. Leave with hands-on ideas, coupons, books and plan of action.
 7-9 PM **LOCATION:** West Charleston Church of the Brethren
- January 29 **Go Green!** Help your home or center while helping the environment. Bring your gently used toys, equipment and books to the January 29 Go Green workshop. You can trade your items with other teachers and also collect lots of workshop extras from Child Care Choices. **LOCATION:** The workshop will be at Interstate Warehouse Offices. (the former Aerovent bldg), off Ash Street in Piqua, 1 Aerovent Drive. Lots of front space parking. Enter at the lighted east side main doors. (*details on page 6*)
 7-8:30 PM
- February 5 **Dramatic Play—How to plan, set-up and facilitate**
 7-9 PM At the Feb 5 workshop, both home child care providers and center personnel will further their knowledge of planning, set-up and facilitation of dramatic play. This hands-on workshop will offer opportunities to trade ideas with other professionals, hear what the national experts have to say, and think through dramatic play situations with three workshop presenters. **LOCATION:** Troy Christian School, 1586 McKaig Ave. (park in front of school – use front doors). (*details on page 7*)
- February 10 **Infant Toddler Guidelines—Cognitive Development (Module Seven)**
 6:30-9:30 PM Babies are motivated and competent learners right from the start. Cognitive development, the building of concept knowledge and thinking skills, is utilized by children of all abilities. Participants will examine cognitive development through the discussion of six discoveries that infants make in their world. Strategies for translating this knowledge into a higher quality of care giving practice will be provided. **LOCATION:** West Charleston Church of the Brethren
- February 12 **Home Child Care Provider Appreciation Evening - Sponsored by Think TV and Child Care Choices** FOR HOME CARE PROVIDERS ONLY. Come enjoy an evening of fun, food and surprises
 7:00 PM **LOCATION:** West Charleston Church
- February 19 **Ohio Ready to Learn Training** presented by Think TV— **Step Up to Quality approved Exploring Literacy and Language.** This workshop provides examples of intentional teaching and learning experiences for children to extend the range and scope of Ohio's Early Learning Content Standards, particularly in the area of phonological awareness. Participants will also be introduced to the Child/Home Early Language and Literacy Observation Tool (CELLO). Receive children's story books to take home. **LOCATION:** West Charleston Church

Workshop schedule and details continued on next page.

- February 26
6:30-9:30 PM **Afterschool Initiative Basic Trainings**—Presented by 4-C Miami Valley; School-age specialist Janine Robinson—**Quality Spaces and Schedules for School-Age Programs**
Create a space that is appealing while meeting the needs of children. This includes equipping programs with soft spaces, interest areas, supplies, effective use of shared space, and effective structuring of schedules and transition times. **LOCATION:** West Charleston Church
- March 10
7-9 PM **Ohio Ready to Learn Training** presented by Think TV— **Step Up to Quality approved— Learning Discipline.** Based on a curriculum designed by Family Communications, Inc. (Mr. Rogers Neighborhood), this session looks at discipline as a time for teaching rather than a time for punishment. We will explore the impact of the discipline/communications/relationship cycle on children's behavior. Receive a story book and a resource book to take home. **LOCATION:** West Charleston Church
- March 19
6:30-9:30 PM **Afterschool Initiative Basic Trainings**—Presented by 4-C Miami Valley; School-age specialist Janine Robinson—**Understanding School Age Children.** Have you ever wondered what motivates school-age children? This training will provide you with an understanding of their unique developmental needs. Behavior management, strategies for redirecting inappropriate behavior, and the importance of building assets will also be covered. **LOCATION:** West Charleston Church
- March 26
7-9 PM **Ohio Ready to Learn Training** presented by Think TV— **Step Up to Quality approved— Assessment Using the ASQ:SE.** Social-emotional development has significant impact on learning. Participants will be introduced to the Ages and Stages: Social Emotional Questionnaire (ASQ:SE) and will learn the benefits, scoring techniques, appropriate referral recommendations and follow up activities. Receive a story and a resource book to take home. **LOCATION:** West Charleston Church

Required Trainings

NOTE CHANGE IN LOCATION: Classes will be held at:

Troy Christian Elementary School, 1586 McKaig Avenue, Troy—Use North Doors

<u>Date</u>	<u>Class</u>	<u>Cost</u>	<u>Time</u>
Feb. 3	Child Abuse Prevention Renewal	\$20	6:30-9:30 p.m.
Feb. 16 & 17	Child Abuse Prevention—6 hour training.	\$30	6:30-9:30 p.m.

Ohio's Early Learning Content Standards Workshops— All sessions are held 9 am to 2:30 pm at the West Charleston Church, 7390 State Route 202, Tipp City

- February 21 Early Learning Content Standards—The Overview—(required for attendance at other ELCS workshops)
- March 27 ELCS Language Arts (Module One—5 hours) - A prerequisite to Module Two
- April 3 ELCS Language Arts (Module Two—5 hours)
- May 1 ELCS Mathematics (Module One—5 hours) - A prerequisite to Module Two
- May 15 ELCS Mathematics (Module Two—5 hours)

**Remember—call CCC at 667-1799 or 773-9944 to register for all workshops
OR register online at www.child-care-choices.org**

CCC Workshop—Go Green

Help your home or center while helping the environment. Bring your gently used toys, equipment and books to the January 29 Go Green workshop. You can trade your items with other teachers and also collect lots of workshop extras from Child Care Choices.

You'll get tickets for each item you bring to spend on equipment you find at the workshop. Bring your ideas for re-use and add to recipes and ideas from the Child Care Choices staff. You'll get an on-the-spot printout of all ideas to take home.

The workshop will be at Interstate Warehouse Offices (the former Aerovent bldg), off Ash Street in Piqua (at 1 Aerovent Drive. Lots of front space parking. Enter at the lighted east side main doors.

You may drop off equipment early. Call Child Care Choices to make arrangements.

When: Jan 29 7-8:30 *Credit:* 1 ½ DJFS hours *Register:* Child Care Choices at 667-1799 or 773-9944

CCC Workshop—Dramatic Play

Enliven your curriculum with

**Dramatic Play —
How to plan, set-up and facilitate.**

Dramatic play is dramatically important in the early childhood curriculum.

Through dramatic play children learn self-regulation, cooperation, and negotiation skills. They try on roles of adults around them and learn social strategies to find a place in the group.

At the Feb 5 workshop, both home child care providers and center personnel will further their knowledge of planning, set-up and facilitation of dramatic play. This hands-on workshop will offer opportunities to trade ideas with other professionals, hear what the national experts have to say, and think through dramatic play situations

with three workshop presenters.

The Dramatic Play workshop will use the Creative Curriculum as a guide. Please bring a copy from your center or home or borrow a copy from Child Care Choices the evening of the workshop. Take home new ideas, handouts and props.

When: February 5 (Thursday) 7-9 PM

Where: Troy Christian School, 1586 McKaig Avenue
(park in front of school – use front doors)

Cost: Free: Sponsored by Miami County DJFS & Child Care Choices

Credit: 2 hours DJFS

Register: Child Care Choices

Health and Safety in Family Daycare - Workshops

Health and Safety in Family Daycare is required for all type B home day care providers. Those registered with Child Care Choices are required to take the trainings within the first year of becoming registered. Providers seeking certification with Miami County Job and Family Services are required to take the trainings before becoming certified, *but not more than six months before.*

Feb. 9 Managing Children's Behavior and Home Safety

Feb. 23 Child Abuse Prevention Overview

March 2 Nutrition and Food Safety

March 9 Communicable Disease and First Aid

Time: 7-9:15 pm Workshop Location: CCC office To register: Call Child Care Choices.



814 W. Main Street
Tipp City, OH 45371

Phone: 937-667-1799
OR 937-773-9944

Fax: 937-667-0819
www.child-care-choices.org

**Jan-April '09 CCC Work-
shops are scheduled!
Look inside for details.**

Upcoming Events—Spring 2009

April 25 Child Care Choices Benefit Auction at Edison Community College

Infant Toddler Guideline Modules. All held 6-8:30 pm at Riverside School, 1625 Troy-Sidney Rd., Troy

- April 2 **Understanding Temperament.** Learn more about the characteristics and types of temperament, and ways to use that information to fit children into appropriate learning and social situations.
- April 9 **Routines for Nurturing and Learning.** Learn how interactions during greeting/departing, napping, eating, and toileting, which comprise the curriculum of infant-toddler training, create learning opportunities and affect development.
- April 23 **The Developing Brain.** Study how the brain develops and organizes stimulation from its environment, and how stress affects the brain. Learn techniques to support healthy brain development.
- April 30 **Understanding Behavior.** Study causes of child behaviors and how providers' responses and interactions affect emotional and social development.
- May 7 **Cultural Diversity.** Explore how family and community culture affect children's development and how providers can make the center environment culturally relative.
- May 14 **Environments.** Explore the ways an appropriately designed environment can further a child's development and behavior, and how environments relate to the infants' ages.

