



Child Care Chat

Summer/Fall 2010

Child Care Choices

Five 15-Minute Activities



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1. Read to your children every day
2. Measuring shadows—On a sunny day, stand a small potted tree (or other appropriate object) on a cement surface. Each hour, use a different-colored piece of chalk to out-line the tree’s shadow. Then help children measure and compare different shadow lengths.
3. Shape Puzzle—Cut four or five large index cards into two-part puzzles. Draw different shapes (circle, rectangle, etc.) on one part of each puzzle, and a matching shape on the other part. Mix up the pieces and have your children find the matching pieces and fit them together.
4. Developing Muscles for Writing -Introduce fat crayons and paper to babies. Begin by showing them how to make marks on large pieces of paper. Tape the paper to the table so that it will stay flat. If babies try to color on walls or tables, gently redirect them to the paper. They will soon learn that paper and crayons go together.
5. Finding Animal Friends—Talk with your children about their favorite animal. Describe its special features. Find pictures of the animal in magazines, and have children cut them out. Glue pictures to poster board, leaving space for a title and other descriptions of the child’s choice.

IN THIS ISSUE

LISTING OF SCHEDULED TRAININGS THROUGH DECEMBER 2010



MOVING RIGHT ALONG—

CHILD CARE CHOICES IS CHANGING LOCATIONS!

The West Charleston Church has generously allowed us to purchase space for our offices in their new building at 4817 State Route 202, approximately two miles north of the church’s present location. We expect to be moving around November 1 of this year, when construction is scheduled for completion.

Our new “digs” are on the main (and only) floor, so we are very excited at the prospect of having windows! There will be space within our offices for small workshops, and access to church space for larger ones.

Watch for an invitation to our open house!

WORKSHOPS OFFERED AT WEST CHARLESTON CHURCH

A number of CCC workshops are at the West Charleston Church of the Brethren. Since the moving date to the new location is tentative, be aware that some fall workshops might be at the old location and some at the new location.

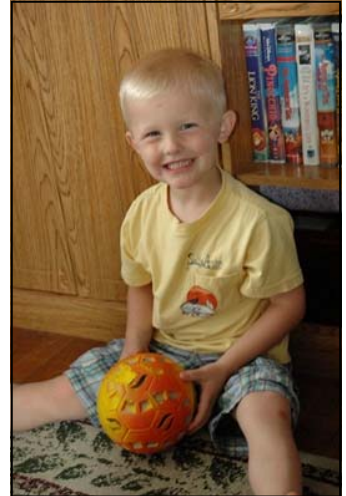


ACTIVITY ACTIVATES THE BRAIN!

How much waking time do your children spend doing physical activity? Dr. John Ratey of Harvard Medical School's Psychiatry Department, using brain scans, has discovered that intense aerobic exercise (running, walking, dancing) benefits the parts of the brain that control learning, memory, stress, ADHD, depression, obesity, mental illnesses and addictions.

In his book *Spark*, Dr. Ratey documents his experiments in two different schools and with some of his own patients, showing that a daily hour of running activities resulted in:

- * School-wide grade improvement
- * Lowered obesity rate (3 percent, compared to 20 percent nationally)
- * Improved standardized test scores
- * Reduced need for ADHD, anxiety, and emotional illness medications
- * Brain cell growth and regeneration
- * Elevated moods among the students



So exercise is brain fertilizer! How can you feed children's brains?

- * Keep activities and playground equipment age appropriate for the children in your care
- * Read to children and have them physically act out the stories
- * Keep babies on the floor when they aren't sleeping so they can move and learn to crawl, as crawling has been shown to influence brain development and the ability to learn to read. (Avoid encouraging early walking at the expense of crawling.)
- * Make physical activity part of your child care routine – dance, hike, play on the equipment in the park, play running games
- * Show enthusiasm about physical activity: "Let's run to the tree and count our steps;" or "See how many repetitions you can do with the jump rope;" and children will learn that exercising is fun
- * Avoid competition so that the youngest, clumsiest, or smallest can feel good about the activity
- * **KEEP THE TV TURNED OFF**



Become a fan of Child Care Choices of Miami County on Facebook. See photos of events, links to child development news, notification of events and any changes,



CCC Calendar of Trainings

Summer/Fall 2010

September 21
7:00—9:00 pm

Pathways to Literacy—Writing to Read—A Think TV Workshop. Reading is an important skill and writing is one way to learn about reading. Learning the structure of writing helps children understand the structure of our language and the mechanics of reading. Invented spelling is one aspect of writing to read. Learn research and techniques on using writing to teach reading skills. **Step Up To Quality approved. CALL Child Care Choices to register.**
West Charleston Church of the Brethren

September 28
7:00—8:30 pm

Fit and Fabulous for Life—Changing people's way of living by including more thoughtful eating, limiting time spent on technology, promoting meal planning using the food triangle, and easy ways to include fruits and vegetables in children's diets, and exercise in children's lives. **To count this as a food program approved workshop, providers will need to arrive at 6:30 for a brief session on rules and regulations.**
West Charleston Church of the Brethren

October 5
7:00—9:00 pm

On the Path to Math—Conquer your math phobia using *Shapes in Math*, *Math by the Book*, *Math with Movement*, and much much more
Troy Christian School, Use North Entrance

October 19
7:00—9:00 pm

Great Moves Equal Great Behavior—Learn Yoga activities for children, and how these exercises affect brain development and moderate behavior issues. Participation in this workshop will be followed up by one visit from the licensed yoga instructor to help providers master yoga techniques to use with children. Workshop includes copy of *Yoga Pretzels*, one set of 50 activity cards and one visit per location. \$10 charge per participant.
Riverside School Gym

November 9
7:00—9:00 pm

My Favorite Author—Ten child care providers share their favorite Book/Author, an activity to extend the book, and other ways to use the book with children. Children's Literature Specialist Sonia Ewald will introduce the training with information on the importance of reading to children. Each participant will receive a copy of 100 Best Books for Children by Children's Book Publisher and Reviewer, Anita Silvey
First Place, Troy

November 18
7:00—9:00 pm

Art for All Seasons—Move through the year as you experience 12 art centers with a variety of activities. Take home ideas and materials to use with your children.
Troy Christian School—Use North Entrance

December 2
7:00—8:30 pm

Home Care Provider Christmas Party / Idea Exchange—Bring a dessert or snack to share. Lots of goodies for all. Fabulous Door prize **Call CCC to reserve your space.**
West Charleston Church of the Brethren

January 13, 2011
7:00—9:00 pm

Hats and Mittens Mean Math and More—Experience the Math Early Learning Content Standards through Jan Brett's *The Hat* and *The Mitten*, with a focus on Math, Movement, Art, and Science connections.
Troy Christian School, Use North Entrance

Feb. 17 & 24, 2011
7:00—9:00 pm

Feb. 17—Super Science Centers 1—Join six teachers from Troy Christian Early Childhood Education Center as they walk you through Science Centers that they use in their classrooms. Hands-on activities and free books for all. Centers include: Sink and Float; Forest Friends; Light, Color and Shadow

Sign up for one or both of these trainings

Feb. 24—Super Science Centers 2—Centers include Ocean and Pond Adventures; Measuring Matter; Incredible Insects
Troy Christian School—Use North Entrance

Health and Safety in Family Day Care FOR HOME DAY PROVIDERS ONLY

7:00—9:15 pm at CCC office (may be at new location on Rt. 202)

- October 4 **FIRST AID AND COMMUNICABLE DISEASE—COMMUNICABLE DISEASE** - Learn to recognize communicable diseases, the causes and prevention methods. *Receive a*
- October 18 **CHILD ABUSE PREVENTION OVERVIEW**—Learn to recognize abuse, what and when to report, and whom to call when you suspect a child has been injured or seriously mistreated.
- October 25 **FOOD SAFETY AND NUTRITION—FOOD SAFETY** - Learn valuable tips for storing and cooking foods safely. **NUTRITION** - Learn what and how to feed children from infant through
- November 1 **HOME SAFETY AND MANAGING CHILDREN'S BEHAVIOR—HOME SAFETY** - Plan for safety in storage areas, equipment, emergencies, outdoors, and transportation.
MANAGING CHILDREN'S BEHAVIOR - Learn how children grow and develop, how to set up your home to minimize behavior problems, and how to respond to children having a difficult day.

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.* **Call CCC to register.**

Workshop Locations

Child Care Choices Office, 814 W. Main Street, Tipp City
Take the Tipp City exit from I-75. Drive east (toward Tipp City) on Route 571 / Main Street. The CCC office is located on the south side of the street in a beige building with other offices. The CCC office is downstairs.

First Place, 110 West Franklin Street, Troy

Riverside School, 1625 Troy Sidney Road, Troy

Troy Christian School, 1586 McKaig Avenue, Troy (park in front of school – use front doors—north entrance).

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.

West Charleston Church and CCC office—Move to the new location has a tentative date of November 1, 2010 —4817 State Route 202, Tipp City



**Remember—if you need help or have questions,
call CCC at 667-1799 or 1-866-667-4799**

**The following workshops REQUIRE SIGN-UP on the web—
offered by 4C Miami Valley and Child Care Choices.**

- | | |
|-----------------------------|--|
| October 7
6:00—8:30 pm | Infant / Toddler Training—Guidelines Module 1: The Overview
Reading is an important skill and writing is one way to learn about reading. Learning the structure of writing helps children understand the structure of our language and the mechanics of reading. Invented spelling is one aspect of writing to read. Learn research and techniques on using writing to teach reading skills. |
| October 14
6:00—8:30 pm | Infant & Toddler Best Practice Series: Understanding Infant/Toddler Temperament
Through lecture, video, group discussion, and small group activity, participants will further deepen their understanding of the nine characteristics and three types of temperament, how they are displayed in infants/toddlers and how temperaments may impact goodness of fit. Participants will explore core teaching strategies suited to types of temperament. |
| October 15
9:30 am—noon | Core Knowledge and Competency Training— <i>This workshop is for Center Administrators and Directors</i> —What makes a great teacher great? Ohio's Early Childhood Core Knowledge and Competencies describes the competencies and skills that professionals working with young children would be expected to know, understand, and be able to do to support children's growth and development. The session will touch on the many potential uses of the document, from self-reflection and professional development planning to evaluating and assessing staff. 2.5 hours training |
| October 21
6:00—8:30 pm | Infant / Toddler Training—Guidelines Module 3: Emotional Development
New research shows how emotions are the key in organizing the experience and behavior of young children. Participants will further deepen their understanding of the emotional development of infants and toddlers and explore how this knowledge can be translated into emotionally supportive care giving practices. |
| October 28
6:00—8:30 pm | Infant & Toddler Best Practice Series: Cultural Diversity for Sensitive Infant/Toddler Care
Through lecture, video, group discussion and small group activity, participants will explore how culture impacts children's development and how providers can make the child care environment culturally relevant. |
| November 11
6:30-9:00 pm | It's Teachable! How to Create a Curriculum
Learning and Enrichment experiences are essential elements of an After-School program. This training will help After-School professionals create a curriculum that meets the goals of the program and the needs of children and youth. Other topics that will be explored include the benefits of a curriculum, linking the curriculum with academic content standards, teachable moments, field trips, and putting the plan into action. |
| November 16
6:30-9:00 pm | Challenging Behaviors —Every preschool teacher encounters “that child,” the one with behaviors that test one's patience and challenge one to try something different, perhaps even a different career. This workshop will provide a definition of challenging behaviors, discuss reasons why children present with challenging behaviors and provide practical ideas for planning effective interventions to help children reduce their use of challenging behaviors. SUTQ approved. |

The workshops listed above will be held at the West Charleston Church of the Brethren.

Infant & Toddler Requirements—You may attend any Infant/Toddler Guidelines modules you choose. Module One is no longer a requirement prior to attending other modules, but is offered as an option since it provides the foundation for Modules Two through Seven. You must complete 10 hours of Infant/Toddler Guidelines trainings before attending Best Practice trainings. Verification will be required.

Child Care Choices can assist you in selecting the correct workshop. For more information about specialized training, please call Child Care Choices at 937-667-1799 or visit www.stepuptoquality.org.

**If you do not have access to a computer or require special assistance, call
Child Care Choices at 937-667-1799. We will be glad to help.**



Step Up To Quality (SUTQ) is Ohio's voluntary, quality-rating system for early care and education programs licensed by ODJFS. Step Up To quality provides:

- The recognition a program deserves for their continued commitment toward achieving higher quality standards
- An easy tool for parents to select higher quality programs for their children
- An annual payment known as the Quality Achievement Award
- T.E.A.C.H.® Early Childhood Ohio scholarships so teachers can obtain their associates degree in Early Childhood Education.
- Technical assistance and support to help programs achieve and maintain a Star Rating

For more information on Step Up To Quality, go to www.stepuptoquality.org or call Child Care Choices 937-667-1799 for assistance on getting started.



Story Lady Visit



Move for a Moment!

It is a hot summer day! The children just want to stay inside and watch a movie. How do you get them out of the house and away from the TV?

WATER PLAY

Paint with Water

Give your children clean paint brushes/paint rollers and buckets of water and turn them loose outside to paint sidewalks, driveways, fences, bikes, etc.

Miniature Car Wash

Give your children buckets, sponges, towels to wash the riding toys.

Water Balloon Catch

Fill up lots of water balloons (the kids can help do this). The children gently toss a water balloon back and forth. Count to see how many times they can toss and catch without breaking the balloon. Then do it again and again!

Over Under Relay

Line children up single file. Place a bucket full of water at the front of the line and place an empty bucket at the end of the line. The first child fills a plastic cup with water and passes it to the child behind her. (over head, under/

between legs, or around) When the last child in the line gets the cup of water, she turns and pours the contents into the empty bucket, then runs to the front of the line and refills the cup and begins passing the cup of water to the child behind her.

If you have enough children form more lines. The first group to fill their bucket wins!

Turkey Baster Relay

Line children up single file. Place an empty bucket and a full bucket of water about 25 feet away. Place a turkey baster (or a large sponge) beside the full bucket. First child runs to pick up the turkey baster and fills it with water from the bucket. Then squeezes the water into the empty bucket, then runs back to the end of the line. Continue until all have had a turn.

Dribble, Dribble, Drench!

Like "Duck, Duck, Goose" except that as they walk around the circle with a cup or pitcher of water they dribble a few drops of water on each head until "DRENCH" and pour all the water on a child. The chase is on!

Don't forget the sunscreen!

Step-by-Step Guide to New Registration System

New Online Registration System in Place

To register for workshops that are offered by Child Care Choices, you must go through the Ohio Professional Development Network (OPDN). To do this, you will need an e-mail address and an OPDN account. Follow the instructions below to get a free e-mail (if you don't already have e-mail) and to create an OPDN account. Once you have an e-mail address and an OPDN account, you are ready to register for workshops. If you need assistance, Child Care Choices staff is ready to help!

Creating an OPDN Account

Before you get started, you will need an e-mail address. If you do not have one, skip to the "Getting an E-mail Address" section below. Here is how to set up your OPDN account:

- Visit www.opdn.org and click "Sign Up for OPDN.org" in the upper right-hand corner.
- Enter your date of birth and the last five digits of your social security number and click "Next." This will verify that you do not already have an account. (If you do, the system will give you the option to reset your password.)
- Enter your contact information and click "Next."
- Choose your employment type.
- If you work at a child care center or are a Type A Family Child Care provider, you will need to provide your program license number. This number can be found at www.odjfs.state.oh.us/cdc
- An e-mail will be sent to the e-mail account associated with your profile. This e-mail

contains a link to set the password for your profile. Click this link and follow the instructions.

Getting an E-mail Address. You can get a free e-mail address at www.gmail.com, www.yahoo.com or www.hotmail.com. Visit any one of these web sites and look for a link that says "Sign Up" or "Create an Account."

Registering for Workshops

- Visit www.opdn.org and log in. In the red bar at the top, click "PDTrack (Trainings)."
- You may need to read a disclaimer and click "I Agree."
- Click "Go to basic search."
- In "Date Range," select the dates you want to search between.
- To search for a specific workshop, type the title (or part of the title) into "Training Title Search" and then click the "Search" button.
- To search only in a certain county, find "Select all counties?" and click "No," select specific county, then click the "Search" button.

What this means for you!

Real-time class availability.

You will be able to see exactly how many spaces are available and, once you register (and pay if the workshop has a fee), your spaces are guaranteed.

Instant access to your transcript.

You will be able to view all of the workshops you have taken or will take with us and other Ohio in-service training providers after January 1, 2010.

Personalized directions to workshop locations. Our new registration system integrated Google Maps to give you directions no matter where you're coming from.

Immediate verification in OPDN Registry. You will never have to send in your certificates for verification again!

- When you find the workshop you want in the list, click the "More Information" button next to it.
- If there are spaces available and the registration deadline has not passed, you will see a "Click here to register" button. Once you have clicked that, your registration is complete!
- If the workshop has a fee, you will be given a link to payment information. We must receive payment one week before the date of the workshop or your registration will be cancelled.

If you do not have access to a computer or require special assistance, call Child Care Choices at 937-667-1799. We will be glad to help.

Child Care Choices

Your Link to Community Child Care
in Miami County



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**September—December
2010 CCC Workshops
are scheduled!
Look inside for details.**

**CCC Benefit / Auction 2011
April 9, 2011 — 6 pm at The Crystal Room in Troy**