

# Child Care News

A quarterly newsletter from The Children's Resource Center, Catawba County's Child Care Resource and Referral Agency

Volume XIV, Issue 4

Winter 2014

## A RECIPE FOR LEARNING

In a large bowl combine...

One cup of **CURIOSITY** I am a child, I am naturally curious.

A dash (or three) of **RELEVANCE**  
I learn best when what I am learning is meaningful to my own experiences of the world.

A good dose of **VARIETY** I like to learn in lots of different ways.

A pint of **INTEREST** I am most motivated to learn when I am interested in what I am doing and learning.

A smidgen of **PURPOSE** I like you to know that I am helpful.

A litre of **PROBLEM SOLVING**  
To really get me thinking.

A heaped teaspoon of **ACTIVE DOING**  
As it is through active interaction with objects, people and places that I acquire knowledge.

And a large pinch of **PLAYFUL FUN!**  
**FRIENDS** Stir together with **FRIENDS** to learn alongside. Sharing with others helps to reinforce my own learning.

Add an **INTERESTED ADULT**  
to guide and pose challenges that push my thinking further.

And bake together with **TIME** to explore, experience, grow and mature.

[childhood101.com](http://childhood101.com)

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THE CHILDREN'S



RESOURCE CENTER

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# NEWS from the NORTH CAROLINA

DIVISION OF CHILD DEVELOPMENT AND EARLY EDUCATION

WORKFORCE EDUCATION UNIT

SEPTEMBER 2014

### UPDATED WORKFORCE EDUCATION UNIT APPLICATIONS

The Workforce Education Unit applications have been updated effective September, 2014 and added as fillable pdf to the DCDEE website. Please share this information and encourage providers to discard ALL previously used or outdated forms.

- Child Care Administrators Education and Equivalency Form (DCDEE.0173)
- Child Care Providers Education and Equivalency Form (DCDEE.0169)
- Lead Teacher Equivalency Form for Approved High School Coursework (DCDEE.0162)
- Public School Preschool Staff Education Form for Administrators (DCDEE.0172)
- Public School Preschool Staff Education Form for Teacher/Teacher Assistant (DCDEE.0171)
- Guidelines For Child Care Providers For Educational Assessments (September, 2014)

The Workforce Education Unit will no longer use the following forms:

- Workforce Change of Information Form (DCDEE.0120)
  - **NOTE:** If an applicant needs to provide change of information to the Workforce Education Unit, they will need to complete the appropriate Education and Equivalency Form.
- Credential Application Early Childhood Credential (NCECC), Family Child Care Credential (NCFCCC) and School-Age Child Care Credential (NCSACCC) (DCDEE.0168)
  - **NOTE:** The Child Care Providers Education and Equivalency Form has been combined with the Credential Application. When applying for any of the NC credentials, the appropriate box(es) must be checked at the top of the application.

Please contact the Workforce Education Unit if you have any questions.



### Professional Development Bonus Award

This Race to the Top/Early Learning Challenge activity is intended to provide a one-time bonus incentive to North Carolina 4- and 5-star licensed early learning programs that implement certain policies and practices related to staff professional development.

Below is a link to all the documents you will need to complete the application process.

<http://www.childcareresourcesinc.org/ece-and-sa-programs/overview-of-services/professional-development-bonus-award-2/>

## CDC HEALTH ADVISORY

Distributed via the CDC Health Alert Network  
December 03, 2014, 16:00 ET (4:00 PM ET)  
CDCHAN-00374

### **CDC Health Advisory Regarding the Potential for Circulation of Drifted Influenza A (H3N2) Viruses**

*CDC is reminding clinicians of the benefits of influenza antiviral medications and urging continued influenza vaccination of unvaccinated patients this influenza season.*

#### **Summary**

Influenza activity is currently low in the United States as a whole, but is increasing in some parts of the country. This season, influenza A (H3N2) viruses have been reported most frequently and have been detected in almost all states.

During past seasons when influenza A (H3N2) viruses have predominated, higher overall and age-specific hospitalization rates and more mortality have been observed, especially among older people, very young children, and persons with certain chronic medical conditions compared with seasons during which influenza A (H1N1) or influenza B viruses have predominated.

Influenza viral characterization data indicates that 48% of the influenza A (H3N2) viruses collected and analyzed in the United States from October 1 through November 22, 2014 were antigenically "like" the 2014-2015 influenza A (H3N2) vaccine component, but that 52% were antigenically different (drifted) from the H3N2 vaccine virus. In past seasons during which predominant circulating influenza viruses have been antigenically drifted, decreased vaccine effectiveness has been observed. However, vaccination has been found to provide some protection against drifted viruses. Though reduced, this cross-protection might reduce the likelihood of severe outcomes such as hospitalization and death. In addition, vaccination will offer protection against circulating influenza strains that have not undergone significant antigenic drift from the vaccine viruses (such as influenza A (H1N1) and B viruses).

Because of the detection of these drifted influenza A (H3N2) viruses, this CDC Health Advisory is being issued to re-emphasize the importance of the use of neuraminidase inhibitor antiviral medications when indicated for treatment and prevention of influenza, as an adjunct to vaccination.



### Summary of Rule Changes Effective December 1, 2014

The North Carolina Child Care Commission has amended rules related to temperature taking of mildly ill children and the use of cellular telephones while transporting child in child care. [Please view the summary of these rule changes, effective December 1, 2014.](#) Also, please refer to the rulebook for complete rule text and take time to familiarize yourself with the new December 2014 revisions to the North Carolina Child Care Requirements. Consistent implementation of these requirements promotes the health, safety and well-being of all children in North Carolina. North Carolina's goal is to maintain its reputation for providing high quality child care.

### Emergency Preparedness Rules and Training Update

From the NC Child Care Health and Safety Resource Center

As you may be aware, North Carolina has approved new rules to address the need for early learning and development programs to be prepared to respond to emergencies. We, the staff at the NC Child Care Health and Safety Resource Center, are receiving many questions about how these new rules will affect the early childhood community and when training and materials will be ready. As a recap, the new rules require

1. the development of an *Emergency Preparedness And Response (EPR) Plan* by all licensed facilities using the designated EPR Plan template
2. that one staff person in all facilities complete the *Emergency Preparedness and Response in Child Care Training*
3. orientation of all staff members in the specifics of the individual facility plan
4. additional drills
5. reunification plans for families and children following necessary evacuations
6. annual review of the facility's EPR Plan

The rules were voted on by the North Carolina Child Care Commission on November 17, 2014 and will take effect **June 1, 2015**. Early learning and development programs will have to comply with these new rules. Facilities and staff members will have two years to gain compliance with the new rules.

We are revising The *Emergency Preparedness and Response in Child Care Train-the-Trainer Course* to address these rule changes and current best practice recommendations. We anticipate that the train-the-trainer course will be ready in April 2015.





## Especially for Families

PLEASE COPY AND SEND HOME.

## Helping Children Learn to Cope with Stress



Children thrive in stable and nurturing environments. They benefit from having routines and knowing what to expect during the day. They generally cope with changes in their daily lives that are short lived. Some change, such as the birth of a baby or a grandparent coming to live with the family, can be difficult at first. Once the family establishes new routines, a sense of belonging and security returns.

Sudden and dramatic changes can affect children's feeling of security and lead to stress. When adults are under stress, they may find caring for their children more difficult. Job and money problems, changes in living situations, violence, relationship concerns and illness can create toxic stress for families. Toxic stress can affect a child's physical health and ability to learn.

Families can buffer stress for young children by providing a sense of connection and helping them develop the emotional skills needed to cope with stress. The presence of a consistent,

caring adult in a child's life makes it easier to recover from difficult situations.

Parents can help children learn how to name feelings and suggest positive ways to feel better. "You look sad. What if we took a walk outside in the sunshine?" Being able to express feelings will help children cope with problems and regulate their emotions. It may not be possible to make the source of stress go away. By responding to children in a consistently calm and kind manner, it is possible to minimize the impact of stress.

### Families and Early Educators Supporting Children with Stress

Open lines of communication between families and early educators can help them reduce the effects of stress on children and find ways to help the children feel safe.

Families can:

- share what is happening at home that is stressful, such as: a new baby, loss of a job, etc.
- provide strategies they use that seem to help their child cope
- bring in a favorite toy, book or other comfort item
- ask about the child's behavior during the day and what strategies the early educators use that have helped the child.

### Simple Steps to Reduce the Impact of Stress



#### Create special time together.

Simple routines provide structure and help children predict what comes next. This sense of knowing the routine helps children feel secure. During stressful times it may not be possible to have a completely predictable schedule. Families can use every day activities to maintain the sense of

predictability. These times can be "short and sweet." Bath time, tooth brushing, story time or sharing a meal can become opportunities to interact positively.

#### Shield children from stress.

Limit children's exposure to scary and stressful media coverage. Try to have heated discussions and arguments where children cannot hear them. Respond to children's questions about stressful situations in language they can understand. Give children only the information they need.



#### Maintain physical care.

Being well nourished with healthy foods and well rested makes it easier to cope with stress. Being physically active is a way to release pent up stress in a positive way. Being outdoors is calming for children.

Like children, adults cope with stress

better when they get exercise, spend time outdoors, and are well nourished and rested.

**Seek support.** Friends, family or community resources can provide support during stressful times. Friends or family may help care for the children, provide meals, and be an extra pair of hands or a listening ear when needed. Counseling could help a family through difficult times.



**Reference:**  
Brooks R., Goldstein S. *Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child*. McGraw-Hill. 2001.



**FREE**  
**Developmental Preschool**  
**Screening**



**Who:** Children **3-5 years old** who live in the Catawba County School District

**What:** Speech language, fine and gross motor, cognitive/concepts, hearing and vision screenings

**When:** Saturday January 31, 2015  
9:00 a.m.-1:00 p.m.

**Where:** Sweetwater Early Childhood Education Center  
2110 Main Ave SE Hickory, NC 28602

**How:** Call (828)327-3689 EXT 225 to schedule an appointment by January 23, 2015.



Each child screened goes home with a FREE BOOK!





# Someone Else's Eyes

## Encouraging Empathy in Afterschool

Training  
Online!

**Dates of Training:** February 3 & 10, 2015

**Time:** 8:30am-10:00am

**Location:** Online [www.gotomeeting.com](http://www.gotomeeting.com) (link will be provided to registered participants)

**Instructor:** Karen Darby ([karen.darby@rocketmail.com](mailto:karen.darby@rocketmail.com))

**Credit:** .5 CEU

**Cost:** \$25.00

**Register online at [www.swcdcinc.org](http://www.swcdcinc.org)**

*A copy of the application may also be printed and mailed to  
Southwestern Child Development Commission PO Box 250 Webster, NC 28788*

*Participants in the online event will be required to complete 2 hours of pre/post work assignments and participate in 3 hours of online coursework.*

Do you find yourself asking your students to think about how someone else might feel? Or how they would feel if they were in another child's situation? Are you answered with blank stares and shoulder shrugs? This training will help dig deeper into those questions and encourage children to recognize their own feelings, emotions and reactions, as well as those of others by developing the much needed social skill of empathy. We will explore the differences between empathy and sympathy; explore body language and facial expressions and write empathetic responses to common situations. Join this interactive, online event and leave with practical strategies to encourage empathy in your classroom every day!

*Through discussion, group activities and interactive activities, participants will be able to define empathy, match emotions to critical muscle movements, compare and contrast empathy and sympathy, write an empathetic response to a situation, and state strategies to encourage empathy in a classroom.*

### Technology needs required:

- Computer/electronic device with internet connection
- Computer/electronic device with audio/ability to watch & listen to a video online
- Keyboard/mouse (laptop with mousepad)
- Electronic device with speakers (audio)
- Attendees can join GoToMeeting from a Mac, PC, iPad, iPhone or Android device. <http://www.gotomeeting.com>
- Ability to send electronic documents/email assignments to instructor
- PDF Reader
- Ability to receive electronic documents (email)
- ❖ Active participation is required in the online event





Save the Date

# ASK

A day for  
child development  
professionals

Advancing  
Skills and  
Knowledge



**Saturday, February 21, 2015**

**East Chapel Hill High School**

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For more information, visit <http://www.childcareservices.org/ps/training/>





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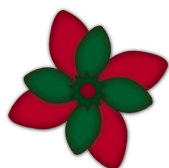
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The holidays can be exciting and stressful for both children and adults. Here are a few tips from The American Academy of Pediatrics to get you through the season:

### HOLIDAY MENTAL HEALTH TIPS

- ❖ Take care of yourself. Children respond to the emotional tone of their important adults, so managing your emotions successfully can help your children handle theirs better, too.
- ❖ Make a plan to focus on one thing at a time.
- ❖ Give to others - Make a new holiday tradition to share your time with families who have less than you do, for example, if your child is old enough, encourage him or her to join you in volunteering to serve a holiday meal at your local food bank or shelter. Help your child write a letter to members of the armed forces stationed abroad who can't be home with their own family during the holidays.
- ❖ Keep routines the same – stick to your child's usual sleep and mealtime schedules when you can to reduce stress and help your child and you enjoy the holidays.
- ❖ Keep your household rules in effect. Adults still have to pay the bills and kids still need to brush their teeth before bedtime!
- ❖ Teach the skills that children will need for the holidays in the weeks and months ahead. For example, if you plan to have a formal, sit-down dinner, practice in advance by having a formal sit-down dinner every Sunday night.
- ❖ Don't feel pressured to "over-spend." Think about making one or two gifts instead of buying everything. Help your child make a gift for his or her other parent, grandparents, or other important adults and friends. Chances are, those gifts will be the most treasured ones and will teach your child many important lessons that purchasing presents can't.
- ❖ Most important of all, enjoy the Holidays for what they are - time to enjoy with your family. So, be a family, do things together like sledding or playing board games, spend time visiting with relatives, neighbors and friends.

- See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Holiday-Safety-Tips.aspx#sthash.dyorQ5JQ.dpuf>



Please visit our website [www.childrensresourcecenter.org](http://www.childrensresourcecenter.org)  
to view the training calendar and call early to register!

*Happy Holidays from The Children's Resource Center!*

The mission of The Children's Resource Center is to ensure that all children and their families in Catawba County have access to quality, reliable, child care and developmental opportunities. All services, programs, activities and employment practices of The Children's Resource Center are available to all people regardless of race, color, religion, age, national origin, sex, handicap, or political affiliation.

The Children's Resource Center is a Smart Start funded project through the Catawba County Partnership For Children.

