



CHILD CARE REVIEW

A publication of Child Care Resource and Referral of Northwest Iowa

October, November, December, 2002 Vol 10 Issue 2

From the Director's Desk—

Along with a new year, you will find new and wonderful ideas and trainings in this issue of Child Care Review. Please take your time reading all the information. We would love to get comments back from you on the content.

WELCOME! We have a new Training Coordinator hired for Child Care Resource and Referral. Donna Proeschel will be taking Kara Spieler's position and we are very excited to have her join our team. Please forward questions about training to Donna at 712-786-3486 or use the 1-800-859-2025 and ask for Donna.

New licensing rules for centers:

- Licensing certificates are for two years. This will begin with new certificates as they are renewed.
- All employees must have child abuse and criminal history checks every 2 years.

The following is the press release addressing the new In-Home Registration guidelines and rules. Please review the content and contact Vicki or Kathy if you have questions. If we see a need for additional informational meetings to meet your needs/concerns, we will be setting them up again in your counties.

New Rules Help In-Home Child Care

Des Moines, Iowa – New rules to assist and upgrade Iowa's network of in-home child care providers are set to go in place next month.

"There isn't any more important work than caring for children and helping them develop, so we're pleased to administer a new law approved last spring," said Jessie Rasmussen, director of the Iowa Department of Human Services.

Current law requires registration for in-home providers who care for at least seven children. The new law lowers that threshold to six. Registration, which is free, remains optional for smaller home businesses.

The purpose of the law and new rules is to use training and record checks to improve safety and quality of care in thousands of in-home child care businesses. Currently, about 6,000 in-home businesses are registered. DHS officials expect that number will increase by about 1,000.

The new rules, which go into effect Dec. 1, require all registered in-home child care providers to complete at least 12 hours of first-aid and child development training a year. Almost all of it is free and some can be completed at home.

The rules also divide providers into three categories, depending on experience.

The new law doubles the registration period to two years, and at the time of renewal the department will do another criminal record check. Under current rules, record checks are done every five years. The DHS checks criminal, sex offender, and child abuse records on every person in the provider's home who is over age 14.

As required by the new law, smoking is prohibited in areas where children have access.

Registered providers are eligible to participate in the federal government's meal subsidy program.

Providers who are currently registered do not need to take any action. When renewals are due, the DHS will contact them and will help determine the appropriate category.

Providers who are not registered are encouraged to contact local DHS offices or the local child care resource and referral agency (for the nearest one, check www.iowachildnetwork.org) or call the DHS in Des Moines at (515) 281-3186.

Registration of in-home child care providers

Changes as of Dec. 1, 2002

What's happening? Rules are changing for home child care providers. No changes to child care centers. The rules are the result of a law approved in the spring of 2002 by the Iowa Legislature. The effective date is Dec. 1, 2002.

What's the general impact of the changes? The goal is to improve quality of child care. There will be increased training for in-home providers (it's free), increased safety (more homes registered means more providers screened for criminal and child abuse records), more flexibility for parents and providers concerning part-time hours, and no smoking in registered child-development homes during hours of child care (required by new law).

Who must register? Any provider caring for six or more children at one time (one fewer than current threshold of seven). Registration remains optional for smaller businesses.

What does it cost to register? It's free. Go to any local DHS office for the form.

What about the child abuse and criminal record check? That's free, too. DHS will check the criminal records, the sex offender registry, and child abuse records for everyone age 14 or older in the household.

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Child Care Review is published quarterly by Mid-Sioux Opportunity, Inc., to provide information and advocacy on child care issues. There is no charge to subscribers.

Child Care Resource & Referral is funded by the Iowa Department of Human Services, U.S. Department of Health & Human Services Child Care and Development Fund, and local contributions and in-kind support.

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From the Director's Desk— *(continued from front page)*

How often are child abuse and criminal records checked?

Every two years, which is the same interval as the registration. Under old law, registrations lasted one year and records were re-checked every five years.

What will the training cost? Most of it is free, and it will be convenient to obtain through the local Child Care Resource and Referral Agency. Providers are required to complete 12 hours of training per year. Some of it can be done in your own home.

What's the advantage for providers to register? Registered providers may participate in the federal food program, which assists with food costs for children in child care. Registration is also a marketing tool. Providers may inform parents that their business has cleared a record check and that they have completed training in child development and first aid.

What if I fail to register but continue to provide child care for at least six kids in my home? Most people will comply since the law is easy to follow and has several attractive incentives. The DHS is not a law enforcement agency. If the issue comes up, DHS will inform the local county attorney.

Will providers be required to reduce numbers of children in their care? Providers who are currently registered and are caring for an allowable number of children will not be required to dismiss any children. After December 1st, providers who choose not to register may care for only five children at a time.

Will you check my house before I get a certificate to operate? DHS does not require a visit prior to registration. Registration is a self-certification process. That means you receive the certificate of registration once the application and record checks are completed. The department visits 20 percent of registered child care providers every year. On request, a child care home consultant from your Child Care Resource and Referral Agency will visit your home to provide information on completing the application, understanding what the requirements are, etc.

Providers qualify for registration in one of three categories, depending on experience and education. Is it bureaucratic? Not really. With no experience, you can become registered to provide child care in your home as long as you're at least age 18, pass the record checks, and have three letters of reference. This is Child Development Home category A, where you can care for six kids plus two school-age kids before and after school. Pretty simple. Categories B and C require more experience, and your business can grow. More information will come in letters that the DHS will send to all in-home child care businesses that are known to the state.

What if I'm already registered? Don't do anything. When it is time for your registration to be renewed, the DHS will contact you and will help you determine the correct category for your business.

How about space requirements? Kids need enough room to play and explore. There are some minimum space requirements for categories B and C, and in most cases existing rooms will work just fine.

Why can't I smoke? The new law prohibits smoking in any area of the child development home used for child care during the hours of operation.

Registered homes are getting a new name? Yes. Child care is not just food and shelter. It also addresses developmental needs. Thus, registered homes will be called "child development homes."

I still have questions. Who do I call? Contact your local child care resource and referral agency (in your phone book or www.iowachildnetwork.org), or contact Jody Caswell at the DHS in Des Moines, (515) 281-3186 or jcaswell@dhs.state.ia.us.

ChildNet CORNER

Happy New Year! I hope that 2003 brings all of you good health, happiness, and a home full of happy children! Thanks to the entire child care providers that have welcomed me into their homes this past year. Going over the Checklist can be time consuming yet informative. In addition, the Checklist helps you to protect yourself and your family from circumstances or events you may not have thought about! Keep in mind that we are all in this together for the health and safety of the children! Hope you found the pamphlets useful, a great resource to pass on to your parents! The Iowa Family Child Care Handbook (from Iowa State University) and the safety items (smoke alarms, outlet covers, signs, etc.) are also very helpful tools for your business! If you would like to schedule a visit please give me call ~ I have great information and resources available to help you succeed in your child care business!

The fifth series of **ChildNet** will begin this coming spring in Woodbury County! **March 2003** is just around the corner and not too far off to think about penciling ChildNet on your calendar! This training series is designed with the new provider in mind yet it is wonderful refresher training for providers that have been caring for children for years! I myself have witnessed many wonderful things as a result of child care providers attending ChildNet! Friendships are formed, you learn new business practices, network with other providers and get many other ideas too numerous to mention! Did I mention that you also receive great incentives for going too?

If you would like to get to know the instructor a little better here is an autobiographical summary from **Sherrie Bosse**.

"I have a BS in elementary education from University of South Dakota, a Masters in Teaching from Morningside College with an early childhood emphasis, and am currently working on my Doctorate in Curriculum and Instruction with an early childhood emphasis at USD.

Since entering the field in 1988, I have worked as an early childhood teacher and have been the director of three child care centers, including one which received national accreditation through NAEYC. I have taught CDA and early childhood classes at Western Iowa Technical Community College in the past, and am currently the Early Childhood Department Head at Nebraska Indian Community College, teaching in Macy and So. Sioux City, Nebraska. This spring will be the 5th series for ChildNet, and with each series I look forward to meeting the providers and hearing their stories and the ideas that they share. I am always impressed with the enthusiasm the providers have for making their businesses even better, and the dedication they have to the families they work with. For new providers, ChildNet helps them get organized and established as professionals. For providers that have been in the field for a while, this is a chance to implement a few new ideas, and maybe modify their contracts and policies to work better for them. But for everyone that attends, I feel ChildNet is a great place to network with others in the child care field, and really establish some friendships with each other. I'm looking forward to the upcoming modules; I think the ChildNet series is a great resource for all child care providers."

Kathy Schulte
Child Care Home Consultant
Woodbury County
kschulte@pionet.net
277-1180

I can surely attest to the fact that Sherrie is a top-notch instructor! I have been through two ChildNet sessions with her and she always makes the modules fun and interesting! I know that several providers have said that they missed going to the classes once they are finished!

The following are comments made by child care providers that recently attended ChildNet:

"After a long and hard first year, I was about ready to give up when I thought I would give ChildNet a try and see if that would help. Not only did the things I learn help, but I started to feel better about the decision I made to get into the child care business. I was able to develop confidence in myself and become better organized with my time, planning and paperwork. The other providers were also a big help. They were a support that I didn't know I had. Thank you for having the program. I know if it helped me, it can help others as well."—**Monique Ortiz**

Stephanie Boggs had the following comments about her ChildNet experience, "I do not have any day to day conflicts regarding policies and my child care business. Everything is documented and the parents know what to expect. There are no surprises! I also enjoyed networking with the other providers that I met at ChildNet."

Kim Rosener stated that she, "learned a lot from attending ChildNet." "Even though I have been providing child care for a while, I learned something new. The "Its Your Business" (module 6) helped a lot! Even though I have a handbook -I have developed

(continued on next page)

The following in-home providers are to be commended for their continued commitment to remaining ChildNet Certified with Child Care Resource and Referral:

Amy Skokan, Sioux City	Connie Leuschen, Holstein
Karen Mayrose, LeMars	Jane Meierhenry, Sioux City
Deb Tonner, LeMars	Michelle Nelson, Cherokee
Shanna Barton, Merville	Nancy Nelson, Cherokee
Shelia Bertrand, Sioux City	George & Carol Ann
Stacy Campbell, Pierson	Pickering, Sioux City
Marisela Chavez, Sioux City	Pam Reints, Ireton
Sue Cloud, Sioux City	Jill Schouten, Ireton
Rochelle Dean, Sioux City	Shirley Sorge, Sergeant Bluff
Sheryl Ford, Sioux City	Mary Swanson, Hawarden
Rose Gentry, Sioux City	Tabbi Urquidi, Sioux City
Elizabeth Gomez, Sioux City	Sheila Van Der Weide, Sioux
Michelle Gordon, Sioux City	Center
Betty Gruis, Rock Rapids	Naomi Van Regenmorter,
Mary Hacker, Sioux City	Orange City
Martha Hulst, Hospers	Betty Vogl, Rock Rapids
Cindy Klingensmith, Lester	Anita Wilson, Kingsley
Tamara Kramer, LeMars	

Congratulations to these ChildNet Certified Providers:

Rachael Knight	Pam Schmit
Teresa Van Otterloo	Gina Schuetz
Amy Ruba	Deb Tonner
Nicole Rolling	Karen Mayrose

Woodbury County Happenings

by Jean Grove, Provider Services Coordinator

I have been known as the “stuff” lady because of all the “stuff” I have in my office. I must admit that I like to keep good ideas and good information for future use. So, as I was mulling over this newsletter article I shuffled through my “box” and found “24 Ways to Boost Your Child’s Language Skills” put out by the University of Nebraska Cooperative Extension and thought it was good information to “boost” the blahs of winter weather.

“Children, who can talk, listen, read, and write well do better in school. They feel more sure of themselves. Here’s how you can help:

1. Tell your children stories told to you as a child.
2. While grocery shopping, talk about the kinds of foods you’re buying and why.
3. Visit the library to pick out books together.
4. Let them play dress-up and pretend. They talk a lot while acting “grown up”.
5. Use TV wisely, know what they watch and why.
6. Put books in places they can reach. Let them pick up a book and look through it at any time.
7. Let them draw and paint. Ask about their pictures.



ChildNet Corner *(continued from previous page)*

policies that explains what the handbook means. “Creating Learning Spaces” (module 2) was another module that taught me to have separate areas for the children. This really helps keep the peace! Sherrie Bosse, the instructor, gave suggestions that broadened our learning and more ideas from the other professional child care providers helped too! I am not a babysitter! Module 1 – “A More Professional You,” taught us that we are professional. I got to meet other child care providers and learned about a website that offered 250 free business cards! ChildNet was an awesome program and I really enjoyed it!”

“The ChildNet training was a good learning experience. The benefits from Child Care Resource & Referral are good. I enjoyed all of the modules!” **Bethany Marcoe**

“My time spent on ChildNet was well worth it. I brought home many ideas to use and many more ways to improve my business. Thank you to all who make ChildNet possible.”

Michelle Coppel

Congratulations to all of the providers that attended the Fall 2002 ChildNet Training Series! You all deserve a round of applause for taking the time and making the commitment to become ChildNet Certified!

Remember that the next session for ChildNet begins in March. Signing up will ensure that you get your new DHS training hour requirements in for the 2003 calendar year. You will certainly learn valuable techniques to help you with your child care business! Space is limited so give Child Care Resource and Referral a call to sign up!

Pictures of ChildNet held this Fall will be in next Review

8. Have children act out a favorite story or book.
9. Listen to stories they make up.
10. Listen when they talk.
11. Have them help you make a meal. Talk about what you are doing and why. Show recipes to children.
12. Be quiet for a moment. Ask them what they hear.
13. Let them open and look at “junk” mail.
14. Let them write letters to friends and relatives.
15. Sing songs and do finger plays together.
16. Enjoy books together. You don’t have to teach them to read. Reading aloud with your children will make them want to read.
17. Plan a family reading time. Family members can read on their own or out loud.
18. Let your children write. It may not always look right to you, but it is how they learn.
19. Tape record common sounds. Play them back and see if your children can identify the sounds.
20. Make up a story together. You can start the story, let them add a sentence or two, then take your turn again.
21. Read traffic signs, store names, and billboards with your children.
22. Let children play with puppets.
23. Be a good model by reading yourself. Let children know you like to read. Show some eagerness for reading.
24. Start young if you can! Start now if you can’t!

Support Group Information

Woodbury County Support Group Meetings

Thursday, Jan. 2nd, at Mary Elizabeth Daycare, 814 Court St., Sioux City. Training 7:00-8:00: Child Care Center settings and environment tour with Jane Heider, Director. Followed by the Support Group Meeting.

Thursday, Feb. 6th, at Early Head Start, 2711 So. Helen, Sioux City. Training 7:00-8:00: How Early Head Start helps families with Joanie Drake, Director. Followed by the Support Group Meeting.

Thursday, March 6th, at Early Head Start, 2711 So. Helen, Sioux City. Training 7:00-8:00: Craft Idea Exchange of Mother’s Day, Father’s Day and summer craft ideas. Bring a sample and written instructions to copy. Followed by the Support Group meeting.

Cherokee County Support Group Meetings

Saturday, Feb. 8th, Professional Child Care Providers Association will meet, 9 a.m.-1 p.m. Site to be announced. Meeting will include a training, lunch and door prizes. For more information call Nancy at 712-225-6489, Alicia at 712-225-1041 or Lacey at 712-225-6091.

Day Care Providers Network Organizational Meeting

Monday, Feb. 10th, Professional and networking opportunity for child care providers in Sioux County, 7 p.m. AEA 4 Conference room in Sioux Center. Register by calling Denise at AEA 1-800-572-5073 or CCR&R 1-800-859-2025. Come see what it is all about!

U.S. Consumer Product Safety Commission Holiday Toy Recall Checklist

Consumers can get the [list of recalled products](#) by going to the CPSC website, www.cpsc.gov, or calling toll free, 1-800-638-2772. This list identifies recalled children's products that are off store shelves but may still be lurking in garages, attics, basements, toy boxes or closets.

Toy and Child Product Recall Round-Up: November 26, 2002

This is a selected list of recalled toys and children's products. This list is not complete.

Visit CPSC's web site for a complete list of recalls: www.cpsc.gov

Release Date	Product and Firm	Problem	Remedy
02-104 2/20/02	Gearbox Pedal Cars in several models: fire trucks, police cars, sedans, taxi, and dump trucks. Distributed by: Alpha International, Cedar Rapids, IA	The paint coating on some of these pedal cars contains high lead levels. CPSC standards ban toys and other children's products containing high levels of lead.	Call Alpha International to receive a replacement car or return the product to the place where purchased to receive a full refund. (800) 368-6367
03-010 10/10/02	Animal Toy Sponges in these shapes: whales, turtles, and fish. Imported from China by: Dollar Tree Stores, Chesapeake, VA.	The eyes on the toys can detach, posing a choking hazard to young children.	Return toy sponge animals to the store where purchased for a full refund. Call Dollar Tree Stores: (800) 876-8077 www.dollartree.com
03-009 10/10/02	Baby Walkers Imported from China by: Bikepro Inc., Pico Rivera, CA	The baby walkers can fit through a standard doorway and are not designed to stop at the edge of a step. Babies using these baby walkers could be seriously injured or killed if they fall down stairs.	Return the baby walker to store where purchased for a full refund. Call Bikepro: (800) 261-2559.
99-021 11/17/98 98-156 08/21/98	Portable Cribs with rotating top rails. Brand: "Playskool" Travel-Lite Models 77101 and 77103. Kolcraft Enterprises, Chicago, IL	Product may collapse and entrap child in folded top rails.	\$120 reward. Call firm 800-453-7673
97-146 06/25/97	Portable Play Yards with rotating top rail hinges. Brand: Evenflo "Happy Camper, Happy Cabana, and Kiddie Camper."	If hinges are not fully rotated, product may collapse and entrap child in folded top rails.	Free hinge covers. Call firm 800-447-9178

Other Hazardous Products:

- **Playpens that can collapse** (5 brands totaling more than 1,500,000 units) and entrap a child in the V-shape folded top rails. The top rails must be turned to set up the playpen. CPSC is aware of 15 deaths to children when the top rails of playpens collapsed.
- **Lane Cedar Chests** (12 million) distributed by Lane Co. The cedar chest lids automatically latch shut when closed, posing a suffocation hazard to children. Twelve children suffocated inside the chests. New locks, used since 1987, will prevent entrapments because they do not automatically latch shut.
- **Old Chest Freezers** (made between 1945 and 1970) have heavy lids that latch. Children can suffocate in old chest freezers (and in other products with heavy lids that latch). CPSC knows of 27 deaths between 1980 and 1999 in old chest freezers. Destroy the old freezer, take the door off, or remove the latch.

Quality Rewards for Infant Care is available to all registered child care providers in Woodbury County. This incentive program rewards providers who care for infants – birth through eighteen months. If you are currently caring for an infant, you can participate in this wonderful program! You will be amazed at how fast your points add up! The Siouxland Human Investment Partnership (SHIP) is the Empowerment Board for Woodbury County that funds this incentive program.

If you are a newly registered provider and would like a Quality Rewards booklet please give me a call and I will be happy to mail one to you! If you need to get registered with the State of Iowa, so that you can participate in this incentive program, give me a call and I can assist you with that too! Once you receive the booklet, please fill out the Sign-up Sheet on page 3 and mail it to me. You decide when you would like to redeem. Keep in mind that the program runs through June 30, 2003. You could soon be adding wonderful health and safety, basic care and play equipment to your child care business!

For those providers who are presently enrolled – as you know the more trainings, you attend - the more points you will accumulate! Check out the TRAININGS AND CONFERENCES page in this Review and look for the Woodbury County section, you will find many opportunities! If you need a new Quality Rewards booklet or just the Rewards Tracker (page 13) call or e-mail me and I will get one out to you!



With the advent of the new DHS Rules and Registration Guidelines, more training hours are required. So, that means that you will have more certificates to count in your grand total at your Point Redemption Visit! AND...any registered provider in Woodbury County that calls me in the month of January and tells me that they have read this Quality Rewards article you will receive 50 points! One time only opportunity for calling in! Sure hope that you will be calling!

This incentive program is brought to you by the letters S H I P.



Health and Safety

Biting in the Child Care Setting

by Kim Schroeder, RN CCHC

WAAAAH! He bit me! This cry can be very stressful for child care providers. Because biting is so primitive, it can cause more upset feelings than other behaviors, such as hitting, grabbing or pushing. Because it is so disturbing and may be a health risk due to the bite wound, and possible blood exposure, how caregivers deal with biting is important.



Why do children bite and what can caregivers do?

It is normal for infants and toddlers to put their mouths on people and toys and for many two-year-olds to try biting, but most children do not continue after the age of three. Biting tends to be more common when programs are going through schedule changes or developmental transitions. Children bite for many different reasons: and if you watch carefully, you will have a better idea what to do about it. When you know why a child is biting others, it will be easier to prevent the biting and maintain a positive care giving relationship with the children and families.

- Watch to see when and where biting happens, who is involved, what the child experiences, and what happens before and after.
- Ask yourself why the child bites others. Is there a pattern to the situations- places, times, or other children involved when biting occurs?
- Can you spot frustration developing in a child just before he or she bites? – If you intervene when the child is frustrated, can you avoid the biting?
- What do you know about the biting child that might be making this happen? Do you know of any changes in the child's health, family or home life that might be causing him or her to bite?
- Teach gentle, positive ways to handle the child's feelings and needs.
- Change your schedule or your child care environment if you think that might help.

What can be done once biting occurs?

- ✿ Step in immediately between the child who bit and the bitten child. Stay calm; do not overreact, yell or give a lengthy explanation.
- ✿ Talk briefly to the child who bit. Use your tone of voice and expression to show that biting is not okay. Look into the child's eyes and speak calmly but firmly. Say, "I do not like it when you bite people". Point out how his behavior affected the other child by saying, "You hurt him and he is crying".
- ✿ Help the child who was bitten. Comfort the child and apply first aid. Remember to use Universal Precautions if blood is present. Encourage the child who was bitten to tell the biter "You hurt me."
- ✿ Tell other staff about the incident and fill out an

injury report.

- ✿ Talk to the parents of the children who were involved. Let them know what happened, but do not use the name of the child who bit. Recommend that the bitten child should see a doctor if the skin is broken or there are any signs of infection. Involve the parents in planning how to prevent and handle future biting.



What if the biting continues after several weeks?

If the biting keeps happening, you will need to take extra steps.

- + Meet with the parents of the child who is biting, discuss possible reasons and plan together to change the biting behavior.
- + Have one designated person stay with the child to carry out the plan you have developed. This person will work on teaching the child that there are better ways to cope than biting and will give positive attention for acceptable social behavior.
- + When the child bites, use the steps listed above and take the child out of the area where the biting took place. Tell the child he cannot play in the area where the biting took place for a while and redirect him to other activities.
- + If the child continues biting or does not seem to care about the consequences, seek professional help. Call your Child Care Health Consultant for referral information to specialists.

What can Child Care Programs do to Handle Biting?

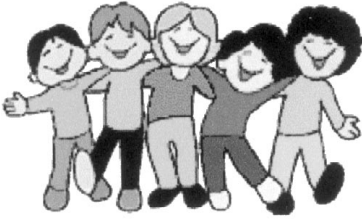
- ✿ Develop a policy about how you will handle biting and challenging behavior. Call your Child Care Health Consultant for assistance in policy development.
- ✿ Have someone from outside your child care setting come to your facility to do an objective observation. Sometimes, something as simple as changing the environment – moving equipment, getting more toys, room arrangement, etc. – can solve the biting problem. Call your Health Consultant to help you find someone to do the observation.
- ✿ Praise good behavior. Tell children when you like what they are doing.
- ✿ Help the child learn to control his behavior. Biting often happens when a child is feeling overwhelmed and loses control.
- ✿ Help the child make connections with others. Encourage special relationships with caregivers. Help the child express empathy for other children. Be sure to practice and model the behavior you want to see in children.

Do not ever label, humiliate or isolate a child who bites another child. A child who is biting others needs love and support just as much as the other children in your program do. For more information, call Kim Schroeder, Regional Child Care Health Consultant at 1-800-859-2025 for more information, or for referral to your local Child Care Health Consultant.

Information for this article was taken from "Healthy Child Care" - Dec 2001-Jan 2002

BENEFITS FOR BEGINNERS

Reaching for
Quality Child Care



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Development Specialist serving
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abowman@mid-siouxopportunity.org

Books, Books, Books

We will be participating in the Scholastic Book Club again this year. Each month during the year I will bring flyers with a different selection of books offered to the trainings. I will **not** be mailing these out unless you request it. You'll find award-winning books, as well as old and new favorites. I recommend them because the books span an wide range of children's reading levels and interests and because they are inexpensive. It is easy to order!!

1. Just look over the flyer, select the books you want.
2. Mark them on your order form.
3. Return the order form to me along with cash or a check payable to

SCHOLASTIC BOOK CLUB

The books will arrive about two weeks from the day I place the order.

Well trainings will be firing up again and it is always good to see all of you attending them. We were very sad to see Kara go but we wish her the best of luck in her new position. At least she is just down the hall so I can still go bug her about what trainings and whom I should call!

Funds will be running very tight this year because of all of the providers that are registering with Benefits for Beginners. PLEASE remember to always contact me prior to making those purchases. Because you are told that you have earned "X" amount of dollars does NOT mean those funds are there for you. It is a first come/first serve basis. I realize that some of you may be out on the weekends and see certain items on sale and want to purchase them. Remember to ask yourself the question "Is this item going to improve the quality of care I do" and if you have doubt remember that it could be that the item will not be able to be reimbursed. Also we do have accounts with a few of the stores and I can also run and get the items for you and then when one of the staff is in the area we will drop the items off.

Also I will be having you sign a policy. There has been some confusion to certain things and hopefully this will clear things up. Don't get nervous about this.

Also another thing that has come to my attention is that when Kim, health consultant, or Vicki, home consultant, come to do their visits they give recommendations to items which you need to purchase. These items will be reported to me and you will be asked to get these items before any toy items or books will be purchased with point money or the Infant/Toddler Grant.

Infant/Toddler Grant

The Infant/Toddler Grant is being offered to NEW providers only. Providers who have just signed up on the Benefits for Beginners program will be able to get \$100 to use towards purchasing items that will benefit and improve the quality of care for their infants and toddlers in their care. Give me a call and I can mail you out an application. 1-800-859-2025 or 712-786-3497.

TRAININGS AND CONFERENCES

GET PAID FOR ATTENDING TRAININGS! Child Care Resource and Referral will reimburse you for your training expenses. Just fill out your **2002-2003 Training Mini-Grant Application** and submit necessary paperwork to: Child Care Resource and Referral, Attn: Training Coordinator, 418 Marion Street, Box 390, Remsen, IA, 51050. For Mini-Grant Applications or questions, contact Donna Proeschel at 800-859-2025 or e-mail kspieler@mid-siouxopportunity.org.

CPR, First Aid, and Universal Precautions

Plymouth County:

- *Heartsaver CPR* - Floyd Valley Hospital, LeMars. Saturday, January 11, 9-3:30PM. Cost: \$30. Call 546-3401 or 800-642-6074, ext. 401 to pre-register.
- *Heartsaver CPR Renewal* - Floyd Valley Hospital, LeMars. Tuesday, February 4, 6:30-9:30 PM. Cost: \$20. Call 546-3401 or 800-642-6074, ext. 401 to pre-register.
- *First Aid* - Floyd Valley Hospital, LeMars. Saturday, February 8, 8 AM-12 Noon. Cost: \$30. Call 546-3401 or 800-642-6074, ext. 401 to pre-register.
- *Mandatory Reporter Training* - Floyd Valley Hospital, May 20, 2003 from 6:30-9:30 PM Room 1 in LeMars. Call 546-3401 or 800-642-6074, ext. 401 to pre-register.
*If you are looking for a Feb. class contact the hospital for date and time.

Ida County:

- *Horn Memorial Hospital, Ida Grove* - Contact the Education Department at 712-364-3311 for more information.

Universal Precautions Health & Safety

Universal Precautions is required by DHS within the first 6 months for all caregivers in Licensed Child Care Centers and Preschools. It also can be used by Registered Home Providers to meet Health and Safety training requirements. Please take this opportunity to catch up on your Universal Precautions and Health & Safety education.

Cost: FREE!

Registration will be from 6:15-6:30 PM at every UP Class. Class will start promptly at 6:30 PM. Anyone arriving more than 5 minutes late will not receive training credit.

Universal Precautions & Communicable Disease

Plymouth County-January 23, 2003-Conference Room at Mid-Sioux Opportunity, Remsen.

Cherokee County-February 20, 2003-Location to be determined.

Sioux County-March 19, 2003-Location to be determined.

Woodbury County-See Woodbury County training page.

Please pre-register with CCR&R at 800-859-2025 for any Universal Precautions class at least 3 days in advance. 10 people must be pre-registered to hold class.

Lyon County:

- *Merrill Pioneer Community Hospital, Rock Rapids* - Contact Cathy Huff at 712-472-2591 for more information.

Sioux County:

(*Due to change in staff with CCR&R-this portion of newsletter may not be complete with dates and times. Please contact hospitals listed for dates and times in Sioux County. Thanks for your patience!!! Rhonda*)

- *Heartsaver CPR Renewal* - Sioux Center Hospital, Sioux Center.
- *First Aid* - Sioux Center Hospital, Sioux Center.
- *CPR for Child Care* - Northwest Iowa Community College, Sheldon.
- *First Aid for Child Care* - Northwest Iowa Community College, Sheldon.
- *Mandatory Reporter Training* - Northwest Iowa Community College, Sheldon.
- *Orange City Hospital* - Contact the Barb Den Herder, Education Department, at 800-808-6264 for more information.
- *Hegg Memorial Hospital, Rock Valley* - Contact the Education Department at 712-476-8000.
- *Hawarden Community Hospital* - Call Dee Meerdink at 712-551-3127 for more information.

Woodbury County:

- *First Aid* - Siouxland Area Red Cross, Sioux City.
- *Heartsaver CPR* - Western Iowa Tech, Sioux City.
- *First Aid* - Western Iowa Tech, Sioux City.
- *Siouxland Area Red Cross, Sioux City* - Call 800-340-4081 or 712-252-4081 for more information.
- *Western Iowa Tech, Sioux City* - Call Continuing Education at 274-6404 or 800-352-4649, ext. 6404.
- *Mercy Medical Center, Sioux City* - Call Community Education at 712-279-2010 for more information.
- *St. Luke's Hospital, Sioux City*. Call Professional Education at 712-279-3273 for more information.

Cherokee County:

- *Cherokee Red Cross* - Contact Marilyn at 712-225-4507 for more information.

TRAINING CALENDAR

January, February, & March 2003

ChildNet

ChildNet is a 25-hour training series designed for in-home child care providers. By completing this entire series, you will meet your DHS training requirements for this registration year and the next. If you are interested in signing up for one of our series, please call at 800-859-2025. Training is FREE. *Pre-registration is REQUIRED. Space is limited.*

Sioux City Location: (Tuesday's starting March 4-May 6 from 7:00-9:30 PM at Western Hills AEA)

- Module 1: March 4 -A more professional you
- Module 2: March 11-Creating Learning Spaces
- Module 3: March 18-The Growing Child
- Module 4: March 25-Activities for Early Learning
- Module 5: April 1-Keeping the Peace
- Module 6: April 8-It's Your Business
- Module 7: April 15-Reducing the Health Risks
- Module 8: April 22-What's Cooking
- Module 9: April 29-We All Belong
- Module 10: May 6-Invest in Yourself

Remsen Location: (Tuesday's starting February 11-April 15 from 6:30-9:00 PM at Mid-Sioux Opportunity, 418 Marion)

- Module 1: Feb. 11 -A more professional you
- Module 2: Feb. 18-Creating Learning Spaces
- Module 3: Feb. 25-The Growing Child
- Module 4: March 4-Activities for Early Learning
- Module 5: March 11-Keeping the Peace
- Module 6: March 18-It's Your Business
- Module 7: March 25-Reducing the Health Risks
- Module 8: April 1-What's Cooking
- Module 9: April 8-We All Belong
- Module 10: April 15-Invest in Yourself

Welcome to School-Age Care

This training series is intended to help orient new school-age staff and supervisors or provide a refresher for more experienced practitioners. The training is based on best practices as outlined by the National School-Age Care Alliance (NASACA) and the American Academy of Pediatrics (AAP). Completion of this series will fulfill 12.5 contact hours of training. The following are sessions included in this training. Door prizes and incentives will be provided at this FREE training. All classes will be held at Western Hills AEA in Sioux City from 7:00-9:00 PM.

- Session 1: Your Role as a SAC Professional
- Session 2: We All Work Together
- Session 3: How Do We Manage?
- Session 4: Here's To Your Health
- Session 5: Plan To Be Busy!

Series A: Tuesday nights from March 4-April 1

Series B: Tuesday nights from April 15-May 13

(If you are interested in signing up for one of our series, please call at 800-859-2025. Training is FREE. Pre-registration is REQUIRED. Space is limited. When registering, please specify which series you will be attending)

Welcome to Child Care

Welcome to Child Care is a series of five trainings designed for center staff. This training was developed by a collaborative work group representing CCR&R, Child Care Council, and early childhood educators. The intent is to orient new child care center staff and directors to the field of early childhood care and education. The following are sessions included in this training. Door prizes and incentives will be provided at this FREE training. All classes will be held at Western Hills AEA in Sioux City from 6:30-8:30 PM.

- Session 1: Welcome to Your New Classroom
- Session 2: Healthy and Safe Places for Children
- Session 3: Understanding & Guiding Young Children
- Session 4: Reducing Health Risks in Childcare
- Session 5: Becoming an Early Childhood Professional

Series A: Tuesday nights from February 4-March 4.

Series B: Tuesday nights from March 18-April 15.

(If you are interested in signing up for one of our series, please call at 800-859-2025. Training is FREE. Pre-registration is REQUIRED. Space is limited. When registering, please specify which series you will be attending)

Mandatory Reporter Training

January 16, 2003, 6:30-8:30 PM

ORINATION SITE:

AEA 12, 1520 Morningside Ave, Sioux City

ICN SITES:

- Aurelia High School, 300 Ash Street
- LeMars BVU Campus, 306 12th St. SE
- Northwestern College, 101 7th St, Orange City
- Rock Valley High School, 1712 20th Avenue

Instructor: Steve Hayward, DHS

Cost: \$5 per person

For more information and to register, contact CCR&R at 800-859-2025 or 712-277-1180.

Child & Dependent Adult Abuse

January 21, 2003, 6:30-10 PM

February 11, 2003, 6:30-10 PM

February 26, 2003, 6:30-10 PM

March 11, 2003, 6:30-10 PM

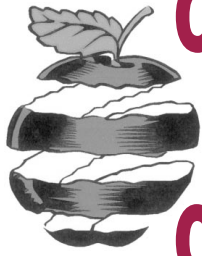
WITCC, 4647 Stone Avenue, Sioux City

Instructor: Steve Hayward, DHS

Cost: \$23 per person

For more information, contact WITCC Registration at 800-352-4649 or 712-274-6404.

Pre-registration is REQUIRED 3 days prior to the training with Kara, unless otherwise marked, at 800-859-2025 or e-mail at kspieler@mid-siouxopportunity.org. At least 8 people must be pre-registered for each training or it will be cancelled.



CACFP NEWS CORNER

by Clydene Canady

A PROVIDER TIP!!!!

Tamara Kramer, LeMars, suggests recycling the coffee creamer bottles you get in the store as nice little pitchers for the children to pour with. They are just the right size.

For the Birds

The north wind doth blow,
And we shall have snow,
And what will poor robin do then?
Poor thing! He'll sit in the barn.
And keep himself warm,
And hide his head under his wing. Poor thing!!

Have the children make a milk carton feeder with birdseed for the little birds. Make a holiday pine cone with peanut butter and bird seed. Get a bird book and watch and learn about the different kinds.

HAPPY HOLIDAYS

Here's wishing you a joyous Christmas and a very Happy, Healthy New year.

We survived the yearly roll-over. This was the first one we have done with the new computer system. It was down to the wire but with some help from some very nice people in the CACFP, all ended well. If for any reason, you have questions about your October claim, please call.

I have noticed that some of you with Family and Group status certificates are over on your pre-school children. Remember, Family and Group Status can only have six (6) pre-school children. This means also that you can only claim six (6) pre-school children on the Food Program. Also watch your numbers for school-age children. On Group status you can have five (5) full-time school-age children and four (4) school-age children for 2 hours or less. On Family status you can only claim five (5) school-age children for two hours or less. That means you can not claim them over Christmas vacation. I have and will send you a summary of those children that you cannot claim on the Food Program. You may claim them on your year end taxes with a standard deduction. (It is my understanding that new laws will be in effect for one standardized deduction for Providers that claim more children than allowed on the Food Program.)

Even though the new state laws are in effect, you still have to abide by your current certificate rules and regulations. As soon as the new applications come out, you can reapply for a new status. This may change the number of children that you can have. This will also effect the number of children that you can claim on the Food Program. Those should be out by the end of this month. You can check with Vicki later in December.

Be aware too, that you need to keep the sweet treats that you serve for snack to a minimum. Fruits and veggies have lots of vitamin C in them and are especially good for the children and yourself this time of year. Helps ward off those terrible colds.

We will be offering a training on healthy eating and exercise for children in February at the Cherokee Mini-Conference and again at the Spring Training in Sioux City. This is a great training and opportunity for you to join in the fun, learn more about why our children are becoming overweight and take home a great kit of incentives to help your with your Child Care activities. Hope you can come. Look in the newsletter training pages for more information.

Have a great and safe holiday season.

Welcome to School Age Care Training Series

Right now is an exciting time to be involved with any aspect of child care. Individuals, communities, businesses, and government officials are realizing more and more every day how important an issue quality child care truly is.

My name is Rachel Scott and I am the Youth Director at the YWCA of Black Hawk County. In that position I oversee eight licensed before and after school child care sites as well as a large summer program for school age children. Over the course of the last year I have had the privilege of becoming more involved with two entities in our state and communities that have dedicated time and resources to promoting and enhancing quality and professionalism in child care for our school age children. These two groups are Child Care Resource & Referral and ISACA (Iowa School Age Care Alliance).

Some time ago, these two groups got together and decided to combine their knowledge, experience, and resources to create an educational curriculum designed specifically for those professionals in our field that work with school age children. Through much hard work and collaboration, a curriculum was developed and piloted in the Des Moines and Waterloo Areas. I was fortunate enough to be the instructor for the first "Welcome to School Age Care" series. The intent of the curriculum is to promote professionalism and awareness of best practices as described in the National School Age Care Alliance Standards. The course is a 10 hour series, designed to be presented two hours

a week for five weeks. The following is a list of session themes:

- Your Role as a School Age Professional - professionalism, appearance, confidentiality, diversity and attitude
- We all work Together - in a word "communication"
- How do We Manage? - behavior management and guidance, inclusion
- Here's to your Health - positive and healthy safety attitudes and behaviors
- Plan To be Busy - the school age environment, activities, lesson planning, and resources

The classes also include door prizes and a fantastic opportunity to network with people who share common interests, successes, and frustrations. There is no cost involved to register for this series!

It has been an incredible experience for me to work as an instructor for CCR&R and also to serve as Vice President of the ISACA Executive Board. I have made some wonderful new friends and am motivated on a daily basis by the professionalism and passion I have encountered within these two collaborating groups. If you work with school agers or supervise a program with a school age component, I strongly recommend signing up for the next session of Welcome To School Age Care in your area.

**Submitted by Rachel Scott, YWCA Black Hawk County
Youth Director**

(Look for Welcome to School Age Care offered in our area on training pages!)



PITC CLASSES

by Kari Daale, Infant/Toddler Specialist

PITC Classes Starting Soon!

It is that time of year again to start the PITC (Program for Infant and Toddler Care Givers) training series.

This training is designed for any individual caring for infants and toddlers (0-18 months).

I am excited to announce that we will be presenting Modules III and IV starting in January at three locations. You need **not** attend Modules I and II to attend these classes, but if you did attend the previous modules you may notice a few changes. Instead of 4 lessons per module, there are now 5. But each is still 2 hours in length.

5 people **MUST** be present each night to hold the trainings. Pre-Registration is **REQUIRED**.

To register call:

Kari Daale, I/T Specialist

800-859-2025 or 712-786-3499

DATES AND LOCATIONS

Remsen, IA
Mid-Sioux
418 Marion St.

Sioux City, IA
Woodbury Comm. Action Agency
2711 South Helen

Wednesday Nights — 6:30-8:30 p.m.

MODULE III

January 8

Principles of Early Learning

January 15

Discoveries of Infancy

January 22

Brain Development in Infancy

January 29

Special Needs

February 5

Language Development



MODULE IV

February 12

Culture, Family and Providers

February 19

Cultural Diversity

February 26

Responding to Families

March 5

Protective Urges

March 12

Responsive Home Visitation

CLASSES ON TUESDAY NIGHTS

Sioux City, IA
AEA 12
1520 Morningside Ave.
Same lessons as listed above
6:30-8:30 p.m.

Module III

January 7

January 14

January 21

January 28

February 4

Module IV

February 11

February 18

February 25

March 4

March 11

TRAINING CALENDAR — January, February and March 2003

January 2 - *Child Care Settings and Environment Tour*, 7-8 PM. Mary Elizabeth Daycare, 814 Court St., Sioux City, IA.

Instructor: Jane Heider, Director. No registration required.

January 9 - *Managing Debt*, 6:30-8 PM, Early Head Start, 2711 So. Helen St., Sioux City, IA. Instructor: Mary Sanow, Cherokee Extension. No registration required.

January 16 - *Mandatory Reporting of Child Abuse*, 6:30-8:30 PM. Western Hills AEA, 1520 Morningside Ave., Sioux City, IA.

Instructor: Steve Hayward, DHS. Cost: \$5. Contact Child Care Resource and Referral 1-800-859-2025 to register.

January 18 - *Business Basics*, 9:00 AM-12 Noon. Western Hills AEA, 1520 Morningside Ave., Sioux City, IA. Instructor: Vicki Hogeland, CCR&R Home Consultant. Call Jean Grove at 712-277-1180 to register.

January 24 & 25 - *Centering on Centers, "The Challenge of Dealing with Challenging Behaviors"* by Dr. Marian Marion. Contact extension at 712-276-2157 for more info.

January 28 - *Universal Precautions and Keeping Kids Healthy*, 6:30-8:30 PM. Milestones Child Care, 1415 Villa Ave., Sioux City, IA. Instructor: Sue Nielsen, RN. Call Jean Grove at 712-277-1180 to register.

January 29, February 5 & February 12 - *Moving Kids Safely in Child Care* by Siouxland District Health. State Farm Ins. claim office, 6200 Morningside Ave., Sioux City. FREE series with meal included. Call 279-6119.

February 6 - *How Early Head Start Helps Families*, 7-8 PM. Early Head Start, 2711 So. Helen St., Sioux City, IA. Instructor: Joanie Drake, Director. No registration required.

February 8 - *Eat, Move and Groove*, 8:30-11:30 AM. Holy Family Preschool, 700 West 6th St., Sioux City, IA. Instructor: Siouxland Nutrition Coalition. Call Siouxland District Health at 712-279-6119 to register.

February 13 - *Positive Parenting in Public*, 6:30-8 PM. Early Head Start, 2711 So. Helen St., Sioux City, IA. No registration required.

February 22 - *Annual Parenting Child Care Conference*, 8 AM-12 PM. Floyd Valley Hospital Conference room 1, Hwy 3 East, LeMars. Conference is FREE. Register with CCR&R at 1-800-859-2025.

March 6 - *Craft Idea Exchange with Woodbury Co. Support Group*, 7-8 PM. Early Head Start, 2711 So. Helen St., Sioux City, IA. No registration required.

March 8 - *Business Basics*, 9 AM-12 Noon. Western Hills AEA, 1520 Morningside Ave., Sioux City, IA. Instructor: Vicki Hogeland, CCR&R Home Consultant. Call Jean Grove at 712-277-1180 to register.

March 13 - *Grocery Savvy with Siouxland Nutrition Coalition*, 6:30-8 PM. Early Head Start, 2711 So. Helen St., Sioux City, IA. No registration required.

March 18 - *Universal Precautions and Communicable Diseases*, 6:30-8:30 PM. Location will be given with registration call. Instructor: Sue Nielsen, RN. Call Jean Grove at 712-277-1180 to register.

March 22 - *Cherokee Mini-Conference* (BVB Sponsored), 8 AM-2 PM. Site to be determined.

March 26 & 27 - *First Aid and Child and Infant CPR* (paid for with Mini-grants), 6:30-9:30 p.m. American Red Cross, 4200 War Eagle Dr., Sioux City, IA. Call Jean Grove at 712-277-1180 to register.

**Mark your calendars for 2003 Tri-State Conference in South Sioux City on October 4th.

Mid-Sioux Opportunity Child Care Resources
418 Marion St. – Remsen, Iowa 51050 — 1-800-859-2025

What is Child Care Resource & Referral?

Each local CCR&R is a community-based organization which provides a consistent set of core services to parents, child care providers, employers and community groups. Available services may vary from one CCR&R to another. Below is a list of general CCR&R services.

For Parents . . .

Information and consultation on available child care options and cost factors.
Information and consultation on how to choose quality child care.
Referrals to child care providers (a fee based on family size and income may be charged).
Information on quality child care, child development, early childhood education and more.
Advocacy and support in working with child care providers.
Information on possible subsidy sources to assist parents with child care expenses.

For the Community . . .

Statistics on child care supply and demand.
Forums to address local child care issues.
Coordination of statewide child care programs and resources.
Advocacy for providers, children and families.
Information on child development, early childhood education, quality child care, professional organizations and more.

For Providers . . .

Assistance with home registration following state guidelines.
Assistance with health and safety issues.
Specialized assistance for developmentally appropriate child care practices.
Introduction to the field of early childhood and the business of child care for those considering the profession.
Information about how to start a child care business and Child Care Resource & Referral services.
Free listing on our child care database used for parent referrals.
Newsletter with educational articles, calendar of professional development opportunities, activities for children.
Training opportunities that meet state requirements.
Technical support for operating a child care business.
Information on supplementing food buying dollars through the Child and Adult Care Food Program.
Provide Mini-Grants for professional development (when funding is available).
Information on professional associations for networking, peer support and professional development opportunities.
Linkage to support groups including lending library equipment.

CHILD CARE REVIEW

Child Care Review is distributed free of charge to family child care providers and center-based early childhood programs listed with our services and to others interested in child care and early childhood issues. Reproduction of any part of this publication is prohibited without our express permission.

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