

The Child Care Circle

Volume 8 Issue 34

January February March 2015

“Play gives children a
chance to practice
what they are
learning.”
-Mr. Rogers



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Appropriate Superhero, Rough and Tumble Play

Play is often considered a child's work. Play is fun, child-directed and process oriented. While the child is having fun, they are learning. When speaking of appropriate play in child care, we are describing play that is developmentally appropriate for the child. It can be loud, raucous play or quiet, settled play.

As a child care provider, you need to deliberately plan time for the children to have the loud, rough play. Boys especially like to play superhero. Superhero play often helps preschoolers make sense of a crazy world. This is very developmentally appropriate and should be encouraged and guided. Lots of negotiation is also part of the play. Superhero play also allows for the development of healthy emotions.

Research has shown that lack of rough and tumble play often leads to aggression in teens. This, in turn, can lead to violence. When you intentionally plan for this type of play, you encourage the children to practice conflict resolution. Occasionally a child will cross the line, however, if you have set boundaries and the children know the consequences, then you are able to step in and avoid problems.

Before the play begins, make sure you have a safe space. Go over the expectations of the play. You must also be available to observe the play and be able to step in to help if anything should escalate. However, be aware that most of the play is not violent but rather a show of courage and working on impulse control.

All in all, children need to play rough and tumble and that often includes being the Superhero or bad guys. If you are aware and make it possible, the children will benefit.

If you need support on facilitating play, contact Child Care Solutions. Our Coaches and Specialists are here to help!

Want more information and training hours on rough play? Read this article <http://www.naeyc.org/tyc/files/tyc/file/V5N4/Carlson,%20F.%20Rough%20Play.pdf> and then answer questions through Survey Monkey at

<https://www.surveymonkey.com/s/FHYSQ5Y> for 1.0 training hours. Survey will be open until February 27, 2015. All certificates will be mailed after the survey closes.

Let's Get Centered!

Learning centers, activity stations, interest centers...whatever you may call them, they are important to a child's learning. According to a NAEYC article in *Young Children on the Web*, Centering Your Classroom by Gayle M. Stuber, early child care teachers must make learning centers intentional and part of the lesson plans. Offering engaging learning activities at centers can actually make teaching and learning more efficient and more engaging for children. Playful learning balanced by purposeful activities means more engaged learning and fewer behavior problems (Perlmutter & Burrell 1995). Because learning centers are distinct areas of learning, they have distinct FOUNDATIONS of learning they are building on. The following are some examples. Take note that some FOUNDATIONS are found in more than one area, as they often do when planning lessons.

BLOCK CENTER: Communicate the size of things relative to self (M.5.19)
Give reason of placement of objects (M.6.17)
Start sharing some objects with others (SS.2.27)

WRITING CENTER: Identify parts of an object (M.4.29)
Attempt to write and draw (ELA.2.15)

SCIENCE CENTER: Attempt to write and draw (ELA.2.15)
Use their findings to create self-published books and/or materials (SC.1.8)
Find named pictures or textures in book (ELA.7.6)

MATH CENTER: Communicate the size of things relative to self (M.5.19)
Identify parts of an object (M.4.29)
Match like numerals (M.1.14)



Up to SNOW good!



With the looming winter season upon us, it is time to start making plans for the children to have opportunities for time outside, yes, outside! With proper attire, there are plenty of activities the children will love to do

during any weather. Some fun activities include blowing bubbles and watching them freeze into crystal balls! Once the wind has removed the leaves from the trees, take the class on a nature walk looking for nests. How many can they find? Rainy days are great for worm watching. Squirt bottles filled with colored water is fun to paint the snow.

Besides the physical exercise the children will be getting, there are other benefits to outdoor play. The children will get to breathe in the fresh air and strengthen their immune system. On sunny, wintery days, the class will be provided with natural vitamin D. And, as always, they are given the opportunity to stimulate their imaginations! So, bundle up! And have fun!

Is Your Infant's Sleep Really Safe?

As the New Year rolls around, many of you will be looking into updating policies for your child care facility. Although Safe Sleeping practices need to be embedded into your daily routine, this is a good time to evaluate your safe sleep policies to ensure that they are up to date with the latest information. Like policies and procedures in child care, safe sleep policies, practices and recommendations are often updated to reflect new information.

If your Safe Sleep training is more than one year old, we encourage you to take the Safe Sleep Refresher course. If the training is more than two years old, we encourage you to attend a full face-to-face Safe Sleep training. If you have questions regarding Safe Sleep or are interested about our personalized Safe Sleep assistance, contact us at 1-800-493-3231.



CHILD CARE SOLUTIONS' TRAINING CALENDAR

Day	Date	Time	Title	County
Tuesday	January 6	1:30-2:30 pm	Management Webinar: Parent/Teacher Conferences	Online
Tuesday	January 6	6-8 pm	Pint Sized Picasso's: Art Foundations	Wells Co.
Wednesday	January 7	6:30-8:30 pm	IMIL: Moving with the Brain in Mind	Howard Cos.
Thursday	January 8	4-6 pm 6-7 pm	Orientation I - An overview of starting a child care business Child Abuse Neglect Detection and Prevention	Tipton Co.
Saturday	January 10	9 am-2:30 pm	CPR/First Aid/Universal Precautions (\$35)	Howard Co.
Tuesdays	January 13 January 27	6-8 pm	Ages and Stages and Developmental Screenings* Everybody Plays: Adapting and Modifying Toys*	Wabash Co.
Thursday	January 15	6-8 pm	Building on the Foundations	Fulton Co.
Saturday	January 17	10 am-12:30 pm 1-4 pm	Safe Sleep Orientation II - A pre-licensing requirement for starting a family child care home	Tipton Co.
Monday	January 19	6:30-8:30 pm	School Age: Behaviors	Grant Co.
Monday	January 26	6-8:30 pm	Safe Sleep	Howard Co.
Thursday	January 29	6-8 pm	Cabin Fever	Huntington Co.
Thursday	January 29	6-8 pm	Paths to QUALITY™ Introduction	Howard Co.

Day	Date	Time	Title	County
Tuesday	February 3	1:30-2:30 pm	Management Webinar: Staff Observations	Online
Tuesday	February 3	6-8 pm	Social Studies Foundations	Grant Co.
Thursdays	February 5 February 12 February 19	6:15-8:15 pm	The Powerful Role of Stories (Cradling Literacy Series)* Cultural Influence on Language and Literacy* Importance of Relationships on Language and Literacy Development *	Miami Co.
Saturdays	February 7 February 21	9:30 am- 12:30 pm	Kids Gone Wild: Promoting Social Emotional Competence in Preschoolers Pt. 1* Kids Gone Wild: Promoting Social Emotional Competence in Preschoolers Pt. 2*	Grant Co.
Saturday	February 7	10 am-4 pm	Playing it Safe! Promoting and Practicing Health and Safety in Early Childhood*	Howard Co.
Saturday	February 7	9 am-2:30 pm	CPR/First Aid/Universal Precautions (\$35)	Howard Co.
Monday	February 9	5:30-8:00 pm	Safe Sleep	Wabash Co.
Tuesday	February 10	1:30-3:30 pm 3:30-4:30 pm	Orientation I - An overview of starting a child care business Child Abuse Neglect Detection and Prevention	Wabash Co.
Thursday	February 12	6-8 pm	Ages and Stages Questionnaires: Social Emotional	Huntington Co.
Monday	February 23	6:30-8:30 pm	Linking Learning Centers with Sensory Experiences	Howard Co.
Tuesday	February 24	5-8 pm	Orientation II - A pre-licensing requirement for starting a family child care home	Wabash Co.
Thursday	February 26	6-8 pm	Paths to QUALITY™ Introduction	Grant Co.
Thursday	February 26	6-8 pm	Call Me Mary Poppins! Developing your bag of tricks.	Wells Co.

Day	Date	Time	Title	County
Monday	March 2	6-8 pm	Effective Interest Areas: Math and Manipulatives	Fulton Co.
Tuesday	March 3	1:30-2:30 pm	Management Webinar: Supporting Staff in Child Observations	Online
Thursday	March 5	4-6 pm 6-7 pm	Orientation I - An overview of starting a child care business Child Abuse Neglect Detection and Prevention	Huntington Co.
Saturday	March 7	10 am-4 pm	Relationships Form a Solid Foundation*	Howard Co.
Monday	March 9	6-8 pm	Marketing the Paths to QUALITY Advantage	Grant Co.
Thursdays	March 12 March 19	6-8 pm	Supportive Responses to Troubled Parent/Child Relationships: Pt. 1* Supportive Responses to Troubled Parent/Child Relationships: Pt. 2*	Tipton Co.
Monday s	March 16 March 30	6-9 pm	Getting to Know Young Children: Child Development 101 Pt. 1* Getting to Know Young Children: Child Development 101 Pt. 2*	Adams Co.
Thursday	March 19	4:30-7:30 pm	Orientation II - A pre-licensing requirement for starting a family child care home	Huntington Co.
Saturday	March 21	9-2:30 pm	CPR/First Aid/Universal Precautions (\$35)	Howard Co.
Monday	March 23	5:30-8 pm	Safe Sleep	Huntington Co.
Thursday	March 26	6-8 pm	Paths to QUALITY™ Introduction	Miami Co.
Saturday	March 28	10 am-12 pm	Cabin Fever	Jay Co.

* Indicates an opportunity to earn CEUs for completing all parts of a training series. Contact us for more information.

Training Titles	Training Descriptions
The Powerful Role of Stories: Cradling Literacy	From Good Night Moon to Cat in the Hat, we all have familiar stories we love to share with children, but are you taking this valuable teaching tool to the edge of its potential? Come and learn how to make the best use of storytelling as a strategy for early learning. Paths to QUALITY™ Level 3
Cultural Influences on Language and Literacy: Cradling Literacy	Experiences in our first relationships influence, and are part of, all that follows. During this session, we will discuss the importance of examining your teaching practices and reflect on how your culture may influence the ways you teach and support young children's early language and literacy. Paths to QUALITY™ Level 3
The Importance of Relationships on Language and Literacy: Cradling Literacy	What is the impact of relationships on brain development? How can early experiences affect young children's development? Explore your powerful and professional role in shaping young children's motivation for learning, and attitudes toward language and literacy through strong teacher-child relationships. Paths to QUALITY™ Level 3
IMIL: Moving with the Brain in Mind	The development of the brain in a child's first five years of life clearly shapes the learning capacity they have for the rest of their life. Learn how the brain structure and functioning can be enhanced through movement and physical activity. Paths to QUALITY™ Level 2
Cabin Fever	It's winter...Do you have cabin fever? Come to this interactive training! You will get to participate in some activities that you can do on those cold, snowy days when everyone is stuck inside. Paths to QUALITY™ Level 1
Management Webinar: Parent/Teacher Conferences	A webinar designed for the unique needs of a director. We all know that parent conferences are an integral part of working with families. Reflect on your current practices and plan strategies to enhance them for your site. Paths to QUALITY™ Level 2
Management Webinar: Staff Observations	As a Director or Manager, part of your job is to observe the staff that work with and for you. Do you have strategies and procedures in place for regular or irregular observations of them in action? Paths to QUALITY™ Level 1
Management Webinar: Supporting Staff in Completing Child Observations	Child care teachers should be completing observation of the children in their class. How can you as a director support them in completing those observations effectively and meaningfully? Join us for this webinar. Paths to QUALITY™ Level 3
Effective Interest Areas: Math and Manipulatives	Explore interest areas - learning how to maximize the potential and enhance your curriculum by the plans you make for your interest areas. Paths to QUALITY™ Level 2
Getting to Know Young Children: Child Development Parts 1 and 2	This is the first of a 16 hour training series. These first two session will explore early childhood theorists and their theories on child development. We will also discuss brain development within early childhood. Paths to QUALITY™ Level 1 These sessions are a pre-requisite for the rest of the series.
Supportive Responses to Troubled Parent Child Relationships	Child care professionals have a unique window into families' strengths and challenges in their daily work. Providers may wonder how to best support warm and nurturing relationships or how to strengthen the connection between parent and child and ensure the child's safety. These sessions present strategies that child care providers can use to support positive parenting and to intervene when providers witness a troubles interaction between parent and child. Paths to QUALITY™ Level 2
Kids Gone Wild: Promoting Social Emotional Competence in Preschoolers	Challenging behaviors seem to never go away! Kids Gone Wild starts you down the path of Positive Behavior Intervention Supports. Join us to learn the why and how to start implementing the Pyramid Model in your program. Paths to QUALITY™ Level 3
Building on the FOUNDATIONS	Have you attended the Introduction to the FOUNDATIONS? You are invited to join us for this training that will help you build upon the Foundations in your experience planning for the children. (Prerequisite of attendance at the Introduction to the FOUNDATIONS) Paths to QUALITY™ Level 2
Playing it Safe! Promoting and Practicing Health and Safety in Early Childhood	This full day session will share in-depth information on health and safety practices. Participants will explore cleaning schedules, sanitation policies and practices and why it implementing these practices is important to teaching young children. Paths to QUALITY™ Level 1
Relationships Form a Solid Foundation	This full day session will allow participants the opportunity to explore how forming positive relationships with both children, families and staff can develop a solid foundation for work and children's growth and development. Paths to QUALITY™ Level 1
School Age Environments	A quality program provides an environment that feels safe, comfortable and has appealing interest areas. The after-school environment includes a variety of indoor and outdoor space and is equipped with age appropriate materials and supplies. This session will provide school age providers with ideas for learning centers, homework areas and learning field trips. School age providers will learn effective communication ideas and ways to provide developmentally appropriate activities for the ages of children served. Paths to QUALITY™ Level 3
Introduction to the FOUNDATIONS	Participants will learn about the FOUNDATIONS to the Indiana Academic Standards for Young Children from Birth to Age 5. The FOUNDATIONS assist adults in providing developmentally appropriate activities for young children that will support the child's growth and development. This interactive workshop will support many of the learning opportunities that you already provide to young children and will serve as a framework for further planning. Paths to QUALITY™ Level 1
Call Me Mary Poppins! Developing Your Bag of Tricks.	Ever wonder how veteran teachers just "know" what to do, or how they just seem to pull something out of their bag of tricks. Join us for this session to start, build or reinforce the tricks you can use in your classroom. Paths to QUALITY™ Level 1
Child Abuse and Neglect Detection and Prevention	Created by the FSSA, Nurse Health Consultants, this one hour training provides participants with information on the prevalence of abuse and neglect, causes and prevention of abuse and neglect, and how to report abuse and neglect. This training will meet the standard for completing Child Abuse Detection and Prevention training as required by Indiana law for Unlicensed CCDF providers as well as any other child care providers who are required to complete the training.
Safe Sleep: Safe Sleeping Practices and Reducing the Risk of SIDS in Child Care	Requirement of PL162-2005 for all licensed family child care homes. This training covers how to create and maintain a safe sleep environment, risk factors associated with unsafe sleeping practices and the creation and implementation of a safe sleep policy.
CPR/First Aid/Universal Precautions	<i>Another service offered by Bona Vista Programs. Child Care Solutions has partnered with Bona Vista Programs to provide CPR/First Aid/Universal Precautions. This cost \$35 per participant with a minimum of 5 participants and maximum of 12 participants. Payment is due at the time of registration.</i> To register, please contact Miriam O'Malley-Long at momalleylong@bonavista.org or call 765-457-8273.

Want to sign up for a training? Contact us at Child Care Solutions by phone at 765-452-8870 or 800-493-3231. You can also email us using the email addresses on the front page. Training registrations must be made 48 hours in advance of the scheduled training.

What if you lose the calendar insert from the newsletter... Or if you left the calendar at home? Or if your children used it for artwork? Where can you find our training calendar again? There are several places that we post our training calendar to make it easily accessible to our child care providers. Below is a list and steps to find the calendar:



Indiana Association of Child Care Resource and Referral <http://www.iaccrr.org>

Choose '**Statewide CCR&R Trainings**' on the right side of the page. Then select a CCR&R from the drop down: Bona Vista Programs, Inc. The trainings will appear with pertinent information. This site will also let you search by other CCR&R's. Feel free to attend trainings in other counties hosted by another Resource and Referral Agency.



Facebook <http://www.facebook.com/bonavistachildcaresolutions>

Be sure to '**like**' us on Facebook at Bona Vista's Child Care Solutions! The calendar will be listed on the left side under '**notes**'. We also post several articles every month on topics of interest for child care providers and/or your families. When you '**like**' us, our posts will show up on your newsfeed.



Bona Vista <http://www.bonavista.org/>

Choose '**services**' on the top menu bar and then choose '**Child Care Solutions.**' No matter how you find our trainings, **please remember to call us and sign up at least 48 hours prior to the event.**

Center Director Inclusion Training

ATTENTION CENTER DIRECTORS!



Effective September 11, 2004, licensing requires ALL center directors to be trained on caring for children with special needs. If your center has a new director, please make arrangements to attend this FREE two-day training!

The Indiana Association for Child Care Resource and Referral will be offering the training that will assist center directors in meeting this regulation requirement.

For more information on training dates, locations, or to register, please call IACCRR at 1-800-299-1627 or email Renee Kinder at rkinder@iaccrr.org. If you are unsure whether or not you need to take this training, contact Pam Zunick, Inclusion Specialist, toll-free at 800-493-3231 or email pzunick@bonavista.org.

Congratulations!!

Please join Bona Vista's Child Care Solutions in welcoming the following child care providers to the Paths To QUALITY™ program:

- King's Kingdom, Director Jessica Schultz in Adams Co.
- Sts. Joan of Arc and Patrick Preschool, Principal Nick Kanable in Howard Co.
- Little Rugrats Too, Owner Stacey Davenport and Lead Caregiver Sherri Martin in Howard Co.
- Little Blessings Daycare, Owner Wendy Krzeminski in Howard Co.

CCS would also like to congratulate the following providers for obtaining their VCP Certification:

- St. John's, Director Gloria King in Tipton Co.

CCS congratulates the following providers for increasing their Paths to QUALITY™ Level:

- Little Tots Childcare, Owner Kimberly Young in Grant Co., Level 3




Recalls




Name of product:
"Hello Kitty® Birthday Lollipop"
Whistles
Hazard:
Components inside of the whistle can detach, posing choking and aspiration hazards to young children.

Name of product:
Kidde hard-wired smoke and combination smoke/carbon monoxide (CO) alarms



Hazard: The alarms could fail to alert consumers of a fire or a CO incident following a power outage.
Consumer Contact: Kidde toll-free at (844) 553-9011 from 8 a.m. to 5 p.m. ET Monday through Friday or online at www.kidde.com and click on Recalls for more information.

Name of product:
Boy's Zipper Hooded Hoodie



Hazard:
The sweaters have a drawstring around the neck area which poses a strangulation hazard to children. Drawstrings can become entangled or caught on playground slides, hand rails, school bus doors or other moving objects, posing a significant strangulation or an entanglement hazard to children. CPSC's actions demonstrate a commitment to help prevent children from strangling or getting entangled on neck and waist drawstrings in upper outerwear, such as jackets and sweatshirts.



Name of product:
Just Like Home Toy Toaster Sets
Hazard:
The plastic toast, under pressure, can crack and break into small pieces creating sharp edges and posing a choking hazard.