

# Child Care News

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

Volume X, Issue 3

Summer 2010

## Welcome!

### Heather Dillard-Child Care Licensing Consultant, Division of Child Development

Due to recent consultant changes, I am the new consultant for all of Alexander County and part of Catawba County. For the past year, I have been a child care licensing consultant in Gaston County. Before starting this job, I worked in Rowan County at Smart Start Rowan as a technical assistant. I have numerous years in the field of administration and classroom experience.

If I am assigned to your center or family child care home, you will receive a letter in the mail. I look forward to working with you. Please feel free to contact me at 828-428-3556 with any questions, or my address is: Heather Dillard 2831 Water Plant Road Maiden, NC 28650.

### Ashley Benfield-Family Support Specialist, The Children's Resource Center

Hi, my name is Ashley Benfield and I recently joined the Children's Resource Center as a Family Support Specialist. I have spent the past five years in the Resource and Referral field and have worked in the child care field as well. I am a native of Catawba County and a graduate of Western Carolina University. I look forward to working with you and will strive to provide quality education, information, and services. If you need assistance or information please feel free to contact me at 828-695-6512 or email at [Abenfield@catawbacountync.gov](mailto:Abenfield@catawbacountync.gov).

## Congratulations!

Thanks to everyone who has already sent in their listing agreement and Provider Survey for The Children's Resource Center. It is very important that we have updated and correct information to give to parents regarding your programs. We also like to hear your ideas on how to continue to improve our services to you through our Provider Survey. As funding is reduced, we will have to work even harder to be efficient and effective in what we do. I know that all of you can identify with issues resulting from the current state of our economy. If you have not sent your Listing Agreement and Provider Survey in, please do so today! We appreciate your support!

In recognition of your support in getting our paperwork completed, we would like to announce the winners of the four \$25 Wal-Mart gift cards. The lucky winners of these are: St. Stephens Lutheran Preschool, Abernathy Child Development Center, Metz Tutor Care, and Woodlawn Baptist Child Development Center. Congratulations to these programs. You should receive these cards in the mail shortly!

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2110 Main Avenue SE

Hickory, NC 28602

Phone: 828-695-6565

En Español: 828-695-6515

Fax: 828-328-4551

[www.childrensresourcecenter.org](http://www.childrensresourcecenter.org)

THE CHILDREN'S  
  
 RESOURCE CENTER

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### Summary of Rule Changes

Over the last year the Child Care Commission has been working on proposed rule changes in the areas of children's health and nutrition, enriching outdoor activities and quality school-age care, based on research reviewed on outdoor learning environments, quality activities for school-age care, and preventing obesity in young children. In addition, during the 2009 Legislative Session, the NC General Assembly passed House Bill 1046, which transferred the rule-making authority from the Commission for Mental Health, Developmental Disabilities, and Substance Abuse Services to the NC Child Care Commission to adopt rules for certified Developmental Day Centers.

The Child Care Commission met on April 29<sup>th</sup>, and voted to adopt proposed rules in these areas. Rules are summarized below.

- Changes to definitions include:
  - Defining track-out programs, health care professionals, first aid kits, and if weather conditions permit. (Rule .0102)
  - In addition, changes were made to the definition of Basic School-age Care training to allow for equivalent training if approved by the Division. (Rule .0102)
- A new rule was adopted for child care centers and family child care homes that address staff/child interactions. Staff and caregivers will be required to relate to children in positive ways by helping children feel welcome and comfortable, treating them with respect, listening to what they say, responding to children with acceptance and appreciation and participating in many activities with the children. (Rules .0501 and .1703)
- Several changes were adopted in the areas of activities, activity schedules and plans.
  - A minimum amount of outdoor time throughout the day is specified, if weather conditions permit. For example, a program must provide a minimum total of one hour of outdoor time daily, or when children are in care for four hours or less per day the center must provide a minimum of 30 minutes of outdoor time. For infants and toddlers, there must be a minimum of 30 minutes of outdoor time throughout the day. This rule applies to centers and homes. (Rules .0508, .0510 and .1708)
  - Of the four different activities (art and other creative play, children's books, blocks and block building, manipulatives, and family living and dramatic play) that must be offered daily, at least one must be provided outdoors, if weather conditions permit. (Rule .0508)
  - The activity plan must also include a daily gross motor activity which may occur indoor or outdoors. (Applies to centers and homes.) (Rules .0508, .0510 and .1718)
  - When screen time is provided it must be offered only as a free-choice activity, used to meet a developmental goal, and limited to no more than a total of 2 ½ hours per week per child. Screen time includes, but is not limited to, television, videos, video games, and computer usage. Screen time usage periods may be extended for specific special events, projects, or occasions such as holiday or birthday celebrations. Screen time would be prohibited to children less than two years of age. (This rule applies to centers and family child care homes.) (Rules .0510, .0511, .1718 and .2508)
  - Materials and opportunities for music and rhythm, science and nature, and sand and water must be offered to each group of children on a weekly basis (instead of monthly). (Rule .0510)



## Summary of DCD Rule Changes (contd.)

- For program records, emergency medical care information must be updated as changes occur and at least annually for staff and children. In addition to maintaining daily attendance records, centers will be required to maintain daily records of arrival and departure times at the center for each child. (Rules .0302, .0701, .0702, .0802)
- In the nutrition section, a rule was adopted that requires child care programs to provide seating and an electrical outlet, which may be used by mothers while breastfeeding or expressing milk. (Rules .0901 and .1702)
- Rule changes were made to the administrative penalties related to when a facility has a substantiation of any abuse or neglect complaint or the issuance of any administrative action. The changes now specify the operator must notify the parents within 30 days. Operators must document the date the written notice was given to all parents and have parents sign an acknowledgement that they have received the notice. (Rule .2201)
- Changes related to school-age children include:
  - Opportunities must be provided for school-age children to participate in the planning and implementation of activities.
  - Activity areas were re-organized into broader categories to reflect activity practices that school-age children are currently participating in. (Rule .2508)
    - Career development activities;
    - Community awareness activities;
    - Creative arts activities;
    - Cultural activities;
    - Games or manipulatives;
    - Hands-on academic enrichment activities including but not limited to language, math, science, social studies, or foreign language activities;
    - Homework with assistance available as needed from center personnel;
    - Reading activities;
    - Sand or water play;
    - Social skills, life skills or problem-solving activities;
    - Structured or unstructured physical activities; or
    - Technology skill-building activities.
- Voluntary Rated Licenses rules related to a three-component star rated license was repealed and will be removed from the rules since they are no longer valid. (Section .2800)
- The Commission adopted rules for certified Developmental Day Centers related to staff qualifications, program requirements, and family services. Over the next year, the Division will be working with certified Developmental Day Centers to help these programs transition to fully meet these requirements. (Programs will be expected to be compliance as of the 2011-12 school year.)

### Next steps:

The adopted rules will be reviewed by the Rules Review Committee in June and at the earliest will be effective July 1<sup>st</sup>. Once the rules are final, DCD will post the final rule text on the Division's web site at [www.ncchildcare.net](http://www.ncchildcare.net) under What's New.

Created on 5/12/10 by LPugh

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## Success Boosters for the School Age Child/Textbooks

### “Success Boosters and the School Age Child”

Karen S. Darby

Region 8 School Age Specialist

[Karen.darby@ccchildcareconnections.org](mailto:Karen.darby@ccchildcareconnections.org)

“What a great job!”

“That’s so nice!”

“You are so smart!”

“You are so talented!”

These and other phrases that are meant to praise school aged children can actually have the opposite effect, rather than building self esteem and higher achievement; research confirms the opposite. According to Stanford Professor Carol Dweck, PhD, broad praise of children’s intelligence leads to underperformance and teaches them that success is based on innate skills, which they either do or don’t possess. They believe that their success isn’t something that they can control. They will avoid taking risks that will lead to mistakes and potentially the loss of the “smart kid” label or the approval that they have received.

Adults should applaud the child’s effort rather than their intelligence to increase their initiative and to continue to progress forward. Praising their efforts will also give children the sense that they can control their success. So rather than telling the child “oh, you are so smart”, tell the child, “the hard work you put into that project really shows”. The work dedicated to the project was entirely up to the child and was controlled by him. The praise given then gives rewards and reflects the work put directly into the project.

#### *Quick tips for Positive Praise:*

- *Think Process: Praise the method of doing something to show value for the effort.*
  - *“I like how you organized and separated the pieces to complete the puzzle.”*  
**Rather than** *“You’re so great at doing puzzles.”*
- *Speak about Strategies: Discuss how you like the incorporation of color in the artwork rather than simply saying “you are such a good artist.”*
- *Avoid empty praise: Praise the child when they learn something new, work particularly hard, or embark on a new challenge.*

### Text Book Lending Library Updated!

Due to the help of the Catawba County Partnership for Children, we have been able to update our Textbook Lending Library at CRC. Limited copies of each of the EDU books required for your degree in Early Childhood are available for you to borrow. We know how hard it can be on your budget to purchase those text books. We operate on a first come, first served basis. We hope this is helpful to you in your professional and personal growth. Thank you for all of your hard work!



# Standardized Test Information

## STANDARDIZED TEST INFORMATION 2010-2011

Equivalency tests for the administration coursework required to be qualified as a North Carolina Early Childhood Administrator will be given at the following sites on the dates listed below:

<u>TEST SITES</u>	<u>LOCATION</u>	<u>TEST DATES</u>
Asheville-Buncombe Technical Community College	Asheville, NC	9-25-2010 and 3-05-2011
Central Piedmont Community College	Charlotte, NC	9-25-2010 and 3-05-2011
Davidson County Community College	Lexington, NC	9-25-2010 and 3-05-2011
Roanoke-Chowan Community College	Ahoskie, NC	9-25-2010 and 3-05-2011
Southeastern Community College	Whiteville, NC	9-25-2010 and 3-05-2011
Wake Technical Community College	Raleigh, NC	9-25-2010 and 3-05-2011
Wilkes Community College	Wilkesboro, NC	9-25-2010 and 3-05-2011

**NOTE:** This does not **CONFIRM** or **DENY** a testing slot. This flier is for general information purposes only.

### Registration Information

- **Registration for the September 25, 2010, test will begin on Monday, August 2, 2010, and end on Friday, September 10, 2010.** Once the testing registration form is made available to the public, you may visit our website at [www.ncchildcare.net](http://www.ncchildcare.net) and click on "What's New" to register online. If you are unable to register on-line, please call the Division of Child Development (DCD) Workforce Education Unit at 919-662-4567 or 1-800-859-0829 to request a registration packet.
- To register on line or request a registration packet, you must have a high school diploma or it's equivalency. **We will not fax or e-mail registration packets.** We will **not** accept faxed or e-mailed registration forms.
- **Effective July 1, 2009,** you are no longer required to be working in a licensed child care facility in North Carolina to register for the test.
- **Effective March 3, 2007, if you have failed an equivalency test** you will no longer be eligible to take the test you failed.
- The Early Childhood Administration standardized tests are two separate three clock hour tests. The Administration I test includes EDU 261 course content and the Administration II test includes EDU 262 course content. **Both tests may not be taken on the same day. Individuals must have successfully completed Administration I through coursework or testing-out and provide proof before taking the Administration II test.**
- Successful testing-out of the Early Childhood Administration coursework through these standardized tests does not result in post-secondary (college) course credit.
- At this time, there is no cost to take the test. There are a limited number of slots at each test site. **Testers will be confirmed on a first come, first served basis.** You will be put on a waiting list if your requested test site is full. You will be notified in writing that you are on a waiting list.
- **Only individuals registered with and confirmed in writing by the Division will be allowed to take the test.** After submitting a registration form, you will be sent a confirmation letter that will specify building location, actual testing times, and required materials to bring to the test.
- If you do not receive written confirmation of either a confirmed slot or placement on the waiting list within **10** business days of submitting your registration form, please notify the Division **immediately** (919-662-4567) in case we did not receive your registration form.
- Individuals will be notified in writing by the Division of their pass/fail status, within three months of the test date.
- Testers who do not follow guidelines for cancellation and do not show up to test will no longer be eligible to test.
- **Questions should be directed to Debbie McClain at 919-662-4567 x 7097 or 1-800-859-0829.**
- **Please be aware the test dates may be canceled by the Division of Child Development at any time due to the availability of funds.**

### Suggested Resource Materials

**Administration I equivalency test:** Developing and Administering A Child Care Center, 4th Edition, Dorothy Sciarra & Anne Dorsey, Delmar Publishers. 1-800-347-7707 or e-mail: [info@delmar.com](mailto:info@delmar.com)  
*This is a survey course that focuses on basic knowledge and skills needed to administer a child care program including: Rules and Regulations, Budgeting, Basic Staff Management Practices, Program Practices*

**Administration II equivalency test:** The Art of Leadership (Volumes I & II), Roger Neugebauer, Editor, Child Care Information Exchange. 1-800-221-2864 or [www.childcareexchange.com](http://www.childcareexchange.com)  
*This is a comprehensive course of study which includes advanced content on administration of a child care program including: Organization and Staff Management, Financial Management, Public Relations, Community Outreach, Program Issues, Leadership, Skills Development*





## Before Children's Behavior Can Be Changed:

### Before children's Behavior can be changed:

Kirsten Maynard Mamer MA  
Regional Healthy Social Behavior Specialist

The following items reflect “red flags” for classrooms facing challenging behaviors in children. If you can answer YES to any of the questions below you may have issues to resolve in the classroom through procedures and training before children's behaviors can be addressed.

- ❖ The majority of the day is spent in teacher directed activities
- ❖ Many transitions are chaotic
- ❖ Teacher talk to children is primarily giving directions, telling children what to do, reprimanding children
- ❖ During group activities, many children are NOT engaged
- ❖ Teachers are not prepared for activities before the children arrive at the activity
- ❖ Children are reprimanded for engaging in problem behavior (use of “no,” “stop,” “don't”)
- ❖ Children are threatened with an impending negative consequence that will occur if problem behavior persists
- ❖ Teacher reprimands children for expressing their emotions
- ❖ Emotions are not generally discussed in the classroom
- ❖ Teacher's guidance or focus around relationships is on adult-child interactions
- ❖ Teacher gives group directions to all children in the same way
- ❖ Teacher tells children mostly what not to do rather than what to do
- ❖ Teacher asks for the removal of children with persistent challenging behavior from the classroom or program
- ❖ Teacher comments about families are focused on the challenges presented by families and their lack of interest in being involved
- ❖ Teacher only communicates with families when children have challenging behavior
- ❖ Teacher complains about other team members and notes difficulty in their relationships

\*Teaching Pyramid Observation Tool for Preschool Classrooms (TPOT) Manual

Moving to an exceptional classroom environment, and encouraging children to reach their developmental potential will begin when you answer no to the bullets above. To help with changing your yes' to no's and increase the social emotional education at your center;

Contact Kirsten Maynard Mamer, Behavioral Specialist 704-692-9652, [Kirsten@ccchildcareconnections.org](mailto:Kirsten@ccchildcareconnections.org)

Follow behaviors on Facebook: [http://www.facebook.com/group.php?gid=120973351247816&v=app\\_2373072738#!/group.php?gid=120973351247816&v=wall](http://www.facebook.com/group.php?gid=120973351247816&v=app_2373072738#!/group.php?gid=120973351247816&v=wall)



**WIC**



**- A HEALTHY START!**

### What is WIC?

WIC is a Special Supplemental Nutrition Program for Women, Infants, and Children funded by the United States Department of Agriculture.

### WIC is for

- Children up to 5 years of age
- Pregnant women
- Infants
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in the last 6 months

### How do I apply?

With some exceptions, each person applying for WIC must be physically present at the time of application at the WIC office.

Call your local health department, or to find the location and phone number for the closest WIC office call toll-free:

**1-800-FOR-BABY**  
**(1-800-367-2229)**  
 Monday - Friday  
**(TTY 1-800-976-1922)**

**Call your local WIC Office at:**

**Catawba County Public Health**  
**3070 11<sup>th</sup> Av. Dr. SE**  
**Hickory, NC 28602**  
**(828) 695-5884**

### Am I eligible?

To be eligible, you or your child must:

✓ **Meet WIC income guidelines**

WIC income eligibility guidelines are based on household size and income. Even if you have a job, you may be eligible. If you are on Medicaid, Work First Family Assistance, or receive Food Stamps, you already meet the income guidelines.

✓ **Have a health risk factor based on:**

- Height and weight measurements
- Blood test for low iron
- Health history
- Diet history

### WIC provides

#### HEALTHY FOOD

- |                            |                      |
|----------------------------|----------------------|
| Milk                       | Dried Beans and Peas |
| Eggs                       | Cereal               |
| Cheese                     | Peanut Butter        |
| Juice                      | Infant Formula       |
| *Tuna and Carrots          | Infant Cereal        |
| *(for breastfeeding women) |                      |

The WIC staff determine which foods a participant receives based on individual needs.

#### EDUCATION & INFORMATION

- Nutrition for a healthy pregnancy
- Breastfeeding education and support
- Infant feeding
- Child growth and development
- Eating smart and moving more
- Special diets
- Food buying
- Referrals to health and community services

\*Please distribute this flyer to families at your facility. A Spanish version is available upon request from the Children's Resource Center or Health Department.



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*Director*

Virginia Pritchett  
*Provider Support  
Coordinator*

Marie Corne  
*Family Support Specialist*

Terri Huene  
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Leonor Tobar  
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**Inspector's Spot – May 2010 – This month's topic:**

Summer's Coming!

Well, it's that time again, SUMMER TIME! With the summer season quickly approaching, we want to remind you of a few safety tips to keep this season a fun and enjoyable one.

- **DON'T GET BURNED!** Anytime you go outdoors, remember to wear sunscreen and limit time in the sun to prevent damaging UV rays from reaching your skin.
- **STAY COOL** and remember to drink plenty of fluids (especially water). Drinks containing sugar and caffeine may cause your body to dehydrate quicker.
- Use **caution around the water.** Always ensure that children are supervised and be aware of your surroundings.
- **Be a weather watcher.** During the summer thunderstorms may pop up quickly without warning. Be aware of current weather information when planning activities.
- When using grills and campfires, **BE FIRE SAFE!** Keep children and pets away from any open flames and fully extinguish the fire when finished. It is also a good idea to keep a bucket of water or garden hose nearby.
- When going on vacation, insure the place you are staying has *working smoke alarms and a sprinkler system!* Familiarize you family with all exits and a meeting place as well.

Use **insect repellent** to prevent injuries and the spread of disease from insect bites and stings.

*For more information, or if your center would like fire extinguisher or safety training, contact the following:*  
**Catawba County Fire Marshal's Office @ 828-465-8238      Conover Fire Department @ 828-464-1295**  
**Hickory Fire Department @ 828-323-7521 or 828-323-7522      Newton Fire Department @ 828-695-4334**

**If you have questions for fire inspectors or educators, contact Terri Byers at 828-323-7521, or email: tbyers@ci.hickory.nc.us**

*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*

Return Service Requested

www.childrensresourcecenter.org  
Phone: 828-695-6565 Fax: 828-328-4551  
Hickory, NC 28602  
2110 Main Avenue SE

RESOURCE CENTER



THE CHILDREN'S

Catawba Valley Child Care  
Resource and Referral Service

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