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# The Bridge

## Notes From The Director's Desk...

HAPPY NEW YEAR TO YOU!! I hope this newsletter finds each of you in good health and spirits after a joyful holiday season.

Child Care Connections got an early Christmas gift from Champion Communications when the "switch was thrown" and our new web site went live. The staff of Champion and Child Care Connections spent nearly 6 months working to make this website appealing, informative and easy to navigate. So check us out on the web at our new location, [www.ccchildcareconnections.org](http://www.ccchildcareconnections.org), and let us know what you think. As always, we welcome your suggestions and comments.

During 2009 I was invited to serve on the Cleveland County Eat Smart, Move More Coalition. I joking say I am the poster child of what happens if you eat dumb and sit still. But all joking aside, I am truly involved and back 100% the vision and initiatives of this group. The Cleveland County Coalition is part of Eat Smart, Move More North Carolina whose mission is "to reverse the rising tide of obesity and chronic disease among North Carolinians by helping them eat smart, move more and achieve a healthy weight."

In our licensed child care programs we have set guidelines which help insure the nutritional value of the foods we prepare and serve our children. We know to limit the amount of high fat, sugary, empty calorie foods. There are also rules and regulations regarding the amount of time children must spend in active physical play, both indoors and out, during their day. But much of the time, child care providers stand by and watch as the children run and jump and play, and sometimes do it with a full-sugar carbonated beverage in their hand.

Goals of the ESMM Coalition in 2010 include adoption of healthy eating/vending policies for local worksites and places of business. This would mean making available water, fruits, vegetables and whole wheat items at worksite functions, fellowship opportunities and meetings. Combine this with the addition of policies which encourage physical activity during the work day and you are going to ensure a healthier staff.

We continually watch out for the health and well being of the children in our care and it is time to do the same for ourselves. I know that at the end of a day spent "running after" kids caregivers are worn out. But, that is not the physical activity researcher's say will diminish stress and increase mental function. So let's start the New Year off by putting our best foot forward with a bottle of water in our hand and vow to Eat Smart and Move More!

### Board Members

- Elizabeth Hill...Board Chair
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- Jamey Davis...Treasurer
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# “Get Up Out of Your Seat, Get Up on Your Feet!”

Karen Darby, Region 8 School Age Specialist  
(704) 477-1464

Physical activity and the Afterschool Program...are these synonymous? Promoting play and structured physical activity complements afterschool programs' missions. These play times can include unstructured free times or organized sports and skill development. Physical activity is bodily movement of any type. It may include recreational activity such as jumping rope, walking, playing soccer, climbing stairs, raking leaves, or shooting a basketball.

Physical activity is linked to numerous positive achievements and outcomes including but not limited to:

- Higher grade point average
- Higher scores on standardized test
- Increased concentration
- Better memory
- Improved classroom behaviors
- Reduced school dropout rate
- Greater odds of attending college full-time

Even when physical activity replaces instructional time, physical activity has a positive effect on learning. Physical activity contributes to the healthy emotional and social development of young people. It can reduce stress and anxiety, improve self esteem and improve body image, having a positive effect on self-concept and how a person perceives him or herself.

The Move More North Carolina Recommended Standards for After-School Physical Activity Standards have been recently published and are available for free download at [www.ncafterschool.com](http://www.ncafterschool.com) or [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). The Move More North Carolina Recommended Standards for Afterschool Physical Activity represents the work of many direct care staff, directors, administrators, funders, parents and community partners from across the state. Included in the publication are the benefits of physical activity, recommended standards for afterschool physical activity, examples of physical activities, Move More Activities, energizers, and games.

The following chart summarizes the Move More North Carolina Recommended Standards for Afterschool Physical Activity. **Please note that these are only recommended standards and NOT licensing rules and regulations set by the NC Division of Child Development.**

Time/Intensity: <i>Afterschool programs should provide an amount and intensity of physical activity that contributes to the recommended 60 minutes or more daily.</i>	In a traditional/enrichment/academic-focused program, provide 20% of daily program time for moderate-to-vigorous physical activity In a sport/recreation/physical activity-focused program, provide 80 % of daily program time for moderate-to-vigorous physical activity. (Moderate and vigorous refer to intensity, or how hard the activity is performed)
Qualified Staff/Training: <i>Qualified staff are confident in their ability to promote physical activity and are supported by ongoing training and development</i>	Afterschool programs have staff that are First Aid/CPR Certified Provide 16 hours of annual in-service training including: New staff orientation, training in health activities, and behavior management
Program Size: <i>Staff should be able to engage all the participants in the activity</i>	1:15 staff/participant ratio for physical activity time

Curriculum: <i>Physical activity is a planned and intentional component of the afterschool program</i>	Physical activity is: Integrated with enrichment/academic/recreation content Goal driven Planned Sequentially designed and delivered Safe, inclusive Success-oriented
Facilities: <i>Indoor and outdoor environments are safe</i>	Safety consideration include: Space for children and adolescents to safely move without bumping into each other Appropriate temperature Sufficient lighting Activity space void of hazards
Equipment: <i>Equipment is safe, age and developmentally appropriate.</i>	Equipment is sufficient to engage all participants Meets all required safety standards Age and developmentally appropriate
Evaluation: <i>Results are measured</i>	Measure at least one aspect of the program. Measures can include: Is physical activity offered as planned? Do participants and staff transition easily from one activity to another? Are staff comfortable leading, offering, encouraging physical activity?

\*Information taken from the Move More North Carolina Recommended Afterschool Standards for Physical Activity. Move More Afterschool Collaborative. April 2009

## Early Educator Certification

Our work is more than a job, it's a profession – complete with a common mission, set of skills, a knowledge base and certified professionals. Become a part of growing body of Early Educators who are proud to be certified and recognized as professionals by getting certified today.

What are you waiting for? Since 2008, over 6,600 child care professionals have been certified. Certified Early Educators work all across our state in child care and school age programs. They teach in community colleges, provide training, coordinate programs and run agencies.

Rewards and discounts for certified early educators are growing too. Not only can Early Educators receive recognition for the coursework they have completed and be certified, they also

receive discounts through the *EEC Rewards* program! Certified Early Educators can receive discounts on jewelry, handbags, purchases from Discount School Supply, Kaplan Early Learning, Barnes & Noble and more!

Don't wait another day to apply and reap the rewards of being certified! A grant from the NC Division of Child Development will support the certification of up to 9,000 Early Educators! If you work in a licensed child care center, Head Start program, More at Four classroom, school age program or family child care home in one of the following positions you are eligible to apply at no charge.

Free applications are going fast ... 150 were filled in just one week! Applicants will be served on a first come, first serve basis.

Eligible positions include:

- Director/Administrator
- Assistant Director/Administrator
- Teacher
- Assistant Teacher
- School Age Group Leader
- Floater
- Education Coordinator
- Family Child Care Provider

Contact the EEC Office for more information on how to become certified and for more information on available *EEC Rewards*. Call 919-942-7442 or email [info@nceec.org](mailto:info@nceec.org).



# Medication Administration in Child Care

Cindy Campos, RN, Child Care Health Consultant

704-484-5142

Medication administration is one of the highest liability activities that occurs in child care. Child care providers may be required to give medicine to a child to help treat an illness or a chronic condition. Having clear policies on giving medicines, whether prescription or over-the-counter, can help the staff deal with these situations safely and effectively. It can also help parents better communicate with caregivers about their child's medication needs.

The number of children in child care and the number of sick children included in child care has risen. You may be asked to give medicine to a child in your facility at some time. This is a great responsibility. Children with chronic health conditions such as asthma, diabetes, seizure disorders, sickle cell anemia, or allergies may cause fear, confusion, or anxiety if the child requires medication in a medical emergency.

As the child care provider, you need to feel confident and knowledgeable, and gain the skills needed to care for the child and administer medications as ordered by the child's physician when necessary. Always check to be certain parents have completely filled out the required information on the "**Permission to Administer Medication**" form. Parents must provide written permission for prescribed medication and for over-the-counter medication. This permission slip must include: name of the child, name of the medication, dosage, dates and times to be given, any special instructions (for ex. give with food, any possible reactions to watch for, and the parent's signature). All medications must be in the original container and have the child's name written on it. Prescription medication must have the name of the medication, directions for

giving the medication: dose, time, number of days, method (by mouth, eye drops or ear drops, or applied topically to the skin), name of the prescribing physician or other health professional, date the prescription was filled, and the expiration date. Do not accept medication that has expired. Be sure you understand the instructions for giving the medication, and make sure they are legible so others can read them. Cough syrup, decongestants, and acetaminophen are examples of over-the-counter medicines. Caregivers can only give the recommended dosage included in the instructions found on the packaging, unless the medication is accompanied by written instructions signed by a physician. Written permission to give an over-the-counter medication is valid for 30 days and can be voided at any time by written notice from the parent.

Providing staff training in medication administration procedures and establishing a medication policy are two ways a child care program can reassure both parents and staff that the program strives to administer medications safely. For much more information and to learn the "Six Rights" of giving medicine, plan to attend the workshop "Medication Administration in Child Care" Monday evening, March 29, 2010, 6:30-8:30 pm, at the Cleveland County Health Department in the 2<sup>nd</sup> floor conference room. You must call Cindy Campos, to register for this workshop.



# Time

## ...the hummy rhythm of children's attention to their work

By: Sydney Gurewitz Clemens

**A two-year-old** on the sandy beach with a pail and a shovel lives in joy, outside of time. He has the attention span of a giant. He will play, with or without your company, as long as you'll let him.

**A seven-year-old** city child, at that same beach, lets himself hang out, observes people, birds, and water. Suddenly, without an external trigger, he gets up and sprints along the beach and into the water up to just the right height, stops, rests, considers, relaxes. To children, time is measured in units of joy.

**From the moment** they greet the children in the morning, adults at a child care center or kindergarten convey their attitude about how time is to be used. Without pressure, there's time to say hello and ask how things are going. Courteous, relaxed interactions start a good day. Where time is organized rigidly and there's never enough of it, staff and children collide. Children want to keep on building with blocks until they've finished what they're building, and they resent having to tear down what they've built because it's "cleanup time." Respecting this, some programs choose to let structures remain - out of the way of the cleaning staff - so building can continue tomorrow.

**Waiting in line** at the supermarket feels wasteful unless you play with the other people in line. So it is in the early childhood classroom. If children have to wait, they will get impatient or angry - not emotions you're trying to develop. Wise teachers thus arrange a fluid, responsive day with minimal waiting. In Reggio Emilia, Italy, children and staff work together on a project for as long as eight or ten weeks, returning to it most

days, as if they had all the time in the world. A great deal can be accomplished by children working on this kind of extended timeline, and these children's ability to understand how the world works changes because mindful time was invested in important exploration.

**A good classroom** will flow. Teachers will have a general idea of a schedule, but respond intuitively to the hummy rhythm of the children's attention to their work. Like good parents and good friends, good teachers tune in to those they care for, and promote a flowing, peaceful use of time.

*Reprint of article in The Wisdom of Play, available from community playthings*



Lorraine Barker-Witkowski

Region 8-Infant/Toddler Specialist

loraine@ccchildcareconnections.org

704-477-5101

Did you know that...

- There are almost 350,000 babies and toddlers living in North Carolina?
- 67% of these babies and toddlers live in families where all their parents work?
- Almost one-third of babies and toddlers with working parents are in regulated child care settings in North Carolina?
- More than 3 out of 4 of these young children using child care live in families who receive child care subsidies?

## What's Happening in Early Childhood Education at Cleveland Community

Greetings from Cleveland Community College again. We have a few announcements and dates for you to keep in mind for the upcoming months.

It is not too late to register for **Spring** semester. The dates and times are as follows:

**January 5—** 9:00am-1:00pm and  
4:00pm-7:00pm

**January 6-7—** 9:00am-6:00pm

**January 8—** 9:00am-3:00pm

**January 11-14—** 8:00am-7:00pm

**January 15—** 8:00am-3:00pm

**Classes begin on January 11th.**

**The last day to register for 16 week, 14 week, 1st 7 and 8 week classes is January 15th.**

**Reminder-** You can access the spring schedule on the Cleveland Community College homepage by clicking on the class schedules link and entering Spring 2010 in the class schedule box if it does come up automatically.

If you have any questions regarding registration or would like to make an advising appointment, feel free to give us a call.

**Please note-** Higher Learning Child Care Academy will now host two of the off campus classes that did not have a location on the spring schedule- EDU 131 1st 8 weeks and EDU 153 2nd 8 weeks. They are located on Airport Rd. in Shelby. Many thanks to them, as well as the other centers, for volunteering their space!

Kappa Iota Delta, the student early childhood association, has several events planned in the upcoming months. Be on the look out for more information on the following:

- They are in the process of planning a welcome back event for students in the early childhood department. Keep your eyes posted for a date, time, and location. Come and join the celebration if you are on campus- both a day and night celebration will take place.
- The Week of the Young Child is in April this year. Kappa Iota Delta and the Early Childhood Dept. will be assisting in the event and will be keeping you posted on the vendors and activities that will take place. We had a great turnout last year and are hoping for the same this year!
- Last year, the association assisted with a prom for the senior citizens in the county in May. They are hoping to do the same this year. The prom is scheduled for May 28th at the Neal Senior Center. Individuals are needed for hair and make-up, dancing, and more...

Please let a Kappa Iota Delta member know if you are interested in joining or participating in any of these events. Membership fees are \$10.00 which includes the cost of a t-shirt. Don't miss out on all the fun they are planning for 2010!

The Early Childhood Department recently had some location changes over the Christmas holiday. All faculty and staff offices will now be located in the **Paksoy Technology Building**.

If you need to find one of us, our new offices are as follows:

**Susan Findlay: 3117**

**Kay McWhirter: 3119**

**Debi Harrill, Kim Johnson, and Marion Crews: 32266**

Our Huskins and Foundations teachers are also in offices in the Paksoy.

**Heidi Maskol: 3115**

**Lori Nanney: 3121**

**Cameron Blanton and Elizabeth Hill: 3206**

**Note: All office numbers beginning with 31.. are on the lower level; 32.. are the upper level.**

Do you have a new staff member that needs a professional development plan or is it time to update your existing plan? Are you a director looking for ways to improve your stars or points on your licenses? Do you need to obtain transcripts for DCD, your education bonus, or any other reason? Are you in need of a laptop to make your schoolwork easier? These are all things that our Smart Start staff can assist you with. All you need to do is call! We look forward to assisting you in any way we can!

[www.clevelandcommunitycollege.edu](http://www.clevelandcommunitycollege.edu)





# Does Your Classroom Say “You are welcome here!”?

By: Rhonda Hamby-Behavior Specialist Region 11

Adapted from: “An Environment that Positively Impacts Young Children” by Pamela Isbell, Ed. D., Early Childhood News: The Professional Resource for Teachers and Parents

As a teacher you see your classroom everyday. Take a step back and look at your classroom through the eyes of the children.

- Do I see places where I can put my things? Is it my personal place and where I know my things will be okay?
- Do I have a place where I can go and be by myself? Sometimes the other children are too much and I need to be alone.
- Is my work displayed and where I can see it? When mom picks me up I like to show off what I have done.
- Are the materials arranged on shelves so that I can put them back where they belong when I am finished with them? Are there so many toys that I am not sure what I want to play with or able to see what is available?
- Do my teachers make me feel safe and secure? I need to feel safe so that I feel free to explore my environment.
- Are there pictures of my family somewhere in the room? Sometimes I miss my family and seeing the pictures makes me feel better.
- Does my teacher ask me or include me in making decisions? Are my ideas and opinions important?
- Do I feel comfortable talking to the teacher and asking questions when I am not sure of something? I don't have all of the answers and sometimes I need guidance.

The way we invite children in to our classroom and how we relate to them can make children feel like they are a part of a community. Children should be comfortable in the surroundings and have a positive relationship with their teachers and peers.

Kirsten Mamer Region 8 Behavior Specialist

704-692-9652

[Kirsten@ccchildcareconnections.org](mailto:Kirsten@ccchildcareconnections.org)

Did You Know that...

Research says that behavior problems in young children are on the rise?

Aggression is increasingly evident in younger and younger children?

Between 10% and 25% of young children display challenging behavior inappropriate for their developmental level?

## Child Care Connections

P.O. Box 1739  
327 Market Street, Suite A  
Shelby, NC 28151  
Phone: 704-487-7397  
Fax: 704-487-6220

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### *Our Mission Statement*

*Child Care Connections exists to  
connect resources and services for  
child care excellence in  
Cleveland County*



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## ATTENTION: EDUCATION INCENTIVE BONUS APPLICANTS

OFFICIAL TRANSCRIPTS WITH FALL  
SEMESTER GRADES DUE AT  
CHILD CARE CONNECTIONS BY  
FRIDAY, JANUARY 22, 2010  
QUESTIONS: CALL KAREN PEARSON @  
704-487-7397 EXT. 100

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