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The Bridge

Notes From The Director's Desk...

The ACE Study

Childhood Trauma Linked to Negative Health and Well-Being Later in Life

What is the ACE Study? The Adverse Childhood Experiences (ACE) Study is one of the largest investigations of the link between childhood maltreatment and health and well-being later in life. Using data from 17,000 participants, the study which was conducted by the Centers for Disease Control (CDC) and Kiser Permanente, demonstrates that trauma and adverse experiences during childhood are major risk factors for the leading causes of illness and death in the United States, as well as for poor quality of life.

What are the ACES? The study defines "adverse childhood experiences" as exposure to:

- child abuse
- neglect
- domestic violence
- household members abusing alcohol or drugs
- and other traumatic stressors

Why is prevention important? Adverse experiences in childhood disrupt normal child development, negatively impacting the social, emotional and cognitive development of children. Such impairment leaves children vulnerable and many children and adolescents adopt risky health and social behaviors such as drinking, overeating, smoking, and sexual promiscuity as a means of coping with the traumas they have experienced. Eventually, these risky behaviors translate to poor health, disease, disability and early death.

For more information on the ACE Study visit www.preventchildabusenc.org

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The Importance of Infant and Toddler Play-What's Your Role?

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Most of us have heard "All they do is play" when referring to what infants and toddlers do all day. We respond by saying "Children learn through their play". That is true enough, but it is important to remember that infants and toddlers need adults to interact and play with them. This ensures that their developing brains have a sturdy, rather than fragile, foundation for learning.

Classroom teachers may get caught up in the hour-to-hour, day-to-day routine of caregiving and forget the importance of play. Play can reduce stress, promote spontaneity, encourage laughter, and increase creativity for both the children and their caregivers. Best of all, it is a lot of fun.

Babies show their eagerness to play through squirms and kicks, coos, bright eyes, and wide smiles. Toddlers may tug at your pant leg or sleeve to gain your attention. They may hand you a toy or picture book or just say "Play!"

As you know, one of the best ways to play with infants and toddlers is to get down on the floor with them. This is the time you spend giving your infant or toddlers your full attention. This is their time. Look into their eyes, and don't forget to smile. Follow their lead on what you think they want to do. Offer them interesting items and watch how they react. In following their lead, you may wind up playing in ways you would have never expected. Laugh and enjoy yourself!

As much fun as it is to play with your infants and toddlers, be aware of their cues that let you know when they have had enough. They may act distracted, become fussy, avoid eye contact, or rub their eyes, or even walk away in the middle of playing. This doesn't mean they don't appreciate you. By playing with them, you have given the child a special gift: your presence.

With your playful attention, even if you only play for a short time, your infants and toddlers benefit greatly. Through play, you help them form a foundation of self-confidence, problem solving and the ability to get along with others—skills they will need to succeed in school and throughout life. You are in the unique position to make a difference in the lives of the infants and toddlers in your care—just by playing.

Author: Nancy Bartlett, Region 14 Infant Toddler Specialist

**Quality Enhancement
Orientation for 2011-2012
Will be on Monday
June 6, 2011
Watch mail for more
Information!**

**Quality Sustainability
Orientation for 2011-2012
Will be on Thursday
June 2, 2011
Watch mail for more
Information!**

Make Summer Camp Extraordinary!
Resources for a Phenomenal Summer Season in Afterschool
Karen S. Darby, Region 7 School Age Specialist
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As the 2011 school year comes to a close, many afterschool programs transition into full-day summer camps. Planning, scheduling, budgeting, and providing interesting activities that engage the students may become a challenging issue. According to the NC Division of Child Development, the students must be an active part of the lesson planning process. This can be easily accomplished through brief brainstorming sessions, creating charts of their interests, suggestion boxes for ideas, and planning according to the most popular topics.

The last thing you want to hear are students claiming to be bored with nothing to do. Plan in advance, and by their interests, and students and staff are sure to have a successful summer!

Some resources for planning and activities are:

www.ultimatessummercampresource.com

www.enasco.com/page/summercamp

www.wilderdom.com/games/IdeasSummerCampActivities.html

www.familyfun.go.com/summer/summercrafts

www.kaboose.com/features/summerguide/crafts.html

www.kinderart.com/camp

www.mysummercamps.com/resources

www.youthwork-practice.com

JOIN THE CELEBRATION!

14th Annual Provider Recognition Banquet

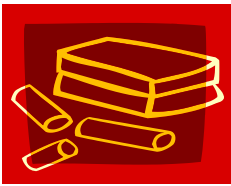
May 26, 2011

Cleveland Community College

Reservations must be received by May 23, 2011

For more information contact Child Care Connections
At the close of banquet please join Child Care Connections
staff and share our 10th Anniversary Birthday Cake!





What's Happening in Early Childhood Education at Cleveland Community College!

Hello! I hope this newsletter finds you all well! Below is a list of reminders that we hope you will find helpful in the upcoming months:

- ◆ Registration has begun for both summer and fall semesters. If you are a current student with a college email, then you can register online via the MyCleveland link on the CCC homepage. If you have any questions regarding your MyCleveland account, you can contact the library helpdesk at 704-484-4133 and they can assist you. Below are important registration dates.
 - Early registration for summer semester began April 8th and runs through May 19th
It will be closed May 1st.
 - Online late registration for summer semester is May 20th-24th 8 a.m. - 11 p.m.
 - Summer registration day is May 19th. This is for both returning and new students.
9 a.m. - 1 p.m. and 4 p.m. - 6 p.m.
 - The last day to register for summer online classes is May 20th.
 - 2nd summer session registration is June 23rd
 - Online early registration for fall semester began April 8th and runs through August 11th.
It will be closed May 1st, and July 29th—31st.
 - On campus early fall registration for returning students will begin in July.
- ◆ There have been changes to financial aid for the summer of 2011 and for the 2011-2012 school year. If you have received a letter from the financial aid office, please take the time to speak to someone in the office to review the letter and make sure you understand how you will be awarded financial aid for the upcoming semesters. You can reach them at 704-484-4028.
- ◆ There will be several new EDU classes offered in the fall and a new School Age Care Certificate will be available. Check the CCC webpage for course offerings.
- ◆ Don't forget there are laptops available for you to check out through our grant. If you plan to take classes during the fall semester and need access to a computer, contact one of us and we will be happy to review the check-out process with you. Also, if you are interested in hosting a class at your facility, contact us as well and we will gladly work on making that available to you and your staff. Contact Kay at 704-484-4119 for assistance or questions.
- ◆ Our early childhood club, Kappa Iota Delta, is recruiting new members. Contact Marion if you are interested in becoming a part of that association at 704-484-4134.
- ◆ If you need plans for new staff, updates for current staff, or have any questions or needs that we can assist you with such as registration, TEACH, Wages or Certification applications or paperwork, transcripts for certification, DCD or education bonuses, etc..., don't hesitate to call us. You can reach Debi at 704-484-4159 or Kim at 704-484-6631.



www.clevelandcommunitycollege.edu



Safe Kids Week

(Updated Child Safety Recommendations (3/21/11))

- Infants & toddlers should ride in rear-facing car seats until they are 2 years old or until they reach the highest weight/height limit of child's safety seat
- A child 2 years or older should use a forward-facing seat with a harness for as long as possible up to the highest weight/height limit of child's safety seat
- When a child's weight or height is above the forward-facing limit for their safety seat, they should use a booster until the vehicle lap-and-shoulder belt fits properly—usually when they reach 4 feet 9 inches in height and are between 8 and 12 years of age.
- When a seat belt fits a child properly, always use lap-and-shoulder belts (never just lap belt)
- A child should ride in the back seat of a vehicle until they are at least 13 years old

Questions? Call Safe Kids Cleveland County at 980-487-3826

FREE Car Seat Check

Ingles Market (Boiling Springs)

Thursday, May 5

3-6 p.m.



News from the Division of Child Development Workforce Education Unit

The law for G.S. 110-91.8a now requires an individual to apply within 60 days for Early Educator Certification (EEC) if their date of hire in a licensed child care facility is on or after October 1, 2010.

In order for an individual to receive their Early Educator Certification, they will need to submit both the EEC application and their official transcript(s) to the North Carolina Institute for Child Development Professionals (the Institute).

The following procedures will be implemented by the Division of Child Development, Workforce Education Unit in support of the above law:

- All paperwork received by Workforce through March 31, 2011, that indicates an individual's date of hire is on or after October 1, 2010, will be evaluated by Workforce for education assessment. The official transcript will then be returned to the individual along with an EEC application for submission to the Institute.
- All paperwork received by Workforce on or after April 1, 2011, that indicates an individual's date of hire is on or after October 1, 2010 will not be evaluated by Workforce for education assessment. The official transcript will be returned to the individual along with an EEC application for submission to the Institute. The individual's education will not be assessed by Workforce until the data from the results of their educational assessment are received from the Institute.

For more information visit the What's New Session on the Division of Child Development Website.

Journey to Kindergarten

Required kindergarten health assessment available through the
Cleveland County Health Department

Wednesday, July 27th or August 3rd, 2011

8:00am-4:00 pm (appointments are required) Call 704-484-5120

Accepting Medicaid, Insurance and private pay on a sliding fee scale.

Child Care Connections of Cleveland County Inc.

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Our Mission Statement

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



Education
Incentive
Bonus
Official
Transcripts
Due By:
June 15, 2011

Attention Providers!
Does your facility have
special events coming
up? Email your
pictures to
adminassistant@ccchildcareconnections.org
We will share them on
our website &
Face Book page