



# CHILD CARE QUARTERLY

OCTOBER—DECEMBER 2017

## CHILD CARE RESOURCE & REFERRAL *serving:* Baker, Grant, Harney, Malheur, Morrow, Umatilla, Union & Wallowa Counties

Hello Everyone! My name is Alisen Paez and I have just recently been selected as the Director of Child Care Resource and Referral serving Baker, Grant, Harney, Malheur, Morrow, Umatilla, Union and Wallowa. It is an honor to work for an organization that is so well known for its services in child care and family services. I have had the opportunity to work in Early Childhood Education from the Preschool to University Level for more than 20 years. I have a Master's Degree in Education and have been involved in Early Readiness Programs that bridged Infant, Toddler, and Preschool programs with Head Start, Early Head Start and local Kindergarten classrooms.

I look forward to working with staff and community members in the 8 counties that UMCHS serves and in meeting with prospective providers and families. Please feel free to call, email or stop by the Annex in Hermiston where my office is located: 110 NE 4<sup>th</sup> Hermiston, OR. 97838/ Phone: 541-564-6878 / Email: [apaez@umchs.org](mailto:apaez@umchs.org). Please feel free to call and let me know how we might best serve you, our child care providers and the children within our counties. Thank you and I look forward to working with you, Alisen Paez

## Upcoming Conferences!

### OREGON AFTERSCHOOL CONFERENCE 2017

Choose Your Own Adventure

This year's conference theme, **Choose Your Own Adventure**, will support afterschool educators in providing great adventures for children and youth throughout Oregon. We will inspire you with new ideas & intriguing conversations as you choose your adventure path. We offer discussions & workshop sessions in Social-Emotional Learning, STEAM, Family Engagement, Increasing Equity & Addressing Bias, Behavior Management, Program Management and more!

Chemeketa Community College - Salem, Oregon  
November 4, 2017, 9am-5pm

**Bethany Thramer, OregonASK**

503-689-1656 or [bethany.thramer@oregonask.org](mailto:bethany.thramer@oregonask.org)

### Oregon AEYC Fall Conference

Here are some of the topics explored in the 40 available sessions: Behavior Management-Home Visiting-Curriculum-Ethics-Resiliency-Parent-Professional Relationships-Infant/Toddler-Waldorf & Reggio-Leadership in Early Childhood-Preschool STEM-Special Needs-School Age-Training of Trainers

Learn new tools to take back to work on Monday. Return to work refreshed and revitalized. Be inspired to explore strategies to enhance your work with young children and their families. Network with friends and colleagues.

October 13 & 14, 2017, Friday & Saturday  
Clackamas High School, Clackamas, OR

Questions? Email: <https://www.oraeyc.org/>  
Phone: 503-496-3991 or 1-800-452-3610

### Child Care Resource & Referral

Baker County 541-523-7838  
Malheur County 541-889-4882  
Union County 541-975-5607  
Fax 541-564-6879

Grant County 541-575-1112  
Morrow County 541-564-6878  
Wallowa County 541-426-4225  
E-mail [ccrr@umch.org](mailto:ccrr@umch.org)

Harney County 541-573-3069  
Umatilla County 541-564-6878  
Toll Free: 800-559-5878

## BREAKING OUT OF THE BOX

Creative thinking means temporarily breaking out of the little boxes that we use to organize the world. Here's an activity that will allow your child's mind to roam unrestricted. It's also a "lifesaver" activity you can do at any time, in any room of the house, with kids (or adults) of any age. Point to an object in the room and ask what it's used for. In the kitchen, for instance, point to a spatula. After your child gives the conventional usage, ask what else he or she could do with it. Depending on age, your child might give answers like: "Dig a hole with it." "Scoop sand with it." "Cut snow blocks or shape a snowman." "Use it as a racquet." "Reflect the sun to attract help when you're shipwrecked on an island." Try this with other kitchen implements—spoons, forks, whisks, plates, and so on. Every room of your house has potential.

### Activity: **LEAF CREATURES**

**You'll need:** a few fall leaves, glue, paper, crayons or markers

#### **What to do:**

1. Take a walk and collect leaves.
2. Challenge each child to make a leaf into an animal, a person or a make-believe creature.
3. Encourage children to glue a leaf onto paper and add features such as legs, faces and hair with crayons or markers.
4. Invite children to add background scenery also.
5. Help children dictate or write a story about the leaf creature and its adventures: Where is it going? What will it do?



## *Indoor Exercise Fun!*

*Don't let snowy or rainy weather stop you and your kids from having some exercise fun. Here are some quick—and fun—exercises that can be done right in your living room.*

**Balloon ball:** There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch.

**Animal races:** Hop like a bunny or frog, squat and waddle like a duck, etc.

**Follow the leader:** Add to the workout with energetic movements such as jumping, stomping and squatting.

**Dance party:** Turn on the music and shake your groove thing.

**Freeze dance:** When the music stops, freeze in your pose and hold it until the music begins again.

**Scavenger hunt:** Write up clues and hide them around the apartment. Kids can race to find each clue for a small prize at the end.

**Jumping jacks:** Simple but good for coordination and they get your heart going.

**Bubble wrap attack:** If you get bubble wrap in the mail, jump on it until it's all popped.

**Clean-up race:** Set a timer or put on a song to see who can clean the room the fastest.

**Tickle tag:** Chase your children. When you catch them, it's tickle time.

**Temper tantrum:** Have a fit for the fun of it. Flail, stomp and scream.

**Carnival:** Set up carnival games such as "Knock Down the Milk Cans" (we used Tupperware).

**Bubble bashing:** Blow bubbles and let your child try to smash them.

**Pushover Teacher:** Plant your feet and see if the kids can budge you. If you move your feet, they win. Stand on one foot to make it easier for little kids.

**Popcorn pushups:** Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each thrust.



*These ideas & more from:* <https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>

## CINNAMON-SPICED APPLESAUCE

### Ingredients

- 3 pounds apples, peeled, cored, cut into 3/4-inch pieces
- 1 cup water
- 1/3 cup (packed) golden brown sugar
- 2 1/2 tablespoons fresh lemon juice
- 1/2 teaspoon ground cinnamon

### Preparation

1. Combine apples, 1 cup water and brown sugar in heavy medium saucepan. Bring to boil, stirring occasionally. Reduce heat, cover and simmer until apples are very tender, about 25 minutes. Uncover and simmer until almost all liquid in saucepan has evaporated, about 6 minutes. Remove from heat. Stir in lemon juice and cinnamon. Cool 30 minutes.
2. Using fork, mash apple mixture until coarse and chunky. Serve at room temperature or refrigerate until cold. (Applesauce can be prepared 3 days ahead. Cover and keep refrigerated.) Makes about 3 cups.

<http://www.epicurious.com/recipes/food/views/cinnamon-spiced-applesauce-15584#reviews>

## POSITIVE GUIDANCE

(Excerpt from Aletha Solter's *The Aware Baby, Helping Young Children Flourish, and Tears and Tantrums*)

1. Look for underlying needs. Example: Give child something to play with while waiting in line.
2. Give information & reasons. Example: If child colors on the wall, explain why we color on paper only.
3. Look for underlying feelings. Acknowledge, accept and listen to feelings. Example: If child hits his baby sister, encourage him to express his anger and jealousy in harmless ways. He may need to cry or rage.
4. Change the environment. This is sometimes easier than trying to change the child. Example: If child repeatedly takes things out of the kitchen cupboards, put a childproof lock on them.
5. Find acceptable alternatives. Redirect your child's behavior. Example: If you do not want your child to build a fort in the dining room, don't just say no. Tell her where she can build one.
6. Demonstrate how you want your child to behave. Example: If your child pulls a cat's tail, show her how to pet a cat. Do not rely on words alone.
7. Give choices rather than commands. Decision-making empowers children; commands invite a power struggle. Example: "Would you like to brush your teeth before or after putting your pajamas on?"
8. Make small concessions. Example: "I'll let you skip brushing your teeth tonight because you're so tired."
9. Provide for a period of preparation. Example: If you are having company for dinner, tell your child how you expect him to behave. Be specific. Role-playing can help prepare children for potentially difficult situations.
10. Let natural consequences occur (when appropriate). Don't rescue too much. Example: A child who does not hang up her swim suit may find it wet the next day.




# Oregon's QRIS (Spark)


## **Learning and Development**


This domain focuses on a child's learning and development. It has a focus on programs providing appropriate indoor and outdoor environments along with appropriate and sufficient materials that support children's learning and development. This domain also has an emphasize on programs facilitating and supporting appropriate adult-child interactions along with child-staff ratios having a positive effect on a child's development, safety and health. The domain uses evaluations and assessments to rate and assess all areas of the program. Action that is required by the provider is maintaining appropriate environments to better support a child's learning and development.

### **Standard LD9: Family Based Child Care Programs**

The program uses information from screening and assessment to measure children's learning and development in order to make referrals and do program planning.


3  : A developmental screening, using the Ages and Stages Questionnaire (ASQ), is conducted on each child within 45 days of when the child enters the program and on an annual basis in order to refer children for specialized assessment when indicated.


4  : The program conducts assessment of learning and development for each child at least two time during the year and plans learning activities based on assessment information.


5  : Samples of children's work, written accounts of specific observations, and information from family members are collected on an ongoing basis to supplement assessment.

### **Standard LD9: Center Based Child Care Programs**

The program uses information from screening and assessment to measure children's learning and development in order to make referrals and do program planning.

3  : A developmental screening, using the Ages and Stages Questionnaire (ASQ), is conducted on each child within 45 days of when the child enters the program and on an annual basis in order to refer children for specialized assessment when indicated.

4  : The program conducts assessment of learning and development for each child at least two time during the year and plans learning activities based on assessment information.

5  : Samples of children's work, written accounts of specific observations, and information from family members are collected on an ongoing basis to supplement assessment.

## Next Steps

1. Contact your local CCR&R office for more information or assistance
2. Take a look at your local training calendar to see if an ASQ training is available in your area.
3. Contact your local Quality Improvement Specialist if you need assistance or have questions about the ASQ.
4. Create a policy that you can add to your parent handbook and distribute to families pertaining to assessments and evaluations that you conduct in your program. Contact your local Quality Improvement Specialist if you need assistance in creating a policy.
5. Attend trainings or take online courses that will help you learn more about assessments and evaluations.

***We would like to take a moment to recognize and congratulate our programs that have completed or are in the process of obtaining their Star Rating in Spark!***

***Baker County: C2Q***

- April's Day Care
- Grandma's Gang Childcare
- Melody's Playce
- Neta Phillips Tarter Inc
- Ronda W.
- Little Rascal Daycare
- Ashley's Playcare
- Doodle Bug Daycare

***Baker County: 5 Star***

- Baker Head Start Center

***Grant County: C2Q***

- Grant County Child Care Center

***Grant County: 5 Star***

- UMCHS-John Day Center

***Harney County: 5 Star***

- Head Start of Harney Co.

***Malheur County: C2Q***

- Nannie Bugs Preschool/Daycare
- Giggles & Grace Early Learning Center, Inc
- Giggles & Grace Early Learning Center
- Guadalupe P.
- Maria P.
- Maria V.
- Daycare Emmanuel
- Gabriela A.
- Treasure Valley Children's Relief Nursery
- The Children's Place Daycare
- Learning Center
- Chasity C.
- Jardin Infantil Manitas Inquietas

***Malheur County: 3 Star***

- Growing Up Strong Daycare
- Maria C.
- Maria Daycare*

***Malheur County: 5 Stars***

- OCDC-Ontario
- MCCDC-Nyssa
- MCCDC-Ontario
- MCCDC-Vale

***Morrow County: C2Q***

- Heppner Day Care, Inc
- Maricela H.
- Little Tykes Daycare
- Penny's Little Angels Daycare
- Cheryl H.
- *Heppner Infant CCP*

***Morrow County: 3 Star***

- Creative Care Preschool*

***Morrow County: 5 Star***

- UMCHS-Irrigon Center
- UMCHS-Boardman Center
- UMCHS-Sam Boardman Center

***Umatilla County: C2Q***

- Heather's Daycare
- Lil Angels
- Pioneer Relief Nursery
- Mare Mares Daycare
- Mindy's Daycare and Preschool
- Joann B.
- Jovita E.
- Evangalina L.
- Marisela's Jardin Infantil
- Busy Bee Preschool & Child Care
- Elsie's Daycare
- Ana Rosa G.
- Misty's Daycare
- Little Tots Daycare
- Wee Bairns Cuddle Doon Daycare
- Little Hands Child Care
- Kings Kids Preschool

***Umatilla County: 3 Star***

- Raquel's Childcare

***Umatilla County: 4 Star***

- Lolita's Daycare

***Umatilla County: 5 Star***

- UMCHS-Hermiston Child Development Center
- UMCHS-Milton-Freewater Center
- UMCHS-Pine Tree Center
- UMHS-Umatilla Center
- UMCHS-Echo Center
- UMCHS-Pilot Rock Center
- OCDC-Milton Freewater
- UMCHS-Pendleton Early Learning Center
- UMCHS-Rocky Heights Center
- UMCHS-Early Head Start Pendleton Center
- UMCHS-Victory Square Center
- OCDC-Hermiston
- Playtime Education LLC

***Union County: C2Q***

- Trisha I.
- Kim M.
- Kristi's Kids
- Kids Club
- Hailey's Daycare
- Jamie's Day Care
- Lil' Bee's Daycare
- Robin's Nest Daycare
- Nicole's Daycare
- Carrot Snappers Play School
- Bright Beginnings*

***Union County: 3 Star***

- Little Treasures Preschool
- ABC Childcare
- Painted Panda Daycare*

***Union County: 5 Star***

- Elgin Head Start Center
- La Grande Head Start
- Union Head Start Center
- UMCHS-La Grande Child Development Center

***Wallowa County: C2Q***

- Building Healthy Families Learning Center
- The Learning Tree Montessori
- Miss Angela's Daycare - Winding Waters

***Wallowa County: 5 Star***

- UMCHS-Wallowa Center
- UMCHS-Enterprise Center



\*Program names that are italicized are either new to the process or they have recently earned a star rating.

## Just a Reminder...

CCR&R has been offering online Set 2 classes that you can do from the comfort of your home. These trainings are offered once a month for a \$5 fee and unfortunately, we often do not know the date and topic until after our newsletter has been published. As these sessions get scheduled, CCR&R will email these trainings out to providers. If we do not have your email address on our database you will miss out on these amazing training opportunities. If you are not currently receiving these trainings via email please contact your local CCR&R office to add or update your email address. Let us know if you have any questions or need further assistance.

## Online Training Opportunities!!!

The following 3 trainings will be completed entirely online. These trainings work best for self-directed learners who will complete coursework and engage in discussion forums. Clock hours and certificates for completed trainings will be issued at the end of the month. If coursework is not completed by the closing date for the training, the participant forfeits their registration fee- which is non-refundable

- Please note that certificates will not be issued until the end of the month that each training is offered.
- Participants need a valid email address & a reliable internet connection to participate.

To register for these trainings please call CCR&R's main office at 541.564.6878 or 1.800.559.5878

\*Please note that when you participate in any of our CCR&R sponsored trainings, online or in a classroom setting, if you are more than 15 minutes late you will not receive credit for that training. It will also be up to the instructor whether you stay and participate in that class or not.

### Observation: Practice Makes Better!

Have the basics in observation down? Want to spend some time practicing? Join us as we view video clips and practice focused observations, identify tools that are appropriate for different contexts and have some good discussions while doing it! *CKC: Observation & Assessment (3 training Hours) \*Set 2*

*Date: October 1st-31st* *Language: English/Spanish* *Cost: \$37.50*

### Gender Equity in the Classroom

What does gender equity look like in the classroom? How do you foster individual self-identity within the context of the group setting? In this course we will explore the impact of attitudes and beliefs on gender equity and examine methods for creating a classroom that supports every child.

*CKC: Diversity (3 training Hours) \*Set 2*

*Date: November 1st-30th* *Language: English/Spanish* *Cost: \$37.50*

### Leadership Potential

Everyone can be a leader! Most of us find ourselves in leadership roles in many aspects of our lives. Through discussion and activities we will explore the key concepts of leadership and the different leadership styles. Learn how to develop your own leadership potential and/or that of someone else!

*CKC: Personal, Professional & Leadership Development (3 training Hours) \*Set 2*

*Date: December 1st- 31st* *Language: English/Spanish* *Cost: \$37.50*

The following trainings are required in order to become a Registered Family Child Care Provider and/or eligible for the DHS-Listed Enhanced Rate. To register contact Megan at 541-575-1112 or 1-800-559-5878

**Family Child Care Overview:**

This class is required by the Office of Child Care for individuals wanting to become a Registered Family Child Care Provider. The class provides information about Oregon's laws governing child care. OCC certifiers will be present to talk about the rules and regulations and to explain the on-site Health and Safety Review process. CKC- Program Management

Date:	Time:	Location:	Language:	Cost:
*Please Call Megan to schedule an Overview		John Day/Burns	English	Free

**Recognizing & Reporting Child Abuse and Neglect:**

This class is required by the Office of Child Care for individuals wanting to become a Registered Family Child Care Provider or for DHS-Listed Providers to be eligible for the DHS enhanced rate. It will provide information about Oregon's mandatory reporting laws and how to recognize and report child abuse and neglect. The class will give insight to what happens when a report is made, what the decision points are, and possible outcomes. CKC- Health, Safety & Nutrition

Date:	Time:	Location:	Language:	Cost:
October 19 <sup>th</sup>	6:00pm-8:00pm	Burns	English	\$5
November 16 <sup>th</sup>	6:00pm-8:00pm	John Day	English	\$5

**First Aid/Infant & Child CPR:**

This certification is required by the Office of Child Care for individuals wanting to become a Registered Family Child Care Provider or for DHS-Listed Providers to be eligible for the DHS enhanced rate. This class will teach how to perform CPR on infants, children, and adults. First Aid topics include what to do until emergency medical help arrives. *\*Scholarships may be available for active DHS-Listed Providers and Registered/Certified Providers* CKC- Health, Safety & Nutrition

Date:	Time:	Location:	Language:	Cost:
*Please Call Megan to schedule				

**LEHRC- License, Exempt, Home and Relative Care DHS Orientation:**

This session is mandatory for any licensed-exempt child care provider that is becoming DHS-Listed. This class will provide information about the DHS listing and billing process and offer supports and resources. It will give insight for becoming eligible for a higher rate of reimbursement from DHS.

**CKC- Program Management**

Date:	Time:	Location:	Language:	Cost:
November 2 <sup>nd</sup>	6:00pm-8:00pm	John Day	English	Free
October 5 <sup>th</sup>	6:00pm-8:00pm	Burns	English	Free

**Food Handlers Certification Card:**

Self-Study Packets are available at the CCR&R office: 530 E main St. #6 John Day OR. 97845  
Available online at: <http://trouw.org/pages/show/ccccrr-food-handler-certification?site=ccccrr>

Cost:

\$10

**Central Background Registry:**

CBR is available online at: <http://www.employment.oregon.gov/EMPLOY/CCD/>

Cost:

\$35

**Health & Safety Online Training:**

Available online at: <http://campus.educadium.com/OCCD/>

Cost:

Free

## -CCR&R Professional Development Opportunities-

### **Assessing Program Readiness for Inclusive Practices: (Live Webinar)**

**Training ID: #56386**

Is your program inclusive? How open and prepared are you for working with children with diverse needs? Through self-assessment activities and reflective exercises you will examine and assess your current program practices and create a plan to increase your capacity for including all children.

CKC: Special Needs (2 training Hours) \*Set 2

Date:	Time:	Location:	Language:	Cost:
November 28 <sup>th</sup>	6:30pm-8:30pm	John Day	English	\$5

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### **Inclusive Environments**

**Training ID: #56581**

Every child is unique and learns in different ways; this is especially true for children with developmental delays. Identifying each child's strengths and weaknesses is the first step to setting up an environment where all children feel successful and challenged.

CKC: Special Needs (2 training Hours)

Date:	Time:	Location:	Language:	Cost:
December 13 <sup>th</sup>	6:00pm-8:00pm	John Day	English	\$5

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***\*Please note we will still be offering our \$5 online trainings that you do from the comfort of your own home live with an instructor. As soon as we get those dates we will email them to our providers. The \$5 needs to be paid to your local CCR&R office before you will be registered for these trainings.***



# Early Childhood Education, Behavior & Health



## Summit



UMCHS  
Umatilla-Morrow Head Start, Inc.

**Who:** The audience will include:  
Pre-K and Kindergarten educators  
Day care providers, GOBHI,  
Head Start, Blue Mountain Early  
Learning Hub and all partnering  
agencies working with children ages 0-6.

**When:** Friday, October 13  
(Statewide In-service Day)  
8:00-4:00

**Where:** Wildhorse Resort & Casino  
River Events Center

### Schedule

Time:	Activity:
8:00-8:30	Check-in
8:30-8:45	Welcome
8:45-10:15	<b>Keynote: Growth Mindset &amp; Social Emotional Learning</b>
10:15-10:30	AM Break
10:30-11:30	<b>Imagination Yoga</b>
11:30-12:30	Lunch
12:30-1:30	<b>Oregon's Early Learning and Kindergarten Guidelines</b>
1:30-2:15	<b>Vroom</b>
2:15-2:30	PM BREAK
2:30-3:45	<b>Conscious Discipline</b>
3:45-4:00	Closing: Attendance Certificates & Session Evaluations

\*Online registration is available on the IMESD website.

\*PDUs and College Credit will be available.

### Featured Presenters:

- Keynote:

Dr. Kendra Coates, Director of PreK-3<sup>rd</sup> Education at High Desert ESD and Curriculum Developer: **Growth Mindset and Social Emotional Learning**- Participants will explore growth mindset and social & emotional learning (SEL) across the P-3 learning continuum including how both support Oregon's new Early Learning and Kindergarten Guidelines.

- Other Presenters:

Jessica McClintic and Jamie Dix, Founders of Imagination Yoga: **Imagination Yoga: Inspiring Kids to Move**- This fun, interactive class teaches Imagination Yoga poses that can be integrated immediately into your classroom, your home and/or your home visits. The presenters will discuss poses for calming, energizing and transitional times. Physical, social, cognitive and language benefits of Imagination Yoga for the child and self-care for the adults are explored.

Brett Walker, P-3 Alignment Specialist, Oregon Department of Education: **Oregon's Early Learning and Kindergarten Guidelines**- Participants will be introduced to Oregon's newly developed Early Learning and Kindergarten Guidelines, which contribute to Oregon's movement toward a seamless PreK-3<sup>rd</sup> grade system. The five domains addressed in the Guidelines will be explored and participants will identify ways to use the Guidelines to plan high-quality interactions, individualized instruction, and supports for all children.

Ari Wubbold, Vroom Coordinator, Oregon Department of Education: **Creating Brain Building Moments with Vroom**- This exciting new initiative called Vroom provides tools highlighting the science behind early brain development and empowering parents to turn everyday activities, like bath time and mealtime, into brain building moments for children. Participants will review materials and tips inspired by the Brain Building Basics.

Annette Chastain, National Conscious Discipline Certified Instructor and owner of Chastain & Associates, LLC, a Mental Health & Prevention Consulting Agency: **Conscious Discipline Implementation**- Participants will discover how Conscious Discipline empowers parents, teachers, and those who work with children and families to transform children's behaviors with focus on implementation of rituals and routines.

For more information, contact: **Amy Hoffert- Blue Mountain Early Learning Hub Coordinator**  
[amy.hoffert@imesd.k12.or.us](mailto:amy.hoffert@imesd.k12.or.us) 541-966-3165




# Collaborating for Success: A Network of Child Care Resources

Meeting the Need  
Bridging Child  
Care, Early  
Learning & the  
systems that serve  
them

When: October 30, 2017 - 9:00 am - 3:00 pm

Where: Wildhorse Resort & Casino,  
46510 Wildhorse Blvd, Pendleton, OR 97801

Who Should Attend: Early Learning HUBs, School Superintendents, DHS licensers, ELD, Community Child Care staff, Local CCR&R staff, Child Care Providers & Early Childhood Educators.



Promote  
positive  
outcomes in the  
lives of children  
and providers

RSVP: Please reply to [childcarecollab@umchs.org](mailto:childcarecollab@umchs.org)