

# CHILD CARE QUARTERLY

## Fall 2018



### How It Works

Request registration forms from your local CCRR consultant. Have the forms completely filled out by parent or guardian, for each child 0-5 years old and submit to your CCRR.

Each month, Dolly Parton's Imagination Library mails a high quality, age appropriate book to all registered children at no cost to the child's family. The new, carefully selected book will be mailed in the child's name directly to the child's home. He/she can look forward to new books until he/she turns five years old, as long as the family remains a resident in the county participating in the program.

For more information, or to get the application form to register your child(ren), please contact your local CCRR consultant or you can find your county representative(s) and additional information at:  
<https://imaginationlibrary.com/usa/find-my-program/>

Would you like to receive future copies of  
The Child Care Quarterly by email?  
Please email [sdevore@umchs.org](mailto:sdevore@umchs.org)

**What's New?**  
ORAEYC 2018 Fall Conference p.3  
Activities p.4-6  
Child Care Licensing Information p.9

Hello Everyone! My name is Tobie Sass and I am the new Director of Child Care Resource and Referral serving Baker, Grant, Harney, Malheur, Morrow, Umatilla, Union and Wallowa Counties. It is an honor and a pleasure to work for an organization that is so well known for its services in early learning and family services. I have had the opportunity to work with children and families across many childcare environments in three states from owning a family child care, to teaching in award-winning center-based care, and being actively involved with provider associations.



I have a Master's Degree in Early Education and have experience with QRIS, licensing, and accreditation as I have been a military provider, Assistant Director focusing on health and safety, and an education coordinator. I look forward to working with staff, community members, and partners across all 8 counties that UMCHS serves and in meeting with prospective and current providers, and families.

Please feel free to call, email or stop by the Annex in Hermiston where my office is located: 110 NE 4th Hermiston, OR. 97838. I would love to hear your ideas about 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.  
Phone: 541-564-6878

Email: [tsass@umchs.org](mailto:tsass@umchs.org).

**The deadline for testing your water for lead contamination is September 30, 2018.**

If you have questions, please call the Office of Child Care Lead Hotline  
503-947-5908



Serving Baker, Grant, Harney, Malheur, Union, Umatilla, Morrow & Wallowa Counties

# Social Emotional Development

by Tobie Sass

Current research has proven the importance of social emotional development in young children. Everything known in the early childhood field about emotional development, well-being, and how children learn is supported by several disciplines outside of the field. The brain is constantly changing. Circuits are made and broken on a daily basis due to experiences; affecting how children learn and retain information. “Recent scientific advances have shown how the interrelated development of emotion and cognition relies on emergence, maturation, and interconnection of complex neural circuits in multiple areas of the brain.”



Learning starts at birth. Environmental factors positive and negative shape how the brain works and changes. Many elements including injury affect how synapses are formed and what is connected or lost. Building a relationship with a primary caregiver, as an infant is necessary for building trust and making connections. According to the National Scientific Council on the Developing Child (2004), “emotional development is actually built into the architecture of young children’s brains in response to their individual personal experiences and the influences of the environments in which they live.” When provided positive, meaningful relationships early in life, children learn how to develop social emotional skills necessary for succeeding at home, school, and in future relationships.

Quality care and the continuing education of care providers are essential for promoting social well-being. Every child is unique and learns differently. Knowing how to provide opportunities for learning, being current on research, and working together allows educators to support children and families in their care. It is important to know the context of the family and the child and how to apply our knowledge on social emotional learning to the education of young children. Social emotional learning is important. Dr. Richard Davidson (2007) proposes that “education that shapes the child’s brain...lay[s] the foundation for all future learning for emotional regulation and for social functioning”. Neuroscience can illustrate regulation of emotions and responses to negative events.

Learning  
starts  
at Birth

The goal is to have children self-regulate quicker after a negative situation, not only is it healthy for the brain, it is good for the body (National Scientific Council on the Developing Child). Emotional intelligence is essential for our well-being. Being socially competent promotes learning and forms lifetime relationships. Socially competent children do better in school and in social situations. New and continuing education in the research on brain development, social emotional intelligence, and current issues are important and necessary for promoting early education and quality care of young children.

## References

Cohen, J. (2001). *Caring Classrooms/Intelligent Schools: The Social Emotional Education of Young Children*. Series on Social Emotional Learning. Teachers College Press, PO Box 20, Williston, VT 05495-0020 (hardback: ISBN-0-8077-4058-6, \$54; paperback: ISBN-0-8077-4057-8, \$24.95).

Davidson, R. (2007). *The heart-brain connection: The neuroscience of social, emotional, and academic learning*. Edutopia. The George Lucas Foundation. Retrieved June 2, 2010, from <http://www.edutopia.org/richard-davidson-sel-brain-video>

National Scientific Council on the Developing Child. (2004, Winter). *Children's emotional development is built into the architecture of their brains* (Working Paper No. 2). Waltham, MA: Author. Available from Center on the Developing Child, Harvard University website [http://developingchild.harvard.edu/index.php/resources/reports\\_and\\_working\\_papers/working\\_papers/wp2/](http://developingchild.harvard.edu/index.php/resources/reports_and_working_papers/working_papers/wp2/)





# 2018 FALL CONFERENCES

Friday and Saturday,  
October 12 and 13

Mount Hood Community College  
26000 SE Stark St—Gresham OR



Oregon Association for the Education of Young Children

The field of early childhood education and care is evolving every day. There are new things to learn, new people to meet, new obstacles to overcome, and new opportunities to discover. At our Annual Fall Conference, we have created a rich learning environment for early childhood educators to dive deep into sessions, soak up knowledge, network with friends and colleagues, and visit fabulous vendors!

The 2018 Fall Conference will feature training in Cantonese, English, Spanish, and Vietnamese. Participants will receive a certificate for the keynote presentation and each class session they attend.

Scholarship applications and information are available from  
Oregon Center for Career Development (OCCD)  
[pdx.edu/occd/education-awards-enhanced-rate-scholarships](http://pdx.edu/occd/education-awards-enhanced-rate-scholarships)

Conference registration is available at [oraeyc.org/fall-conf](http://oraeyc.org/fall-conf)

Friday,  
October 12th  
8am—3:30 pm  
Pendleton Convention Center

For Early Childhood Educators/Day Care Providers, Mental Health Providers, Wraparound, IMESD, Head Start & BMELH Partners...  
OR  
ANYONE working with children 0-6

Keynote Christian Moore: ***Resilience Can Be Taught! 10 Tools to Motivate ANY Student***  
Each participant will receive a copy of Christian Moore's book,  
*The Resiliency Breakthrough: 27 Tools for Turning Adversity into Action.*

This is a **free** event with lunch included.

PDUs will be available. Credit information and application will be available at event.

For additional information please contact:

**Cade Burnett—541.975.5609 or [cade.burnette@imesd.k12.or.us](mailto:cade.burnette@imesd.k12.or.us)**

The Child Care Business Conference will be held on November 10, 2018 at the Fort Dalles Readiness Center in The Dalles.

Registration and scholarship information are available at [bit.ly/ORChildCareBusiness](http://bit.ly/ORChildCareBusiness).

For more information about the keynote speaker, please visit Tom Copeland's website: <http://tomcopelandblog.com/>.  
OCCD Scholarships accepted.



## Mummy Pizza



Looking for a Halloween recipe that will scare you stiff? These bite-sized pizza mummies are sure to satisfy your monster appetite. This is a great excuse for children to play with food while learning how to wrap their mummies in cheese and watch the cheese melt into mummy wrappings.

### What You Need:

English muffins, Pizza sauce, String cheese, Pimento-stuffed olives, Red bell pepper

### What You Do:

1. Split an English muffin into two and spread pizza sauce evenly over both halves.
2. Peel apart the string cheese into long cheese strips, which will look like the linen cloth used to wrap an Egyptian mummy.
3. If you use stuffed green olives, cut one in half and place both halves where you want the eyes to go.
4. Carefully wrap your mummy in crisscrossed pieces of string cheese.
5. Toast the mummy heads until the cheese melts. You'll want to keep an eye on them because it happens super fast! If the mummy melts too much, the detail of the bandages will disappear.

Take the pizza mummies out of the toaster and enjoy while warm!

Hint: If you are baking them in an oven, place the mummy on a baking sheet & bake at 350 degrees for 2 minutes.

<https://www.education.com/activity/article/mummy-pizza-bites/>

### MINI CHEF (Ages 3-4)

When you're cooking, have your child help with simple tasks like adding an ingredient. Ask your child what she/he thinks will happen when you add the ingredient (like pouring a cup of milk into flour) and then talk together about what actually happens.

**BRAINY BACKGROUND:** *This is a real-life science experiment. Guessing about what might happen promotes your child's curiosity, which is critical to learning.*

For more activities, go to:  
**joinvroom.org**



## CCR&R Office Hours

### Baker County:

*Shelley* 541.523.7838 Monday-Friday: 8am-4:30pm

### Grant County:

*Megan* 541.575.1112 Monday-Thursday: 9am-12pm, 1-3pm

### Harney County:

*Amanda* 541.573.3069 Monday-Thursday: 9am-3pm

### Malheur County:

*Yolanda* 541.889.4882 Monday-Friday: 10am-4:30pm

### Union County

*Deanna* 541.910.4390 Monday-Friday: 8am-4:30pm

*Valerie* 541.910.0795 Tuesday & Wednesday: 9am-4:30pm  
Thursday: 10am-4:30pm

*Jan* 541.910.4576 Monday & Tuesday 12-4pm

Wednesday 12-2pm

### Umatilla/Morrow County:

*Tobie* 541.564.6878 Monday-Thursday 8am-4:30pm

*Gladys* 541.564.6878 Monday-Thursday 10am-12pm

### Wallowa County:

*Jan* 541.910.4576 Monday & Tuesday 12-4pm

Wednesday 12-2pm

## Where is the Turkey Hiding?

Prepare a small cut-out turkey, or if you have one, use a small toy turkey. Tell the children that the turkey is very nervous because he knows that he may become Thanksgiving dinner. He is going to run away and hide. The children are the pilgrims and it is their job to find the turkey.

Put the turkey in various locations in your classroom, in plain view for the children to see. Encourage the children to describe where the turkey is hiding, by using such statements as,

“**under** the table, **next to** the chair, **on** the desk, **in** the box, “etc.

(*The Preschool Calendar/Sherrill B Flora*)



### All in a Word by Aileen Fisher

- T** for time to be together,  
turkey, talk, and tangy weather.
- H** for harvest stored away,  
home, and hearth, and holiday.
- A** for autumn’s frosty art,  
and abundance in the heart.
- N** for neighbors, and November,  
nice things, new things to remember.
- K** for kitchen, kettles’ croon,  
kith and kin expected soon.
- S** for sizzles, sights, and sounds,  
and something special that abounds.

### HOLIDAY MOVEMENT FUN

#### I can be:

As tall as a Christmas Tree. (*Stretch tall.*)

As round as Santa. (*Circle arms in front.*)

As tiny as an elf. (*Bend body to become smaller.*)

#### I can:

Bend like a candy cane. (*Bend head and neck.*)

Look like a star.

(*Stretch arms & legs in all directions.*)

Prance like a reindeer. (*Prance around the room.*)

(*The Preschool Calendar/Sherrill B Flora*)

### Easy Pumpkin Pudding

1 (15 oz) can pumpkin purée

1 (12 oz) can low fat evaporated milk

1 large box (5.1 oz) instant vanilla pudding mix

1 teaspoon pumpkin pie spice

In a blender or food processor, combine all of the ingredients. (If you use a hand blender you can have children take turns beating.) Pour into paper cups and sprinkle with graham cracker crumbs and/or top with whipped cream.

Serve and Enjoy!

### Zoom, Zoom, Zoom

Exercise & Counting activity

Zoom, zoom, zoom,

I’m going to the moon.

If you want to take a trip

Climb upon my rocket ship.

(*Pretend to climb ladder.*)

Zoom, zoom, zoom,

I’m going to the moon.

10, 9, 8, 7, 6, (*Gradually crouch*

*down.*)

5, 4, 3, 2, 1,

Blast off! (*Jump up high & clap your hands.*)

*300 Three Minute Games: Quick & Easy Activities for 2-5 Year Olds* by Jackie Silberg



## Office Closures

**October 12**

All Staff Day

**November 12**

Veterans Day Observed

**November 22—23**

Thanksgiving

**December 24 – 25**

Christmas

**December 31—January 1**

New Year’s





## WINTER SAFETY TIPS

It is important for children to stay physically active in the winter. Colder months mean special winter safety precautions. The American Academy of Pediatrics offers important advice: Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Dress older babies and young children in one more layer of clothing than an adult would wear in the same conditions.



### What to Wear: Winter Clothing and Gear

Thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, hat.

### Know the Signs of Hypothermia

Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing. As hypothermia sets in, the child may shiver and become lethargic and clumsy. His speech may become slurred and his body temperature will decline. If you suspect your child is hypothermic, call 911 at once. Until help arrives, take your child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

### Treat Frostbite

Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that her skin burns or has become numb. If frostbite occurs, bring the child indoors and place the frost-bitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten noses, ears and lips. Do not rub the frozen areas. After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink. If the numbness continues for more than a few minutes, call your doctor.



### Winter Safety for Sports and Activities

Set reasonable time limits on outdoor play to prevent frostbite. Have children come inside periodically to warm up.

For more information on winter safety, please visit: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Winter-Safety-Tips.aspx>

## Adult IMMUNIZATIONS

**Remember vaccines are not just for children. Get vaccinated to PROTECT yourself so you don't spread vaccine preventable diseases to the children you care for!**





# NEW UPDATES



## Professional Learning Teams

Have you ever wondered what others in your field are doing? Do you wish you could bounce ideas and share what works for you with others?

Come join a PLT, a group of providers and teachers who work with children and families. There are PLT's across the Morrow, Umatilla and Union county that work with children from Prenatal-3rd grade.

They include teachers, child care providers, home visitors and administrators. They span programs like private child care, public preschool, head start, school districts and health department programs.

Beyond just being able to share and talk with your peers, those who participate in the PLT's get support from the Blue Mountain Early Learning Hub. This includes Conscious Discipline materials, training opportunities, and opportunities to engage with families.

**For more information or to join a PLT go to: [bluemountaineearlylearninghub.org](http://bluemountaineearlylearninghub.org).  
PLT's run from Sept –April, days and times vary by community.**

## Licensing

On June 11, 2018 Governor Kate Brown issued a directive to the Office of Child Care to ensure parents have access to information for the provider caring for their children. This is being accomplished through new licensing procedures regarding communication with families.

The additional rules require providers to display information, and a statement advising parents they can access information about their child care provider. The added rules will also require providers to post all serious valid and serious non-compliance letters, as well as notifying all parents of any closures of an active license. The added rules will require providers to ensure that parents of children enrolled have viewed the most current license certificate by signing a declaration.

**SAVE THE DATE! April 12 –13, 2019**  
Children Bring Communities Together  
Spring Conference BMCC Pendleton  
Keynote : Jeff Johnson

## New Regional Training Manager

Shelley DeVore 2101 Main Street.,  
Suite #214 Baker City, Oregon 97814

Please feel free to call Shelley with any questions or concerns. 541-523-7838 or  
Email [sdevore@umchs.org](mailto:sdevore@umchs.org)



*Are you interested in working on quality improvement?  
There is still time to qualify for support funding and earn a star rating with the current Spark system!  
Call for information.*



## CHILD CARE LICENSING INFORMATION

### Obtaining a Family Child Care License in Oregon

If you are applying for a Registered Family (RF) license, you will need to attend an Overview for Family Child Care class (see schedule below). If you are applying for a Certified Family (CF) Child Care license, start by calling the Office of Child Care at 1-800-556-6616. The steps below apply to both types of family child care license.

1. Enroll in Oregon's Central Background Registry and follow instructions to complete fingerprinting [oregonearlylearning.com](http://oregonearlylearning.com)
2. Complete all Safety Set training (see information below) or make sure certifications are current: • Infant/Child/Adult CPR & First Aid • Child Care Food Handler Certification • Recognizing and Reporting Child Abuse and Neglect (RRCAN) in person or online - this certificate does not expire.
- Introduction to Child Care Health and Safety (ICCHS) in person or online - this certificate does not expire.
3. Complete license application and return it to the Office of Child Care.
4. To renew your license, ensure you have completed all required training hours and submitted certificates to your ORO account as needed. Questions? Call your local CCR&R consultant (listed on page 4).

## SAFETY SET TRAINING

### Online Introduction to Child Care Health and Safety

No Cost

Required Health and Safety training for all providers working in licensed facilities and those caring for children receiving a DHS subsidy. Topics include injury prevention, illness prevention and management, emergency preparedness, and general safety.

This training is available online at [campus.educadium.com/OCCD/](http://campus.educadium.com/OCCD/)

### Child Care Food Handler Certification

\$10.00

Food handler certification may be completed online at [childcarefoodhandler.org](http://childcarefoodhandler.org), or you may purchase a self-study packet by stopping by the office. Child Care Food Handler Certification is good for 3 years.

### Online Recognizing and Reporting Child Abuse and Neglect (RRCAN)

No Cost

Child care and education providers are among those persons who are mandatory reporters of suspected incidents of child abuse and neglect in the state of Oregon. Participants will learn the process for reporting incidents of child abuse or neglect.

This training is available online at [campus.educadium.com/OCCD/](http://campus.educadium.com/OCCD/)

This class is also available in person for a fee of \$10.00.





October– December 2018

## Professional Development Opportunities Wallowa County



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 Shelley at 541-523-7838 or 1-800-559-5878

### Family Child Care Overview

COST: Free

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

Please contact Shelley DeVore @ 541-523-7838 or call 800-559-5878 to schedule a class for your county  
sdevore@umchs.org

### Recognizing & Reporting Child Abuse and Neglect

COST: Free

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 you insight to what happens when a report is made, what the decision points are, and possible outcomes. CKC– Health, Safety & Nutrition  
Classes offered online free–<http://campus.educadium.com/OCCD/>

Please contact Shelley DeVore @ 541-523-7838 or call 800-559-5878 to schedule a class for your county  
sdevore@umchs.org

### First Aid/Infant & Child CPR

COST \$55

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

Please contact Shelley DeVore @ 541-523-7838 or call 800-559-5878 to schedule a class for your county  
sdevore@umchs.org

### LEHRC - License, Exempt, Home and Relative Care DHS Orientation

COST: Free

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

Please contact Shelley DeVore @ 541-523-7838 or call 800-559-5878 to schedule a class for your county  
sdevore@umchs.org



## ONLINE TRAINING OPPORTUNITIES COMFORT OF HOME

Please Pre-Register email- [sdevore@umchs.org](mailto:sdevore@umchs.org) or call  
Shelley DeVore 541-523-7838  
800-559-5878  
**Cost: \$5.00**

**October 23<sup>rd</sup> 6-9pm**      **Location: Comfort of home**      **Language: English**

### **Supporting Children Experiencing Life and/or Family Change**

FCS 1.5/HSN 1.5    Set 2    Jenna Sanders

This training will explore ways to support children experiencing changes in their life and/or family. We will examine strategies to provide additional supports. The effects of adverse childhood experiences on development, attachment and behavior will also be explored.

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**November 14th, 6-9pm**      **Location: Comfort of home**      **Language: English**

### **Understanding and Calming Tantrums: Exploring the Role of Brain Development and Impact of Child/Caregiver Connection on Tantrums.**

CKC: UGB 1.5, HGD 1.5 SET 2 Lauren Josi

Tantrums can be hard to understand and difficult to manage. Small children are just beginning to learn how deal with frustration and learn self-regulation. Participants will explore the brain's role in emotional regulation and examine what's happening inside a child's brain during a tantrum. Participants will explore strategies for response and prevention.

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**December 10<sup>th</sup>, 6-9pm**      **Location: Comfort of home**      **Language: English**

### **Exploring Gender and Sexuality and How it Shapes Cultural Identity**

DIV 3 hours    Set 2    Jenna Sanders

We will explore the ranges of gender identity and sexuality and examine developmentally appropriate and inclusive ways to integrate them into your program. We will examine ways to support the development of cultural identity in the areas of gender and sexuality.

