



# CHILD CARE QUARTERLY JULY—SEPTEMBER 2018

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

## SUMMER SAFETY:

~Dump out pools, buckets, water tables, etc. Young kids can drown in very small amounts of water. From one day to the next, you may forget about the water in the bucket outside but your little ones are sure to find it.



~ Check playground equipment before allowing children to play on it.

~ Have kids wear a bike helmet.

~ Have kids wear sunscreen (at least SPF 15) and insect repellent. None of us want to add anymore toxins to our little ones' skin than we have to. There are some great all natural sunscreens and bug repellents.



~Let parents know that **dressing their kids in light, breathable clothing, such as cotton, and in light colors** will keep them cooler, and also make it easier to see if ticks are on their clothes. Have them bring a hat.

~**Keep kids hydrated, and cool throughout the day.** Keep an eye out for Heat Illness. Know the symptoms of Heat Stroke, the most severe form of Heat Illness.



~**To help protect kids from heat illness:**

Teach kids to always drink plenty of fluids before and during activity in hot, sunny weather - even if they're not thirsty. On hot or humid days, make sure your kids only participate in heavy activity outdoors before noon and after 6 p.m. Teach kids to come indoors, rest, and hydrate immediately whenever they feel overheated.

## HEAT STROKE: BE AWARE, KNOW THE SIGNS & ACT QUICKLY

If you think a person may be experiencing heatstroke, seek immediate medical help. **Call 911** or your local emergency services number.

Take immediate action to cool the overheated person while waiting for emergency treatment.

- Get the person into shade or indoors.
- Remove excess clothing.

Cool the person with whatever means available — put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water, or place ice packs or cold, wet towels on the person's head, neck, armpits and groin.

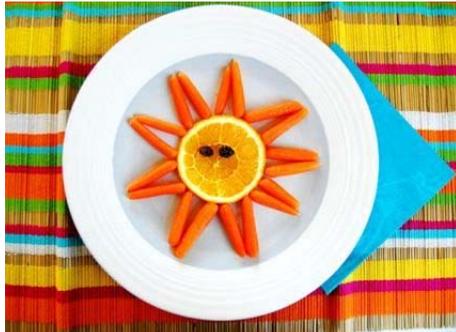
<https://www.mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes/syc-20353581>

### ~SYMPTOMS~

- severe headache
- weakness, dizziness
  - confusion
  - nausea
- rapid breathing and heartbeat
- loss of consciousness
  - seizure
  - no sweating
- flushed, hot, dry skin
- temp. of 104°F (40°C) or higher

## Celebrate summer with these summer-y healthy snacks!

Preparing food with your children helps develop their math skills and helps them to learn how to follow directions. It also allows for some great conversation! Ask many questions while cooking with your children to encourage conversation.



### Lending Library Highlight!

Have your younger child gain a new audience for reading aloud by enlisting his favorite teddy bear or stuffed animal. The story can be recorded for parents to hear later. If you would like to check out bears for

your child's audience for practice and play please contact your local CCR&R office today!



### CCR&R Office Hour Availability

#### Summer Hours: (June 4th-August 10th)

#### Baker County:

*Shelley* 541.523.7838 Monday-Thursday: 8am-3pm

#### Grant County:

*Megan* 541.575.1112 Monday-Thursday: 9am-3pm

#### Harney County:

*Amanda* 541.413.0252 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-Friday: 12pm-2pm

#### Umatilla/Morrow County:

*Brenda* 541.564.6878 Monday-Thursday 7am-5:30pm

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

#### Wallowa County:

*Brandy* 541.398.2397 Friday 8am-4pm



### **BED IN SUMMER**

*by Robert Louis Stevenson*

In winter I get up at night  
And dress by yellow candle-light.  
In summer quite the other way,  
I have to go to bed by day.

I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.

And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?

## Fourth of July Fruit Parfait

Ingredients: strawberries, blueberries, vanilla yogurt, plastic knives, clear cups, spoons

Give each child a couple of strawberries and a plastic knife. Help them to slice their strawberries.

Have kids layer with strawberries and blueberries, adding vanilla yogurt in between.

Voila! Red, white and blue dessert!

NOTE: Include the children in the preparation of the fruit by pulling the greens off the strawberries and rinsing the fruit.

(This & other ideas from: <https://www.preschool-plan-it.com/4th-of-july.html>)



## Everybody out the Door!

Everybody out the door! *(Make "come on" motion.)*

All aboard for Singapore! *(Take one step forward.)*

Are we going in our car?

Let's get rolling if we are! *(Move in circle.)*

Both front tires could use some air. *(Move more slowly.)*

Don't forget to air the spare. *(Stop.)*

There's a station; stop right here! *(Pump up "tire".)*

Both front tires are flat, I fear. *(Frowny face.)*

Pump them up, and if they stay. *(Repeat "pumping".)*

We will soon be on our way. *(Wipe brow.)*

Press the pedal, shift the gear! *(Lean foot up & then press down.)*

Look at this: We're here! We're here! *(Move in circle again.)*

## Car Game

*(you can play at home too!)*

Help your kids think of things that start with the same letter and sound as their names. For example:

Q: What's your name?

(A: Billy, Benton, Billie, Bobbi, Brianna...)

Q: Where do you live?

(A: In a box, barn, boat or Baltimore, Bellingham, Bangladesh...)

Q: What do you like to eat?

(A: Bread, bananas, broccoli, beans...)

Q: What do you like to wear?

(A: Blue jeans, boots, bracelets...)

Q: What things do you like to do?

(A: Baseball, basketball, ballet, bike, birdwatch, bake, blow bubbles...)

Q: What animals do you like?

(A: bears, bats, birds, beetles, butterflies...)

## Yes, No, Maybe

Take turns asking questions. The only rule of the game is that you can't use the words, "yes," "no" or "maybe" when you answer.

Q: Are your eyes blue?

A: My eyes are not blue.

Q: Would you like an ice-cream cone?

A: I would very much like an ice-cream cone.



## Johnny Appleseed's Birthday is September 26!



Celebrate his birthday with some great kids' activities like, apple-stamping, apple seed counting, apple science or making your own homemade applesauce. For activity ideas, visit:

<https://gymcraftlaundry.com/21-johnny-appleseed-activities-for-kids/>



## WRITING & DRAWING-SHOPPING LIST!



Before you do your grocery-shopping-why don't you have your kids help you make a shopping list.? It's a great way to develop writing and drawing skills. Give each of your children a piece of paper and something to scribble with. Tell your children what things you will need from the store, and have or help them write and/or draw each item. If you want, you can ask them what they think you should buy at the store. Later, you can show them the items that you picked at the store using their lists. It's a great way to develop their writing skills and creativity (*and you may impress your fellow shoppers when they see your unconventional list*). If your little helpers accompany you to the store, use this opportunity to teach them how to recognize items off their lists that are on the shelves. Have them take turns selecting the items needed off the lists. The children will stay engaged in the task at hand and make your shopping adventure more enjoyable and less stressful!



**SEPTEMBER** is national preparedness month. This is a good time to go over your emergency preparedness plan. Child care professionals are often the first line of response for children in their care. You need to know how to respond quickly and calmly in an emergency. For checklists and information you can go to:

<https://oregonearlylearning.com/emergency-preparedness/>

Learn to:

1. Make a plan
2. Have a communication strategy
3. Practice emergency drills
4. Create a disaster kit



## 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-3<sup>rd</sup> 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.

If you would like to join a PLT contact Erin Bartsch, [ebartsch@umchs.org](mailto:ebartsch@umchs.org) or complete the form at [blue-mountainearlylearninghub.org](http://blue-mountainearlylearninghub.org). She will get your information to the facilitator in your area. PLT's run from September-April, days and times vary by community.

## ~Online Phoenix Solution Month Long Trainings~

Due to the moving of the Phoenix Solutions department to another building, the month long trainings will resume next quarter starting October 1st. Sorry for any inconvenience this may cause to our providers that look forward to accessing these great training opportunities from month to month.

If you have any questions or need further assistance please do not hesitate to call or email your local CCR&R office.

1-800-559-5878 or [crr@umchs.org](mailto:crr@umchs.org)

# **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
- Melody's Playce
- Neta Phillips Tarter Inc
- Ronda W.
- Little Rascal Daycare
- Doodle Bug Daycare
- Teri J.

## **Baker County: 3 Star**

- Grandma's Gang Childcare

## **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**

- Giggles & Grace Early Learning Center, Inc
- Giggles & Grace Early Learning Center
- Guadalupe P.
- Maria P.
- Maria V.
- Treasure Valley Children's Relief Nursery
- Learning Center
- Chasity C.
- Jardin Infantil Manitas Inquietas
- EO Preschool Promise #2

## **Malheur County: 3 Star**

- Growing Up Strong Daycare
- Maria C.
- Maria Daycare
- Daycare Emmanuel
- The Children's Place Daycare
- Gabriela A.

## **Malheur County: 5 Star**

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

## **Morrow County: C2Q**

- Heppner Day Care, Inc
- 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
- Neal Early Learning Center

## **Union County: C2Q**

- Kristi's Kids
- Kids Club
- Hailey's Daycare
- Jamie's Day Care
- Robin's Nest Daycare
- Nicole's Daycare
- Carrot Snappers Play School
- Bright Beginnings
- Renee M.
- Michelle R.
- Kyla W.

## **Union County: 3 Star**

- Little Treasures Preschool
- Painted Panda Daycare
- Kim M.

## **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**

- The Learning Tree Montessori
- Miss Angela's Daycare
- Winding Waters

## **Wallowa County: 3 Star**

- Building Healthy Families Learning Center

## **Wallowa County: 5 Star**

- UMCHS-Wallowa Center
- UMCHS-Enterprise 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.
- Busy Bee Preschool & Child Care
- Elsie's Daycare
- Ana Rosa G.
- Misty's Daycare
- Wee Bairns Cuddle Doon Daycare
- Little Hands Child Care
- Kings Kids Preschool
- Tia S.

## **Umatilla County: 3 Star**

- Raquel's Childcare
- Marisela's Jardin Infantil*

## **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
- Little Tots Daycare

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

# 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.

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:**

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:
July 3 <sup>rd</sup>	6:00pm-9:00pm	Baker City	English	Free
August 7 <sup>th</sup>	6:00pm-9:00pm	Baker City	English	Free
September 11 <sup>th</sup>	6:00pm-9:00pm	Baker City	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:
July 18 <sup>th</sup>	6:00pm-8:00pm	Baker City	English	\$5
August 1 <sup>st</sup>	6:00pm-8:00pm	Baker City	English	\$5
September 4 <sup>th</sup>	6:00pm-8:00pm	Baker City	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:
July 25 <sup>th</sup>	5:00pm-9:00pm	Baker City	English	\$40
August 22 <sup>nd</sup>	5:00pm-9:00pm	Baker City	English	\$40
September 19 <sup>th</sup>	5:00pm-9:00pm	Baker City	English	\$40

**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:
July 9 <sup>th</sup>	6:30pm-8:30pm	Baker City	English	Free
August 13 <sup>th</sup>	6:30pm-8:30pm	Baker City	English	Free
September 17 <sup>th</sup>	6:30pm-8:30pm	Baker City	English	Free

**Food Handlers Certification Card:**

*Self-Study Packets are available at the CCR&R office: Basche Sage Mall 2101 Main Street, Baker City OR. 97814*

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

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

Cost:

Free

**-CCR&R Professional Development Opportunities-**

**Integrating Physical Activity and Outdoor Play with Intention**

*Web-link*

Training ID: #59193

Going outside is an opportunity to expand learning exponentially. We will explore tools and techniques to make it a rich and engaging experience. We will examine the importance of physical activity and ways to integrate it. We will explore cultural influences that impact outside learning. *CKC: Diversity 1.5 and Learning Environments & Curriculum 1.5 (3 Training Hours) \*Set 2*

Date:	Time:	Location:	Language:	Cost:
July 9 <sup>th</sup>	6:00pm-9:00pm	Comfort of Home	English	\$5

**Exploring Skills to Support Growth and Development in Staff, Coworkers, & Volunteers**

*Web-link*

Training ID: #59194

Session will examine how to support staff, coworkers, or volunteers in increasing their professionalism, quality and skills in the classroom. Training will explore theories of adult development/leadership and how to use them to improve your skills as a mentor. *CKC: Program Management (3 Training Hours) \*Set 2*

Date:	Time:	Location:	Language:	Cost:
July 26 <sup>th</sup>	6:00pm-9:00pm	Comfort of Home	English	\$5

**Doing the Groundwork for Discipline & Guidance**

Training ID: #TBA

Being stuck in the cycle of reacting to children's challenging behaviors is difficult for adults and for the children. Examine the influence of attitudes and perceptions on your reactions. Learn techniques that support a positive guidance approach to discipline with the intent to teach the child how to behave differently. Each difficult situation is an opportunity to teach.

*CKC: Understanding & Guiding Behavior (2 Training Hours)*

Date:	Time:	Location:	Language:	Cost:
July 30 <sup>th</sup>	6:00pm-8:00pm	Baker City	English	\$5

**Grounding, Centering, Mindfulness and Yoga Practices to Use with Children**

*Web-link*

Training ID: #TBA

This training will examine practices that integrate yoga, grounding, centering and mindfulness in early learning classrooms. We will explore how these practices can help support trauma informed classrooms and lessen behavioral challenges.

*CKC: Understanding & Guiding Behavior (3 Training Hours) \*Set 2*

Date:	Time:	Location:	Language:	Cost:
August 28 <sup>th</sup>	6:00pm-9:00pm	Comfort of Home	English	\$5

**Culturally Responsive Teaching**

*"Live" Webinar*

Training ID: #59199

Culturally responsive teaching is more than ensuring that there are materials in the environment that reflect a wide cultural range of children and families. Through discussion and engaging activities we will explore strategies for creating culturally and linguistically responsive learning opportunities for children and youth. *CKC: Diversity (2 Training Hours) \*Set 2*

Date:	Time:	Location:	Language:	Cost:
August 29 <sup>th</sup>	6:00pm-8:00pm	Baker City	English	\$5

**Creating a Program Philosophy**

Training ID: #TBA

Examine how early childhood theories influence best practices and professional guidelines. Assess and align your own thoughts, beliefs, and daily practices to these. We will examine components of philosophy and mission statements, and then create individual program mission and philosophy statements that reflect quality program practices. *CKC: Program Management (2 Training Hours)*

Date:	Time:	Location:	Language:	Cost:
September 10 <sup>th</sup>	6:00pm-8:00pm	Baker City	English	\$5

**Examining Best Practices, Tools and Strategies for Disaster Resilience in Child Care Programs**

*Web-link*

Training ID: #TBA

Disasters are on everyone's minds these days, from undrinkable water, wildfires, to volcano's erupting...it can happen at ANY moment. Most of us just don't want to think about it. But living through a disaster is a memory that is never forgotten. In this training we will be identifying types of disasters, examining child care best practice for disaster preparation and planning, including but not limited to, procedures for notifying parents, designating relocation sites, reunification plans for children and their families, written individualized plans for children with special needs, and sheltering in place. Participants will also explore tools and strategies for resilience. *CKC: Health, Safety & Nutrition (3 Training Hours) \*Set 2*

Date:	Time:	Location:	Language:	Cost:
September 25 <sup>th</sup>	6:00pm-9:00pm	Comfort of Home	English	\$5