

# Professional Development Connection

January/February  
2009

Education opportunities and resources for  
early care and education professionals



## *New Child Care Training Rules from the Iowa Department of Human Services*

**T**he Iowa Department of Human Services (DHS) has released new rules in approving required training for all child care providers. These rules, effective January 1, 2009 are DHS requirements, and apply to all approved training organizations. These rules are not the policies of CCR&R or any other training organization. However, Iowa CCR&R, as well as other organizations providing training for child care providers, are currently developing statewide policies that will support these DHS requirements.

The following Frequently Asked Questions have been provided by DHS to help training organizations educate child care providers on the new training approval rules.

### ***Q. What will the new content areas listed on training certificates be (formerly topical areas)?***

A. The new content areas are the Child Development Associate (CDA) content areas to support providers with obtaining their CDA. These content areas are applicable to school-age programs as well.

1. Planning a safe, healthy learning environment (includes nutrition)
2. Steps to advance children's physical and intellectual development
3. Positive ways to support children's social and emotional development (includes guidance and discipline)
4. Strategies to establish productive relationships with families (includes communication skills and cross-cultural competence)
5. Strategies to manage an effective program operation (includes business practices)
6. Maintaining a commitment to professionalism
7. Observing and recording children's behavior

### 8. Principles of child growth and development

#### ***Q. How do I know if training is approved?***

A. Some training events are already automatically approved and some training events are reviewed by the department.

#### 1. Training provided by the following approved training organizations is approved:

- An accredited university or college
- A community college
- Iowa State University Extension
- Child Care Resource & Referral (CCR&R) agencies
- Area Education Agencies
- Regents Center at UNI
- A hospital (for health and safety, first aid, and CPR)
- American Red Cross, American Heart Association, the National Safety Council, or Medic First Aid (for first aid and CPR training)
- An Iowa professional association including the Iowa Association for the Education of Young Children (Iowa AEYC), the Iowa Family Child Care Association, the Iowa After School Alliance, and the Iowa Head Start Association

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## CCR&R Child Care Home Information Workshop

If you are thinking about providing child care in your home (or if you're already providing it), now is the time to attend a FREE Child Care Information Workshop. We'll discuss such things as the option of state registration, the federal food program, training opportunities, and more! Come for prizes, great information and training credit! This workshop is for home child care providers or those individuals thinking about starting a child care business at home. Attendance at the CCR&R Information Workshop series is required for all HOME providers NEW to the CCR&R system of services. HOME providers must complete the series before attending other training.

- Adel:** Tuesday, January 6 *OR* February 3 • 7:00-8:30p • CCR&R of Dallas County, 28059 Fairground Rd.
- Ames:** Wednesday, January 7 *OR* February 4 *OR* March 4 • 7:00-9:00p • Center for Child Care Resources, 100 University Village
- Boone:** Information Workshops are conducted on a one-on-one basis. Call 515-432-6034 to schedule an appointment.
- Des Moines:** Thursday, January 15 *OR* Wednesday, February 18 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • An optional help session will be set up the week after the Workshop. Details about the help session will be determined in class with class participants.
- Hardin County:** Information Workshops are conducted on a one-on-one basis. Call 641-648-4201 to schedule an appointment.
- Marshalltown:** Tuesday, January 6 • 7:00-8:30p • *OR* Wednesday, February 11 • 10:30a-12:00p • Mid Iowa Community Action, 1001 S 18th Ave.
- Newton:** Monday, January 26 *OR* February 23 • 6:00-8:00p • Jasper County ISU Extension, 550 N 2nd Ave. W
- Warren/Madison:** Information meetings are conducted on a one-on-one basis. Call 515-961-5067 to schedule an appointment.

## ChildNet Training Series for Home Providers

- Providers must attend a Child Care Information Workshop prior to the training series.
- Providers must register for an entire series.

Module	Title	Adel Mondays Inst: Prunty	Ames Tuesdays Inst: Short	Des Moines Tuesdays Inst: Tapscott	Des Moines II Thursdays Inst: Bormann	Indianola Thursdays Inst: Wall	Knoxville Tuesdays Inst: Smith	Marshalltown Tuesdays Inst: Smith
1	A More Professional You	Feb. 2	Feb. 10	Jan. 20	Feb. 26	Jan. 8	Jan. 20	Oct. 21
2	Creative Learning Spaces	Feb. 9	Feb. 17	Jan. 27	Mar. 5	Jan.15	Jan. 27	Oct. 28
3	The Growing Child	Feb. 16	Feb. 24	Feb. 3	Mar. 12	Jan. 22	Feb. 3	Nov. 18
4	Activities for Early Learning	Feb. 23	Mar. 3	Feb. 10	Mar. 26	Jan.29	Feb. 10	Nov. 25
5	Keeping the Peace	Mar. 2	Mar. 10	Feb. 17	Apr. 2	Feb. 5	Feb. 17	Dec. 2
6	It's Your Business	Mar. 9	Mar. 24	Feb. 24	Apr. 9	Feb. 12	Feb. 24	Jan. 6
7	Reducing the Health Risks	Mar. 16	Mar. 31	Mar. 3	Apr. 16	Feb. 19	Mar.3	Jan. 20
8	What's Cooking?	Mar. 23	Apr. 7	Mar. 10	Apr. 23	Feb. 26	Mar. 10	Jan. 28
9	We All Belong	Mar. 30	Apr. 14	Mar. 17	Apr. 30	Mar. 5	Mar. 17	Feb. 3
10	Invest in Yourself	Apr. 6	Apr.. 21	Mar. 24	May 7	Mar.12	Mar. 24	Feb. 17

- Adel:** 6:30-9:00p • First Christian Church, 218 N 9th St. • \$10 fee • Instructor: ChildNet Certified Provider Sharon Prunty
- Ames:** 6:30-9:00p • Center for Child Care Resources • 100 University Village (Mod 2 & 10 - Mary Greeley Medical Center, Conference Room C, 1111 Duff Ave.) • \$10 fee • Instructor: Natalie Short
- Des Moines:** 6:30-9:00p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$10 fee • Instructors: Matt & Denise Tapscott
- Des Moines II:** 6:30-9:00p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$10 fee • Instructor: Tammy Bormann
- Indianola:** 6:30-9:00p • Warren County Extension, 909 East Second Ave.
- Knoxville:** 6:00-8:30p • Nest Building, 110 N 1st • Instructor: Pam Mahoney, Director of the Stepping Stones Early Learning Center
- Marshalltown:** 6:30-9:00p • Mid Iowa Community Action, 1001 S 18th Ave • \$5 fee • Instructor: Kimala Smith, ChildNet trainer

Training details printed in the PDC may be subject to change in the event of host location change, trainer emergency, and/or severe weather warning. For up-to-date training postings and locations, please visit the CCR&R website training calendar at [www.centraliowachildcare.org](http://www.centraliowachildcare.org).

## PITC Module Two: Group Care

This module looks at group care in centers and in homes. To ensure that young children become healthy, emotionally secure individuals, it is critical to establish intimate relationships between infants and significant others in their lives. This module looks at the development of those relationships through the concepts of intimacy in groups, routines of care and the importance of the environment where care takes place.

*Perry*  
Thursdays

Routine as Curriculum	Jan. 8
Primary Care/Continuity of Care	Jan. 15
Environments I	Jan. 22
Environments II	Jan. 29
Respectful Care	Feb. 5

**Perry:** 7:00-9:00p • Perry Elementary School, 1600 8th St. • \$5 fee • Instructor: PITC Certified Instructor, Tammy Engebretson

## PITC Module Three: Learning & Development

This module focuses on facilitation of infant's natural interests and urges to learn. This is done by providing infants with close and responsive relationships with caregivers; by designing safe, interesting and developmentally appropriate environments, by giving infants uninterrupted time to explore; and by interacting with infants in ways that emotionally and intellectually support their initiations in discovery and learning.

*Des Moines*      *Iowa Falls*      *Perry*  
Mondays      Sat. & Tues.      Thursdays

Overview of Early Learning	Jan. 5	Jan. 10	Feb. 19
Discoveries of Infancy	Jan. 12	Jan. 10	Feb. 26
Brain Development in Infancy	Jan. 26	Jan. 10	Mar. 5
Special Needs	Feb. 2	Jan. 13	Mar. 12
Language, Communication and Development	Feb. 9	Jan. 17	Mar. 19

**Des Moines:** 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Early Childhood Educator Rafaela Vidal

**Iowa Falls:** 8:30a-2:30p (Jan. 10), 6:30-8:30p (Jan. 13), 8:30-10:30a (Jan. 17) • Center for Child Care Resources - 503 1/2 Washington Ave. • \$5 fee • Instructor: PITC Trainer Tara McGrath

**Perry:** 7:00-9:00p • Perry Elementary School, 1600 8th St. • \$5 fee • Instructor: PITC Certified Instructor, Tammy Engebretson

## PITC Module Four: Culture, Family & Providers

An infant is developing a sense of who he is, where he comes from and how he is valued. Family is the most important influence in a child's life. Providers must negotiate with parents, making decisions; respecting values, cultural perspectives, and language, to form a partnership that supports the child.

*Des Moines*      *Iowa Falls &*  
Mondays      *Eldora*  
Sat. & Tues.

Culture, Family & Provider	Feb. 23	Jan. 17
Protective Urges	Mar. 2	Jan. 20
Harmonizing Cultural Diversity	Mar. 9	Jan. 24
Culturally Sensitive Response	Mar. 16	Jan. 24
Responsive Home Visitation	Mar. 23	Jan. 24

**Des Moines:** 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Early Childhood Educator Rafaela Vidal

**Iowa Falls & Eldora:** Jan. 17 - 10:30-12:30p • Center for Child Care Resources, 503 1/2 Washington Ave. • Jan. 20 - 6:30-8:30p • Eldora Children's Center, 1111 10th St. • Jan. 24 - 8:30a-2:30p • Eldora Children's Center, 1111 10th St • \$5 fee • Instructor: PITC Trainer Tara McGrath

## PITC Module Five: Beginning Together

Beginning Together is the fifth module of the Program for Infant/Toddler Caregiver training series (PITC). There are 5, two-hour sessions in the series. Plan to register for and attend all sessions of the series.

*Norwalk*  
Thursdays

Attitudes, Inclusion and Access	Jan. 8
When Concerns Arise	Jan. 15
Responsive Planning	Jan. 22
Building Relationships to support all children	Jan. 29
Inclusive Group care and Individualization	Feb. 5

**Norwalk:** 6:30-8:30p • Christ Our Savior Lutheran Church, 515 Sunset Dr. • \$5 fee • Instructor: Sara Deppe

## Welcome to Child Care

Attend the Welcome to Child Care series and receive 10 contact hours of training credit to meet licensing requirements. Learn about professionalism, confidentiality, communication, classroom management, health and safety practices, child development, activities, guidance and more.

*Newton*  
Saturdays

*Newton*  
Tuesday

Becoming an ECE Professional	Feb. 21	Apr. 7
Welcome to Your Classroom	Feb. 21	Apr. 14
A Safe Place for Children	Feb. 21	Apr. 21
Reducing Health Risks	Feb. 28	Apr. 28
Understanding & Guiding Children	Feb. 28	May 5

**Newton:** 9:00a-3:30p (Feb. 21), 9:00a-1:30p (Feb. 28) • ISU Extension, Jasper County, 550 N 2nd Ave W • Instructor: Janice Price, Teacher, Peck Child Development Ctr.

**Wauke:** 6:30-8:30p • Point of Grace Church - 305 Dartmoor • \$5 fee • Instructor: CCR&R Early Childhood Educator, Angie Price

## Introduction to Inclusive Child Care Training Series

This 5-session series offers participants definitions, ideas, and resources for use in work with individual children, their families, and community professionals to identify and meet the needs of the child. The content of the series focuses on children 1 year to 5 years of age.

*Des Moines*  
Tuesdays

Session 1: An Introduction to Inclusion Care Practices	Jan. 6
Session 2: Children with Physical Disabilities	Jan. 13
Session 3: Children with Behavioral or Mental Health Issues	Jan. 20
Session 4: Children on the Autism Spectrum	Jan. 27
Session 5: Children and Communication Delays	Feb. 3

**Des Moines:** 6:30-8:30p • Billy and Bob Ray CDC on Easter Seals Campus - 401 NE 66th Avenue • \$5 fee • Instructor: Amy Stevens, Director, Billy and Bob Ray CDC, Easter Seals

## SACERS: School Age Care Environmental Rating Scale Self-Study Training Series

This series is intended for administrators of school age care programs. In this 4-part series teachers and administrators working with school age children will learn about the School Age Care Environment Rating Scale and how to use it for self-assessment. Participants will evaluate their own program and begin to create an action plan to make quality changes in the school age care environment. Plan to attend one full series in order to receive ISUE/QRS credit. If you miss a class, you will be required to enroll in and complete another full (4 session) series.

**Van Meter:** Tuesdays, February 3, 10, 17 & 24 • 12:30-2:30p • Van Meter United Methodist Church, 100 Hazel St. • Instructor: ISU Extension Field Specialist/Cheryl Clark

## ITERS-R: Infant/Toddler Environment Rating Scale Self Study Training Series

This workshop is intended for child care center administrators (directors & assistant directors) who own, run or work in a child care center setting serving infants and toddlers. This 8-hour training series will cover the use of the ITERS-R, infant and toddler environmental rating scale system for child care center settings. Registration for and attendance at the entire series is required by all participants. There is no fee for this series. Plan to attend one full series in order to receive ISUE/QRS credit. No make up sessions will be offered for missed classes in a series. If you miss a class, you will be required to enroll in and complete another full (4 session) series.

*Des Moines*  
Mondays

Session 1	Mar 3
Session 2	Mar. 10
Session 3	Mar 17
Session 4	Mar. 24

**Des Moines:** 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Avenue • Instructor: Cheryl Clark, Field Specialist, Polk County ISU Extension

## FCCERS-R: Family Child Care Environment Rating Scale Training

This series is intended for child development home / family child care home owners and operators. FCCERS is an 8-hour series. Attendance at this full series is required for ISU Extension Training Credit. Plan to register for and attend one complete series in order to receive QRS rating points. CCR&R will give certificates for attendance at each class, however to receive ISU Extension Training Credit you must attend one full series. Plan to attend one full series in order to receive ISUE/QRS credit. No make up sessions will be offered for missed classes in a series. If you miss a class, you will be required to enroll in and complete another full (4 session) series.

*Adel*                      *Iowa Falls*                      *Newton*  
Thursdays                      Thursdays                      Tuesdays

Session 1: Beginning with FCCERS	Feb. 26	Mar. 12	Jan. 27
Session 2: Speaking the language of FCCERS-R	Mar. 5	Mar. 19	Feb. 3
Session 3: Practice with a purpose	Mar. 12	Mar. 26	Feb. 10
Session 4: Making FCCERS-R Work for me	Mar. 19	Apr. 2	Feb. 17

**Adel:** 6:30-8:30p • CCR&R of Dallas County, 28059 Fairground Rd. • Instructor: ISU Extension Families Field Specialist Sharon Mays • Snow Date is April 2

**Iowa Falls:** 6:30-8:30p • CCR Office, 503<sup>1</sup>/<sub>2</sub> Washington Ave. • Instructor: Cheryl Clark, ISU Extension Family Life Specialist

**Newton:** 6:30-8:30p • Newton DMACC, 600 N 2nd Ave W • Instructor: ISU Extension Field Specialist, Sharon Mays • Snow Date is Feb. 24

## ECERS: Early Childhood Environment Rating Scale for Preschool Classrooms

This series is intended for administrators (directors & assistant directors) of preschool programs and preschool age classrooms in child care center settings. In this 4-part series teachers and administrators working with preschool age children will learn about the ECERS - and how to use it for self-assessment. The ECERS identifies quality in child care settings serving 3 to 5 year old children. Participants will evaluate their own program and begin to create an action plan to make quality changes in the child care environment. Plan to attend one full series in order to receive ISUE/QRS credit. No make up sessions will be offered for missed classes in a series. If you miss a class, you will be required to enroll in and complete another full (4 session) series.

*Ames*                      *Iowa Falls*                      *Wauke*  
Thursdays                      Thursdays                      Mondays

Session 1: What is ECERS?	Jan. 22	Feb. 5	Feb. 23
Session 2: A Closer Look at ECERS	Jan. 29	Feb. 12	Mar. 2
Session 3: How to Apply ECERS	Feb. 5	Feb. 19	Mar. 9
Session 4: Using ECERS Tools	Feb. 12	Feb. 26	Mar. 23

**Ames:** 6:30-8:30p • Center for Child Care Resources, 100 University Village • Instructor: Sharon Mays, ISU Extension Family Life Specialist

**Iowa Falls:** 6:30-8:30p • CCR Office, 503<sup>1</sup>/<sub>2</sub> Washington Ave. • Instructor: Cheryl Clark, ISU Extension Family Life Specialist

**Wauke:** 6:30-8:30p • Westview Church Preschool, 1155 Boone Dr. • Instructor: ISU Extension Families Field Specialist Sharon Mays

## CPR/First Aid

CPR/First Aid training for child care providers must include infant, child and adult care practices. This training is available in Spanish at the American Red Cross in Des Moines; call 515-246-6304.

- Ames\*:** American Red Cross CPR • Tuesday, January 13 OR January 27 OR Monday, February 23 • 6:30-9:30p • CCR, 100 University Village • Instructor: Sarah Almond (13th), Keri Guy (27th), Amy Coogler (23rd)
- Ames\*:** First Aid • Thursday, January 15 OR February 26 • 6:30-8:30p • Center for Child Care Resources, 100 University Village • Instructors: Sarah Almond (15th), Amy Coogler (26th)

\* Registered providers and licensed center staff in Story County may access the classes listed above. All registrations must be called into the Center for Child Care Resources at 515-294-8833 or 1-800-437-8599. Non-registered providers may contact American Red Cross at 515-232-5104 or utilize other resources within the community.

- Dallas County:** Dallas County Hospital, Perry, offers a Pediatric First Aid class to meet your training requirement for CPR/First Aid. To register call Sally Swenson, 515-465-7512. Or utilize other resources in the community or see the Des Moines listings.
- Des Moines:** To meet your training requirement for CPR/First Aid, you may contact one of the following vendors or utilize other resources within the community: American Red Cross: 515-246-6304 • Mercy School of Emergency Medical Services: 515-243-2584 ext. 3 • West Des Moines Emergency Services: 515-222-3652 • Iowa Health - Des Moines Wellness Services: 515-241-5061 • The Human Touch Project: 515-244-2166 or 515-333-6555
- Indianola:** American Red Cross CPR/First Aid • Saturday, January 31 • 9:00a-5:00p • Warren County CCR&R, 909 East Second Ave. • \$15 fee for Warren County providers only
- Indianola:** American Red Cross CPR Re-certification • Tuesday, February 3 • 6:00-10:00p • Warren County CCR&R, 909 East Second Ave. • \$15 fee for Warren County providers only
- Iowa Falls\*\*:** Adult CPR • Tuesday, January 6 • 6:00p • Ellsworth Municipal Hospital • \$30 fee • to register, call Julie Carolus at 641-648-7014
- Iowa Falls\*\*:** Infant/Child CPR • Tuesday, January 13 • 6:00p • Ellsworth Municipal Hospital • \$30 fee • to register, call Julie Carolus at 641-648-7014
- Iowa Falls\*\*:** Pediatric First Aid • Tuesday, January 20 • 6:00p • Ellsworth Municipal Hospital • \$30 fee • to register, call Julie Carolus at 641-648-7014

\*\*CPR/First Aid scholarships are available to qualifying Hardin County providers. Call the Hardin County office for more information.

- Marshalltown:** American Red Cross Adult, Infant & Child CPR & First Aid • Saturday, January 31 • 8:30a-3:30p • Mid Iowa Community Action, 1001 S 18th Ave • \$10 fee
- Marshalltown:** First Aid/CPR/AED • Saturday, January 10 • 9:00a-5:00p • Fisher Community Center, 709 S. Center St. • \$45 fee • register by calling the Red Cross office at 641-753-3317 or 1-877-792-3808

- Newton:** Infant, Child & Adult CPR • Monday, January 12 • 6:30-9:30p • Newton DMACC, 600 N 2nd Ave.W • \$20 fee, payable at the door • American Red Cross Instructor
- Newton:** First Aid • Monday, February 9 • 6:30-8:30p • Newton DMACC, 600 N 2nd Ave.W • \$10 fee, payable at the door • American Red Cross Instructor

## Universal Precautions/Exposure Control Planning

- Ames:** Tuesday, February 10 • 6:30-7:30p • Mary Greeley Medical Center-Myers Auditorium, 1111 Duff Ave. • \$5 fee • Instructor: Becky Ellis, RN
- Eldora:** Wednesday, January 7 • 6:30-8:00p • Eldora Children's Center, 1111 10th St. • \$5 fee • Instructor: Elaine Lawrence, Child Care Nurse Consultant
- Marshalltown:** Wednesday, January 14 • 6:30-8:00p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: Helen McKay

## Mandatory Child Abuse Reporting

Participants who complete approved training will be certified with the Iowa Department of Human Services for five years. This training is available in Spanish at Child Care Resource and Referral in Des Moines. Call 515-246-3561 for more information.

- Altoona:** Monday, February 9 • 6:30-8:30p • Cross Creek at Church of the Cross Preschool, 1975 8th Street, SW • \$5 fee • Instructor: Kimberly Groves, Iowa Department of Human Services
- Ames:** Thursday, March 5 • 6:30-8:30p • Mary Greeley Medical Center Myers Auditorium, 1111 Duff Ave. • \$5 fee • Instructor: Becky Ellis, RN
- Boone:** Thursday, January 22 • 6:30-8:30p • Family Empowerment Center, 724 8th St. • \$5 fee • Instructor: Helen McKay, RN
- Marshalltown:** Monday, January 7 • 9:00-11:30a • IVCED 3702 S Center St., Room 608 • \$25 fee • Instructors: Marshall County Child Abuse Prevention Training Team • to register, call 1800-284-4823 or 641-752-4645 or email [ivceinfo@iavalley.edu](mailto:ivceinfo@iavalley.edu)
- Newton:** Thursday, January 15 • 6:30-8:30p • ISU Extension, Jasper County, 550 N 2nd Ave W • Instructor: University of Iowa Hospitals & Clinics
- West DM:** Tuesday, January 22 • 6:30-8:30p • Shepherd of the Valley Church, 3900 Ashworth Rd. • \$5 fee • Instructor: Kimberly Groves, Iowa Department of Human Services

## Health, Safety & Nutrition

### Fit 4 Kids

Early childhood nutrition; what is the responsibility of the child and the adult? Age appropriate activities for early childhood, get kids moving in small spaces.

- Pleasantville:** Saturday, January 10 • 9:00a-1:00p • Pleasantville Elementary, 414 Jones St. • Instructor: Robin Olberding, Heartland AEA

## Dental Care for Children

Caregivers will gain awareness of how they can incorporate oral health practices into daily routines. Everyone will receive books and oral health supplies. You will leave the training ready to start oral health with your children!

**Boone:** Thursday, February 19 • 6:30-8:30p • Family Empowerment Center, 724 8th St. • \$5 fee • Instructor: Carlie Beem

## Oral Health of Children/Kidz Kare Meeting

Did you know that tooth decay is the most common childhood disease? This training will introduce the I-Smile Program and issues related to oral health in the child care setting such as toothbrush protocol/safety, the relationship of the diet to tooth decay, dental emergencies, identifying obvious oral health problems, and much more! We will also be covering Sippy cups, bottles and pacifiers and the effect they have on the teeth.

**Norwalk:** Monday, February 16 • 6:45-8:15p • Christ Our Savior Lutheran Church, 515 Sunset Dr. • Instructor Katie McBurney, RDH I-Smile Coordinator Marion County Public Health

## Learning Experiences & Environment

### IPTV Provider Book Club

Participants will use Every Child Reads strategies to teach children new words and backgrounds. Participants will receive resources (i.e. books, handouts, etc.) at each of the 8 monthly sessions.

**Boone:** Thursdays, February 12, March 12, April 9, May 14, June 11 • 6:45-8:15p • Family Empowerment Center, 724 8th St. • Instructor: Stephanie Smith

**Indianola:** Mondays, January 5, February 2, March 2, April 6, and May 4 • Indianola Public Library 207 N B St. (March class will be held at Warren County Extension, 909 E Second Ave Suite E)

**McCallsburg:** Mondays, January 5, February 2, March 2, April 6 & May 4 • 6:30-7:45p • McCallsburg Elementary & Preschool, 400 Latrobe Ave

**Newton:** Mondays, January 5, February 2, March 2, April 6 & May 4 • 6:30-8:00p Jasper County ISU Extension office, 550 N 2nd Ave. W

**Story City:** Thursdays, January 15, February 19, March 26, April 16, May 21 • 6:30-8:00p • Bertha Bartlett Library, 503 Broad St.

**Winterset:** Thursdays, January 8, February 5, March 5, April 2, May 7, June 4 • 6:30-8:00p • Methodist Church, 309 E Jefferson

## Challenging Behaviors: Techniques for the Classroom

Environmental strategies (including visual support) and organization of the learning environment, communication strategies and social/behavioral strategies will be discussed.

**Boone:** Thursday, January 15 • 6:30-8:30p • Family Empowerment Center, 724 8th St. • \$5 fee • Instructor: Wendy Acri and Emily Donovan, Heartland AEA 11

## Designing Your Home Child Care Environment

This training will cover the Many Right Ways concept of Environment Arrangement for Home Child Care Providers. Covering the concepts of: planning your environment, setting up for child directed play and creating activity areas.

**Boone:** Monday, January 26 • 6:30-9:00p • Family Empowerment Center, 724 8th St. • \$5 fee • Instructor: Stephanie Smith

## Preschool Play the Creative Way: Learning Through the Senses

Exploration through the senses: seeing, hearing, tasting and touch will be the focus of this fun-filled, hands on training. Dress comfortably and be prepared to challenge your senses with a variety of materials and activity ideas you can use with the children in your care.

**Altoona:** Wednesday, February 25 • 6:30-8:30p • Altoona Public Library, 700 8th Street, SE • \$5 fee • Instructor: Stephanie Smith, Iowa Certified Early Childhood Special Education Instructor

## Prop Box Play

Children love to express themselves and exercise their imaginations, and props can help them interact and cultivate important social skills. Receive some ideas to extend dramatic play beyond "house" or "babies" in an inexpensive and easy way.

**Newton:** Thursday, January 22 • 6:30-8:30p • Newton DMACC, 600 N 2nd Ave W • Instructor: Dawn Allbee, Early Childhood Educator

## Interactions With Children

### Inclusion in Child Care: Piecing It All Together

Every child has the right to quality child care. An inclusive child care program is dedicated to giving the best care and education possible to ALL children by making sure every child feels welcome and included. This training will provide a foundation of understanding inclusion and how to work together with parents to create a win-win situation that emphasizes consistency of care and open communication about the child. The Mid-Iowa Family Day Care Association meeting will take place from 6:30-7:00 p.m. If you are not a member of the association and do not wish to be, the cost of the training is \$10.00.

**Marshalltown:** Monday, February 2 • 7:00-9:00p • Mid Iowa Community Action, 1001 S 18th Ave. • Instructor: Carrie Sadders

### Better Kid Care: Improving Transition Times

Learn to love transitions just in time for Valentine's Day! Moving from place to place, activity to activity, is often filled with tears, screaming, and tantrums. Learn how to make transitions productive, fun times for children and stress free for adults.

**Adel:** Thursday, February 12 • 7:00-9:00p • CR&R of Dallas County, 28059 Fairground Rd. • \$5 fee • ICN course

## Positive Behavior Supports for Children with Autism & Other Challenging Behaviors

Learn the characteristics of Autism, functions of behavior, and intervention strategies to prevent inappropriate behavior from occurring, as well as, address current challenging behaviors.

**Adel:** Thursday, February 19 • 6:30-8:30p • CCR&R of Dallas County, 28059 Fairground Rd. • Instructor: Emily Donovan, L.M.S.W., AEA Behavior and Autism Specialist, .

## Child Growth and Development

### Infant Toddler Seminar

This one-day seminar offers 6 hours of training on issues specific to caring for infants and toddlers including "Got Centers? Infant Toddler Physical Knowledge Centers in Your Environment", "Strategies for Guiding Infants and Toddlers" and "Play Time is Learning Time". \$20 fee includes sessions, materials, lunch and snack.

**Ames:** Saturday, January 24 • 9:00a-4:30p • Mary Greeley Medical Center-Myers Auditorium, 1111 Duff Ave. • \$20 fee

### Boys vs Girls Learning Styles

Let's examine how boys learn vs how girls learn. Research provides physical evidence that their brains are wired differently. It may not be the children, but rather the way we are teaching them as well as the unrealistic expectations we may be placing on them.

**Ames:** Tuesday, January 27 • 6:30-8:30p • Mary Greeley Medical Center, Conference Rooms A and B, 1111 Duff Ave. • \$5 fee • Instructor: LeAnn Auxier, Early Childhood Educator

### Nurturing Healthy Sexual Development

Participants will gain an understanding of the scope of child sexual abuse and the relationship between healthy sexuality and sexual abuse prevention. Learn about Care for Kids, a six-session curriculum, similar to Happy Bear, for preschool children. A Lutheran Services educator is available to instruct these FREE sessions for child care programs in Boone, Dallas and Story counties.

**Adel:** Wednesday, January 14 • 9:00a-12:00p • CCR&R of Dallas County, 28059 Fairground Rd. • Instructor: Lutheran Services Educator, Chris Rubino

**Ames:** Saturday, February 28 • 9:00a-12:00p • United Church of Christ-Congregational, 217 6th St. • Instructor: Chris Rubino, LSI Services Coordinator

## Program Management

### Organizing Child Development Home Business Records for TAXES

This 2-part series will help you understand what records to keep and how to keep records so you are ready to file your taxes. After completing the full series, participants will receive a child care home business kit for organizing business records, valued at \$80. If you

have been using the "Calendar Keeper" to prepare for taxes, please bring it to class. This series qualifies as CACFP training.

**Des Moines:** Tuesdays, January 6 & 13 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Master Tax Advisor/Accountant Dean Blum

### Child Care Assistance: The Process from Parent to Provider

Child care home providers, learn about the Child Care Assistance Program in Iowa from the client/parent application to the child care provider payment. Information will be presented on how to interpret and complete the necessary paperwork.

**Des Moines:** Thursday, January 29 OR February 19 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Wendy Sullivan

### New Staff Orientation Program

Directors, learn how to implement this on-site orientation curriculum which includes brief 15 minute video observations and lessons with director supervision and input. Each lesson is designed to be easily completed by staff during nap time or other small blocks of time as staff/child ratios permit. Plan to arrive by 8:45 a.m. to complete required paperwork.

**Altoona:** Friday, February 27 • 9:00a-4:15p • ISU Extension Polk County, 1625 Adventureland Dr. • Instructor: ISU Extension Families Field Specialist Sharon Mays

### Using the NAEYC Code of Ethics to Solve Ethical Dilemmas in Your Child Care Business

We will discuss how and why early childhood professionals deal with sensitive issues and how our societies' values and beliefs affect our professional decisions. Participants will delve into the NAEYC Code of Ethics to see how this document can assist us in dealing with those sensitive issues. The Mid-Iowa Family Day Care Association meeting will take place from 6:30-7:00 p.m. If you are not a member of the association and do not wish to be, the cost of the training is \$10.00.

**Marshalltown:** Monday, January 5 • 7:00-9:00p • Mid Iowa Community Action, 1001 S 18th Ave. • Instructor: Brenda O'Halloran

### What Does ELS Stand For?

Early Learning Standards are for everyone...come see what these standards could do for you! Designed as an informational class for administrators, curriculum coordinators and preschool teachers; this class will help you broaden your knowledge of "why" we educate the way we do!

**Adel:** Tuesday, January 27 • 7:00-9:00p • CCR&R of Dallas County, 28059 Fairground Rd. • \$5 • Instructor: CCR&R Early Childhood Educator, Angie Price

### Tax Prep Class for 2008/Kidz Kare

Find out ways to increase your deductions by keeping better records. Keeping the right records can decrease your tax burden.

**Norwalk:** Monday, January 19 • 6:45-8:15p • Christ Our Savior Lutheran Church, 515 Sunset Dr. • Instructor: Ricardo Alverio, CPA

## **Beyond Business Basics for Homes and Centers: Meeting Child Care Regulations and Professional Development Pathways**

In *BBB Meeting Child Care Regulations in Iowa*, participants will focus on the rules and regulations for owning and operating a child care or preschool business. In *BBB Professional Development Pathways*, participants will focus on opportunities available to child care professionals for education and career advancement. Plan to register for and attend both session of this 2-part series in order to receive training credit. Training is approved as NAC renewal credit for child care center and preschool administrators holding a National Administrator Credential.

**Ames:** Tuesday, January 13 & 20 • 6:30-8:30p • Mary Greeley Medical Center, Conference Room B (13th), Conference Room C (20th), 1111 Duff Ave. • \$5 fee • Instructor: Gwen Atkinson

## **Beyond Business Basics for Homes and Centers: Committing to Quality, Standards and Curriculum and Marketing Your Business**

In *BBB Committing to Quality*, participants will focus on improving child care program business practices. In *BBB Standards and Curriculum*, participants will focus on how to review, select, and work toward goals for your child care program. In *BBB Marketing Your Business* will focus on techniques for successfully promoting and advertising your child care services. Plan to register for and attend all sessions of this 3-part series in order to receive training credit. Training is approved as NAC renewal credit for child care center and preschool administrators holding a National Administrator Credential.

**Ames:** Tuesdays, January 27, February 3 & February 10 • 6:30-8:30p • Mary Greeley Medical Center, Conference Room C, 1111 Duff Ave. • \$5 fee • Instructor: Gwen Atkinson

## **Beyond Business Basics for Homes and Centers: Creating Family Partnerships and PEACE**

In *BBB Creating Family Partnerships*, participants will focus on relationship building and communication skills. In *BBB PEACE* (Policy Enhancement Contract Enforcement), participants will focus on policy development. Plan to register for and attend both sessions of this 2-part series in order to receive training credit. Training is approved as NAC renewal credit for child care center and preschool administrators holding a National Administrator Credential.

**Ames:** Tuesdays, February 17 & 24 • 6:30-8:30p • Northcrest Community, 1801 20th St. (17th) and Mary Greeley Medical Center, Conference Room C, 1111 Duff Ave. (24th) • \$5 fee • Instructor: Gwen Atkinson

**Marshalltown:** Tuesdays, January 13 • 6:30-8:30p • and Saturday January 31 • 8:30-10:30a • Iowa Valley Continuing Education, 3702 S. Center Street (Jan. 13). Mid Iowa Community Action, 1001 S 18th Ave. (Jan. 31) • \$5 fee • Instructor: Matt Tapscott, C.D.H. Provider/CCPT

## **Beyond Business Basics for Homes and Centers: Making a Difference with Advocacy**

Participants will focus on ways to become involved in the decision making process for the future of the field of early childhood care and education. Training is approved as NAC renewal credit for child care center and preschool administrators holding a National Administrator Credential.

**Ames:** Tuesday, March 3 • 6:30-8:30p • Mary Greeley Medical Center, Conference Room C, 1111 Duff Ave. • \$5 fee • Instructor: Gwen Atkinson

**Marshalltown:** Tuesday, February 5 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: Matt Tapscott, C.D.H. Provider/CCPT

## **Beyond Business Basics for Homes and Centers: Professionalism, Communication, and Resolving Ethical Conflict**

In *BBB Professionalism and Communication Skills*, participants will discuss and define the early childhood care and education system as a profession. Participants will explore paths to developing communication and relationships within the program, with individuals, with families and within the community. In *BBB Ethical Conflict*, participants will review the role ethics plays in the early childhood care and education profession. Plan to register for and attend both sessions of this 2-part series in order to receive training credit.

**Des Moines:** Wednesdays, January 7 & 21 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Matthew Tapscott

**Marshalltown:** Thursdays, February 12 & 19 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: Matt Tapscott, C.D.H. Provider/CCPT

## **Beyond Business Basics for Homes and Centers: Financial Management and Grant Writing**

In *BBB Financial Management*, participants will explore development and implementation of a budget. In *BBB Grant Writing*, participants will explore Iowa early care and education grant opportunities and how to access resources. Plan to register for and attend both sessions in order to receive training credit.

**Des Moines:** Wednesdays, February 11 & 25 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Beyond Business Basics Instructor, Matthew Tapscott

**Marshalltown:** Tuesdays, February 24 & March 3 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: Matt Tapscott, C.D.H. Provider/CCPT

## **Child Care Council, Inc: Beyond Business Basics, Sessions 3 & 4**

This class is intended for child care center and/or preschool program administrators including owners, directors, assistant directors, site supervisors, or other staff with management and supervisory responsibilities. Participants must be a member or

plan to become a member of Child Care Council, Inc. Registration is FREE for CCCouncil members, call 515-246-3561 for details.

Approved for NAC renewal training credit.

**West DM:** Tuesday, January 13 & February 10 • 1:00-3:00p • West Des Moines United Methodist Church, 720 Grand Ave. • Instructor: Nancy Williams, Early Childhood Educator

## Pursing Professionalism

Have you ever considered going to college or furthering your education? Maybe you already have a year or two of college under your belt? Thinking about finishing up your degree? Come and learn how registered home providers and licensed center/preschool staff can access college credit courses, CDA credentials, and other professional development opportunities through the TEACH program.

**Ames:** Tuesday, February 3 • 6:30-8:30p • Center for Child Care Resources, 100 University Village • Instructors: Brian Fett and Pam Ellis, TEACH Counseling Specialists

## Families & Communities

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### Better Kid Care: Parents, Friends or Foes?

"Caring for young children would be a great job if I didn't have to work with parents." This is a very common statement heard in caregiver discussions. Establishing and maintaining a good relationship with parents is a critical part of caring for young children. We'll explore this hot topic in this satellite workshop.

**Newton:** Thursday, February 19 • 6:30-8:30p • ISU Extension, Jasper Co., 550 N 2nd Ave W • Instructor: Penn State University

### Life vs. Meth: Use, Abuse, & Dependence

This training will expand on meth addiction and the impact on children and families. Treatment issues as well as meth myths will also be addressed. The potential effects on children born into these environments will be recognized along with suggestions for caring for these kids. Attendees will also learn about how the Marshall County DEC team is impacting the lives of drug endangered children. WARNING: GRAPHIC MATERIAL.

**Marshalltown:** Thursday, January 22 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: Steph Whitmore, Marshall County DEC Task Force Coordinator

### Effective Parent Communication

This training will discuss the importance of open communication and how to effectively communicate with parents to get results. This training is for the members of the Mid-Iowa Family Day Care Association. The association meeting will take place from 6:30-7:00 p.m. If you are not a member of the association and do not wish to be, the cost of the training is \$10.00.

**Marshalltown:** Monday, March 2 • 7:00-9:00p • Mid Iowa Community Action, 1001 S 18th Ave.

### Movie Making in your Child Care

Movie making is a great way to document a child's development, market your business or create an inexpensive gift for clients. Most computers have the necessary software - Movie Maker. A prerequisite for the class is a basic knowledge of computers and digital photography. Participants will make a 3-5 minute movie. Bring your digital photos (25-75), video clips (not necessary) and your favorite music files on a flash drive or DVD. Minimum of 15 participants needed to hold the class.

**Marshalltown:** Tuesday, February 10 • 6:00-9:00p • Marshalltown Community College, Business and Technology Center (northeast building on campus), 3702 S. Center St. • \$10 fee • Instructor: Kimala Smith, ChildNet trainer

### Know Your Resources: Family Team Meetings

Building a good relationship with families is a crucial part of being an early childhood professional. Knowing local resources that help and support families is a part of that relationship. In this training, participants will learn about how Quakerdale and the Family Team Meeting process can bring family members, friends and others together to encourage positive change by identifying strengths, setting goals, and provide support to follow through.

**Iowa Falls:** Tuesday, February 10 • 6:30-8:30p • Center for Child Care Resources, 503 1/2 Washington Ave. • \$5 fee • Instructor: Kelly Newgaard, LMFT/FTM Coordinator, Quakerdale

### Caring for Drug Affected Children

Participants in this 2-hour course will learn about substances of abuse and their potential impact on children and families. We will discuss physical and emotional signs and symptoms of drug abuse in adults and drug affected children as well as methods to convey concerns and support to those affected. Participants will learn of resources to contact for assistance when substance use or a child affected by substance use is suspected.

**Iowa Falls:** Tuesday, February 24 • 6:30-8:30p • Center for Child Care Resources, 503 1/2 Washington Ave. • \$5 fee • Instructor: Wendy Valentine, Prevention Specialist

### Positive Behavior Supports

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This training is focused on promoting children's social and emotional competence and preventing and addressing challenging behaviors. The content of the training reflects a commitment to promoting social emotional development in all children but recognizes the need for more intensive interventions when children have significant social emotional needs and challenging behavior. The importance of working with families and building teams will be woven throughout three primary content areas related to supporting infants and toddlers social emotional development.

**Ames:** Saturdays, February 7, 14, 21 & 28, March 7, 14, 21, & 28 and April 4 • 8:30p-12:30p • Mary Greeley Medical Center, Conference Room C, 1111 Duff Avenue (except for Feb 7 and March 28 which are at CCR) • Instructor: LeAnn Auxier, Early Childhood Educator

## Iowa DHS-Approved Training Opportunities

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### Care Courses at [carecourses.com](http://carecourses.com)

Care Courses is an international distance learning school offering online/distance learning for child care professionals and child care providers. Each course grants CEUs (Continuing Education Units) toward CDA renewal.

### Child Development Education Alliance at [cdealliance.org](http://cdealliance.org)

CDEA works with child care professionals to promote professional development and quality programs for young children and their families.

### Eager to Learn at [eagertolearn.org](http://eagertolearn.org)

Eager-to-Learn is an innovative, community based online training service offered by the Minnesota Child Care Resource and Referral Network.

### Food Safety for Family Day Care Providers at [www.umassone.net/foodsafetydaycare/index.html](http://www.umassone.net/foodsafetydaycare/index.html)

This course provides important food safety information needed to improve food handling practices in order to safely feed and care for young children in day care settings.

### Child Care Integrated Pest Management (Child Care IPM) at [ipm.iastate.edu/ipm/childcare/home](http://ipm.iastate.edu/ipm/childcare/home)

ISU Continuing Education offers 0.2 CEUs for the training and an additional 0.2 CEUs for the optional activity (details posted online). Contact Mark Shour with questions ([mshour@iastate.edu](mailto:mshour@iastate.edu)).

### Health & Safety Training: National Program for Playground Safety at [www.playgroundsafety.org/childcare/index.htm](http://www.playgroundsafety.org/childcare/index.htm)

The interactive online course is a one hour, self-paced class covering areas that will allow child care providers to learn S.A.F.E. supervision practices in an outdoor play environment.

### AEA Early Childhood Updates available through AEA EC listserv:

This one-way email listserv will supply early childhood professionals with information and resources focusing on programs serving 3-5 year olds, including both general education and special education. Here's how to subscribe:

1. Go to: <http://www.aea11.k12.ia.us/site/listserv/>
2. Fill in your personal information
3. Select "subscribe" under Actions
4. Scroll down to "Early Childhood Update" listserv and click to fill in the circle
5. Scroll down to the bottom and hit Submit

## Heartland AEA 11 Professional Development Opportunities

For a complete listing of live, group training options and online training options offered by Heartland AEA 11 visit [www.aea11.k12.ia.us](http://www.aea11.k12.ia.us), select Professional Development Catalog or under Programs & Services select Classes, Workshops, and Training.

### BRIDGES: Classroom Management at [aea11.k12.ia.us](http://aea11.k12.ia.us)

BRIDGES: Classroom Management online training was developed by Iowa Heartland AEA 11 and focuses on enabling teachers and other professionals to deal effectively with behaviors of children 3-5 years old in child care settings including centers, homes, and preschool programs.

### Raising Readers: Preparing Preschoolers for Success at [www.pbs.org/teacherline/catalog/courses/RDLA051/](http://www.pbs.org/teacherline/catalog/courses/RDLA051/)

Learn how to raise readers and prepare preschoolers for success by developing their literary skills. Earn 15 hours towards DHS certification or 1.5 CEU credits!

### Resources for Child Caring Learning Center Business Series Courses at [rclearningcenter.org](http://rclearningcenter.org) sponsored by the parent company of Redleaf Press and Redleaf Press International Institute

Whether you are new to family child care or a seasoned professional looking to brush up on your knowledge, the Business Series offers Web-based courses on the business basics of family child care. Each interactive course includes creative and fun exercises, manageable reading assignments and other recommended resources, and interaction with instructors (such as Tom Copeland) and other providers. Current course offerings for Child Development Home/family child care home providers include: Record Keeping, Contracts, Marketing, Legal Insurance, Money/Retirement.

## Conferences

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### Iowa Early Childhood Congress

February 10 & 11, February 12 - Day on the Hill  
Airport Holiday Inn, Des Moines

### Iowa Family Child Care Association's Spring Family Child Care Conference ~ *Caring for Iowa's Future*

March 28

Quality Inn (The Highlander), Iowa City

Kathy O'Neill, President, IFFCA, [woodnbear@aol.com](mailto:woodnbear@aol.com)

### School Age Winter Mini-Conference ~ *Character Counts Toolkit for Afterschool*

February 21, 8:00 a.m.-noon (registration opens at 7:30 a.m.)

Johnston Middle School, 6207 NW 62nd Ave., Johnston, IA

To register, contact Leslie at [childcarejunction@mchsi.com](mailto:childcarejunction@mchsi.com)

# Support Safe Infant Sleeping Environments

**C**aring for Our Children - 2nd Edition, the document that presents nationally recognized health and safety standards for children in early childhood programs, supports infants sleeping only in commercially-designated safe sleep equipment that meets manufacturing safety standards. Many early childhood professionals ask their local child care nurse consultant (CCNC) why infants cannot sleep in infant seats or swings. The answer is that infants can suffer serious injury or death as a result of sleeping in this type of equipment that is not produced to support safe sleep. These products are intended for limited periods of time for children who are awake.

Injury prevention experts from the American Academy of Pediatrics recently reviewed data on injuries to infants as a result of using multiple types of equipment inappropriately for infant sleep time. The risks are clear. The Consumer Product Safety Commission (CPSC) is beginning to focus their injury prevention messages on the risks of using this type of product for infant sleep. New product manufacturing safety standards have been set by the American Society for Testing and Materials (ASTM) for bouncy seats, high chairs, swings, play yards and strollers and now address the risks of allowing children to sleep in these devices. You will now notice manufacturer's warning signs placed on this type of infant care equipment, as well as warning signs on newly produced cribs, addressing safety risks.

Blood oxygen levels have been monitored on sleeping infants who were seated in containing types of equipment. Researchers have documented that blood oxygen readings can drop to levels that result in injury to brain cells. Also, strangulation can occur when sleeping infants entangle in straps. Infants can slump into positions that trap them against portions of equipment resulting in reduced available oxygen to the sleeping child. Multiple injuries have been documented. It is also very easy for an adult to turn supervising attention away from a child who appears to be quietly and comfortably sleeping in improper types of equipment.

CPSC has reported that confining seats can easily overturn when a child is left unattended. Children are active in any device during alert time as well as during sleep periods. When a seat tips over, an infant can become oxygen deprived. CPSC recently reported such an incident when a car seat was placed in a play yard (play pen). Even though the play yard surface was relatively firm, the car seat turned over with the child in it. This risky situation resulted in the death of this child.

Many health professionals, as well as child care providers, believe that sitting upright will help reduce spitting up behaviors. No evidence supports this widely held myth. One recent study documented that sitting in an infant seat, or lying in other semi-elevated positions, is more difficult for children with reflux (food frequently coming back up the feeding tube) than lying flat for sleep. Children under 12 months of age should be placed on their backs for sleep on a flat, firm mattress in their own designated crib with only a tight-fitting sheet and the child in the bed. Remove all blankets and other soft materials from their crib. Use only a zip-up sleeper for comfort, if needed, being cautious to avoid over-heating the child during sleep. Room temperatures between 65-70 degrees support healthy sleeping and improved respiratory health for all children.



Car seat restraints do provide essential protection for children who are traveling in motor vehicles. Infants often fall asleep while riding in these devices. The child must remain in this proper restraint device in moving cars whether awake or asleep. The infant car seat should be at the correct angle with the harness snug and the infant sitting in the semi-reclined, rear-facing position for best protection. Limit the amount of time infants spend riding in vehicles and provide direct supervision and monitoring for any travel time.

Car seats, swings, infant seats and similar restraining devices are not safe sleep equipment and are not recommended for any sleep time in early childhood programs. Transfer infants who fall asleep in one of these devices to a safe crib. Offer comforting support as the child transitions to their crib. Encourage safe tummy time on clean floor areas and provide free movement spaces during non-sleep hours to support best developmental opportunities for infants and toddlers of all ages. Direct supervision is always required.

Sources: *Caring for Our Children - 2nd Edition*; American Academy of Pediatrics; Consumer Product Safety Commission; American Society for Testing and Materials; Healthy Child Care - Pennsylvania

# County Information

## Polk

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515-246-3560/800-722-7619

### Reach for the Stars Grants: Next Deadline February 1

Reach for the Stars (RFTS) grants were awarded to 37 child care centers and 55 child care homes in October to assist in making quality improvements. The next grant deadline is February 1, 2009. Grants will be awarded using the following criteria: participation in three on-site consultation visits with a CCR&R consultant, the number of previous RFTS received giving priority to programs who have never received a RFTS grant. The consultation tool, Steps to High Quality Purchases, will be used to determine programs with the greatest need. Step 1: Health & Safety, Step 2: Basic Care Equipment, Step 3: Age Appropriate Play Equipment and Step 4: Program Enhancement. For more information contact: Kristie Vasey (Centers) 246-3551 or Nicole Neubauer (Homes) 246-3559

### Early Child Care Connection Association

Polk County home providers are invited to join the Early Child Care Connection Association. The group of home providers meets from 5:30-8:00 p.m. the last Tuesday of each month (except December). Call Melissa Nelson at 280-9027 for information.

## Dallas

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515-993-3813/515-480-7622

### Dallas County Programs are Reaching for the Stars!

Congratulations to all Dallas County programs that received STARS grants and are working to improve the quality of early care and education for children. Currently, all money has been allocated. If you received an approval letter but have not yet called the office to set up a consultation visit, please do so. The letter explains these and other guidelines. Our generous funders, Dallas County Empowerment and United Way of Central Iowa Women's Leadership Connection, require such guidelines to verify the quality improvements being made.

Since July 1, 2008, CCR&R of Dallas County has approved STARS grants to 35% of programs (preschools and child care centers) and 30% of the DHS registered in-home child care providers in the county.

Thank you so much for working with CCR&R in this process.

### Clings coming your way

Remember the new rule about posting "No Smoking" signs in child care businesses? CCR&R of Dallas County is pleased to have "No Smoking" clings for your program. Watch your mailbox for your free clings.

### QRS - Are you participating?

Dallas County programs are coming on board with this Department of Human Services voluntary quality rating system. Check the winter/spring Dallas County training calendar carefully for classes

you might need for QRS training points. ALL three Environmental Rating Scale trainings may be found; for home, infant/toddler, preschool, and school age providers as well as the ChildNet series for home providers. You are welcome to attend classes in any county. Plan to register early – classes fill quickly. QRS questions: call Emily Brott, Regional Quality Rating System Specialist

### Just in time for Valentine's Day! - Learn to Love Transitions

Providers working in all types of child care settings often ask, "How do I transition children from one activity to another without chaos or tears?" Consider registering for this Dallas County sponsored class offered on February 12

## Jasper

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641-792-6433/800-711-7081

### Are Your Children Feeling the Winter Blahs?

All Jasper County child development homes, centers and preschool programs can check out items from our new resource library. This is a great way to add a new item and spark interest during those long winter months. Then just bring it back after a couple of weeks and check out something new! Contact the Jasper County office for a complete list of items.

### 2009 Calendar Keepers

Yes, they are here! Contact Marcia at 641-792-5437 to receive your free copy.

### Quality Improvement Grants

Are you participating in the Quality Rating System? Through the Jasper County Empowerment, Quality Improvement Grants are available to help pay for improvements that will increase your QRS rating. Center and preschool programs are eligible for \$1,000 grants and child development homes are eligible for \$500 grants. This money is available on a first come, first serve basis until funds are exhausted. Contact Denice at 641-792-6433 for a copy of the guidelines.

### What? No Vacancies?

Please continue to update your vacancies as things change in your program. We need to have current information in order for parents to continue to view us as a valuable resource for finding care. Update your vacancies by emailing Marcia at [vrankin@iastate.edu](mailto:vrankin@iastate.edu) or calling 641-792-5437.

### Dates to Remember

Our office will be closed on Monday, January 19th for Martin Luther King, Jr. Day.

# County Information

## **Boone**

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515-432-6034 x6

### **Calendar Keepers**

2009 Calendar Keepers are here! This is a wonderful record keeping resource for your business. Stop by to pick up your copy for only \$15.00.

### **IPTV Provider Book Club**

After a two month break, the IPTV Book Club will be starting up again in February. We will meet February 12th at 6:45 p.m. We still have room available in this training, you may register via our website training calendar at [www.centraliowachildcare.org](http://www.centraliowachildcare.org) or contact Stephanie at 515-432-6034 ext 6. All providers who attend will leave with a wonderful book for their home or center.

### **CPR/1st Aid**

Boone County Hospital will be offering CPR and 1st Aid trainings for child care providers on February 17th and April 14th. For more information and to register contact Lou Greco at 515-433-8190.

### **Mark Your Calendars**

February 3rd: Child Care and Preschool Directors Networking Meeting 1:00-3:00 p.m. at the Family Empowerment Center.

February 5th: Child Development Home Networking Meeting 6:45-8:45 p.m. at the Family Empowerment Center.

February 10-12th: Iowa Early Childhood Congress/Day on the Hill Des Moines. For more information visit the Early Childhood Iowa website at [www.state.ia.us/earlychildhood](http://www.state.ia.us/earlychildhood).

February 10th-12th: The Boone Office will be CLOSED so to attend the Iowa Early Childhood Congress and Day on the Hill. Should you need immediate assistance, please call 1-800-437-8599.

## **Story**

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515-294-8833/800-437-8599

### **Goodbye**

After almost two years of service, Heather Gilroy has resigned her position as Infant Network Coordinator. We want to thank her for all her hard work and dedication to CCR and wish her the best of luck in her future endeavors!

### **Calendar Keepers**

The 2009 Redleaf Press Calendar Keepers have arrived! They are a wonderful resource for keeping your business records organized and only cost \$15. Stop by our office today to purchase one.

### **Professional Assistance**

Scholarships and professional memberships are still available. Contact Deborah (centers/preschools) at 294-8858 or Janelle (homes) at 294-7167 for more information.

### **Lending Library**

Our Lending Library hours are Monday-Friday 8:30 a.m. - 5:00 p.m., with extended hours on the first and third Wednesday of every month from 5:00-7:00 p.m. Memberships are currently \$10 through June 30th, 2009. Stop by and see what we have for you!

### **Spring Training**

Please view our online training calendar at [www.centraliowachildcare.org](http://www.centraliowachildcare.org) or call our office at 515-294-8833 or 800-437-8599 to register for spring classes.

## **Hardin**

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641-648-4201/800-437-8599

### **Provider Scholarship and Professional Membership Funds Available!**

CCR Hardin County has scholarships and memberships to professional organizations (NAEYC, NAFCC, etc.) to eligible applicants. If interested, contact Elizabeth at (641)648-4201 for more information.

### **Calendar Keepers**

The 2009 Calendar Keepers have arrived! Get yours for only \$15.00! They are FREE to all providers who are ChildNet Certified.

### **A Friendly Reminder... Keep updating with us!**

We love to hear from you! Please contact our office on a regular (monthly) basis to update your program information (vacancies, e-mail/ mailing address, new phone numbers, etc.). Call the office or email [elizabethlemp@qwestoffice.net](mailto:elizabethlemp@qwestoffice.net) or [kguy@iastate.edu](mailto:kguy@iastate.edu).

# County Information

## **Marshall**

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641-752-7162

### **Lending Library Hours**

January 5, February 2, and March 2, 5:30-8:30 p.m. and by appointment - call Ruth at ext. 161.

### **Training Certificate Notice**

A new policy will go into effect January 1, regarding training certificates for video trainings. A \$2 fee per video tape will be implemented to process the study guide and mail the training certificate. If you have any questions about this new policy contact Allison at ext. 105. To obtain a video or study guide contact Ruth at ext. 161.

### **First NAFCC Accredited Child Care Provider**

Congratulations to Kim Smith, Child Development Home Provider in Marshalltown, on her achievement in becoming the first nationally accredited child care home provider in Marshall County. CCR&R would like to say thank you Kim for your dedication and commitment to providing quality child care in Marshall County! Kim also is Marshall County's first provider to reach a level 5 in the QRS!

### **Calendar Keepers!**

CCR&R still has 2009 calendar keepers left. Calendar keepers are FREE when you attend a CCR&R training!

### **Job Announcement**

Hope United Methodist Church in Marshalltown is searching for an individual to provide childcare on Sunday mornings from 8 a.m-12 p.m. Children will be ages infant through five years old. Interested persons must be at least 18 years old, and childcare experience is preferred. For more information, please email [lauriedg@heartofiowa.net](mailto:lauriedg@heartofiowa.net).

### **Bad Weather**

Please make sure to pre-register for classes so we will be able to contact you if there is a cancellation due to the weather.

## **Warren & Madison**

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515-961-5067 & 515-462-9452

### **Office Closed**

The Warren & Madison county offices will be closed Monday, January 19.

### **Scholarships available**

Scholarships are available to providers who wish to attend the Iowa Early Childhood Congress (see page 11 for details). Call the office for more information.

### **It is that time of year again....**

The Indianola Optimist club has held a coat drive for the kids of Indianola. They have multiple sizes of coats. We do not want any child to feel the chill of this winter months. If anyone has a need please email Shanna at [szwanziger@iowatelecom.net](mailto:szwanziger@iowatelecom.net) with the size of the coat needed and the gender of the child. You may also contact Denise Day at the Indianola Chamber for assistance - (515) 961-6269.

### **Car Seat Check**

To set up an appointment for a free car seat check, call: Ashley Druckenmiller, CPST ,Family Rewards, 515-961-3153.

1208 East 2nd Avenue

Indianola , IA 50125

Must bring seat, manual, and children. Allow 30-45 minutes.

Sponsored by Family Rewards and Community Partnerships for Protecting Children

[www.mmwcommunitypartnerships.com](http://www.mmwcommunitypartnerships.com)

## **Marion**

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641-628-1212/888-322-6299

### **Quality Improvement Grants**

Marion County Quality Improvement Grants will be made available on January 5. If you are a registered child development home, preschool or licensed center in Marion County, Quality Improvement funds could be available to you - up to \$1000! Awards will be given March 10th. Contact CCR&R of Marion County to receive your application. Funds are limited this year, so please call to receive your application promptly.

### **Fit 4 Kids Exercise Program is back!!**

If you are interested in participating in this 8-week program that gets kids moving and having fun, please plan to attend the Fit 4 Kids Training on Jan. 10th!

### **Bad Weather!**

Please make sure to pre-register for classes so we will be able to contact you if there is a cancellation due to the weather.

Cancellations will be announced for Marion County events on KNIA/KRLS 92.1

# Entrenamiento en Español

Para registrarse debe ponerse en contacto con Maria González por teléfono (515-246-3565) o el correo electrónico ([mgonzalez@orchardplace.org](mailto:mgonzalez@orchardplace.org)).

## Junta de Información del cuidado de niños en casa.

Si usted esta pensando cuidar niños en su propia casa (o si usted lo proporciona ya), usted esta invitado a asistir a esta Reunión de Información. Venga a conocer a Maria Gonzalez, CCR&R 's Especialista de Padres Latinos y Proveedor. Hablaremos de los servicios de CCR&R y registro estatal, programa de alimento federal, también oportunidades de entrenamiento y más! Esta clase se requiere antes de que sea referible a padres por CCR&R.

**Des Moines:** Marzo 25 • 6:30–9:30p • Junio 16 • 6:30–9:30p •  
Lugar: CCR&R, 808 5th Ave. • Gratis

## Entrenamiento para Proveedoras del cuidado de los niños "Reporteros Mandatarios de Abuso al niño."

Aprenda sobre su papel como un reportero de abuso de niño obligatorio. Traiga sus preguntas y preocupaciones. Los participantes que completan la formación serán certificados con el Departamento de Iowa de Servicios Humanos durante cinco años. Esta formación es requerida si usted es un Desarrollo de Niño certificado abastecedor de Casa o trabajo en un centro de cuidado de los niños autorizado.

**Des Moines:** Abril 1 • 6:30–8:30p • Junio 27 • 9:30–11:30a • Lugar:  
CCR&R 808 5th Ave. • \$5

## Actividades Físicas y Bocados Sanos para Chiquitos

El bocado y las ideas de actividad serán proporcionados para usted para usar en su cuidado de los niños en casa. Vístase cómodamente porque habrá participación de clase de diversión.

**Des Moines:** Febrero 7 • 9:00-11:00a • Junio 20 • 9:00-11:00a  
Lugar: CCR&R, 808 5th Ave. • \$5

## ChildNet entrenamiento para el desarrollo de del niño proveedoras de casa.

Si usted planea comenzar un negocio de cuidado de los niños en su de casa (o ya tiene uno), esta serie de formación de diez partes es diseñada para ayudarlo. Usted no tiene que ser registrada por el estado para matricularse en la serie ChildNet.

**Des Moines:** Abril 25-Mayo 2, 16, 23, 30 • 8:00a–2:00p • Agosto 1, 15, 22, 29 - Septiembre 5 • Lugar: CCR&R, 808 5th Ave. • \$10

## CPR & FIRST AID ( Primeros Auxilios)

Este entrenamiento es requerido si usted es una proveedora certificada del Desarrollo del Niño en Casa o trabajo en un centro de cuidado de los niños autorizado. La certificación será valida por dos años.

Fechas anunciada próximamente favor de llamar a Maria Gonzalez (515) 246-3565. \$20

Programa para Cuidado de Niño Infantil (PITC)

Estas 5 partes de series (25 clases) son intencionadas para proveedoras que trabajan con bebés y niño o quiénes están interesados en el aprendizaje sobre mejores prácticas del cuidado de bebé/niño.

**Clive:** Enero 13-Abril 21 • Martes & Jueves • 6:30-8:30p •  
Christian Life Church Care Center, 2000 NW 100th St. • \$10

## Reunión de proveedoras y proveedores

Junta de proveedoras, destacaremos diversas maneras de aprendizajes, puntos en los que queremos mejorar. Entrenamiento que necesitamos para el año 2009, que metas que remos alcanzar.

**Des Moines:** Empesando Enero 2 • segundo sabado del mes • 9:00-11:00a • Xochipilli, 828 Scott Ave. • Gratis

## Información de la Unión Child Care Providers Together

La Unión AFSCME - Child care providers Union, Chapter 4, se junta el 3er lunes de cada mes en la Iglesia Metodista Union Park 2305 East 12th Street en la esquina de la calle East 12th y Guthrie 6:00-6:30 pm Good & Welfare (Social), 6:30-8:00 pm Junta general Todos son bienvenidos. Para más información llame al 515-246-1517 o al 1-800-372-6054.

## Alertas de Riesgo: Recordó de Productos, Alimentos y Medicamentos

Información sobre los productos recordó se encuentra en el sitio web de la Comisión de la Seguridad de Producto al consumidor: [Http://www.cpsc.gov](http://www.cpsc.gov). Para una lista completa de las advertencias de la Administración de Drogas y Alimentos: <http://www.fda.gov/opacom/7alerts.html>

El Cuidado de los Niños Sanos de Iowa ([www.idph.state.ia.us/hcci/recalls.asp](http://www.idph.state.ia.us/hcci/recalls.asp)) mantiene una lista de productos que tienen una advertencia o ha sido recordado en los seis meses pasados por categoría de producto:

- Camas, cunas y ropa de cama
- Ropa, Calzado y Accesorios de niños
- Equipo (incluyendo equipo infantil)
- Alimentos, Drogas, los Peligros y Recordó de la Medicina
- Muebles Relacionaron a la Guardería
- Juguetes y Artículos Relacionados con Juegos

# Apoye los Entornos para Dormir Seguros de los Infantes

**C**aring for Our Children - 2nd Edition, el documento que presenta los estándares de salud y seguridad reconocidos a nivel nacional para los niños en programas de niñez temprana, apoya el que los niños duerman solamente en equipo para dormir de forma segura que sea comercial y designado y que cumpla con los estándares de seguridad en su construcción. Muchos profesionales de la niñez temprana preguntan a su enfermera consultora de cuidado infantil (CCNC) porqué los infantes no pueden dormir en asientos infantiles o columpios. La respuesta es que los infantes pueden sufrir lesiones graves o hasta morir como resultado de haber dormido en este tipo de equipo que no es producido para apoyar el dormir seguro. Estos productos tienen la intención de ser usados por periodos limitados de tiempo por niños que se encuentran despiertos.

Los expertos en la prevención de lesiones de la American Academy of Pediatrics recientemente revisó información de lesiones a infantes como resultado de usar tipos múltiples de equipo de forma inapropiada para que los infantes duerman. Los riesgos son claros. La Consumer Product Safety Commission (CPSC) está comenzando a enfocar sus mensajes de prevención de lesiones en los riesgos de usar este tipo de producto para que duerman los infantes. Se han creado nuevos estándares de producción de seguridad por parte de la American Society for Testing and Materials (ASTM) para asientos mecedores, sillas altas, columpios, áreas de juego y cochecitos de bebés y ahora se enfocan en el riesgo de permitir que los niños duerman en estos artículos. Usted ahora podrá notar señales de aviso de la fábrica colocados en estos tipos de equipo de cuidado infantil, como también señales de aviso en cunas de construcción reciente indicando los riesgos de seguridad.

Se han monitoreado los niveles de oxígeno de la sangre en los infantes mientras duermen en tipos de equipo que los sujeta. Especialistas han documentado que los niveles de oxígeno en la sangre pueden caer a niveles que pueden resultar en lesiones a las células cerebrales. También, puede ocurrir estrangulación cuando los infantes se enruedan en los amarres. Los infantes se pueden acomodar en posiciones que los atrapen contra partes del equipo resultando en una reducción del oxígeno disponible para el niño. Se han documentado varias lesiones. Es también muy fácil para un adulto dejar de supervisar un niño que aparenta estar calmada y cómodamente durmiendo en tipos no apropiados de equipo.

CPSC ha reportado que los asientos que restringen pueden fácilmente voltearse cuando el niño deja de ser supervisado. Los niños son activos en cualquier objeto mientras están despiertos pero también mientras duermen. Cuando un asiento se voltea, un infante puede dejar de recibir el oxígeno necesario. CPSC recientemente ha reportado un accidente en el que un asiento para carro fue puesto en un área de juegos. Aún cuando la superficie del área de juegos era relativamente firme,

el asiento para carros se volteó con el niño adentro. Esta situación riesgosa resultó en la muerte del niño.

Muchos profesionales de la salud, como también los proveedores de cuidado infantil, creen que el sentarse correctamente puede ayudar a reducir los comportamientos de escupir. Ninguna evidencia apoya este mito.

Un estudio reciente documentó que sentarse en un asiento para infantes, o sentarse en otra posición semielevada, es más difícil para niños con reflujo (cuando la comida frecuentemente regresa por el tubo alimenticio) que el estar acostado para dormir. Los niños menores de 12 meses de edad deben estar colocados en sus espaldas para dormir en un colchón plano y firme en su propia cuna con únicamente una sábana ajustada y el niño en la cama. Quite cualquier cobija y otros materiales suaves de la cuna. Use solamente una bolsita de dormir con cierre para ayudarlo a estar cómodo, si es necesario, tenga precaución de no sobrecalentar al niño mientras duerma. La temperatura del cuarto debe ser entre 65 y 70 grados para ayudar a que duerma saludablemente y para mejorar la salud respiratoria de todos los niños.

Los asientos para carro proveen protección esencial para los niños que están viajando en vehículos. Los infantes frecuentemente se duermen al estar viajando en estos artículos. El niño debe mantenerse en este artículo mientras esté en un vehículo en movimiento ya sea dormido o despierto. El asiento para carros debe estar en el ángulo correcto con el arnés ajustado y el infante sentado en esta posición semireclinada y viendo hacia atrás para su protección. Limite la cantidad de tiempo que los infantes están viajando en vehículos y supervise y monitoree directamente al niño siempre que esté viajando.

Lo asientos para carro, columpios, asientos de infantes y artículos similares no son seguros para dormir y no son recomendados para que duerman los niños en programas de niñez temprana. Mueva a los niños que se duerman en uno de estos artículos a una cuna. Ofrezca apoyo al niño en la transición a la cuna. Fomente momentos de estar acostado sobre el estómago en superficies limpias y ofrezca espacios para moverse libremente durante las horas que no sean de dormir para apoyar estas oportunidades de desarrollo en los infantes y niños pequeños de todas las edades. La supervisión directa es requerida siempre.

Fuentes: Caring for Our Children – 2nd Edition; American Academy of Pediatrics; Consumer Product Safety Commission; American Society for Testing and Materials; Healthy Child Care - Pennsylvania



# New DHS Training Requirements

Continued from cover

- A national professional association including the National Association for the Education of Young Children (NAEYC), the National Child Care Association (NCCA), the National Association for Family Child Care (NAFCC), the National After School Association, and the American Academy of Pediatrics
  - The Child and Adult Care Food Program (CACFP) and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).
  - The Iowa Departments of Public Health, Education, or Human Services
2. Other training organizations may submit their training to the department for review. A list of approved training is available on the DHS website at [http://www.dhs.iowa.gov/Consumers/Child\\_Care/Professional\\_Development.html](http://www.dhs.iowa.gov/Consumers/Child_Care/Professional_Development.html).
- Q. What are the additional requirements for group training?*
1. Presentation format that incorporates a variety of adult learning methods
  2. Material or content must be obtained from an approved training organization
  3. Must be made available to child care providers through the child care provider training registry beginning July 1, 2009
  4. Can include distance learning opportunities such as ICN, on-line courses or Web conferences (webinars) if:
    - Taught by an instructor and requires interaction between the instructor and the participants, such as required chats or message boards
    - The training event is provided by an approved training organization or is approved by the department
  5. No more than eight (8) hours of training delivered in a single day
  6. The department may randomly monitor any state approved training for quality control purposes
  7. Training conducted with staff either during the hours of operation of the facility, staff lunch hours, or while children are resting must not diminish the required staff ratio coverage. Staff shall not be actively engaged in care and supervision and simultaneously participate in training

*Q. What are the requirements for self-study training?*

- A. Some self-study training packages are already automatically approved and some must be reviewed by the department.
1. Self-study training packages provided by the following organizations are approved:
    - DHS child care licensing consultants
    - Iowa State University Extension
    - Child Care Resource & Referral (CCR&R) agencies
  2. Other training organizations may submit self-study training packages to the department for review. A list of approved training is available on the DHS website at [http://www.dhs.iowa.gov/Consumers/Child\\_Care/Professional\\_Development.html](http://www.dhs.iowa.gov/Consumers/Child_Care/Professional_Development.html).

*Q. What are the requirements for all approved training (both group setting and self-study)?*

1. Instruction consistent with
  - a. Iowa child care regulatory standards
  - b. Iowa Early Learning Standards
  - c. Philosophy of developmentally appropriate practice, as defined by the National Association for the Education of Young Children, the Program for Infant Toddler Care (PITC), and the National Health & Safety Performance Standards
2. Content equal to at least one contact hour of training
3. An opportunity for ongoing interaction and timely feedback including questions and answers within the contact hours if training is delivered in a group setting
4. A certificate of training for each participant that includes:
  - a. Name of participant
  - b. Title of training
  - c. Dates of training
  - d. CDA content area addressed
  - e. Name of the training organization
  - f. Name of the instructor
  - g. Number of contact hours
  - h. Indication of whether the training was delivered through self-study or in a group setting

# *Child Care RESOURCE and Referral: You Know, That Place That Offers Classes*

Whatever you call us; Child Care Resource & Referral (CCR&R) has many resources to offer child care providers and programs. Although partially funded by the Iowa Department of Human Services (DHS), and partners in improving the quality of child care, CCR&R plays a very different role in the child care field from DHS.

The Department of Human Services (DHS) regulates child care programs according to registration guidelines for Child Development Home Providers and licensing standards for center based child care programs. DHS administrative rules for home registration and center licensing are the regulatory requirements set by policy makers in the Iowa Legislature. DHS also manages the Iowa Quality Rating System, reviews applications and awards the points that determine the level of quality achieved.

Child Care Resource & Referral supports providers and programs in meeting regulatory requirements and making quality improvements.

CCR&R provides training opportunities to assist child care providers and programs in meeting DHS regulatory requirements. Last year 3,354 individual participants attended CCR&R-sponsored trainings 11,075 times.

CCR&R provides technical assistance primarily by phone and email answering questions and directing child care providers to available resources. CCR&R provided technical assistance 11,295 times last year.

CCR&R consultants, including child care home, center, infant toddler and nurse consultants provide on site consultation visits. 2,724 on site consultations were provided to child care homes and centers last year.

Through training, technical assistance and on site consultation, CCR&R provides support while working through the quality improvement process to apply for a Quality Rating System (QRS) rating. The CCR&R Quality Rating Specialist worked with 136 programs, providing technical assistance, referring programs to additional resources and consultants, and reviewing QRS applications. 112 programs received QRS ratings.

CCR&R assists child care providers and programs in marketing by referring parents looking for child care referrals to programs that meet the family's needs.

Child Care Resource and Referral:  
Lending you a helping hand.

## *Attention Child Care Center Directors!*

Iowa Program for Infant Toddler Care (IA PITC)  
Academy for Center Directors

The Iowa Child Care Resource & Referral (CCR&R) Network is developing a new Academy for child-care center directors, board members and owners; Early Head Start directors; and school-based infant toddler program administrators. The purpose of this three-day academy is to introduce directors and administrators to the IA PITC philosophy of care and support services available programs strive to continually improve the quality of infant toddler care. The first Academy will be offered July 28-30, 2009 at the Gateway Hotel in Ames. More information will be coming soon! Funding for this event is provided by the Iowa Department of Human Services through the Child Care Development Fund.

## *Save the date!*

Saturday, March 28th 2009 will be the official kick-off celebration for the new Program for Infant Toddler Care Graduate Network! Plan to come for a day of celebration, information and the first of many networking opportunities for you, and caregivers like you, who have completed the PITC training. Training credit will be given.



**CCR&R of Central Iowa**  
Serving Polk, Jasper, Dallas, Marion,  
Marshall, Madison, Warren, Story  
Boone & Hardin counties  
808 Fifth Ave.  
Des Moines, IA 50309  
515-246-3560/800-722-7619  
[www.centraliowachildcare.org](http://www.centraliowachildcare.org)

**Center for Child Care Resources**  
Serving Story, Hardin & Boone  
counties  
100 University Village  
Ames, IA 50010  
515-294-8833/800-437-8599

**Center for Child Care Resources -  
Boone County Office/Family  
Empowerment Center**  
724 8th Street  
Boone, IA 50036  
515-432-6034 x6

**CCR&R of Dallas County**  
ISU Extension  
28059 Fairground Road  
Adel, IA 50003-4406  
515-993-3813/515-480-7622

**Center for Child Care Resources -  
Hardin County Office**  
503 1/2 Washington Ave.  
Iowa Falls, IA 50126  
641-648-4201/800-437-8599

**CCR&R of Jasper County**  
ISU Extension  
550 N 2nd Avenue West  
Newton, IA 50208  
641-792-6433/800-711-7081

**CCR&R of Madison County**  
106 W. Green Street  
Winterset, IA 50273  
515-462-9452

**CCR&R of Marion County**  
Crossroads of Pella  
712 Union Street  
Pella, IA 50219  
641-628-1212/888-322-6299

**CCR&R of Marshall County**  
Mid-Iowa Community Action, Inc.  
1001 South 18th Avenue  
Marshalltown, IA 50158  
641-752-7162

**CCR&R of Warren County**  
ISU Extension  
909 E. 2nd Avenue, Suite E  
Indianola, IA 50125  
515-961-5067

**Orchard Place**  
Child Guidance Center/CCR&R  
808 5th Avenue  
Des Moines, Iowa 50309

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The Professional Development Connection (PDC) is a bi-monthly publication of Iowa Child Care Resource & Referral for child care providers of all types in Polk, Story, Boone, Dallas, Hardin, Jasper, Madison, Marion, Marshall & Warren counties. Questions about information in the PDC should be directed to your local CCR&R office. Training details printed in the PDC may be subject to change in the event of host location change, trainer emergency, and/or severe weather warning. For up-to-date training postings and locations, please visit the CCR&R website training calendar at [www.centraliowachildcare.org](http://www.centraliowachildcare.org).

## ***Congratulations to the most recent central Iowa Programs to achieve a level in the QRS***



### **Level 1**

DeeAnn Coggeshall-Maly, Urbandale

### **Level 2**

Heather Armstrong, Perry  
Emily Block, Marshalltown  
Diana Brown, Des Moines  
Amanda Christiansen, Urbandale  
Noah's Ark Preschool, Perry  
Diana Smith, Des Moines

### **Level 3**

Julia Moats, Des Moines  
Stacey Schakel, Pella  
Elvida Rahic Skoplijakovic, West Des Moines  
Sonshine Preschool, Marshalltown  
United Community School, Boone

### **Level 4**

Kelly Ethell, Altoona  
Kim Richman, Des Moines  
Tiny Treasures Lutheran Preschool, Urbandale

### **Level 5**

Apple Tree Children's Center, Clive  
Kim Smith, Marshalltown

## **Child Care Providers Together Union Information**

The AFSCME- Child care providers Union, Chapter 4, meets the 3rd Monday of each month at Union Park Methodist Church, 2305 East 12th Street right on the corner of East 12th and Guthrie, 6:00-6:30 p.m. - Good & Welfare (Social), 6:30-8:00 p.m. - General meeting. Everyone is welcome to come. For more information call 515-246-1517 or 1-800-372-6054