

# Professional Development

November/December  
2008

Education opportunities and resources for  
early care and education professionals



# Connection

## *Facts about Childhood LEAD Poisoning*

### **How often should a child be tested for lead poisoning?**

It's important to get a child's blood lead level tested at least once a year until they are six years old. Many children have normal blood lead levels at 6-12 months of age. However, these same children may become lead-poisoned when they are older and more active.

### **Do Iowa children need to have a blood lead test before they start kindergarten?**

Yes, beginning in the fall of 2008, all Iowa children must have proof of a blood lead test before starting kindergarten, or as soon after that as the parents are notified that the child needs a test.

### **If a child has already been tested for lead poisoning at the age of 2 years, is another test needed? Does a copy of a child's blood lead test need to be reported to the school?**

No, if the Iowa Department of Public Health (IDPH) has a record of the test, a child does not need another test. Physicians and laboratories report all tests to IDPH. IDPH will notify parents and a school if they do not have a record of a child's lead test.

### **How do children become lead-poisoned?**

Children become lead-poisoned if they:

- Put lead-based paint chips in their mouths.
- Put dusty or dirty hands, toys, bottles, or pacifiers in their mouths.
- Chew on surfaces painted with lead-based paint.
- Play in dirt or a sandbox near an old building or where an old building was torn down.
- Breathe in dust from lead-based paint that is being sanded, scraped, or removed with a heat gun.

Lead poisoning is usually caused by lead-based paint found in homes built before 1960. About 60% of the homes in Iowa in both urban and rural areas were built before 1960.

### **How common is lead poisoning?**

Lead poisoning affects 1 in 14 Iowa children. This is four times the national average.

### **Could a child in your care be lead-poisoned?**

Yes — most children with lead poisoning do not look sick. Lead-poisoned children may:

- Be easily excited.
- Have problems paying attention.
- Complain of stomach aches and headaches.
- Be more tired than usual.

Lead-poisoned children may have learning problems when they start school. Children with very high lead levels may have severe brain damage or even die. The only way to tell if a child is lead-poisoned is to have their blood tested by a health care professional.

### **Where can I get more information?**

For more information about lead poisoning and how you can protect children, contact: Iowa Department of Public Health (800-972-2026 or 515-281-3479), Local Childhood Lead Poisoning Prevention Programs, or Local Public Health Offices.

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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, December 2 • 7:00-8:30p • CCR&R of Dallas County, 28059 Fairground Rd.

**Ames:** Wednesday, November 5 *OR* January 7 • 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:** Saturday, November 8 • 9:00-11:00a • *OR* Tuesday, December 9 • 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, November 18 • 7:00-8:30p • *OR* Thursday, December 18 • 12:30-2:00p • Mid Iowa Community Action, 1001 S 18th Ave.

**Newton:** Monday, November 24 *OR* December 15 • 6:00-8:00p • Jasper County ISU Extension, 550 N 2nd Ave. W

**Perry:** Monday, November 3 • 6:30-8:00p • Perry Public Library, 2nd and Willis

**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	Boone Tuesdays Inst: Morken	Des Moines I Saturdays Inst: Tapscott	Des Moines II Thursdays Inst: Bormann	Des Moines III Wednesdays Inst: McKenzie	Marshalltown Tuesdays Inst: Smith	Newton Tuesdays Inst: Brassfield
1	A More Professional You	Sept. 29	Sept. 23	Sept. 20	Oct. 9	Nov. 12	Oct. 21	Sept. 16
2	Creative Learning Spaces	Oct. 6	Sept. 30	Sept. 27	Oct. 16	Nov. 19	Oct. 28	Sept. 23
3	The Growing Child	Oct. 13	Oct. 7	Oct. 4	Oct. 23	Dec. 3	Nov. 18	Sept. 30
4	Activities for Early Learning	Oct. 20	Oct. 14	Oct. 18	Nov. 13	Dec. 10	Nov. 25	Oct. 7
5	Keeping the Peace	Oct. 27	Oct. 21	Nov. 1	Nov. 20	Dec. 17	Dec. 2	Oct. 14
6	It's Your Business	Nov. 3	Oct. 28	Nov. 8	Dec. 4	Jan. 7	Dec. 16	Oct. 21
7	Reducing the Health Risks	Nov. 10	Nov. 4	Nov. 15	Dec. 11	Jan. 14	Jan. 6	Oct. 28
8	What's Cooking?	Nov. 17	Nov. 11	Nov. 22	Dec. 18	Jan. 21	Jan. 20	Nov. 4
9	We All Belong	Nov. 24	Nov. 18	Dec. 6	Jan. 8	Jan. 28	Feb. 3	Nov. 11
10	Invest in Yourself	Dec. 1	Nov. 25	Dec. 13	Jan. 15	Feb. 4	Feb. 17	Nov. 18

**Adel:** 6:30-9:00p • CCR&R of Dallas County, 28059 Fairground Rd. • \$10 fee • Instructor: ChildNet Certified Provider Sharon Prunty

**Boone:** 6:3-9:00p • Family Empowerment Center, 724 8th St. • \$10 fee • Instructor: Stacie Morken

**Des Moines I:** 8:30-11:00a • 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 Avenue • \$10 fee • Instructor: Early Childhood Educator Tammy Bormann

**Des Moines III:** 6:30-9:00p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$10 fee • Instructor: Early Childhood Educator Katie McKenzie

**Marshalltown:** 6:30-9:00p • Mid Iowa Community Action, 1001 S 18th Ave • \$5 fee • Instructor: Kimala Smith, ChildNet trainer

**Newton:** 6:30-9:00p • Newton DMACC, 600 N 2nd Ave W • Instructor: Professional Child Care Provider, Deb Brassfield

## 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.

*Ames  
Mondays*

Session 1: Beginning with FCCERS	Nov. 3
Session 2: Speaking the language of FCCERS-R	Nov. 10
Session 3: Practice with a purpose	Nov. 17
Session 4: Making FCCERS-R Work for me	Nov. 24

**Ames:** 6:30-8:30p • Mary Greeley Medical Center, 1111 Duff Avenue, Conference Room C • Instructor: Sharon Mays • NOTE: If you are not from Story County, please call the CCR office at 515-294-8833 or 800-437-8599 to register and pay for the class materials.

## PITC Module One: Social-Emotional Growth and Socialization

All children need safe and secure care that supports their developing self-knowledge, self-control, self-esteem and respect for the feelings and rights of others. Healthy social-emotional development is the foundation for all other learning and is built through nurturing relationships with important adults in their lives.

*Iowa Falls  
Wed. & Sat.*      *Perry  
Thursdays*

Getting In Tune	Nov. 19	Nov. 6
Temperaments	Dec. 3	Nov. 13
Social-Emotional Milestones	Dec. 6	Nov. 20
Understanding Children's Behavior	Dec. 6	Dec. 4
Guidance & Discipline	Dec. 6	Dec. 11

**Iowa Falls:** 6:30-8:30p (Nov. 19 & Dec. 3) 8:30a-2:30p (Dec. 6) • CCR Office, 503<sup>1</sup>/<sub>2</sub> Washington Ave. • \$5 fee • Instructor: PITC Trainer Tara McGrath

**Perry:** 7:00-9:00p • Stork's Nest, 1216 Willis Ave. • \$5 fee • Instructor: PITC Certified Instructor, Tammy Engebretson

## 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.

*Des Moines  
Mondays*      *Eldora  
Wed. & Sat.*

Routine as Curriculum	Nov. 17	Dec. 10
Primary Care/Continuity of Care	Nov. 24	Dec. 13
Environments I	Dec. 1	Dec. 13
Environments II	Dec. 8	Dec. 13
Respectful Care	Dec. 15	Dec. 17

**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

**Eldora:** 6:30-8:30p • Eldora Childrens' Center, 1111 10th St. • \$5 fee • Instructor: PITC Trainer Tara McGrath

## 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*  
Mondays

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

**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

## 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*      *Winterset*  
Mondays      Tues. & Thurs.

Culture, Family & Provider	Feb. 23	Nov. 6
Protective Urges	Mar. 2	Nov. 11
Harmonizing Cultural Diversity	Mar. 9	Nov. 13
Culturally Sensitive Response	Mar. 16	Nov. 18
Responsive Home Visitation	Mar. 23	Nov. 20

**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

**Winterset:** 7:00-9:00p • Farmers Merchant Bank, 101 W Jefferson St • Instructor: Sara Deppe

## Treat Kids and Vote



There's already a fall chill in the air and that means harvest time is here and this year's elections are around the corner on November 4th. Every Child Matters in Iowa has "Treat Kids and Vote" kits for organizations that serve children in Iowa. Every Child Matters is working with NACCRRRA - The National Association of Child Care Resource and Referral Agencies - in promoting a non-partisan educational campaign to encourage people to vote on election day, November 4th, or in the case of Iowa, participate in early voting currently under way.

Every Child Matters and NACCRRRA and other children's organizations are working long and hard to Get Out the Vote for Kids. Every Child Matters will supply any child care site, early childhood education program or afterschool program with "Treat Kids and Vote" bags, "Treat Kids and Vote Stickers" and a "Treat Kids and Vote" flyer. Contact [bmorelock@everychildmatters.org](mailto:bmorelock@everychildmatters.org) for the GOTV kits.

Let us know the number of kits your organization can commit to receiving and distributing.

## 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 for more information.

- Ames\*:** American Red Cross CPR • Monday, November 3 OR December 8 • 6:30-9:30p • CCR, 100 University Village • Instructor: Missy Sanow (Nov. 3rd), Jen VanRyswyk (Dec. 8)
- Ames\*:** First Aid • Wednesday, November 5 OR Tuesday, December 9 • 6:30-8:30p • Center for Child Care Resources, 100 University Village • Instructors: Missy Sanow (Nov 5th), Jen VanRyswk (Dec 9th)
- Huxley\*:** CPR • Thursday, November 6 • 6:30-9:30p • Whistle Stop Academy Daycare Center, 103 Campus Dr. • Instructor: Keri Guy
- Huxley\*:** First Aid • Thursday, November 13 • 6:30-8:30p • Whistle Stop Academy Day Care Center, 103 Campus Dr. • Instructor: Keri Guy

\* 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

**Boone:** CPR/1st Aid: October 14th. Contact Lou Greco at the Boone County Hospital for registration 515-433-8190.

**Indianola:** American Red Cross CPR/First Aid • Saturday, November 8 • 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 • Monday, November 10 • 6:00-10:00p • Warren County CCR&R, 909 East Second Ave. • \$15 fee for Warren County providers only

**Iowa Falls\*\*:** Adult CPR • Tuesday, November 4 • 6:00p • Ellsworth Municipal Hospital • \$25 fee • to register, call Julie Carolus at 641-648-7014

**Iowa Falls\*\*:** Infant/Child CPR • Tuesday, November 11 • 6:00p • Ellsworth Municipal Hospital • \$25 fee • to register, call Julie Carolus at 641-648-7014

**Iowa Falls\*\*:** Pediatric First Aid • Tuesday, November 18 • 6:00p • Ellsworth Municipal Hospital • \$25 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, November 8 • 8:30a-3:30p • Mid Iowa Community Action, 1001 S 18th Ave • \$10 fee

**Marshalltown:** First Aid Review • Wednesday, November 12 • 6:00-8:00p • Fisher Community Center, 709 S. Center St. • \$30 fee • register by calling the Red Cross office at 641-753-3317 or 1-877-792-3808

**Marshalltown:** CPR Review • Monday, December 1 • 6:00-9:00p • 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

**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, November 17 • 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, December 15 • 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

**Indianola:** Thursday, November 6 • 6:30-8:00p • Warren County CCRR, 909 East Second Ave. • \$5 fee

## 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, November 3 • 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, November 6 • 6:30-8:30p • Mary Greeley Medical Center Myers Auditorium, 1111 Duff Ave. • \$5 fee • Instructor: Becky Ellis, RN

**Des Moines:** Tuesday, December 2 • 6:30-8:30p • Virginia Thompson Auditorium, IMMC Education Center, 1200 Pleasant St. • \$5 fee • Instructor: Iowa Kimberly Groves, Department of Human Services

## Health, Safety & Nutrition

### SIDS, The Caregiver's Role

This course will focus on SIDS: Sudden Infant Death Syndrome and the caregiver's role.

**Altoona:** Wednesday, December 17 • 6:30 -8:30p • Altoona Public Library, 700 8th Street, SE • \$5 fee • Instructor: Bonnie Crady, RN, BSN, CCNC

## Silly Sally's Keeping Your Head Above Water

Do you know preschoolers laugh, on average, 400 times a day while adults merely chuckle 15 times a day? Life is full of things that bring people down. Sally will give participants some ideas that can be "LIFESAVERS" in their lives, including laughter. Sally will have participants smiling, laughing and thinking about how to add more laughter to their lives through MUSIC, ventriloquism, and many hands-on activities.

**Ankeny:** Tuesday, December 2 • 6:30-8:30p • Casey's General Store Child Development Center, 1 SE Convenience Blvd. • \$5 fee • Instructor: Sally Shaver, ECE Physical Fitness Instructor

## Silly Sally's Get Moving, Get Learning, Part Two

Sally will share the importance of games and locomotor activities on brain development for young children. She will discuss how children learn academic concepts through locomotor games. Come ready to participate and learn many activities that can be done right in your classroom.

**Des Moines:** Tuesday, November 11 • 6:30-8:30p • Bethany Reformed Church and Preschool, 720 NE 52nd Ave. • \$5 fee • Instructor: Sally Shaver, ECE Physical Fitness Instructor

## Making Family the Center of Your Child Care Program

Learn the definition and guiding principles of family-centered care to promote the health and well-being of the children and families you serve. Practical examples to incorporate and build family-professional partnerships into your child care setting will be given in a fun learning format.

**Des Moines:** Thursday, December 11 • 6:30-8:30p • Mercy, East Wing, Conference Room 1, 606 University Ave. • \$5 fee • Instructor: Jolene Vos, Child Life Specialist, Mercy

## Brushing Up on Dental Health Practices for Children

Join us for an interactive discussion on the practices, policies and procedures to address when teaching staff and children about oral health. Demonstration of best oral health practices and hands on exploration of best dental health practices will be included.

**Ankeny:** Thursday, November 20 • 6:30-8:30p • Casey's General Store Child Development Center, 1 SE Convenience Blvd. • Instructor: Bonnie Crady, RN, BSN, CCNC

## Zoonoses: Keeping Pets and Children Safe

Pets are an important part of many households and are often considered members of the family, but pets can be infected with a number of diseases, some of which (called zoonoses) can spread to humans. Children and other individuals can be especially at risk. Most of these diseases are avoidable when simple prevention measures, such as hygiene and cleaning and regular visits to your veterinarian, are used to reduce the risk. This training will

address some diseases that are of high risk to pets, as well as the people they are around and how you can prevent them.

**Ames:** Tuesday, November 11 • 6:30-8:30p • Center for Child Care Resources, 100 University Village • \$5 fee • Instructors: Bill Williams, DVM; Dr. Glenda Dvorak, Center for Food Security and Public Health, Iowa State University College of Veterinary Medicine

## Emergency Preparedness for Your Program: Is Child Care Ready?

With nearly 12 million children under the age of 5 in some kind of child care setting every week, ensuring children's safety while they are not with their parents is critical. In the aftermath of a disaster, children need to be safe and cared for and the community depends on child care facilities reopening as soon as possible.

What is your plan? Are you prepared? Come find out more.

**Indianola:** Monday, November 24 • 7:00-9:00p • Warren County Extension, 909 East Second Ave. • Instructor: Mahala Cox, Warren County, Emergency Management Coordinator

## Healthy Meals in a Hurry

Child care providers want to prepare healthy meals but the lack of time, unpredictable schedules, and lack of ideas prevents us from accomplishing this task. This session will provide time-saving freezer meal ideas and quick-to-fix recipes that are low cost and healthy. A new Extension publication that includes 14 healthy meals will be available to purchase for \$2.50. CACFP approved. 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, November 3 • 7:00-9:00p • Mid Iowa Community Action, 1001 S 18th Ave. • Instructor: Paulelda Gilbert, Nutrition and Health Specialist, ISU Extension

## Learning Experiences & Environment

### Better Kid Care: I Want! I Want! I Want!

Advertising captures children. Take a close look at what advertising doesn't want you to know. Learn the effects of marketing on children.

This ICN course will be held Thursday, December 4, 6:15-7:45p at the following locations:

**Adel:** CCR&R of Dallas County, 28059 Fairground Rd. • \$5 fee  
**Boone:** Boone County Extension Office, 603 Story St. • \$5 fee  
**Indianola:** Warren County CCRR, 909 East Second Ave.  
**Iowa Falls:** ISU-Hardin Co. Extension, 524 Lawler • \$5 fee  
**Nevada:** Story County Extension Office, 220 H Avenue • \$5 fee  
**Winterset:** Madison County Extension, 117 N First

## **IPTV Provider Book Club**

Participants will use Every Child Reads strategies to teach children new words and backgrounds; learn the importance in limiting the amount of time children use media and how to select and use the media as teaching tools. This training is a series of 8 monthly sessions. Participants will receive resources (i.e. books, handouts, etc.) at each session.

- Boone:** *Thursdays, November 13, February 12, March 12, April 9, May 14, June 11 • 6:45-8:15p • Family Empowerment Center, 724 8th St. • Instructor: Stephanie Smith*
- Indianola:** *November 3 • 6:30-8:00p • Indianola Library, 207 N B*
- McCallsburg:** *November 3, January 5, February 2, March 2, April 6 & May 4 • 6:30-7:45p • McCallsburg Elementary & Preschool, 400 Latrobe Ave*
- Newton:** *November 3, January 5 & February 2 • 6:30-8:00p Jasper County ISU Extension office, 550 N 2nd Ave. W*
- Story City:** *November 20, January 15, February 19, March 26, April 16, May 21 • 6:30-8:00p • Bertha Bartlett Library, 503 Broad St.*
- Winterset:** *November 6, December 4, January 8, February 5, March 5, April 2, May 7, June 4 • 6:30-8:00p • Methodist Church, 309 E Jefferson •*

## **Animals and Kids**

This training will cover information on teaching your kids how to care for pets, proper ways for children to approach animals and how to avoid bites. What does a person do to trigger bites? Learn ways to teach children to be gentle with animals. Learn to see the signs in children of what behaviors are not positive or are harmful to animals. Also learn how to help children cope with a loss of a pet. Everyone who preregisters will get a book or 2!

- Marshalltown:** *Monday, December 8 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: Melinda Beard*

## **Interactions With Children**

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### **How to Help a Grieving Child**

Hospice of Central Iowa will help those who work with young children work on issues dealing with grief.

- Knoxville:** *Tuesday, November 18 • 6:30-8:30p • Hospice of Central Iowa, 213 E Main • Instructor: Marci Witmer-Coen; Bereavement Counselor*

### **Guidance 101**

How do you handle disruptive behavior? Disruptive behavior can be challenging and can put a strain on you and the group. Join us and learn the "9 Alternative Strategies for Handling Disruptive Behavior" in addition to sharing other ideas for coping with disruptive behavior. Improve the learning environment for all children in your care! Kidz Kare meeting.

- Norwalk:** *Monday, November 17 • 6:45-8:15p • Christ Our Savior Lutheran Church, 515 Sunset Dr. • Instructor: Sherri Sciarrotta, Early Childhood Educator*

## **Music Studio Series**

Music and movement experiences are important to the young child's developing brain. Learn how to select and use music experiences with the children in your care, how music and movement enhance brain development and academic skill development, and how to select and incorporate music across your curriculum. Participants are NOT required to attend the full series.

- Altoona:** *Session 3: Enhancing Learning Through Music: Tuesday, November 18 • 6:30-8:30p • Altoona Public Library, 700 8th St. SE. • \$5 fee • Instructors: Moira Leu, Jennifer Senne, and Marsha Mezger, Early Childhood Music Education Specialists*

## **Child Growth and Development**

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### **Infants and Toddlers: A Whole New World**

This 3-part, 6 hour training series explores the growth and development of infants and toddlers (birth to 3 years old) along with the role of the caregiver in supporting and guiding positive interactions and equipping and maintaining the best environment for infant and toddler growth and development. Participants will learn tips and tricks for providing infants and toddlers with the best care through interactions, environment, and materials. Plan to register for and attend all 3 sessions. Credit for partial attendance will not be given.

- Des Moines:** *Mondays, December 1, 8 & 15 • 6:30-8:30p • Bethany Reformed Church and Preschool, 720 NE 52nd Ave. • \$5 fee • Instructor: Jenny Schreck, Infant and Toddler Specialist, CCR&R*

### **Nurturing Health Sexual Development for Early Childhood Program Administrators**

This class is intended for child care center and preschool directors, assistant directors or on-site supervisors.

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

## **Program Management**

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### **Organizing Child Development Home Business Records for TAXES**

Organizing your home child care business records can be a challenge. 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 helpful 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:** *Thursdays, November 6 & 13 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Roger Wisecup, CPA*

## New Staff Orientation Program

Looking for an effective way to train new staff? The New Staff Orientation (NSO) program is an exciting new curriculum offered by ISU Extension. Learn how to implement this on-site orientation curriculum which includes 15-minute video observations and lessons with director supervision and input. In the 30 unit curriculum, each lesson is designed to be easily completed by staff during nap time or other small blocks of time as staff/child ratios permit. Participants who attend the entire session receive the New Staff Orientation DVD with 30 video lessons and a workbook master, FREE. Earn: 1 point Iowa Quality Rating System for programs that fully implement this program, 6 hours National Administrator Credit (NAC), and 16 hours Iowa Department of Human Services training credit for staff that complete the NSO curriculum.

**West DM:** Friday, December 12 • 8:45a - 4:15p • St Francis of Assisi Preschool, 7075 Ashworth Rd. • Instructor: ISU Extension Families Field Specialist Sharon Mays

## Child Care Council, Inc: Beyond Business Basics

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. There is a \$5 fee per session for non-members. Call 515-246-3561 for details. This training is approved for NAC renewal training credit.

**West DM:** Session 3 - Tuesday, November 11 • 1:00-2:30p • West Des Moines United Methodist Church, 720 Grand Ave. • Instructor: Nancy Williams, Early Childhood Educator

## Business Contracts for Home Providers

The way you conduct your business results in your success or failure as a home child care business owner and operator. This workshop will give you practical information for developing or updating a child care home business contract as well as guidance in developing or updating policies and procedures about the way you conduct your business. Please bring a copy of your home business contract and/or policies for use during the class.

**Des Moines:** Saturday, November 15 OR December 13 • 9:00-11:00a • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: CCR&R Home Consultant, Jeannie Rist

## Time Management

Feeling like time is controlling you? A little overwhelmed? You're not alone. This training will give you tips on how to get that balance in life that everyone keeps talking about. The first step is figuring out how to control the way you spend your time.

**Marshalltown:** Wednesday, November 12 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$5 fee • Instructor: David Case

## Marketing Your Business: Scrapbooking

This class is designed to help in home providers find a fun and easy way to market their business to perspective clients. Bring photos of your child care business and information on your business.

**Pella:** Monday, December 8 • 6:30-8:30p • Crossroads of Pella, 712 Union • \$5 fee • Instructor: Brenda Huisman

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

This class will focus on the rules and regulations for owning and operating a child care or preschool business as well as opportunities available to child care professionals for education and career advancement. 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.

**Marshalltown:** Thursdays, November 6 & 20 • 6:30-8:30p • Iowa Valley Continuing Education, 3702 S. Center Street (Nov. 6) • Mid Iowa Community Action, 1001 S 18th Ave. (Nov. 20) • \$5 fee • Instructor: Matt Tapscott, C.D.H. Provider/CCPT

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

This class will focus on improving your child care program business practices, how to review, select, and work toward goals for your child care program, and techniques for successfully promoting and advertising your 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.

**Marshalltown:** Thursdays, December 4, 11 & 18 • 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: Creating Family Partnerships and PEACE

PEACE (Policy Enhancement Contract Enforcement) will focus on policy development. Plan to register for and attend both sessions of this 2-part series in order to receive training credit.

**Des Moines:** Wednesdays, November 5 & 12 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Matthew Tapscott

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

Making a Difference with Advocacy 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

**Des Moines:** Wednesdays, December 3 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Matthew Tapscott

## Families & Communities

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### Know Your Resources: Early ACCESS

Do you have questions or concerns about a child's development? Not sure what to do? Come and learn about Early ACCESS and how it can help to provide services and support to children and families. Get ideas on how to talk with families about these questions or concerns and how to make a referral and become a part of their support network.

**Iowa Falls:** Tuesday, November 11 • 6:30-8:30p • CCR Office, 503 1/2 Washington Ave. • \$5 fee • Instructors: Margie Jensen & Gina Greene, Early ACCESS Coordinators

### 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, December 16 • 6:30-8:30p • Center for Child Care Resources, 503 1/2 Washington Ave • \$5 fee • Instructor: Wendy Valentine, Prevention Specialist

## Iowa DHS-Approved Self Study 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. Child care providers may also use the home-study courses for their CDA (Child Development Associate Credential). 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. CDEA promotes high standards of educational excellence within Christ-centered child care, kindergarten, and preschool programs.

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

Eager-to-Learn is an innovative, community based on line training service sponsoring training in a variety of settings including group settings. The service is 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)

Online mini-course specially designed for child care providers. 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. This three week-long course was developed by the Department of Nutrition at the University of Massachusetts-Amherst & UMass Extension NEP Food Safety Education Program in collaboration with and support from the Massachusetts Department of Education (MADOE).

### 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). There will be a minimal charge for processing your paperwork. Contact Mark Shour with questions or for detailed information ([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. You will have two weeks to complete the course on your own time.

### 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. Information from the Department of Education, the latest on Quality Preschool Program Standards, Early Learning Standards, Statewide Voluntary Four Year Old Preschool, and Early Childhood Special Education issues will be shared. You'll also receive notices of early childhood professional development activities (training, conferences, meetings) and Early Childhood Principal Network meetings. If you have (or want to have) a preschool program and don't know how to keep current, this could be your source. 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

You should then get an email asking you to confirm that you want to subscribe to the listserv

### Every Child Reads training series offered through Heartland AEA 11

Ankeny: October 2-December 4. To register and/or for more information go to the Heartland AEA 11 website: [www.aea11.k12.ia.us](http://www.aea11.k12.ia.us)

## **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 child care center classrooms, child development/family child care homes, and preschool programs.

## **Conferences**

### **Iowa Early Childhood Congress**

February 10 & 11, 2009

Airport Holiday Inn, Des Moines

February 12 - Day on the Hill

## **New Statewide Training Registry**

The Iowa Department of Human Services has announced that the statewide Training Registry will be ready for use in 2009. All registrations for early care and education training approved by DHS will be transitioned to the statewide Training Registry. More information will be coming from DHS as plans for training on the new system are finalized.

## ***Entrenamiento en Español***

### **CPR, Ruptura de almuerzo, First Aid**

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 válida por dos años.

*Noviembre 1 • 8:00a-3:30p: 8:00-12:00 CPR, 12:00 Ruptura de almuerzo, 12:30-3:30 First Aid • \$20 • Hispanic Educational Resources, 828 Scott Ave.*

### **Programa para Cuidado de Niño Infantil (PTC)**

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.

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

### **Contratos y Mantenimiento de Record de Negocio**

Instrucion de contratos y mantenimiento de records de negocios de cuidar ninos. Mas informacion pronto....

*Marshalltown: Tuesday, November 25 • 6:30-8:30p • Mid Iowa Community Action, 1001 S 18th Ave. • \$4 fee • Instructor: Allison Vaughn, CCR&R Coordinator*

### **Nuevo Registro de Entrenamiento de Todo el Estado**

El Iowa Department of Human Services ha anunciado que un nuevo Registro de Entrenamiento de todo el estado estará listo para su uso en el 2009. Todos los registros para entrenamientos de cuidado y educación temprana aprobados por DHS serán transicionados al Registro de Entrenamiento de todo el estado. Estaremos recibiendo más información de DHS sobre los planes de entrenamiento en el nuevo sistema una vez que estos sean finalizados.

*Maria González, Especialista de Padres Latinos y Proveedora 246-3565*

Para interpretación y recursos en español, Maria asistirá CCR&R para proporcionar servicios a familias de habla español y proveedoras. Maria trabajará con padres para proporcionar remisiones a programas de cuidado de los niños para tener acceso a servicios de proveedora disponibles

Maria también asistirá a proveedoras con servicios incluso el reclutamiento a Reuniones de Información, registradas para la formación, que trabaja con el Cuidado de los Niños. También asesorar cuando hace visitas en casa. Asistiendo a proveedoras en hacerse certificadas, y proporcionar la información para ayudar a subvenciones de acceso de proveedoras y otros recursos. Maria también asistirá a proveedoras con servicios incluso el reclutamiento a Reuniones de Información, registradas para la formación, que trabaja con el Cuidado de los Niños. También asesorar cuando hace visitas en casa. Asistiendo a proveedoras en hacerse certificadas, y proporcionar la información para ayudar a subvenciones de acceso de proveedoras y otros recursos.

# Información sobre el envenenamiento Infantil de PLOMO

## ¿Qué tan frecuente debo revisar a mi niño para ver si tiene envenenamiento por plomo?

Es importante tener una prueba del nivel de plomo en la sangre del niño por lo menos una vez al año hasta la edad de seis años. Muchos niños tienen niveles normales de plomo en la sangre a los 6-12 meses. Sin embargo, estos mismo niños pueden sufrir de envenenamiento de plomo al ser mayores y más activos.

## ¿Necesitan los niños en Iowa tener una prueba de plomo en la sangre antes de comenzar el jardín de niños?

Sí, a partir del otoño del 2008, todos los niños en Iowa deben tener documentación de una prueba de plomo en la sangre antes de comenzar el jardín de niños, o pronto tras haber comenzado en cuanto los padres reciban notificación que su niño necesita la prueba.

## Si un niño ya ha sido revisado de tener envenenamiento de plomo a la edad de los 2 años, ¿es necesaria otra prueba? ¿Necesita reportarse a la escuela una copia de la prueba de plomo en la sangre del niño?

No, si el Iowa Department of Public Health (IDPH) tiene documentación sobre la prueba, el niño no necesita otra prueba. Los médicos y laboratorios reportan estas pruebas a IDPH. IDPH notificará a los padres y a la escuela si no se tiene documentación de una prueba de plomo del niño.

## ¿Cómo es que los niños se envenenan con plomo?

Los niños se envenenan con plomo si ellos:

- Ponen en su boca trozos de pintura basada en plomo.
- Ponen en su boca manos, juguetes, botellas o chupones que estén sucios o con polvo.
- Mastican superficies pintadas con pintura basada en plomo.
- Juegan en tierra o en una caja de arena cerca a un edificio viejo o en donde se ha derrumbado un edificio viejo.

- Respiran polvo de pintura basada en plomo que está siendo lijada, pelada o removida con una pistola de aire caliente.

El envenenamiento por plomo normalmente es causado por pintura basada en plomo que se encuentra en casas construidas antes de 1960. Cerca de 60% de las casas en Iowa tanto en áreas rurales como urbanas fueron construidas antes de 1960.

## ¿Qué tan común es el envenenamiento por plomo?

El envenenamiento por plomo afecta a 1 de cada 14 niños en Iowa. Esto es 4 veces más que el promedio nacional.

## ¿Puede sufrir de envenenamiento por plomo un niño bajo su cuidado?

Sí – la mayoría de los niños con envenenamiento por plomo no actúan enfermos. Los niños envenenados por plomo pueden:

- Estar emocionados de forma súbita.
- Tener problemas para poner atención.
- Quejarse de dolores de estómago y cabeza.
- Estar más cansados que lo normal.

Los niños envenenados por plomo pueden tener problemas de aprendizaje al comenzar la escuela. Los niños con niveles muy altos pueden sufrir de daño cerebral e incluso la muerte. La única forma de saber si un niño sufre de envenenamiento por plomo es haciendo pruebas de sangre con un profesional de cuidado de la salud.

## ¿Dónde puedo obtener más información?

Para más información sobre envenenamiento por plomo y cómo proteger a sus niños, contacte a: Iowa Department of Public Health 1 (800) 972-2026 o (515) 281-3479), Programas Locales de Prevención de Envenenamiento por Plomo Oficinas Locales de Salud Pública

### 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

*Flu is a serious contagious disease*

*Each year in the United States, on average:*

- *More than 200,000 people are hospitalized from flu complications.*
- *20,000 of those hospitalized are children younger than 5 years old.*
- *36,000 people die from flu.*

**Take action to protect yourself and your loved ones from the flu.**



# ***CDC Says “Take 3” Steps To Fight The Flu***

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza.

# 1

## ***Take time to get a flu vaccine.***

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 and older.
- People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.

# 2

## ***Take everyday preventive actions.***

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

# 3

## ***Take flu antiviral drugs if your doctor recommends them.***

- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-CDC-INFO.

# 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

## Dallas

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515-993-3813/515-480-7622

### Classes Scheduled in Perry

Did you see that the entire PITC series is being offered in Perry? We welcome a new trainer to the county for this series. You told us that classes specific to infants and toddlers are difficult to find. PITC classes focus on children birth to three years of age. Here is your opportunity! Register for the first Module - five classes beginning on November 6th. For information on stipends available for participants contact the Dallas County office.

### ERS Classes for QRS

ALL the Environmental Rating Scale series will be offered in Dallas County after the first of the year! Check out the training calendar for the dates. Classes are scheduled for home, infant/toddler, preschool, and school age providers. The fall ECERS class was full two months in advance. Plan to register early. These series will not be available right in the county every year.

### Calendar Keepers

All Dallas County registered child development home providers who regularly update their program information with CCR&R of Dallas County may receive a Calendar Keeper for free. You may pick one up when you attend one of our marvelous classes, or contact Carolyn at [carolynm@iastate.edu](mailto:carolynm@iastate.edu) or 993-3813, to make other arrangements.

### Yes, we are asking again!

Please help us to provide accurate information for parents needing child care referrals. To update your file, contact Angie at [angiep@iastate.edu](mailto:angiep@iastate.edu) or 993-3813. Take advantage of this free CCR&R advertisement service!

## Jasper

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641-792-6433/800-711-7081

### Resource Library

All Jasper County child development homes, centers and preschool programs can check out items from our new Resource Library. New items continue to be added, including additional infant items. Contact the Jasper County office for a complete list.

### Family Child Care Handbook

Have you received a copy of the revised Heartland Family Child Care Handbook by Iowa State University Extension? This handbook was formerly known as the Iowa Family Child Care Handbook, but has recently been revised and we have copies available in our office. This handbook is a great resource for home child care providers and includes a CD filled with sample forms. If you would like a copy of the new handbook, contact our office.

### 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.

### Child Care Nurse Consultant

Jean Ferguson, R.N. plays many roles in her position at Public Health. She is available to meet your needs any day of the work week, but the best days to reach her for your child care needs are Tuesdays and Thursdays. If you need to reach her on other days, please leave a message and she will return your phone call. You may reach Jean at 641-792-5086.

### Holiday Office Hours

Due to the holidays, our office will be closed on November 27 & 28 as well as December 25, 26 and January 1st. Limited staff will be available from December 29 through January 2.

# County Information

## Boone

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515-432-6034 x6

### Lending Library

The Lending Library will be open November 6 & 20, 5:00-7:30 p.m. December Lending Library hours will be December 11, 5:00-7:00 p.m. You can also access the Lending Library during office hours. Call in advance to ensure Stephanie will be there to assist you.

### 2009 Redleaf Calendar Keepers are HERE!

The cost is \$15.00. Stop by our office and get your copy today.

### Mark your Calendars

November 6: Child Development Home Network Meeting 6:45-8:45 p.m. at Family Empowerment Center

November 13: Provider Book Club

November 27 & 28: Boone Office Closed

December 9: Center and Preschool Director's Network Meeting 1:00-3:00 p.m. at Family Empowerment Center

December 25 & 26: Boone Office Closed

## Story

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515-294-8833/800-437-8599

### Mini Grants Available

The Story County Empowerment mini grants for this fiscal year are now available to licensed centers and preschools, as well as registered child development home providers who are working on the Quality Rating System (QRS). Contact Deborah at 515-294-8858 (centers/preschools) or Janelle at 515-294-7167 (registered child development homes) for more information regarding the grants and/or the QRS process.

### Save the Date

The annual Infant Toddler Seminar is scheduled for Saturday, January 24 at Mary Greeley Medical Center in Ames from 9:30 a.m.-4:30 p.m. The snow date is Saturday, January 31. In the following weeks, further details will be posted online at [www.centraliowachildcare.org](http://www.centraliowachildcare.org).

### Office Hours

Due to the Holidays, our office will be closed on November 27 & 28, December 25, and January 1. Limited staff will be available December 24 & 26. Normal office hours are Monday-Friday, 8:30 a.m.-5:00 p.m.

### Changes to Your Profile

If you have had any changes regarding your name, address, phone number(s), email, place of employment, or have had any demographic changes, please be sure to make the corrections at [www.centraliowachildcare.org](http://www.centraliowachildcare.org), using your QuickPass or email address. Contact our office if you need further assistance.

## Welcome

When you stop by our office, please be sure to introduce yourself to our new work-study student, Sarah. She will be there Thursdays and Fridays this fall. Ashley will also continue to have hours on Mondays, Tuesdays, and Fridays this fall.

### Parking Passes

If you're participating in a training located in our building, be sure to put a parking pass in the dashboard of your car. Passes are located either at the parking lot entrance in the plastic container on the brown and yellow parking lot sign or on the bench in the entryway.

### Home Consultant Services

Are you interested in becoming a registered home child care provider or are you needing one-on-one assistance in setting up your business and environment for quality child care? If so, contact Dawn Ling at 515-294-8839 or 800-437-8599 to receive support and/or assistance either by phone or personal visits to help you through the registration process.

### Professional Assistance

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

## 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.

### Lending Library Membership

The membership fee for the toys & equipment has DROPPED from \$20.00 to \$15.00! This membership is good through June 30, 2009. Contact the Hardin County CCR office to become a member!

### 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/mailling 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).

*Continued on p.15*

# County Information

## **The ERS's are coming!**

CCR Hardin County will be hosting TWO Environment Rating Scales series in the spring of 2009! Check our online training calendar for more details!

## **Dates to Remember**

The Hardin County CCR Office will be closed on November 27 & 28th and December 25th.

## **Warren & Madison**

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515-961-5067 & 515-462-9452

## **Update**

Remember to update your vacancy information at least quarterly. We love to hear from you.

## **Calendar Keepers**

2009 Calendar Keepers are available. Call our office today to reserve your copy.

## **Holiday Hours**

Office will be Closed November 27 & 28 and December 25 & 26.

## **ChildNet begins January 2009**

Check out [www.centraliowachildcare.org](http://www.centraliowachildcare.org) for dates.

## **Save the Date**

Warren County Empowerment Appreciation Reception - Tuesday, December 9 at Sportspage in Indianola. QRS recipients will be recognized.

## **Story Time**

Madison County Story Time is held in the at the Winterset Public Library on Wednesdays & Thursdays, 10:30-11:00 a.m. Held year-round, Story Time is designed for preschoolers (ages 3-5). Registration is not required. Thursday Story Time is a repeat of Wednesday.

## **Madison County Parent Education Project - Parents As Teachers**

The Parent Education Project (PEP) is a FREE home visiting program for pregnant women and parents with children ages birth through five who live in Madison County. Parent educators and parents work together to help children learn through play and interaction. Parents have opportunities to learn more about their children's growth and development. For more information contact: Sarah Anker, Certified Parent Educator, Family Support Center, Stork's Nest and Parents as Teachers, (515) 462-5182 or [sarah@familydirectionsiowa.org](mailto:sarah@familydirectionsiowa.org)

## **Marshall**

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641-752-7162

## **Lending Library Hours**

Mondays, November 3 & December 1 from 5:30-8:30 p.m. and by appointment - call Ruth at ext. 161.

## **Training**

Marshall Co. will be offering the entire Beyond Business Basics Training for a total of 32 hours. We will be doing so in several different series groupings. The first series will start in November and consist of 2 sessions (a total of 4 hours of training credit). The December series will consist of 3 sessions (a total of 6 hours of training credit). Online you can also find a series in January consisting of 2 sessions (a total of 4 hours of training credit) and another class of just 1 session (a total of 2 hours of training credit) in early February. Other series will start later in February. Series certificates will be given at the end of each series with full attendance at each series only. This Beyond Business Basics training is intended for child care center and preschool administrators AND child development/family child care home professionals.

## **Calendar Keepers are In**

Anyone attending a training can receive a free 2009 Calendar Keeper.

## **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.



**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

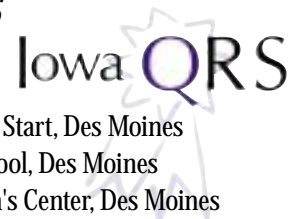
**CCR&R of Warren County**  
ISU Extension  
909 E. 2nd Avenue, Suite E  
Indianola, IA 50125  
515-961-5067

**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 2**

Kay Mary Kenkel, West Des Moines  
Sue Monroe, Des Moines  
Naomi Shimer, Des Moines  
Tiffany Briggs, Waukee  
Colleen Hampton, Knoxville  
Audrey Piltingsrud, Des Moines

### **Level 3**

Angela Davis, Lorimor  
Jessica Diaz, Newton  
Lacie Dykstra, Newton  
Patricia Danielson, Norwalk

### **Level 4**

River Woods Head Start, Des Moines  
St. Joseph's Preschool, Des Moines  
Xochipilli Children's Center, Des Moines

### **Level 5**

Howe Head Start, Des Moines  
Moulton Head Start, Des Moines  
Stuebaker Head Start, Des Moines  
ISU Child Development Lab School, Ames

*CCR&R of Central Iowa would like to say a special congratulations to **Jessica Cobb** for being the first Central Iowa Child Care Provider to apply for a QRS rating three times, increasing her level each time. Congratulations on achieving a Level 4 rating!*

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

The AFSCME - Child Care Providers Union, Chapter 4, meets the last Monday of each month at the AFSCME Office, 4320 NW Second Ave. Des Moines. For more information call: 515-246-1517 Or 1-800-372-6054

## **Información de la Unión de Proveedores de Cuidado Infantil**

La unión de AFSCME - Child Care Providers Union, Capítulo 4, se junta el último Lunes de cada mes en las oficinas de AFSCME, 4320 NW Second Ave. Des Moines. Para mayor información llame al: 515-246-1517 o al 1-800-372-6054