

Professional Development Connection

July/August 2008

Education opportunities and resources for early care and education professionals



Diversity...a new way of thinking

By Barb Merrill, Executive Director, Iowa AEYC

In our world of early childhood education in Iowa, sometimes we find ourselves moving in circles of people very much like ourselves. Many of us are female and grew up in the Midwest. We are people who care about others, and in particular children, so much that we are willing to forego careers that may pay much more, for much less effort and heartache. We love what we do!

We struggle to "raise up" our field, to offer the best for young children and their families while still addressing tough issues such as compensation for our field, higher program standards, assessment and school readiness, workforce diversity, and respectability for our profession.

I've recently been introduced to a book by Scott E. Page called *The Difference: How the Power of Diversity Creates Better Groups, Firms, Schools, and Societies*. While quite scientific, the premise of the book is simple: The collective wisdom of a group exceeds the sum of its parts. Progress and innovation may depend less on the brilliance of the leaders, than on a group of diverse people working together. Diversity and collaboration leads to superior outcomes.

How can we translate this into a plan for our work? We all have things we gather together as professionals to try to do - build and open a new child care program, organize a new Iowa AEYC chapter or professional support group, work with team members to brainstorm solutions for a child with special needs, implement a new initiative in your community, make decisions around locally available funding, plan an early childhood conference in our part of the state, etc. Lots of problems to solve and decisions to be made.

Gather people together who are diverse - maybe they are 20 or 30 years older (or younger!) than you are. While we usually think of diversity as differences in race, culture, ethnicity...or even gender - try to think more broadly, into diverse ways of thinking. Maybe they attended an east coast university, a midwest private

college, or no college at all. Maybe they work in public schools, or Head Start, or Empowerment, CCR&R, or child care centers or homes - or maybe they don't work in our field at all, but care about young children as a parent, church or business leader. These people come to the table with different perspectives. Think what diverse solutions they might have!

A wise woman told me once, "Bring your enemies to your meeting tables." While I don't pretend that most of us in early childhood education have lots of enemies (remember, we are nice people!), bringing professionals together who think differently than you do to help problem solve will give you different solutions to the problems - things you've never thought of before. As we've implemented T.E.A.C.H. in Iowa over the past five years, we've learned the most by talking to skeptics, to those who readily voice the perceived barriers and roadblocks - how can we overcome them if we don't know what they are? And don't the people with the problems often also have the solutions?

You do know the problems and the solutions, you have a voice that is valuable! Your way of thinking needs to be heard. Join with others in your communities and state-wide and let's continue to problem solve together to do what's best for young children and their families.

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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, August 5 • 7:00-8:30p • CCR&R of Dallas County, 28059 Fairground Rd.

Boone: Information Workshops are conducted on a one-on-one basis. Call 515-432-6034 to schedule an appointment.

Des Moines: Tuesday, July 22 *OR* Monday, August 11 • 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: Thursday, July 24 • 12:30-2:00p *OR* Friday, August 22 • 10:00-11:30a • Mid Iowa Community Action, 1001 S 18th Ave.

Newton: Monday, July 28 *OR* August 25 • 6:00-8:00p • Jasper County ISU Extension, 550 N 2nd Ave. W

Pella: Monday, July 7 • 6:00-8:00p • Crossroads of Pella, 712 Union

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	Des Moines Tuesdays Inst: McKenzie
1	A More Professional You	July 8
2	Creative Learning Spaces	July 15
3	The Growing Child	Aug. 5
4	Activities for Early Learning	Aug. 12
5	Keeping the Peace	Aug. 19
6	It's Your Business	Aug. 26
7	Reducing the Health Risks	Sept. 2
8	What's Cooking?	Sept. 9
9	We All Belong	Sept. 16
10	Invest in Yourself	Sept. 23

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

WHAT IS CHILDNET CERTIFICATION?

After completing all ten ChildNet modules, providers may choose to become ChildNet Certified. ChildNet certification increases the provider's marketability and potential profitability. Being ChildNet Certified is one of the Level 2 components of the Iowa Quality Rating System (QRS). Providers who achieve this level will receive a bonus at least every two years from the Iowa Department of Human Services. ChildNet Certification is also designated on parent referrals from CCR&R. Providers who want to take the next step in their professional development by becoming ChildNet Certified should contact their local CCR&R office for more information.

New Training Opportunity!

The Department of Human Services recently approved online training from *Eager To Learn* to meet child care training requirements in Iowa. *Eager-to-Learn* is an innovative, community based, e-learning program of the Minnesota Child Care Resource & Referral Network. Courses are designed into a multi-week, standard class format, utilizing message board discussions and weekly live chat discussions. Each week of the class will cover a lesson that includes selected readings that expand on and enhance the lesson, message board questions, live chat discussions and a wrap up email reflection. The *Eager-to-Learn* class format allows students to get an in-depth learning experience by fostering dialogue and relationship-building between instructor to student and student to student. Fees vary by class length. The fee for an 8 hour, 3 week course is \$30. For more information go to: www.eagertolearn.org

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.

- 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
- Boone:** CPR/1st Aid: July 15th and October 14th. Contact Lou Greco at the Boone County Hospital for registration 515-433-8190.
- Indianola:** American Red Cross CPR/First Aid • Saturday, July 12 • 9:00a-5:00p • Warren County CCR&R, 909 East Second Ave. • \$15 fee
- Indianola:** Monday, July 14 • 6:00-10:00p • Warren County CCR&R, 909 East Second Ave. • \$15 fee
- Iowa Falls:** Adult CPR • Tuesday, July 8 • 6:00p • Ellsworth Municipal Hospital • \$25 fee • to register, call Julie Carolus at 641-648-7014
- Iowa Falls:** Infant/Child CPR • Tuesday, July 15 • 6:00p • Ellsworth Municipal Hospital • \$25 fee • to register, call Julie Carolus at 641-648-7014
- Iowa Falls:** Pediatric First Aid • Tuesday, July 22 • 6:00p • Ellsworth Municipal Hospital • \$25 fee • to register, call Julie Carolus at 641-648-7014
- Marshalltown:** American Red Cross Adult, Infant & Child CPR & First Aid • Saturday, August 2 or Friday, August 15 • 9:00a-5:00p • Fisher Community Center, 709 S. Center St. • \$45 for CPR, \$30 for First Aid • register by calling the Red Cross office at 641-753-3317 or 1-877-792-3808
- Newton:** Infant, Child & Adult CPR • Saturday, July 19 • 9:00a-12:00p • Newton DMACC, 600 N 2nd Ave. W • \$20 fee, payable at the door • American Red Cross Instructor
- Newton:** First Aid • Saturday, July 19 • 1:00-3:00p • Newton DMACC, 600 N 2nd Ave. W • \$10 fee, payable at the door • American Red Cross Instructor

Universal Precautions/Exposure Control Planning

ICN Courses are being planned for July & August. Information was not available prior to the printing of this edition of the Professional Development Connection. Go to www.centraliowachildcare.org for a current listing.

Marshalltown: Tuesday, August 19 • 6:30-8:00p • Mid Iowa Community Action, 1001 S 18th Ave. • 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.

ICN Courses are being planned for July & August. Information was not available prior to the printing of this edition of the Professional Development Connection. Go to www.centraliowachildcare.org for a current listing.

- Des Moines:** Tuesday, August 5 • 6:30-8:30p • Virginia Thompson Auditorium, IMMC Education Center, 1200 Pleasant St. • \$5 fee • Instructor: Iowa Department of Human Services Kimberly Groves
- Iowa Falls:** Tuesday, August 19 • 12:30-2:30p • Ellsworth Community College, 1100 College Ave., McClure Hall Room 108 • \$20.00 fee • To register, call 1-800-284-4823 or 641-752-4645 • registration & payment must be made one week in advance
- Marshalltown:** Thursday, August 21 • 9:00-11:30a • Marshalltown CEC, Room 608 • \$20 fee • To register, contact IVCE: 641-752-4645 or 800-284-4823 or ivceinfo@iavalley.edu. Register and pay one week in advance.
- Warren Co.:** Tuesday, August 5 • 6:30-9:30p • Location: TBA • \$5 fee
- West DM:** Thursday, July 17 • 6:30-8:30p • Shepherd of the Valley Church, 3900 Ashworth Rd. • \$5 fee • Instructor: Iowa Department of Human Services Kimberly Groves

Health, Safety & Nutrition

123 Come Learn with Me: Nutrition Best Practices

Review best practices related to menu planning, recipe selection, food preparation and service in your child care program. Learn how to involve children in each step while you teach healthy life style choices.

Des Moines: Thursday, August 14 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Teri Ann Ellis, Early Childhood Educator

ABC's of a Healthy Meal

Have you ever stood in front of your refrigerator and wondered....."What am I going to feed the kids for lunch today?" If so, come join us to find out what makes a healthy meal. Topics covered will include: menu planning for healthy meals and snacks, ways to plan ahead, safe food preparation and storage, as well as age-appropriate meals and choking hazards. This workshop will meet the training requirement for the CACFP. Priority will be given to Jasper County providers on the food program.

Newton: Thursday, August 28 • 6:30-8:30p • Skiff Medical Center (Lower Inservice Room), 204 N 4th Ave E • Instructor: Registered Dietician Jenny Thompson

Learning Experiences & Environment

An Invitation for the Imagination: Handprints and Footprints

Explore the concept of creative learning with children in mind. This workshop will help you define and recognize the difference between the process and the product in children's art.

Altoona: Monday, July 14 • 6:30-8:30p • Altoona Public Library - 700 8th St. SE • Instructor: Nancy Williams, Early Childhood Educator • \$5 fee

123 Come Learn with Me: Fun with Food

Join us as we explore activities, materials and resources you can use with children to teach healthy food choices and an active, healthy lifestyle.

Des Moines: Thursday, July 24 • 6:30-8:30p • Meredith Drive Reform Church Preschool, 5128 NW Meredith Dr. • \$5 fee • Instructor: Teri Ann Ellis, Early Childhood Educator

123 Come Learn with Me: Discovery in Your Play Yard

Explore ways to take learning experiences for young children outdoors. Dress comfortably, this will be a hands-on training.

Des Moines: Thursday, August 7 • 6:30-8:30p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave. • \$5 fee • Instructor: Teri Ann Ellis, Early Childhood Educator

Interactions With Children

Music Studio Series: Sing a Song, Dance a Dance, Music Makes Learning Magical

Join this 3-part series and explore how the use of music through dance, song, rhythm and movement stimulates brain development in young children and increases the capacity for children to be successful readers and mathematicians. Bring a copy of your favorite song to share with the group. Training certificates will be given after each class session. Participants are NOT required to attend the full series.

Des Moines: *Dance and Sing:* Tuesday, July 1 • 6:30-8:30p • Bethany Reform Church and Preschool, 720 NE 52nd Ave. • \$5 fee • Instructors: Moira Leu, Jennifer Senne, and Marsha Mezger, Early Childhood Music Education Specialists

Des Moines: *Rhythm and Movement:* Tuesday, July 8 • 6:30-8:30p • Bethany Reform Church and Preschool, 720 NE 52nd Ave. • \$5 fee • Instructors: Moira Leu, Jennifer Senne, and Marsha Mezger, Early Childhood Music Education Specialists

Des Moines: *Why Music?* Tuesday, July 15 • 6:30-8:30p • Bethany Reform Church and Preschool, 720 NE 52nd Ave. • \$5 fee • Instructors: Moira Leu, Jennifer Senne, and Marsha Mezger, Early Childhood Music Education Specialists

123 Come Learn with Me: Dramatic Play

Join us as we explore the world of dramatic play. Learn how to select and set up dramatic play spaces. Learn how to observe children's play, when to step in, and when to add materials to expand the creative experience for children.

Altoona: Tuesday, July 29 • 6:30-8:30p • Altoona Public Library, 700 8th St. SE • \$5 fee • Instructor: Teri Ann Ellis, Early Childhood Educator

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!

Newton: Tuesday, August 5 • 6:30-8:30p • Newton DMACC, 600 N 2nd Ave W • Instructor: Sherri Sciarrotta, Early Childhood Educator

Program Management

Iowa Quality Rating System Working Meeting

This question and answer workshop is intended for providers who have an Iowa Quality Rating System (QRS) application and would like assistance completing it. Participants will have the opportunity to ask questions and receive assistance with the forms directly from Emily Way, Central Iowa CCR&R Quality Rating System Specialist. If you have not yet requested an application, but are interested in learning more about QRS, call Emily Way at 515-246-3592. **No training credit will be awarded for attending this session.**

Des Moines: Tuesday, July 1 • 6:30-8:00p • CCR&R at the Child Guidance Center (Orchard Place), 808 Fifth Ave.

Conferences

Are YOU Ready? Ready for children - our future

Iowa Association for the Education of Young Children 2008 Annual Conference, OCTOBER 10-11, 2008, Polk County Convention Complex, Des Moines. Featured speakers include:

Sue Russell, NAEYC president-elect

Lisa Murphy, The Ooey Gooley® Lady. To learn more about Lisa, check out her web site at www.ooeygoeey.com.

Jeff Johnson, Iowa's own nationally recognized author, speaker and child care provider. To learn more about Jeff, check out his web site at www.explorationearlylearning.com.

Enjoy over 100 workshops, plus exhibits and special events. If you wish to present a workshop, exhibit, or attend the conference go to www.iowaaeyc.org or email info@iowaaeyc.org for additional information.

County Information

Polk

New Opportunity for Polk County Child Care Home Providers

An emerging child care home provider association in Saydel invites you to join them at their next meeting on July 28, 7:00 p.m. at Cornell Elementary school. The Saydel area providers are planning a mini conference and association kick-off luncheon in October. For more information, call Joyce at Cornell Elementary: 244-8173.

Services for Families with Children Reacting to Flooding

For families concerned about their children's reaction to the flooding disaster, Child Guidance will provide an immediate (same day or within 24 hour) access to a therapist. Parents should call Child Guidance central number 515-244-2267, ask for *Intake* and say they are calling about their child's reaction to the flood. An appointment will be arranged at the Child Guidance location most convenient to the family (the Child Guidance main office at 808 5th Avenue or at local schools).

Interested in Earning a Child Development Credential (CDA) This Fall?

DMACC and TEACH are ready to assist you. Come learn about an exciting opportunity to earn a CDA, a nationally recognized early childhood credential. In addition, information will be provided on how to get started at DMACC and how to access TEACH scholarships to fund your education. To enroll, please attend this Informational Meeting: July 10, 6:30-8:00 p.m., Building 1, Room 107 at Des Moines Area Community College Urban Campus, 1100 7th St. Des Moines, Iowa 50314. For more information contact: Susan Hayes, TEACH Counseling Specialist at 515-331-8000, extension 13 or susan@iowaaec.org

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.

Summer Play & Learns - Where Play is the Work of Childhood

Fun activities for children 0-5 (older siblings welcome). Healthy snack provided. Each week, June 16th-August 8th, 9:30-11:00 a.m.

Mondays: Burke Park 601 E. University Ave (DSM)

Tuesdays: Ashfield Park 720 E. 19th St. (DSM)

Wednesdays: Legion Park 4th and Vine (WDM)

Thursdays: Union Park 725 Thompson Ave (DSM)

Fridays: Pete Crivaro Park 192 E. 14th St (DSM)

For more information call: Katie McKenzie 202-1838 or Melissa Nelson 280-3239

REACH FOR THE STARS: Quality Improvement Supports

Reach for the Stars incentives and grants will be available again on July 1. Remember, to be eligible for *new* Reach for the Stars incentives or grants, all original receipts for any approved purchases made with grant money must be turned in. **Grants maybe used for flood-related clean up, restoration and equipment replacement to meet health and safety standards.** For more information contact Kristie Vasey (Child Care Centers and Preschools) at 246-3551 or kvasey@orchardplace.org OR Wendy Sullivan (Child Development Homes) at 246-3559 or wsullivan@orchardplace.org

Dallas

Come to the Fair

Plan to save gas and come to a local fair! The Dallas County Fair will be held July 10-13. Come Thursday, July 10, 10:00 a.m.-3:00 p.m. for Day Care Day. In addition to the animals there will be activities and surprises for each child. All day care groups who RSVP to Jennie, 993-4281, jjh026@extension.iastate.edu, before July 4, can attend free. You can also visit the Dallas County ISU Extension web site for information, www.extension.iastate.edu/dallas/. See you at the fair!



Earn extra money for child care providers!

Lutheran Services in Iowa is pleased to offer a new Crisis Child Care Program in Dallas County for families needing short-term care for their children. Registered child development home providers are needed in Dallas County for this program to be successful! Providers will receive a stipend of \$3/hr for child care services rendered. This is a great opportunity to earn extra \$\$\$ as well as serve families in your community in a time of need. If you are interested or would like more information, contact Mandi, Crisis Child Care Caseworker, at 515-230-8955 or Mandi.Meserve@lsiowa.org.

Update – Update – Update

We are entering the time of year when more parents are looking for child care. Please contact Angie, angiep@iastate.edu or 993-3813 and she will update your vacancies. Take advantage of "free" CCR&R advertisement services for your program!

Did You Send in the Grant Receipts?

Are you enjoying you new grant purchases? Do you want to be eligible for future grant opportunities? You **MUST** send us your receipts! If you need them for tax purposes, we will be glad to return them to you. Thank you!

County Information

Boone

ChildNet Certified Provider!

Congratulations to Teresa Dawdy of Ogden for receiving her ChildNet Certification! If you would like information on ChildNet and how you too can become certified, contact Stephanie Smith 515-432-6034 ext 6 or stop by our Family Empowerment Center in Boone.

Boone County Child Development Homes

Our next Provider Networking Meeting will be July 29, 6:30-8:30 p.m. at the Family Empowerment Center.

Center and Preschool Directors

Child Care Center and Preschool Network Meeting will be July 29, 1:00-3:00 p.m. at the Family Empowerment Center.

Lending Library Hours

July 9th and 31st, August 7th and 21st from 5:00-7:30 p.m.. If you would like to access the library outside the lending library evening hours, contact Stephanie Smith at 515-432-6034 ext. 6. Remember our Lending Library also has videos and resource materials.

Upcoming Training!

ITERS-R: Infant/Toddler Environment Rating Scale

We are in the process of finalizing Boone County trainings for July and August. Please continue to check the training calendar on our website www.centraliowachildcare.org or you may contact Stephanie 515-432-6034 ext 6.

Office Closed

Boone Office will be CLOSED July 15-22. Should you need assistance during this time, contact the Ames office at 515-294-8833 or 1-800-437-8599 located at 100 University Village.

Hardin

A Friendly Reminder

We love it when you update with us! Please contact our office on a regular basis (monthly) to update your program information (vacancies, e-mail/ mailing address, new phone numbers, etc.). This can be done by calling Elizabeth at (641)648-4201 or Keri at 1-800-437-8599.



E-mail Address Change

Hardin County Provider Services Coordinator, Elizabeth Lemp, has a new e-mail address - elizabethlemp@qwestoffice.net.

Lending Library

The CCR Lending Library will continue to have extended hours on the 1st and 3rd Thursdays of every month from 4:30-7:00 p.m. New memberships and renewal memberships will begin July 1, 2008. Annual membership fee for toys & equipment is \$20.00, and is free for resources & videos.

Calendar Keepers

There are still a few 2008 Calendar Keepers available at a DISCOUNTED PRICE OF \$8.00! Contact Elizabeth to purchase one.

New Child Care Handbook

The ISU Extension Child Care Handbook is available at the Hardin County CCR office. This is an excellent resource for Child Development Homes. Contact Elizabeth to find out how to receive your copy.

Nurse Consultant Services

CCR of Hardin County has it's very own Child Care Nurse Consultant! You may contact Elaine Lawrence at (641)751-5050 or by e-mail at lawrencege@mchsi.com for questions concerning child care health and safety.

Home Consultant Services

Dawn Ling is CCR – Hardin County's Home Consultant. She can assist providers with the registration process and provide one-on-one assistance and support. You can contact Dawn at 1-800-437-8599 or dling@iastate.edu

Story

Lending Library

Are you and your children tired of playing with the same old toys each and everyday? If so, come visit our Lending Library! Our hours are Monday-Friday 8:30 am-4:30 pm, with extended hours the first and third Wednesday of each month from 4:30-7:00 pm. We have purchased a variety of new toys, so come see what we have for you and your program! We also have numerous resource books and training videos available as well!

Story County Infant Network Openings

Do you care for infants and toddlers? If so, then the Story County Infant Network could be for you! We currently have openings for providers interested in receiving support or training specific to caring for infants and toddlers. Contact Heather at 294-8823 or hgilroy@iastate.edu for more information and program requirements. This program is open to Story County residents only.

County Information

Jasper

Resource Library

CCR&R of Jasper County is now offering a Resource Library for all of Jasper County child care providers to enhance programming or offer variety for their children. Items available to check out from our office include Books for Beginners, CD's, resource books, theme kits, parachutes, Baby Signs Starter Kit, and many more. Contact the Jasper County office for a copy of the complete list, guidelines and check out procedures. We will continue to add items, so if you would like to see something added to the list, let us know.

Child Development Associate (CDA) Credential

DMACC plans to offer their fall CDA program at their Newton location. DMACC will offer a series of courses that will meet the 120 hour educational requirement necessary to apply for the CDA Credential. When students successfully complete the CDA coursework, they also earn ten DMACC credits. This program is a one-year commitment with students taking full-day Saturday classes 1-2 times per month. DMACC and TEACH are ready to assist you. Come learn about an exciting opportunity to earn a CDA, a nationally recognized early childhood credential. In addition information will be provided on how to get started at DMACC and how to access TEACH scholarships to fund your education. To enroll, please attend this Informational Meeting: July 21, 6:30-8:00 p.m., Des Moines Area Community College Newton Campus, 600 N. 2nd Ave., Room 251. For more information, contact: Susan Hayes, TEACH Counseling Specialist at 515-331-8000, extension 13 or susan@iowaaeyc.org

ChildNet Series

We will be offering the ChildNet Series in September instead of January. Maybe we will have better luck with the weather! If you are interested in taking the ChildNet Series, please contact our office. This will be the only ChildNet Series we will offer in Jasper County this fiscal year so mark your calendars.

Kids Day at the Fair



The Jasper County Fair is scheduled for July 18-24. Monday July 21st is Kids Day at the Fair. There will be crafts, hands-on activities, and of course, great food. All child care centers, home providers and school-aged programs are invited. Enjoy a "day out" at the fair.

Warren & Madison

CDA Earned

Congratulations to Michele McDaniel and Dawn Stonehocker of Earlham who received their CDA credential! They also were on the DMACC President's List.

Professional Membership and Professional Development Funds

Funds are available to providers interested in membership or conferences (NAEYC, NAFCC etc.). Contact Val at 515-961-5067 to see if you are eligible.

Fall education planning is under way.

Ideas or needs you have for professional development? Contact us today - 961-5067 or 462-9452.

Summer Field Trip Opportunity

Warren County Fair July 23-28

Madison County Fair July 16-20

Family Nutrition Program



The family nutrition program helps pregnant teens and families with young children provide nutritious food and encourage physical activity with their families. Families strengthen communication, decision - making and problem solving skills through the lessons. For more information call Madison County Extension at 462-1001.

Breastfeeding Support Group

Second and Fourth Thursday of the month at Family Rewards 1208 E 2nd St., Indianola. For more information, call Ashley 961-3153

Marshall

Limited Office Hours

We are offering only mandatory trainings during July and August. There will be limited office hours due to conferences and vacation schedules. You may leave a message for Ruth at ext. 161, Karin at ext. 118 or Allison at ext. 105, however our voice mail messages will indicate if we are out of the office and when we will return. You may ask for another extension if more timely assistance is needed.

Lending Library

July 7, 5:30-7:30 p.m.; August 4, 5:30-7:30 p.m.; September 8, 5:30-8:30 p.m. or call Ruth at ext. 161 to set an appointment.

Exposure to Unfriendly Critters

Karen M. Doughan, RN, BS
Regional Child Care Health Consultant

To quote the Iowa Department of Public Health's epidemiologists (specialists who study bacteria, viruses, parasites and other infecting agents), "Many of us will soon be digging the fans out of storage, turning on the air conditioning and heading to the pool, river, or lake. Unfortunately, spending time in the water with other people (or animals) increases our risk of exposure to some unfriendly critters that lab folks call 'protozoan parasites' such as *Cryptosporidium*, which causes Cryptosporidiosis (Crypto)."

Iowa and other states experienced outbreaks of Crypto last year and new cases are expected again this summer and fall. The following information has been published by the Center for Disease Control & Prevention (CDC) to guide our nation's rapidly expanding child care community on controlling this illness. Iowa public health professionals, including child care nurse consultants, plan to work together with the CDC to limit the spread of this infectious illness this summer by sharing information with you and by improving the awareness of parents on the current facts about Crypto.

Cryptosporidiosis is a gastrointestinal illness, caused by *Cryptosporidium*. This disease is a common cause of diarrhea in children, especially in child care settings. The usual symptom of cryptosporidiosis is watery diarrhea, which might be accompanied by stomach ache, nausea and vomiting, fever, and a general sick feeling. Healthy people who contract cryptosporidiosis almost always get better without any treatment, but treatment is available by prescription. An unusual feature of cryptosporidiosis is that some people seem to get better, then have the diarrhea return in a few days. Symptoms can come and go for up to 30 days, but usually subside in 1 to 2 weeks.

Because *Cryptosporidium* is in feces, bowel movement or stool, anything that gets contaminated by stool can potentially spread the parasite. As a result, this parasite can be spread directly from person-to-person through contact with contaminated objects (e.g., toys, hands, eating utensils), or by swallowing contaminated food or water (drinking and recreational) that contain the parasite. Cryptosporidiosis outbreaks in child care settings are most common during late summer/early fall (August/September) but can occur at any time. The risk for spread of Crypto is highest among children who are not toilet trained and for caregivers who change diapers and assist children with toileting.

Cryptosporidium is resistant to chlorine disinfection so it is more difficult to kill than most disease-causing organisms. The usual disinfectants, including most commonly used bleach solutions, have little effect on the *Cryptosporidium* parasite. Hydrogen peroxide is the best disinfectant to use when a health care provider has diagnosed someone in your child care program with this parasite. Do not switch to this disinfectant unless someone in your care has Crypto.

If an outbreak of diagnosed cryptosporidiosis occurs in your child-care setting:

- Contact your local CCNC for current information and assistance. Local public health communicable disease nurses may also contact you with information.
- Educate all staff and parents on Crypto facts
- Notify all parents of children who have been in direct contact with a child or an adult caregiver with diarrhea. Parents should contact their doctor if their child develops any diarrhea.
- Exclude any child or adult with diarrhea from the child care setting until the diarrhea has stopped. Children who are infected with *Cryptosporidium*, but who do not have diarrhea may be allowed to return.
- Terminate all water play or swimming activities (e.g., water tables, water-sprinkler activities, public pool outings). Water becomes easily contaminated by group use.

To prevent the spread of Crypto in your program, enforce frequent hand washing using a mild soap and running water with good hand washing technique for all children and adults. Alcohol gels and hand sanitizers do not kill Crypto; therefore these products are of little use in controlling an outbreak.

Focus on improving diapering/toileting practices. Separate all diaper changing and toileting areas from children's play spaces and from any food preparation areas. Ensure that children wear clothing over their diapers to reduce the opportunity for stool leakage. Wash the hands of the child and your hands, using friction for 20 seconds under running water following all diapering and toileting activities.

The CDC recommends the following procedure for child care centers with staff or children who have been diagnosed with Crypto:

Clean and disinfect tabletops, counters and highchairs after each use. Instead of a bleach solution, use a 3% hydrogen peroxide solution and let it sit on the surface for 20 minutes. No disinfectant is guaranteed to be completely effective against Crypto; however, 3% hydrogen peroxide is usually effective. Also disinfect bathrooms, diaper changing areas, and food preparation surfaces with this disinfectant daily. This solution is not for general disinfection in child care centers without this illness.

Washable toys should be cleaned following each child's use for mouth toys and at least twice daily for other toys. First clean the items with soap and water, then disinfected with the 3% hydrogen peroxide solution allowing exposure to the disinfectant for 20 minutes. Dishwasher-safe toys can be disinfected in a commercial dishwasher that has a dry cycle or a final rinse that exceeds 113°F for 20 minutes or 122°F for 5 minutes or 162°F for 1 minute. Cloth toys and items may be washed and heat-dried on the highest clothes dryer setting for 30 minutes.

Because *Cryptosporidium* is a reportable disease, you should notify your state or local county health department of excessive diarrhea in your child care program or of any Crypto infection diagnosed by a doctor. The Center for Acute Disease & Epidemiology at the Iowa Department of Public Health studies all cases of Crypto in Iowa, as well as all other infectious illnesses, in order to determine the possible origin, to improve treatment and to limit the spread of the infecting organism. You are our partners in notifying public health of infected persons and in preventing the spread of communicable illnesses. Your local CCNC can assist you in locating contact information to appropriately report Crypto illnesses.

(Source: Centers for Disease Control & Prevention, Atlanta, GA)

For more information and current fact sheets on Crypto go to:
www.cdc.gov/ncidod/dpd/parasites/Cryptosporidiosis/default.htm
www.idph.state.ia.us/adper/common/pdf/epifacts/Cryptosporidiosis.pdf

Resources for Dealing with Disasters

- Helping children after a disaster: <http://www.naeyc.org/families/disaster.asp>
- Discussing news with 3-7 Year olds: <http://www.naeyc.org/ece/1998/22.asp>
- When Disaster Strikes: <http://sales.naeyc.org/frnSearch.aspx>
- Recover and Rebuild: <http://www.fema.gov/rebuild/index.shtm>
- Resources for Parents and Teachers: <http://www.fema.gov/kids/teacher.htm>
- Resources to Help Cope with Natural and Other Disasters: <http://www.aap.org/new/disasterresources.htm>
- The National Association of School Psychologists:
http://www.nasponline.org/resources/crisis_safety/globaldisasters.pdf
http://www.nasponline.org/resources/crisis_safety/index.aspx
- ISU Extension has additional information at <http://www.extension.iastate.edu/disasterrecovery/>
- Iowa Concern Hotline at 1-800-447-1985. They have counselors and legal staff on hand, and can refer families to local organizations and agencies.

Risk Alerts: Recalled Products, Foods, and Medicines

Information on recalled products is found on the Consumer Product Safety Commission web site: <http://www.cpsc.gov>. For a full listing of The Food and Drug Administration warnings go to: <http://www.fda.gov/opacom/7alerts.html>

Healthy Child Care Iowa (www.idph.state.ia.us/hcci/recalls.asp) maintains a list of products that have a warning or have been recalled in the last six months by product category:

- Beds, Cribs, and Bedding
- Child Clothing, Shoes, and Accessories
- Equipment (including infant supplies/equipment)
- Food, Drug, Medicine Hazards and Recalls
- Furniture Related to Child Care
- Toys and Play Related Items

Exposición a Bichos No Amigables

Karen M. Doughan, RN, BS

Consultora de Salud de Cuidado Infantil Regional

Para citar a los epidemiólogos del Departamento de Salud Pública de Iowa (especialistas que estudian bacteria, virus, parásitos y otros agentes de infección), "Muchos de nosotros vamos a estar sacando los ventiladores, prender el aire acondicionado y vamos a meternos en albercas, ríos o lagos. Desafortunadamente, al pasar más tiempo en el agua con otras personas (o animales) aumenta el riesgo de estar expuestos a bichos no amigables que las personas del laboratorio llaman 'parásitos protozoan' tales como los *Cryptosporidium*, los cuales causan *Cryptosporidiosis* (Crypto)."

Iowa y otros estados han tenido brotes de Crypto el año pasado y se esperan nuevos casos nuevamente este verano y otoño. La siguiente información ha sido publicada por el Centro de Prevención y Control de Enfermedades (CDC) para guiar a la comunidad de cuidado infantil de esta nación que se encuentra en rápida expansión para que puedan controlar esta enfermedad. Los profesionales de salud pública de Iowa, incluyendo a las enfermeras consultoras de cuidado infantil, planean trabajar de forma conjunta con el CDC para limitar la propagación de esta enfermedad infecciosa este verano al compartir información con usted y al mejorar la conciencia de los padres sobre los hechos actuales de Crypto.

Cryptosporidiosis es una enfermedad gastrointestinal, causada por *Cryptosporidium*. Esta enfermedad es una causa común de diarrea en niños, especialmente en los entornos de cuidado infantil. El síntoma usual de *cryptosporidiosis* es diarrea líquida, la cual puede ser acompañada por dolor de estómago, náusea y vómito, fiebre y un sentimiento general de enfermedad. La gente saludable que contraen *cryptosporidiosis* casi siempre se mejora sin necesidad de un tratamiento, pero hay tratamiento disponible con una prescripción. Una característica inusual de *cryptosporidiosis* es que algunas personas parecen mejorar, después tienen diarrea nuevamente en algunos días. Los síntomas pueden ir y regresar hasta por 30 días, pero usualmente desaparecen en 1 o 2 semanas.

Debido a que el *Cryptosporidium* se encuentra en heces fecales, cualquier cosa que se contamina con heces fecales puede potencialmente propagar al parásito. Como resultado, este parásito puede ser propagado directamente de persona a persona a través del contacto con objetos contaminados (eje., juguetes, manos,

utensilios), o al tragar comida o agua contaminada (agua para tomar y de recreación) que contiene al parásito. Los brotes de *cryptosporidiosis* en los entornos de cuidado infantil son más comunes durante finales de verano y principios de otoño (Agosto/Septiembre) pero pueden ocurrir en cualquier momento. El riesgo de propagar Crypto es mayor entre los niños que no han sido entrenados para hacer del baño en la taza y para los cuidadores que cambian pañales y ayudan a los niños a ir al baño.

El *Cryptosporidium* es resistente a la desinfección con cloro por lo que resulta más difícil matarlo que a la mayoría de los organismos que causan enfermedades. Los desinfectantes usuales, incluyendo las soluciones de cloro más comúnmente usadas, tienen poco efecto en el parásito de *Cryptosporidium*. El peróxido de hidrógeno es el mejor desinfectante para usar cuando un proveedor de cuidado a la salud ha diagnosticado a alguien en su programa de cuidado infantil con este parásito. No use este desinfectante a menos que alguien en su cuidado tenga Crypto.

Si ocurre un brote de *cryptosporidiosis* en su programa de cuidado infantil:

- Contacte a su CCNC local para obtener ayuda y la información más reciente. Las enfermeras locales de salud pública de enfermedades contagiosas pueden también proveer información.
- Eduque a todo el personal y a los padres sobre Crypto
- Notifique a todos los padres de niños que han estado en contacto directo con un niño o un adulto con diarrea. Los padres deben contactar a su doctor si su niño presenta diarrea.
- Excluya a cualquier niño o adulto con diarrea del entorno de cuidado infantil hasta que la diarrea haya pasado. Los niños que tienen una infección de *Cryptosporidium*, pero que no presentan diarrea pueden regresar.
- Cancele cualquier actividad con agua o de nado (eje., mesas de agua, rociadores, visitas a albercas públicas). El agua se contamina fácilmente por el uso en grupo.

Para prevenir la propagación de Crypto en su programa, imponga el frecuente lavado de manos usando jabón y agua con una buena técnica de lavado de manos para todos los niños y adultos. Los geles de alcohol y

desinfectantes de manos no matan al Crypto; por lo tanto estos productos son poco útiles para controlar una propagación.

Enfóquese en mejorar las técnicas de cambio de pañales e ir al baño. Separe todas las áreas de cambio de pañales e ir al baño de los espacios de juego de los niños y de todas las áreas donde se prepara la comida. Asegúrese que todos los niños lleven ropa sobre sus pañales para reducir la oportunidad de que haya goteos de los pañales. Lave sus manos y las del niño usando fricción por 20 segundos bajo un chorro de agua tras cualquier actividad de cambio de pañales e ir al baño.

El CDC recomienda el siguiente procedimiento para los centros de cuidado infantil con personal o niños que han sido diagnosticados con Crypto:

Limpie y desinfecte las superficies incluyendo mesas y sillas altas para niños después de cada uso. En vez de una solución de cloro, use una solución de 3% de peróxido de hidrógeno y deje que se absorba en la superficie por 20 minutos. Ningún desinfectante es garantizado de ser completamente efectivo contra el Crypto; sin embargo, 3% de peróxido de hidrógeno normalmente es efectivo. También desinfecte baños, áreas de cambio de pañal y superficies para preparar comida con este desinfectante diariamente. Esta solución no es para una desinfección general en centros de cuidado infantil que no han presentado esta enfermedad.

Los juguetes lavables deben ser limpiados tras el uso de cada niño con su boca y por lo menos dos veces diarias para otros juguetes. Primero limpie los artículos con agua y jabón, después desinfecte con la solución de 3% de peróxido de

hidrógeno permitiendo exposición al desinfectante por 20 minutos. Los juguetes que pueden ser puestos en el lavatrastos pueden ser desinfectados en un lavatrastos comercial que tiene un ciclo de secado o un enjuague final que exceda los 113°F por 20 minutos o 122°F por 5 minutos o 162°F por 1 minuto. Los juguetes y artículos de tela pueden ser lavados y secados con calor en el ajuste más elevado de la secadora por 30 minutos.

Debido a que cryptosporidium es una enfermedad reportable, usted debe notificar a su departamento de salud del estado o condado local de diarrea excesiva en su programa de cuidado infantil o de cualquier infección de Crypto diagnosticada por un doctor. El

Center for Acute Disease & Epidemiology en el Iowa Department of Public Health estudia todos los casos de Crypto en Iowa, también como todas las demás enfermedades infecciosas, para poder determinar el origen posible, para mejorar el tratamiento y para limitar la propagación del organismo infeccioso. Ustedes son nuestras parejas para notificar a salud pública sobre las personas infectadas y para prevenir la propagación de enfermedades comunicables. Su CCNC local le puede ayudar a localizar la información para reportar apropiadamente las enfermedades de Crypto.

(Fuente: Centers for Disease Control & Prevention, Atlanta, GA)

Para mayor información y material con datos sobre Crypto vaya a:
www.cdc.gov/ncidod/dpd/parasites/Cryptosporidiosis/default.htm
www.idph.state.ia.us/adper/common/pdf/epifacts/Cryptosporidiosis.pdf

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



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

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

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808 5th Avenue
Des Moines, Iowa 50309

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

Level 1

Tiffany Ferneding, Ankeny

Level 2

Kim Bailey, Clive

Analilia Perez, Des Moines

Anita Morrill, Des Moines

Lil' Sprouts Mission, Woodward

New Beginnings Day Care and Preschool,
Madrid

Tiger Tots Community Child Care, Madrid

The Whistle Stop Academy, Huxley

Level 3

Tami Montgomery, Knoxville

Tiffany Warren, Otley

Pamela Newsome, Ames

Level 4

Evelyn Davis Early Learning Academy, Des
Moines

Jodi Ann Dishman, Indianola

Marshalltown Area Catholic School Child
Care/Preschool, Marshalltown

Level 5

Tanya Kitchen and Vickie Anderson, Des
Moines

