It’s Coming…Oregon Registry Online!

The Child Care Division is excited to announce an easy way to track and manage your professional development.

Beginning January 1, 2011, all people working in licensed certified child care facilities will send their training certificates to the Child Care Division. This means that if you work at a certified center or home you will mail your training certificates directly to the Child Care Division. If you are the provider in a registered family child care home you will continue to mail your certificates with your application and fee to the PO Box address in Portland. From there it will be sent to the Oregon Center for Career Development where your training will be verified and entered into your own personal professional development account. This personal account will provide you with a permanent record of all your training and education.

The Child Care Division will use this permanent record as documentation of your ongoing training requirements for licensing.

You can use this permanent record to help plan your own professional development and to document your increasing steps on the Oregon Registry.

Additional information and instructions will be included in your renewal packet starting in 2011. If you have questions when you receive your renewal packet, please call the Child Care Division Central Office at 503-947-1400 or 1-800-556-6616.

Or you can also call your Child Care Resource & Referral. In Clatsop and Tillamook counties call 503-325-1220 or 877-333-4960 and in Lincoln County call 541-265-2558.
## Upcoming Child Care Provider Trainings

### Recognizing & Reporting Child Abuse & Neglect
Open to child care providers, and early childhood professionals, this class is required for state registration, certification or to be a DHS Enhanced Provider. To register call 541-265-2558 or 800-603-2728 in Lincoln County, and 503-325-1220 or 877-333-4960 in Clatsop & Tillamook Counties.

#### Lincoln County Schedule
- Monday October 18 6:30—8:30 pm
- Monday November 15 6:30—8:30 pm
- Monday December 20 6:30—8:30 pm

#### Clatsop County Schedule
- Tuesday October 26 6—8 pm
- Tuesday November 23 6—8 pm
- Tuesday December 28 6—8 pm

#### Tillamook County Schedule
- Tuesday October 12 6—8 pm
- Thursday November 4 6—8 pm
- Thursday December 9 6—8 pm

### Child Care Provider Overview
Required to become a Registered Family Child Care Provider, this session covers rules and regulations, professional development, support agencies for providers, business information and the characteristics of quality care. To register call 541-265-2558 or 800-603-2728 in Lincoln County, and 503-325-1220 or 877-333-4960 in Clatsop & Tillamook Counties.

#### Lincoln County Schedule
- Tuesday October 26 1—4 pm
- Tuesday November 23 1—4 pm
- Tuesday December 28 1—4 pm

#### Clatsop County Schedule
- Tuesday October 5 6—9 pm
- Monday November 1 6—9 pm
- Tuesday December 7 6—9 pm

#### Tillamook County Schedule
- Thursday October 7 1—4 pm
- Thursday November 4 3—6 pm
- Thursday December 9 3—6 pm

### Food Handler Training
Take the Child Care Provider Food Handler test online at www.childcarefoodhandler.org. The cost is $10 after you pass the test. A self-study packet is also available from Family Care Connection. Payment of the $10 fee must be made when picking up your packet.

### Medix in Warrenton—Clatsop County
#### Infant/Child CPR and First Aid Review classes
Classes are held from 6—8 pm on the 2nd Wednesday of each month at Medix Ambulance Service, 2325 SE Dolphin Ave. Please call 503-861-5560 to register.

### Heartsaver Infant/Child CPR and First Aid
#### Tillamook County
For information on either full or review classes in Tillamook please call Carol White at 503-801-2879. Also for full classes you can call Mark Plummer at 503-842-4490 or for review classes you can call Joe Rogers at 503-809-9204 or 503-842-5595.

### Need more training?
Search the On-line Training Calendar
Child care providers can access information on trainings that are happening all over the state of Oregon. The on-line training calendar will let you search by county, as well as by training category and date. Check it out! www.oregonchildcaretraining.org
More Training Opportunities!

**American Red Cross**
**Infant/Child CPR and First Aid**

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<td>American Red Cross Office</td>
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Please call Red Cross at 541-265-7182 to register.

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<th>Clatsop County Schedule</th>
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**Infant/Child CPR**

Thursday October 14 6—10 pm

Call Red Cross for information about available

**Infant/Child CPR classes in November and December.**

Red Cross Clatsop Service Center Astoria

Call Red Cross at 503-325-4721 to register.

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**Early Literacy: Birth to Three**

This workshop is focused on language development of infants and toddlers and ways the caregiver can incorporate activities into the daily routine to foster growth. Participants will review appropriate use of materials that are readily available plus learn some new songs and finger-plays to engage young children. Participants will also gain basic knowledge of child development. Core Knowledge Category: Learning Environments & Curriculum.

**Tillamook County:**

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Trainer: Rochelle Coulombe
Location: OSU Extension Conference Room
2204 4th Street
Tillamook

**Clatsop County:**

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<td>October 19</td>
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Trainer: Rochelle Coulombe
Location: OSU Extension Conference Room
2001 Marine Drive Astoria

Registration is required. Please call 503-325-1220 or 877-333-4960 to register.

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**Anti-Bias Training—Lincoln County**

Children are aware very young that color, language, gender, and physical ability differences are connected with privilege and power. They learn by observing the differences and similarities among people and by absorbing the spoken and unspoken messages about those differences. Racism, sexism, and handicappism have a profound influence on their developing sense of self and others. Explore curriculum activities to promote understanding and appreciation for difference. Core Knowledge Category: Diversity.

**Saturday October 9 9am—12 pm**

**Inclusion—every child plays and learns—Lincoln County**

An inclusive education refers to centers of learning that are open to all children, and that ensure that all children learn and participate. For this to happen, teachers may need to change so that they can better accommodate the diversity of needs that pupils have so that they are included in all aspects of school-life. It also means identifying any barriers within and around the program that hinder learning and participation, and reducing or removing these barriers. Inclusion is a process of enabling all children, including previously excluded groups, to learn and participate effectively. We will play games and explore ways to make it easier for every child to participate in everyday activities. Core Knowledge Category: Special Needs.

**Saturday October 9 12:30—3:30pm**

Trainer: Ila Suzanne Gray
Location: OSU Extension Conference Room
29 SE 2nd Street Newport

Registration is required. Please call 541-265-2558 or 800-603-2728.

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Look for the Parent Line—Delicious and Nutritious: Helping Children Make Healthy Food Choices—which is enclosed with your newsletter. Please make copies and share with parents of children in your care!
More Trainings........

**Early Literacy: Three to Five**

This workshop is devoted to language development and those pre-reading skills important for school readiness. We will look at story exploring as a way to help young children develop skills in comprehension, prediction, drawing conclusions, identifying themes and connecting stories to experience. How to select and evaluate children’s books techniques for reading to small groups and ideas for vocabulary building will be included in this workshop. Core Knowledge Category: Learning Environments & Curriculum.

**Clatsop County:**

- **Tuesday November 9 6—8 pm**
  - Trainer: Rochelle Coulombe
  - Location: OSU Extension Conference Room 2001 Marine Drive Astoria

**Tillamook County:**

- **Tuesday November 16 6—8 pm**
  - Trainer: Rochelle Coulombe
  - Location: OSU Extension Conference Room 2204 4th Street Tillamook

Registration is required. Please call 503-325-1220 or 877-333-4960 to register.

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**Building Blocks of Social Emotional Development— Clatsop County**

**Building Block One: Building Positive Relationships**  Building Blocks trainings focus on children birth to six. You will explore topics including: secure attachments and positive relationships, milestones of social and emotional development, and partnerships with families. Core Knowledge Category: Human Growth and Development.

- **Thursday October 28 6—8 pm**

**Building Block Two: Creating Supportive Environments**  In this chapter of Building Blocks you will explore topics such as: growth promoting learning environments, environment and how it affects behavior, and activities to engage all children. Core Knowledge Category: Learning Environments & Curriculum.

- **Thursday November 18 6—8 pm**

**Building Block Three: Guiding Children’s Behavior**  In this chapter of Building Blocks you will explore topics including: differences between positive child guidance and punishment, typical developmental behavior, ways to encourage appropriate child behavior. Core Knowledge Category: Understanding and Guiding Behavior.

- **Thursday December 16 6—8 pm**
  - Trainer: Lora Baker
  - Location: Seaside Head Start 1225 2nd Ave Seaside

Registration is required. Please call 503-325-1220 or 877-333-4960 to register. (Building Blocks Four will be scheduled in January.)

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**Beginning Meditation Practice—Lincoln Co.**

A workshop to *Reduce Stress and Learn to Meditate*—

- Explore the importance of breath and how to regulate it.
- Learn to calm your mind while expanding your awareness.
- Develop a systematic meditation practice.
- Realize the benefits of stress release, lower blood pressure and inner peace.

Learn how to meditate using the classical yoga form along with all the basics of meditation. When you finish you will have a step-by-step method of practice. Core Knowledge Category: Personal, Professional & Leadership Development.

- **Tuesday November 23 6:30—8 pm**
  - OSU Extension Conference Room 29 SE 2nd Street Newport

Registration is required. Please call 541-265-2558 or 800-603-2728. Follow-up practice sessions are available. We will determine a schedule to meet your needs.

**About the Instructor**—Rennie Maguire has practiced a variety of mediation methods for the last 15 years. She received Meditation Teacher Training at the Institute of the Himalayan Tradition (IHT) in St. Paul Minnesota, becoming certified in 2009.
Children Need—Space and Time

**SPACE**—Have a place for:
- **Art activities**—a table with nearby low shelves.
- **Blocks**—an open space that allows children to build together.
- **Toys**—a place where children can pick and choose and explore.
- **Pretend play**—any corner where children can “make believe.”
- **Sand and water**—indoors or outdoors, children naturally enjoy and learn from sand and water play.

**TIME**—Children need long periods of time for active learning:
- **Small group time**—children are free to choose where they want to go in all the active learning areas. This can be done on their own or with others.
- **Large group time**—children gather together for stories, songs, and games.
- **Outside time**—plan to spend time outdoors every day for play on wheeled toys, outdoor art projects, running, jumping and exploring nature.

Source: Penn State Cooperative Extension—Better Kid Care Program, Caring For Kids

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**Viewing TV at Child Care**

As concerns over the negative effects of the time children spend watching television mount, a new study by the American Academy of Pediatrics found that child care centers and family child care homes may perpetuate, not discourage, television watching. In the study, child care centers in Florida, Massachusetts, Michigan, and Washington were surveyed about the amount of time children in these programs watched television.

The results of the study, as reported in *Preschool Matters* (May 2010), indicated that in as many as 70 percent of family child care homes and 36 percent of child care centers children watched television daily. In programs where the television was used, infants and toddlers in family child care homes spent two to three hours a day watching television and about one and a half hours in centers.

The article went on to review recent findings about watching television:

- Infant and toddler television exposure has been associated with obesity and language delay.
- Long-term studies have shown that early television viewing habits predict later television viewing behavior.
- Television viewing displaces a key ingredient in children's development — play.

Source: ExchangeEveryDay [exchangeeveryday@ccie.com] August 3, 2010

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**Babies' People Sense**

In her just released book, *Mind in the Making: The Seven Essential Life Skills Every Child Needs*, Ellen Galinsky talked about "amazing babies." She gave an example of how babies have people sense: "they focus on people's intentions rather than seeing what people do as random movements in space." By six months, they can tell the difference between people who are helpful and those who are not.

To illustrate this, Galinsky described the results of a study done at Yale University in which babies are shown a puppet show where a round circle with big eyes tries to reach the top of a hill and is helped up to the top by a square but pushed down by a triangle. After a baby viewed the show, a tray with the square and the triangle was placed in front of him or her to see which one she or he reaches for. Would the six-month-old reach for the helpful shape or the unhelpful shape, or would there be no pattern. Here was what the researchers reported: "We found impressively that almost one hundred percent of the babies in a number of different studies preferred the more helpful character."

Source: ExchangeEveryDay [exchangeeveryday@ccie.com] July 1, 2010
How to become a listed provider for the DHS Child Care Program

What does it mean to be listed? To be eligible for payment from DHS, the provider must be “listed.” To be listed with DHS, providers need to fill out a separate application, called a Child Care Provider Listing form (DHS 7494). DHS listing is separate from the process of becoming “registered” or “certified” with the Child Care Division (CCD).

What are the provider requirements? A family chooses the provider they wish to care for their children. DHS pays the provider on behalf of the family. In order for DHS to make the payment directly to the provider, the provider agrees to meet certain requirements. This includes passing criminal history and Child Protective Service record checks. The provider also agrees to meet basic health and safety standards. The provider’s signature on the Child Care Provider Listing form affirms that they agree to meet the requirements listed below.

In the area of basic requirements the provider must:

- Be age 18 or older.
- Be in such physical and mental health as will not adversely affect a child in care.
- Be the person who provides the care.
- Notify DHS (and CCD if you are a licensed provider) before using a substitute caregiver. (Substitute caregivers must be listed on a Child Care Provider Listing form.)
- Not be the parent or stepparent of the child, or of the child’s sibling (if all live in the same household), or on the same TANF grant as the child.
- Be registered or certified with CCD, if required by law.
- Pass a background check. (This includes the provider and all other persons required to be on the listing form.)
- Cooperate with any investigation and allow DHS to inspect the site of care during the hours child care is provided.

DHS Child Care Provider Orientation

This class is primarily for license-exempt DHS providers who receive DHS subsidy payments. Beginning July 1, 2010, orientations will be mandatory for all license-exempt providers in order to receive payment from DHS. The class will provide information on:

- Services and resources of the Child Care Resource & Referral agency
- The DHS Child Care Program and help to understand the listing and billing process
- The U.S. Department of Agriculture (USDA) food program for child care providers
- The DHS Enhanced Rate and how to become eligible
- Training stipends and scholarships
- Family, Friends and Neighbor activity kits. (A free “tool kit” of resources that will help the children you care for be ready for school.)

Registration is required. In Lincoln County please call 541-265-2558 or 800-603-2728 to register. In Clatsop & Tillamook Counties call 503-325-1220 or 877-333-4960 to register.

Lincoln County Orientation
Tuesday December 7 6:30—8:30 pm
OSU Extension Conference Room
29 SE 2nd Street
Newport

Tillamook County Schedule
Tuesday December 14 6—8 pm
OSU Extension Conference Room
2204 4th Street
Tillamook

Clatsop County Orientation
Tuesday December 21 6—8 pm
OSU Extension Conference Room
2001 Marine Drive
Astoria

A Statewide Program aimed at improving the education of Oregon’s young children will give money to child care providers and early educators working with children and who achieve levels of training on the Oregon Registry. Workers can earn incentives— which range from $50-$500 by passing Oregon Registry milestones. For more information on the Oregon registry you can go to the Center for Career Development website: www.centerline.pdx.edu

Your Child Care Resource & Referral is here to help you with your application or with your certificates, as an individual or in a group. In Clatsop and Tillamook Counties call Tara at 503-325-1220 or 877-333-4960. In Lincoln County call Amy at 541-265-2558 or 800-603-2728.
"More juice please" is a common request from young children in childcare. They want juice—not milk, not water—just juice! While juice can be refreshing and tasty, drinking too much is not a good idea. Juice can displace healthier foods in a child’s diet, cause diarrhea and tooth decay, and may contribute to childhood obesity.

Juice in childcare settings is often part of meals or snacks. While juice can provide nutrients, too much juice can lead to health problems for young children.

Juice in your childcare program? Yes, if used wisely. With a little knowledge, juice can be part of a balanced, healthy diet.

Problems with Too Much Juice

Some research studies have linked childhood overweight and obesity to drinking juice, while others have not. Excess calories add up to weight gain, and calories from juice add up quickly.

An eight-ounce glass of orange juice contains approximately 120 calories, while a whole orange has about 60 calories and contains fiber. The whole orange takes longer to eat, is more filling than the orange juice, and has half the calories. Children may quickly drink juice and immediately ask for more; further increasing the calories they get from juice alone.

Juice Guidelines for Childcare Programs

Keep in mind these guidelines when planning a healthy diet for children in your childcare program. The American Academy of Pediatrics (AAP) suggests limiting juice intake to no more than four ounces a day for infants and toddlers, and no more than six ounces a day for children over 2 years of age.

Six ounces a day for child 2 years of age and older is not a lot of juice. If the child also drinks juice at home during breakfast or dinner, it is easy to see how the ounces of juice add up in a day. Keeping the amount of juice provided in childcare to a minimum can help keep the daily juice consumption to appropriate levels.

There is no reason to introduce juice to young infants. The AAP suggests waiting until after 6 months to introduce juice. In fact, research indicates that an infant who eats strained baby foods does not need juice for the first year of life.

Keep portion control in mind. Small cups or juice boxes help keep portion sizes small. Offer fresh, frozen, or canned fruit as an alternative to juice. Think of luscious watermelon, pears, and oranges. Fruits such as these make great thirst quenchers and are packed with nutrients. Frozen fruits taste great on hot days!

- Be sure children drink adequate amounts of milk. When offering juice, make sure it is 100 percent fruit juice; read the label, and avoid juice “drinks,” “punch,” or “blends.”
- Offer pasteurized juice only; look for the word “pasteurized” on the label.
- Consider diluting juice and mix it with regular or sparkling water. This is a great way to reduce juice intake gradually and get children accustomed to unsweetened drinks. Simply mix more water with less juice each time. A water-juice blend quenches thirst, provides some nutrients and taste but has reduced calories and sugar.
- Offer juice in a cup. Providing juice in a bottle or sippy cup can promote dental caries (baby bottle decay) because the juice stays on the teeth longer.

You are the children’s role model. Be positive; if children see you quenching your thirst with water or a piece of fresh fruit, they are likely to do the same.

Madeleine Sigman-Grant, PhD, RD, Area Extension Specialist

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You can still access a previous Child Care Health Consultation training—Many of the CCHC trainings held in prior years are available on video for providers to check out. Most are now available on DVD and many are available in VHS format. When you complete the corresponding reflective paper for each video and return it to Family Care Connection, you receive 1-hour of state training credit. Call 541-265-2558 to check one out. We are happy to offer this resource however, if you need hours for your licensing renewal we kindly request that you not wait until the last minute so that we will have adequate time to process your reflective paper(s) and issue your certificate(s).
The Magic of Preschool

An article, "How does preschool work its magic?", in Wired magazine, reviews a new paper by Flavio Cunha, an economist at the University of Pennsylvania, and James Heckman, a Nobel Laureate at the University of Chicago, on the reasons to invest in preschool education. In the paper Cunha and Heckman discuss the findings of the Perry Preschool Study and the article summarizes....

"Interestingly, the Perry Preschool didn’t lead to a lasting boost in IQ scores. While kids exposed to preschool got an initial bump in general intelligence, this dissipated by second grade. Instead, preschool seemed to improve performance on a variety of 'non-cognitive' abilities, such as self-control, persistence, and grit. While society has long obsessed over raw smarts — just look at our fixation on IQ scores — Heckman and Cunha argue that these non-cognitive traits are often more important. They note, for instance, that dependability is the trait most valued by employers, while 'perseverance, dependability, and consistency are the most important predictors of grades in school.' Of course, these valuable skills have little or anything to do with general intelligence. And that’s probably a good thing, since our non-cognitive traits are much more malleable than IQ, at least when interventions occur at an early age. Preschool might not make us smarter — our intelligence is strongly shaped by our genes — but it can make us a better person, and that’s even more important."

Source: ExchangeEveryDay [exchangeeveryday@ccie.com] August 20, 2010