

News for the Nurturing Child Care Provider

April 2009

Volume 2 Issue 2

Stereotyping Children and Its Lasting Effects

As a parent and child care coach, I have always been cautious with regard to labeling and/or stereotyping children. Labeling and stereotyping children can have a lasting effect that cannot only damage their self esteem, but can also affect their adult lives.

Thinking back on my own childhood, I remember a teacher telling me I was the worst artist she'd ever seen. She announced this in front of the entire class and I was completely humiliated. Seeing her as an authority figure I believed her and I saw myself as a horrible artist for many years. Although I loved to draw, I found myself losing interest and didn't draw until I had children of my

own. Looking back at those pictures I drew as a child, I realized there was nothing wrong with my drawings, but there was something wrong with that teacher!

How many of you can recall situations in your childhood in which you were labeled as "un-artistic", "ugly", "lazy", "something's wrong with him/her" or worse. How do those labels affect you now as an adult? Do you find yourself believing those labels that were so easily attached to you as a child?

As providers and parents, I encourage you to use caution when speaking of a concern

about your child or those in your care. If you need to speak to a parent or a doctor, do so in private, so the children cannot hear what you are talking about.

Use positive reinforcement and kind words on a daily basis. As the caregiver, you have the ability to make or break the self esteem of those in your care. Be careful what you say and what terms you use.

By: Kris K. Murray, Copyright 2009



www.daycarehotline.com

Questions?

Looking for Something?

Contact:

Alexis Cordova,
County Extension Agent
Family & Consumer Sciences
for Texas AgriLife
Extension Service in Liberty
County. See contact information below.
ancordova@ag.tamu.edu

Inside this Issue:

- Surviving the Summer.
- Nutrition Resources.
- Perks of being a director.
- Parenting tips.
- Legislative updates.



TRAINING CALENDAR

Date	Location
May 30	Cleveland
August 8	Liberty
December 12	TBA
You Choose Date	Your site (By Appointment)

Texas AgriLife Extension Service
Liberty County
2103 COS STREET, LIBERTY, T.X. 77575
(936) 336-4558, EXT. 221, (281) 593-0405, EXT. 221

Extension program serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Is Rest Time Chaotic Time?

Most full time programs that include children under five years old schedule a nap or rest time as part of the day. An important component of the day, rest time gives children the chance to physically rest and emotionally unwind. This midday break can go a long way in helping children stay healthy, alert and emotionally centered in the afternoon. When planning this part of the day be sure to consult your state or local regulations regarding naptime. There may be time, environmental, or safety and supervision guidelines you need to adhere to. Of course, children should be supervised at all times. Those considerations aside, here are some tips to make rest time a truly pleasant and restful time of the day.



- Although you may ask all children to be fairly quiet, you can not expect all children to sleep. For children that are not napping, it is helpful to allow them to play with quiet activities. You may choose to set aside a separate area or simply provide books or puzzles for children to have while on their mats.
- By calling this time rest or quiet time you may avoid resistance from children who don't like "naps". Also this more accurately defines what you expect of them at this time.
 - It is appropriate to allow children to have a comfort object from home such as a pillow or teddy bear. Even the outgoing rambunctious preschooler may need a little "love anchor"



from home when they are trying to calm down.

- The beginning of rest time is often a major shift in activity level and mood for young children. View this as a time of transition and plan calming routines beforehand. Some useful rituals or routines may include reading a story, listening to soft music, or back pats/rubs.
- Recognize waking is also a major transition for young children who may be initially disoriented or cranky, allow them to wake slow with your calm reassurances.

Copyright 2004; Joni Levine



Surviving the Summer

The final bell rings and excited children everywhere flee the school in happiness... this

marks the start of the Summer Vacation. As children dream of this day quickly approaching, parents and caregivers look for help to keep the kids busy and to avoid hearing those dreaded words... "I'm Bored!"

Hopefully I can bring some ideas and insights to make this the 'funnest' summer yet. In the past I have planned and implemented a school-age program. I have also had school-aged children join my home childcare program with great success. I found the key was to have the older children help with the younger children when ever possible. They were

given the opportunity to plan and implement a craft for the younger children one a week. They had full access to my circle time library and were able to choose books that they were comfortable reading to the others during story time.

...help keep the kids busy and to avoid hearing... "I'm Bored!"

I avoided naptime problems by allotting the first hour a quiet time - I had fun homework sheets,

novels to read, quiet games to play. The 2nd hour was their time - every day was a different activity. One day was for web design - they were given opportunity to plan and design a web page and I assisted with searching for the right graphics, page layout, and teaching them the needed HTML to create their page. They took turns designing on paper and typing their

page at the computer. One day was for Nintendo/Computer Games. Another was Craft Day - I would have a craft box organized with different items each week - they could create their own and sometimes we worked on a special 'older kid' project. One day was movie day - I would provide popcorn and drinks and they chose a movie from a selected few. The fifth day was Games Day - I would set up stations of games they could play - changing the games each week.

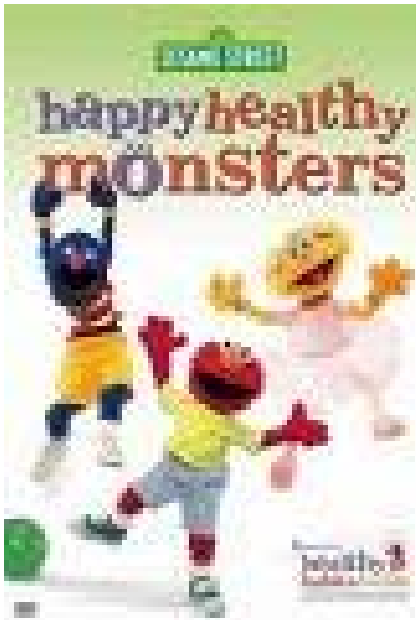
Some ideas would be:

Crafts Day: Tye Dying, Transfer T's, Baseball Hats, Pennants, and Door Knob Hangers.

Fun Days: Circus Day, Pajamas Day, and Water Day.

For further information go to:

www.childcarelounge.com/survivesummer.htm By Ruth A Child's Place



Children just love to move! Physical activity is good for children's bodies and their minds. Moving helps everyone feel good, and it supports the healthy development of our entire bodies: hearts, lungs, muscles, bones, and more. All children need, and benefit from, at least 60 minutes of physical activity every day. You can help your children reach this goal by adding to the activity play you already do as a part of the daily routine. Add several 10-15 minute burst of activity to each day—it makes a difference! If you looking for specific ideas, the Healthy Habits for Life Child Care Resource Kit has a bunch of fun and easy activities, so you can keep your children active—even when it rains. **You can check out the website:** Kidshealthy.org. You set the stage—so have fun moving with your children! You'll all be building stronger bodies and boosting the energy you'll need for many happy, healthy days together.

Game Ideas

Movement Grab Bag: Use the animal cards to help children go from one activity to the next. Ask children to move like sleepy turtles when they are moving too quickly or if you need children to move faster, ask them to be busy bees" so they can fly quickly to their coats before going home.

Materials: Index cards or small pieces of paper
Crayons Glue Old Magazines Pager Bag

Ask children: How do animals move? Which animals move fast? Which move slowly? Which animal is your favorite, and how does it move?

1. Cut animal pictures from magazines and glue to index cards, or have children draw their own animal on an index card. Put all cards in a paper bag; now you have a Movement Grab Bag.
2. At different times during the day (Perhaps when children are on the way to the dramatic play area or another center), ask a child to choose an animal card from the bag.
3. Call out the animal so that children can move like this animal. Help children to name the body parts they move.



SAY IT, DO IT!

Copy this poem, post it, and use it over and over again. Say the poem together in an area where everyone has the space to move.

When you come to a fruit or vegetable, encourage children to strike a pose. If you say cherries, children might ball up on the floor. If you say carrot, they might stand up on their tiptoes. Name various movements rapidly so children are moving around!

Add your own colorful foods to the poem. Say the first part of each line ("I say red..." or I say green...") and encourage children to call out their own healthy red and green fruits and vegetables.

"I say Fruits & Vegetables"

We eat a rainbow of colors every day.
They help make use strong so we can play!



I say red—We say apples and cherries!
I say blue—We say big blueberries!
I say green—We say zucchini would be yummy!
I say purple—We say plums will please our tummy!
I say yellow—We say squash would be nice!
I say orange—Let's have a carrot by the slice!



We eat a rainbow of colors every day.

These two games are just a few of the many ideas you can learn from "Healthy Habits for Life" with the colorful sesame gang. Further information can be found on: Kidshealthy.org—classroom education,



Child Care Provider Training

May 30, 2009

To reserve your spot, please fill out attached registration form and mail it with payment to address below.
Please make checks payable to **FCS Advisory Board**.



Have Questions?
Contact:

Alexis Cordova,
County Extension Agent Family
& Consumer Sciences
Texas AgriLife
Extension Service
Liberty County

(936) 336-4558, x 221
(281) 593-0405, x 221
ancordova@ag.tamu.edu

Mail Registration Form to
2103 Cos Street
Liberty, TX 77575
(See attached)

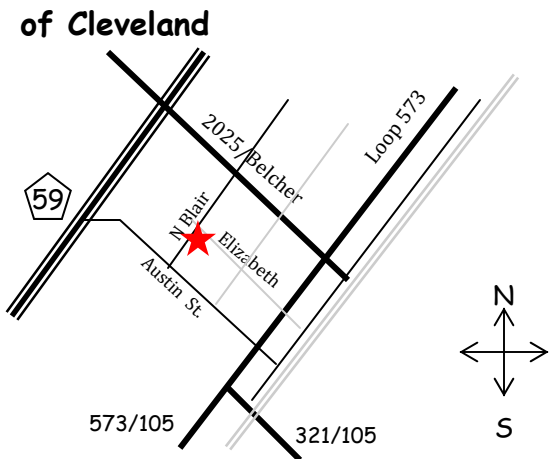
Date: May 30, 2009

Location: Calvary Baptist Church
816 N. Blair,
Cleveland, TX 77327

Time: 8:00 a.m.- 3:00 p.m.
Registration opens at 7:30 a.m.

Cost: \$10.00, Lunch Provided
(add \$10.00 if you need CEUs)

Registration Deadline: May 13th Map



Looking for a way to increase parent involvement and education at your school or center?

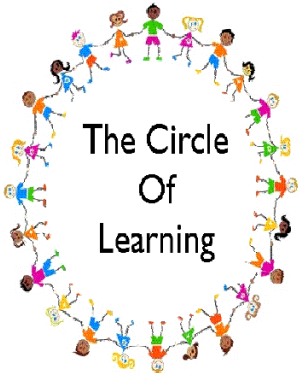


ChildBuilders has created an innovative program to do just that! Known as **Parents Under Construction Parent/Preschool Program**, this curriculum is designed to teach children and their parents: child development, communication, problem solving, and positive discipline techniques to enable them to build healthy relationships and strong families, both today and in the future. This program will help children improve classroom behavior, reduce name-calling and teasing, and increase empathy and positive communication.



Learn fun activities to help promote "Healthy Habits for Life" with the colorful sesame gang. Summer is near; refresh yourself on the most important forgotten, nutrient... **Water**. This training will provide you with 7 clock hours toward your Licensing Requirement. If you need additional information, see contact information.

Extension program serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Child Care Providers Training

Cleveland, TX

May 30, 2009

Registration Form

(Feel free to make additional copies for each person)



Personal Information: (please print clearly)

Name: _____
(First Name, Middle Initial, Last Name)

Address: _____
(Mailing address, city, state, and zip code)

Daytime Phone: (____) _____ County where you reside: _____

Email Address: _____

Child Care Center/Day Home You are representing: _____

I work with children ages _____ to _____ most of the time. Director Asst. Director

Please select the following as they apply to you:

- General Registration - Cost \$10.00 at the time of registration (for clock hours)**
- General Registration plus CEU fee - Cost \$20.00 at the time of registration**
- I would like to be added to the Texas AgriLife Extension Service Child Care mailing list, and I understand my information will only be used for such purpose.
- I require an auxiliary aid, service or accommodation in order to participate in this meeting.

Please mail or bring this Registration Form to:

Alexis Cordova, CEA-FCS

Texas AgriLife Extension Service – Liberty County
2103 Cos Street, Liberty, TX 77575

Phone: 936-336-4558 or 281-593-0405, ext. 221

(Checks and money orders can be made out to FCS Advisory Board; receipts will be provided at the time of training; no money will be accepted the day of event)



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“Where do I find good nutrition resources?”



Dietary Guidelines for Americans

My Pyramid website nutrition for adults and youth <http://www.mypyramid.gov/>

5 A Day (Fruits and Vegetables)

<http://www.fruitsandveggiesmatter.gov/>

Nutrition Lessons for Youth by age

<http://netx.squaremeals.org/>

Great Recipe Ideas

<http://kraftfoods.com/kf>

Better Kid Care resources for Child Care Providers and Parents

<http://betterkidcare.psu.edu/index.html>

Dole Nutrition site for Kids and

Teachers <http://www.dole5aday.com/>

5-A-Day Color Pages and activities for kids (free downloads and print)

http://www.5aday.org/html/kids/rainbow_downloads.php

Texas Citrus Ideas and Activities

<http://www.texasweet.com/>

Food & Nutrition Fun for Kids

<http://www.nal.usda.gov>

Teens Health www.teenshealth.org

Puzzle Makers

puzzlemaker.discoveryeducator.com

USDA www.fsis.usda.gov

Home Dinner Nights homefordinner.com

American Dietetic Association
www.eatright.com

April Is Child Abuse Prevention Month

Nurture Your Child

- Give encouragement and recognition.
- Take time to listen.
- Set rules.
- Be a good role model.
- Teach your children how to manage time, money, and responsibility.
- Have your children learn tolerance towards those with differences.
- Give your children responsibility so that they will feel useful, capable and valued.
- Be available.
- Communicate with your children.
- Express your values.
- Spend time together.
- Show them how much you care about them.

10 Important Reasons to Prevent Child Abuse

1. Child Abuse terrorizes, injures and kills.
 2. Child Abuse interferes with a child's normal growth and development, physically, mentally, and emotionally.
 3. Child abuse is costly for society.
 4. Child abuse victims are six times more likely to become abusive parents than non-abused children.
 5. Intervention and treatment are costly and less effective than prevention.
 6. Prevention programs for parents reduce the likelihood of maltreatment.
 7. Prevention programs for children effectively increase their safety and self-esteem.
 8. Because of the interdependence of child abuse, education, health, and crime issues, prevention efforts positively impact many problems of concern to the public.
 9. Child abuse prevention sends a message to all people that our society values children and their place in our future.
 10. If prevention spares just one child the terror and powerlessness of being victimized, it's the right thing to do.
-

The top ten perks of being a director

10. Having beautiful, young children in your life Monday through Friday, but your evenings and weekends are free.

9. The first to know when the current flu epidemic hits.

8. Your abilities include junior plumbing skills... i.e., you've never met a toilet you couldn't unclog.

7. Having a ready repertoire that includes over 100 children's stories, songs, and fingerplays.

6. Experience in setting up and hosting staff wedding,

baby, and good-bye parties in 12 minutes or less.

5. When insomnia strikes, you alone can recite pages of state licensing regulations until you nod off from sheer boredom.

4. If you live near your work, you'll know the future generations of school cheerleaders, newspaper deliverers, Girl Scout Cookie sellers, food cashiers, etc.

3. After retirement, at the nursing home, you will know over 300 craft projects to make from empty toilet tissue

rolls.

2. Unlimited snacks and hugs.

1. Knowing you are helping to get the next generation off to a great start.

At the 2001 annual conference of the [Boston Association for the Education of Young Children](#) Gwen Hooper, director of the Arlington Children's Center, shared "the top ten perks of being a director."

Parenting Tips for Your 10 Month Old Baby

Parents who use full-time child care sometimes worry that their babies will feel more love for the child care provider than they feel for the parents. When your baby calls another woman "Mama" you may feel hurt, jealous, guilty, or confused.

Research shows that infants in child care do form strong bonds of love with caregivers. Your infant uses the caregiver much as he uses you: to calm fears and to feel secure.

But research also shows that caregivers do not replace the parents. Some of the research was done in communal towns in Israel, where babies live and sleep in special infant houses with trained caregivers and only see their parents for

about three hours every evening. Even in this extreme case, babies are more strongly attached to their parents than their caregivers. Babies form these same strong attachments to adoptive parents, too.



The research is clear: Your child care provider doesn't compete with you. He or she helps you raise your baby but never replaces you.

From your baby's point of view, having a strong attachment to the child care provider is good. Your baby feels secure and loved in every place he spends time, both at home and in child care.

If your baby calls the child care teacher "Mama" by mistake, you

can tell yourself, "How nice! My baby feels safe and loved by his teacher." You'll also know that no one can replace you.

These materials were adapted by authors from Extension Just in Time Parenting Newsletters in California, Delaware, Georgia, Iowa, Kentucky, Maine, Tennessee, Nevada, New Hampshire, New Mexico, and Wisconsin.



Extension Online

Convenient, Affordable, Self-Paced eLearning.

- Online courses for child care professionals seeking to fulfill state-mandated training requirements or obtain hours toward the **Child Development Associate (CDA) National Credential**.
- To receive **official credit** for the courses, participants must pass a course exam and pay a processing fee to obtain a printable certificate.
- Cost averages \$5.00 per clock hour.
- Set up your **FREE** account, view course listings, visit <http://childcare.tamu.edu>



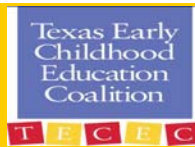
Courses Offered Include:

Positive Guidance and Discipline
Little Tummys, Big Appetites: Nutrition
Controlling Asthma Triggers in the Indoors
Understanding Infant Toddler Development
The Value of Play for Preschool Children
Establishing Positive Partnerships with Parents
Fostering Children's Self-Esteem
Creating Literacy Rich Early Childhood Program
Helping Children resolve Peer Conflict
Keeping Kids Safe: Emergency Planning
Intro to Child Safety Seats for Care Providers
Reducing Children's Exposure to Asbestos & Lead
Testing for Radon in Child Care Settings
How to Control and Remove Biological Pollutants
Controlling for Combustion Pollutants

Spanish

Promoviendo Actividades de Alfabetización en Centros de Lugares Infantiles

Legislative Update!



We are just over the halfway point of the 81st Texas Legislative Session, so we wanted to give you a quick update on the status of our legislative priorities for 2009.

TECEC Agenda Item #1: Full-Day High Quality Pre-Kindergarten Programs with and Emphasis on Local, Integrated Community-Based Partnerships.

Status:

TECEC is supporting critical legislation that supports this priority: HB 130 & SB 21.

-HB 130 is pending in the House Committee on Public Education

-SB 21 is pending in the Senate Committee on Education

-Testimony has been heard on both bills, and it has been overwhelmingly favorable

TECEC Agenda Item #2 Increase Reimbursement Rates Paid to Child Care Providers

Status:

TECEC is working with the Texas Licensed Child Care Association to support HB 2218. This bill strengthens the child care subsidy system in Texas by raising the maximum rate of reimbursement in the areas that need it most. This bill could mean the difference between shutting down and staying open.

HB 2218 has been referred to the House Committee on Technology, Economic Development & Workforce. We are still waiting for a hearing to be scheduled on this bill.

TECEC Agenda Item #3: Support the Development of Early Childhood Professionals

TECEC Agenda Item #4: Maintain Support for Existing Quality Programs throughout Texas

Status:

The Texas Legislature is currently in the budget-making process. TECEC is working with legislators and our partners to ensure that high-quality early care and education programs receive the funding they deserve.

Do you want to offer parenting classes to parents?

Register for the

Strengthening Families Program Train-the-Trainer

Course on April 17, 2009

9:00 a.m.—5:00 p.m.

Legend Bank, Dayton, TX

Cost: \$25.00

Contact: Alexis Cordova

(936) 336-4558, ext. 221

Or (281) 593-0405, ext. 221

ancordova@ag.tamu.edu

Bully To You! Parent Tips For Helping Kids Cope With Bullies

Gossipy clichés, social snobs, and popularity contests are nothing new. But, the alarming trend is that in some cases, bullies and bully behavior are starting earlier. So, short of shrieking "bully, bully, bully" to a 7-year-old, what should you do if your daughter is a target of bullies?

- **Listen.** The most important tip for adults to do is to talk with their daughter and to maintain open lines of communication about bullies and bully behavior.
- **Don't overreact.** As much as we want to protect our kids, remember that it is not your fight.
- **Be a strategic planner.** If your daughter is older, often a

sympathetic ear and support is all she needs when discussing bullies and bully behavior.

- **Build self-esteem.** Youngsters who excel at something--whether it is sports, music, art, dance, or something else, are less likely to fall prey to aggression.
- **Involve other adults.** The message of not interfering with how your daughter resolves the situation of bullies does not mean you should not approach another adult about bully actions.
- **Never ever think 'bully is as bully does.'** Although it might be tempting at a certain

level, never encourage your child to bully back or become a bully to others herself.

Girls may not always be "sugar and spice and everything nice" but everyone deserves to be treated with respect and be bully-free. Although you may not be able to prevent gossip or hurtful comments or bullies in general, there are steps you can take to ensure your daughter feels welcomed among her peer groups,



Dealing with Female Bullies: Teach kids how to respond to bully behavior.

By Robin McClure, About.com



Liberty County *Improving Lives. Improving Texas.*
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Liberty, TX 77533

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