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Family Connections of Lane and Douglas Co.

Child Care Community Newsletter

Family Connections of Lane and Douglas Counties

Summer 2014 • 541-463-3954 • 1-800-222-3290



90by30.....New Efforts to Prevent Child Abuse and Neglect in Lane County

The 90by30 Initiative is a county-wide effort with one bold goal: to reduce child abuse and neglect 90% by 2030 in Lane County, Oregon.

90by30, a new initiative from the Center for the Prevention of Abuse and Neglect at the University of Oregon, has been working on this goal since 2011, collecting their best thinking about what we can do to achieve this vision. Now, 90by30 staff and volunteers are hitting the streets in neighborhoods all over Lane County.

Thanks to grants from local and regional foundations, 90by30 has a Rural Outreach Coordinator, Rose Wilde. Rose is working directly with local volunteers and leaders to create Regional Leadership Teams all over Lane County. To reach the goal of a 90% reduction, communities will need to take on this complex problem from multiple directions. Regional Leadership Teams (RLTs) will choose three or four of the best programs or practices that are proven to prevent child abuse and neglect for their own communities.

Teams include people from all walks of life because there is a role for everyone to play to reduce child abuse – not just parents or people who work with children. “Taking action to ensure child wellbeing is a share community value: According to a recent Lane County survey conducted by 90by30, 98% of Lane County residents believe that all adults should do what they can to prevent child abuse,” Rose Wilde said.

Currently teams are starting in East Lane (Pleasant Hill, Dexter, Lowell, Fall Creek, Jasper, and Oakridge), West Lane (Deadwood, Mapleton, Florence and Dunes City), and South Lane (Lorane, Creswell, Cottage Grove, Dorena). 90by30 will also work with the Eugene-Springfield and North Lane County starting very soon.

There is still room on every team. And there are many other ways to help the 90by30 effort – from your own home, in your community, independently or as part of a group. Rose Wilde is especially seeking people with experience in early childhood programs, home-based child care, and other

settings with young children to participate in their Regional Leadership Team.

“We strongly believe that child care providers – both in home, in centers and other locations – have one of the best opportunities to know when families with young children are struggling. Parents trust the people who care for their children, and often will turn to them for support and advice. That’s why we are asking child care providers especially to step up and get involved with the 90by30 effort,” Rose Wilde said.

Providers are also welcome to attend an upcoming 90by30 event. 90by30 staff and volunteers will be attending many local summer events, including farmer’s markets, community celebrations and gatherings, and other local events, so look for our table outside of local businesses. We are collecting surveys from our neighbors to understand our community’s knowledge and beliefs about preventing child abuse.

Visit our website for a full list of events at: <http://90by30.com>.

If you are interested in staying connected to 90by30 or joining a regional leadership team now or later, please contact Rose Wilde at rosew@90by30.com or by calling 541-346-4686.

(Regional Leaders commit 6-8 hours per month to team activities and local leadership.)

What’s Inside...

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Visit the FC website for more information
www.lanecc.edu/lfc

Find us on the web at www.lanecc.edu/lfc

Read All About It

What is a Network?

Family Connections of Lane and Douglas Counties have been facilitating childcare networks for years. We have discovered a few things along the way that you might find interesting.

Childcare Networks help providers connect. Providers who participate in networks learn from and about each other. These are often the beginning of both professional and meaningful relationships.

Childcare Networks support your professional goals. Whether you are just starting out or have experience in the field, providers like to keep learning. Networks provide quality and relevant training that help you meet your training goals and often have scholarship dollars available to help you take college classes and other trainings that you need.

Childcare Networks are facilitated by a knowledgeable coach or mentor. Each network has a specific person assigned to help you become even more successful. They are bringing their knowledge and experience to the table to partner with you and cheer you on. They are there to give direction, point you to resources, connect you with peers and link you to opportunities to increase your business and professional growth.

Childcare Networks allow providers to see how their peers provide quality care. When networks meet, they can share about what they do and how they do it. From training opportunities to how to write a policy, childcare providers in a network bring all of their experience to the table. The ability to share and reflect about your business are keys to success.

(See back of Training Bulletins for Network Openings)

Race to the Top Supplemental Scholarship 2014

Your Associates Degree is waiting! The Race to the Top Supplemental Scholarship (RTT) is available to enhance the quality of childhood care and education in Oregon by supporting Early Childhood Educators to obtain an Associates of Arts or Applied Sciences degree (AA/AAS). Scholarship funds are available for students working toward their AA or AAS degree at an Oregon Community College with a focus in Early Childhood Care & Education. Act now! The RTT funding will end December 2016. The scholarship will fund direct costs, tuition and fees not covered by other grants or scholarships you are receiving, as well as, indirect expenses. Supplemental funds (\$60 per credit) will go directly to you to help with the cost of books, supplies, and other indirect expenses.

- You must work directly with or supervise someone who works directly with children at least 20 hours a week in an Office of Child Care (Certified or Registered) child care facility.
- You must already have an Oregon Registry Step 3 or above at the time you submit the application.
- You must be willing to participate in an Associate of Arts or Applied Sciences (AA/AAS) degree program at an Oregon Community College, working toward the completion of your degree. Information: pdx.edu/occd/sites/www.pdx.edu/occd/files/2014-RTT_SCH_Info.pdf

To receive scholarship support, please submit the RTT Supplemental application by August 1, 2014.



QRIS Star Program Spotlight

A few months ago I, Patti Schwabl, received my 3-Star designation from the QRIS Program (Quality Rating Improvement System). When I was asked to write about my experience with the portfolio process, my first thought was that I wanted to tell every provider who is considering entering the program that they should just jump in and DO IT! I'll be very straightforward and say that it wasn't easy. It takes a LOT of commitment to complete the portfolio. There were a few moments when I felt like walking away from it. But I decided to take it one step at a time and make use of all the people (coaches/mentors and WOU staff) that supported me I discovered it was possible after all.

I now feel that my portfolio will be my best tool to show my clients, future clients, and the community in general, that I and WE as childcare providers are truly professionals in a very important field. I can see how the star designations will be a real asset down the road. I think everyone that goes through this gets a feeling of pride in the good work they do every day. It's extremely rewarding because you'll know that you deserve every point on those stars!

Last month I had the honor of having my program, Friendship House Preschool, be the site chosen to showcase the QRIS program for Governor John Kitzhaber, Representatives Nancy Nathanson, Val Hoyle and local media. It felt great to have our Governor share his feelings about how important it is to support the work we're all doing in early childhood education and to see all the support and commitment shown by QRIS, Family Connections and the State. **Next stop, 4-Star!**

Required classes for Office of Child Care Registration

Food Handler Cards

FC offers the child care version of the Food Handler's manual and testing in a self study option ONLY. For a manual and instructions, please contact FC office. Cost for the self study packets is \$10.00 per permit. There is also an online option @ www.childcarefoodhandler.org

First Aid/CPR Training

Receive a 2 year First Aid/CPR Certification. Cost \$40.00 per person

Saturday,	July 26,	9:00 am- 2:00 pm	LCC Main Campus
Saturday,	September 13,	9:00 am- 2:00 pm	LCC Main Campus
Espanol: Saturday,	July 19,	9:00 am- 2:00 pm	LCC Main Campus
Saturday,	August 16*	9:00-11:00am	LCC Main Campus

*This is a Challenge Class, providers must show current FA/CPR card

Recognizing & Reporting Child Abuse and Neglect

Attend this class once. Cost \$10 per person

Tuesday,	July 22,	6:30pm - 8:30 pm,	LCC Main Campus
Saturday,	August 23,	9:00am - 11:00am,	LCC Main Campus
Tuesday,	September 16,	6:30pm - 8:30 pm,	LCC Main Campus
Espanol: Tuesday,	July 22,	6:30pm - 8:30 pm,	LCC Main Campus

Please call Family Connections to register for a class. We only accept Visa/Mastercard or Debit payments over the phone. You will receive a confirmation letter after registering and making a payment with location and time of class. If you need to cancel you MUST call at least 24 hours before the class. Refunds are credit for classes. You will be notified if a class is full. For more information call 1-800-222-3290 or 541-463-3954.

***If you need disability accommodations in order to attend or participate in these events, please contact Disability Resources (541) 463-5150 (voice) or 463-3079 (TTY) at least one week in advance.**

Required Training Safety Set

Family Child Care Overview

Required class for Registration with the Oregon Office of Child Care

Saturday, July 10
11:00-2:00 pm
LCC Main Campus

Espanol: Thursday, July 17
4:00-7:00 pm,
LCC Main Campus



Steps for Parents to Find Child Care

1. Call Family Connections Child Care Resource and Referral. 541-463-3954 or visit www.lanecc.edu/lfc and fill out the Parent Referral Intake Form.
2. Call the Child Care Providers on the list from Family Connections and ask about availability and pricing.
3. Visit and ask questions.
4. Evaluate your options.
5. Make your decision. If you are unclear about your decision, have your child visit with you.
6. Stay involved.

Providers please note: The child care referral process works best when the information from the providers in the data base is kept up to date. Please call or respond to Family Connections emails and help keep your information current.

Wishing you a wonderful Summer!

Upcoming Trainings

Early Childhood Inclusion Summer Institute
Western Oregon University
August 12-15, 2014

wousummerinstitute.weebly.com

OregonAEYC Fall Conference
Portland, OR

October 10-11, 2014

Email: OAEYC@oregonaeyc.org
Phone: 503-496-3991 or 1-800-452-3610

NAEYC Annual Conference
Dallas, TX

November 5-8, 2014

1-800-424-2460

www.naeyc.org

Douglas County ECE Conference
Umpqua Community College
Roseburg, OR

November 14 & 15, 2014

Friday evening & Saturday

All workshops count toward the Child Care Division training requirements. Please note: all categories except PM & PPLD are considered "child development." * See below for CKC abbreviations.

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Summer Registration Starts July 7 541-463-3954 or 1-800-222-3290 Page 1
Remember to bring your confirmation to find class locations!

July 24 Thursday 10-9:00pm Set 1	O & A	The Basics of Observation & Assessment Observing and assessing children can be done in many ways. This training will provide an overview of observation by viewing video clips of children at play, and then look at the basic principles of assessment related to observation. All Ages	Pamela DuVall, MAT Master Trainer	\$20
July 30 Wednesday 10-8:30pm Set 1	HSN	Keys to Self-Care: Creating Positivity in Your Daily Life Improved social, physical, mental and emotional wellness helps you manage a chaotic schedule, decrease stress and increase your energy. Come find how you can be healthier at work by incorporating simple movement into your day. You will also discover how you can rewire the neurons in your brain in order to be happier, more calm and more confident. Lastly, you will learn about the value of relationships and ideas for improving your social wellness.	Wendy Simmons LCC Employee Wellness Faculty	\$15
August 5 Tuesday 10-8:30pm Set 1	HSN	Webinar: Managing Disasters 101 A disaster can strike at any moment and often without warning; it is essential that childcare providers be prepared. By preparing for a disaster in advance, you can ensure that the children in your care are safe and that you are able to focus on their immediate needs. Learn how you can take steps to be prepared and to help the children in your care know what to expect, how to react, and most important, that an adult is there to help them through the event.	Terri Hansen Master Trainer	\$15
August 21 Thursday 10-9:00pm Set 1	DIV	Activities Promoting Cultural Awareness Culturally sensitive care provides children and their families with the best child care experiences possible. Through a hands-on training, participants will be introduced to activities that encourage appreciation and understanding of cultural diversity. All Ages	Pamela DuVall, MAT Master Trainer	\$20
August 23 Saturday 10-12:00pm Set 1	PM	Oregon's QRIS Increasing Quality Training This session is the first step in participation in Oregon's Quality Rating and Improvement System (QRIS). Participants will learn about the QRIS process, criteria and benefits including free tools, financial incentives and professional advice.	Terri Hansen QRIS Specialist	Free
September 4 Thursday 10-8:30pm Set 1	LEC	Play and the Outdoors: What's New Under the Sun? Learn about the importance of outdoor play and how to develop curriculum for outdoor experiences that are connected to classroom curriculum plans. Includes follow-up activities, a learning assessment and a resource list.	Heather O'Leary Master Trainer	\$15
September 11 Tuesday 10-9:00 pm Set 1	SN	Cooking Up Positive Relationships with Children of All Abilities There are no cookie cutter children! Each and every child has unique ways of playing, interacting and learning. How can child care providers bring out the best in children? This training will identify some specific methods of communication that will help create lasting positive interactions with all children. All Ages	Pamela DuVall, MAT Master Trainer	\$20

***CORE KNOWLEDGE CATEGORIES (CKC's):** DIV - Diversity; FCS - Families & Community Systems; HSN - Health, Safety & Nutrition; HGD - Human Growth & Development; LEC - Learning Environments & Curriculums; O&A - Observation & Assessment; PPLD - Personal, Professional & Leadership Development; PM - Program Management; SN - Special Needs; UGB - Understanding & Guiding Behavior.

Please note: all categories except PM & PPLD are considered "child development."

Often during transition months, such as October and April, guideline ranges expand to 68 to 77. These expanded ranges also apply during extreme weather conditions and periods of high electric demand. These guidelines are applied during normal business hours. Students are encouraged to layer clothing that can be adjusted to maintain personal comfort.

Douglas County Child Care Training Bulletin: July-September 2014

All workshops count toward the Office of Child Care training requirements. Please note: all categories except PM & PPLD are considered "child development." *See below for CKC abbreviations. Please call 541.440.7705 to register.

DATE	CKC	TITLE & DESCRIPTION	TRAINER	COST
July 21 Monday 6:30-8:30pm UCC	OA Set 1	INDIVIDUALIZING THROUGH OBSERVATION & ASSESSMENT Participants will learn the difference between a screening tool and an assessment and how both can be used to individualize for children's learning. We will explore the Ages and Stages Questionnaire as well as some popular assessment tools.	Heather Freilinger Family Connections	\$10
July 31 Thursday 6:30-8:30pm UCC	LEC Set 1	EXPLORING WATER WITH YOUNG CHILDREN From experimenting at the water table to exploring water in nature, learn how to guide children through open and focused science exploration. Session includes hands on water experiments made from simple materials that participants can easily duplicate on their own. Co-sponsored by DCECPC	Anna Aasen Family Connections	\$10
August 5 Tuesday 6:30-8:30pm ONLINE	HSN Set 1	WEBINAR: MANAGING DISASTERS 101 A disaster can strike at any moment and often without warning; it is essential that childcare providers be prepared. Learn how you can take steps to be prepared and to help the children in your care know what to expect, how to react, and most important, that an adult is there to help them through the event.	Terri Hansen Family Connections	\$10
August 23 Saturday 9-12pm UCC	PM Set 1	OREGON'S QUALITY RATING AND IMPROVEMENT SYSTEM (QRIS) INCREASING QUALITY TRAINING This session is the first step to participating in Oregon's Quality Rating and Improvement System (QRIS). Oregon's QRIS recognizes, rewards and builds on what you are already doing well and provides free tools, financial incentives and professional support to increase and document your quality.	Heather Freilinger Family Connections	Free
September 13 Saturday 9-11:00am UCC	PM Set 1	TAXES & RECORDKEEPING Analyze your current record keeping system for your child care business and learn strategies to maximize your net profit. This session will teach you how to calculate your time & space percentage to maximize your deductions as well as calculate depreciation. Participants will receive a copy of Tom Copeland's "Record Keeping Guide". Space is limited.	Kelly Heichel Community Trainer	\$15
September 20 Saturday 8:30-12:30pm UCC	PM Set 2	KNOW YOUR LEGAL RESPONSIBILITIES Examine the legal requirements in child care and your responsibility to them. Explore case studies in payment policies, immigration, custody issues and other program policies to protect your business and prevent potential legal issues. Explore ethical codes and identify trouble spots to apply to your program handbooks. Bring your own policies and procedures handbooks for families and staff.	Terri Hansen Family Connections	\$40
September 29 Monday 6-8pm BROCKWAY SCHOOL	UGB Set 1	TAMING THE TANTRUM Are you walking on eggshells trying to prevent a child from having a tantrum? Are there children in your care who are prone to irrational emotional meltdowns? Discover strategies to avoid or eliminate tantrums through a better understanding of children's behavior. Co-sponsored by DCECPC	Barbara Tennison Parent Educator	\$10
Pediatric First Aid CPR & AED		Recognizing & Reporting Child Abuse & Neglect	Family Child Care Overview	DHS Exempt Orientation

8/16: 8:30am-3pm

8/14: 6-8pm

8/7: 10am-1pm

8/5: 6-8pm

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Why Network?



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Childcare Networks are designed to recharge providers. Providers work long days and often need time to relax. For this reason, our gatherings provide meals, a relaxed environment, time to socialize and network. More than just a training, our gatherings help put feet to your aspirations.

Ford Childcare Network in Douglas County

There are two spaces available in the Ford Childcare Network that runs until the end of the year. Participants will be using provided materials to assess their business practices, meet together and work towards their professional goals all with the help of a coach, scholarships and incentive funds. If you are interested in becoming part of this network, please follow the link below to print the application. Submit applications to: freilingerh@lanecc.edu

www.lanecc.edu/lfc/special-programs-providers

Condado de Lane Boletín de Entrenamientos: verano 2014

Los talleres son entrenamientos con la Oficina de Cuidado de Niños (Office of Child Care). Las categorías son clases de desarrollo de niños (child development), en excepto la orientación, la introducción de cuidado infantil, o la comunidad de café.

Conocimiento Central para la Profesión de Cuidado y Educación Infantil de Oregon (CKC's): DIV-Temas de Diversidad; FCS- Familiares y Comunitarios, HSN-Salud, Seguridad y Nutrición; HGD-Salud, Seguridad y Nutrición; Crecimiento y Desarrollo Humano; LEC-Ambientes de Aprendizaje y Plan de Estudios; O&A-Observación y Evaluación; PPLD- Desarrollo Personal, Profesional y de Liderazgo; PM-Administración de Programas; SN-Necesidades Especiales; UGB-Entendimiento y Orientación en Conducta.

Las inscripciones comienzan el 7 de julio. Para más información llame a 541.463.3306 o visite <http://www.lanecc.edu/lfe/provider-training>

Fecha/ Hora	Clase	Descripción	Presentador	Lugar	Costo
jueves 7/10/2014 6:30-8:30 2 horas	Desarrollo Profesional en Educación Temprana (PPLD)	¿Tiene confusión de ORO y Registro de Oregón? Aprenda como navegar estos sistemas. En esta clase aprenderá como aplicar a becas de \$500. Esta clase esta dirigida para estudiantes del programa de VESL.	Karla Young Rosa Lopez Trabajadoras de LCC	Ser anunciado	Gratis
jueves 7/17/2014 12:30-3:30 3 horas	Orientación para Proveedores de Cuidado Infantil (PM)	La Orientación es una clase que brinda información sobre el Programa de Cuidado Infantil de DHS. Ayuda a entender los procesos de listado y facturación. También aprenderá como reunir los requisitos para la cuota mejorada.	Karla Young Trabajadora de Family Connections	Ser Anunciado	Gratis
jueves 7/17/14 4:00-7:00 3 horas	Introducción al Cuidado Infantil Registrado Familiar (PM)	Esta clase es la primera clase para obtener la licencia de cuidado infantil familiar. Explicaremos el proceso para obtener la licencia registrada familiar y también le daremos información sobre el cuidado infantil de alta calidad y como un negocio.	Karla Young Trabajadora de Family Connections	Ser Anunciado	Gratis
sábado 7/19/2014 9-2 5 horas	Primeros Auxilios y Respiración Cardiopulmonar Pediátrica (HSN)	Esta clase es requerida para obtener y renovar la licencia Registrada, o Certificada, o para trabajar en un Centro. También esta licencia le ayuda a obtener la mejor tarifa en el pago que recibe de la Unidad de Pago Directo.	Rita Loop Entrenadora de la Comunidad	Ser Anunciado	\$40
martes 7/22/2014 6:30-8:30 2 horas	Taller de Como Reconocer y Denunciar el Abuso y Negligencia Infantil (HSN)	En Oregón el personal escolar y cuidado de niños son informantes obligatorios de reportar sospechas de abuso y negligencia. En este taller los participantes aprenderán el proceso de como reportar estas sospechas.	DHS	Ser Anunciado	\$10
jueves 7/31/2014 6:30-8:30 2 horas	¿Qué es ADD/ADHD?(SN)	Todos conocemos a niños inquietos y que no se pueden quedar sentados. Hasta pueden ser conocidos como traviesos. Sin embargo, puede ser que el niño tenga ADD o ADHD. En esta clase tendrá más conocimiento de los dos, los síntomas, y que debe hacer.	Ana Maria Dudley Entrenadora de la Comunidad	Ser Anunciado	\$15
jueves 8/7/2014 6:30-8:30 2 horas	Navegado el sistema educativo y retos que enfrentan las familias minorías. (DIV)	Usted aprenderá como presentar un plan de educación a padres de diferentes culturas y como navegar los retos que enfrentan las familias diversas. También tendremos invitados de los diferentes niveles de escuela que facilitarán el proceso de ingreso, responder preguntas, y prácticas para el éxito escolar.	Briselda Molina Ortega Entrenadora de la Comunidad	Ser Anunciado	\$15

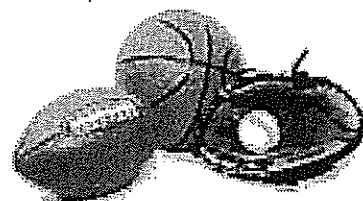
¿Le gustaría adquirir una Carrera como Técnico Superior en Educación Infantil Temprana? ¿Es su idioma natal distinto al inglés? Al adquirir un Certificado Career Pathways como Técnico Superior en Educación Infantil Temprana, usted también obtiene educación para avanzar su aprendizaje del inglés, y al finalizar recibe apoyo intensivo con la búsqueda de empleo, o, a continuar su educación en otras áreas. Para obtener más información llame a: Rosa Lopez, Career Pathways Coordinator 541.463.4726



Formas de ser una familia activa

Ser activos es una buena forma de pasar tiempo con la familia. Aprenderán más sobre sus hijos y ellos disfrutarán de su atención, aunque solo sean 30 minutos.

- ❶ Monten una carrera de obstáculos por la casa o en el garaje con sillas, cubos de basura, pelotas, etc. Haga que salten, caminen hacia atrás, gateen, boten o tiren una pelota en las diferentes partes de la carrera de obstáculos.
- ❷ Muévase con la música. Pongan música para que se muevan sus hijos. Mezclen música (rápida, lenta). Se pueden añadir objetos como pañuelos o instrumentos musicales. Haga que se muevan dando patadas en el suelo, marchando y saltando.
- ❸ Vayan de paseo por la naturaleza. Haga que los niños lleven bolsas para recoger hojas, palitos y bellotas. Hablen con ellos sobre cada objeto que ponen en la bolsa. También pueden hacer un collage con lo que encuentren cuando lleguen a casa.
- ❹ Establezcan un día o días especiales de la semana, como día de la bicicleta, día de la piscina, día del parque, día de (nombre de sus hijo/a). Dejen que su niño escoja la actividad ese día.
- ❺ Vayan a montar en trineo en invierno. Hagan muñecos de nieve, construcciones o ángeles de nieve.



Solo hacen falta unos pocos cambios en casa...

- ❶ No tengan una televisión en el dormitorio de sus niños.
- ❷ Compren juguetes baratos y de muchos usos como pelotas de diferentes tamaños, hula hoops, cuerdas de saltar, pañuelos y triciclos y patinetes usados.
- ❸ Saquen objetos rompibles del dormitorio de sus hijos o de su cuarto de juegos. Esto permitirá más actividad sin miedo a romper algo.
- ❹ Pongan en el calendario tiempo para jugar en familia a diario.

Para más información, puede ir a:

http://www.kidshealth.org/parent/nutrition_fit/fitness/fit_preschooler.html

http://www.shapeup.org/fittips/20_tips.php

<http://www.fitcitychallenge.org/Content/m1/Families/PDF/FunFitness.pdf>