

Help us keep our mailing list up to date!

Receiving duplicate copies of our newsletter?

Would you like it directed to a specific person?

New mailing address?

Give us a call, so we can keep our records current as well as our costs down....

Call 541-776-1234
or 1-800-866-9034



Referral Rumors

We aren't sure how it happened... but we hear there is a rumor about how we sort referrals to give to parents. Our sorting is done by computer to meet the parent's requests. Criteria include such things as number and age of kids, grade school or home location, hours/days needed, DHS subsidies, pets, licensing, preschool activities, and disability needs. Everybody wants no smoking!!

Things we DO NOT sort by: Time in business, rates, education, or experience. We do not have the time nor the inclination to drive ourselves crazy doing this kind of micro-managing. Selecting child care is a very personal experience for parents and we leave them to be the experts in what will work for their children.

If you have questions about this or any of our other services, please give us a call. We are here as a support to providers and quality child care and are happy to hear from you.

THE JOB COUNCIL
 PROVIDING WORKFORCE RESOURCES
P
 Spring 2009
Provider
P R E S S

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What is Mentoring?

(this is not the same as our new volunteer program)

The CCRN is able to offer mentoring services free of charge to providers in Jackson and Josephine Counties, through grants from the Jackson County Commission on Children and Families and the Oregon Community Foundation. A Statewide Mentoring program funded through the Oregon Child Care Resource and Referral Network is also available to providers of both counties. Mentors can assist you in a wide variety of areas, from setting up your child care environment, ideas to encourage language and literacy skills for the children in your care, connecting you with training opportunities for professional growth and development and other community resources. Participants completing the Partnering with Providers program are eligible for funds to purchase equipment/supplies for their programs. Please call Patty at 842-2590 to find out more about these exciting opportunities!

Child Care: A Risk to Children?

Many, many parents fear putting their kids in child care. The risks children face in child care may not be the ones parents are focusing on and findings show quality child care actually reduces some risks. Health and safety impacts not only the children but your ability to operate as a business. Below are some 2007 findings from The American Academy of Pediatrics along with some ideas.

1) Injury

Interestingly, children have fewer injuries in child care centers than at home. Also, children who spend time at a center are less likely to have injuries when they are at home. Sadly, children are at an increased risk of injury in home-based child care vs. home. The most common and most severe injuries (but not the only ones) are caused by falls from climbing equipment with inadequate cushioning. State licensing does not require adequate playground cushioning for registered family homes.

Some things to consider for home-based providers:

- a) Install proper cushioning or remove risky play equipment. Contact CCD for more information on cushioning: 1-800-556-6616.
- b) Be extra vigilant whenever you have mixed-age children. Some bigger kids need more supervision around little kids.

- c) Have the children problem solve how to keep safe and come up with a list of agreements for playground and playroom etiquette.
- d) When there are small injuries or close calls CHANGE YOUR SETTING! If you find yourself constantly nagging about a hazard, the problem isn't the children, it is the hazard.

2) Illness and communicable disease

Illness is more frequent for children under 1 year who attend a care setting. The good news is that these infections, like the common cold, are usually mild and resolve themselves. Also, children exposed to more common infections in their preschool years have fewer colds from ages 6-11 with better school attendance. Young children exposed to mild illnesses have their immunological systems challenged and are less likely to develop allergies and asthma.

One myth of child care is that exclusion is the best way to keep the children healthy. Exclusion is not based on medical evidence and we are often infectious before showing any symptoms. PREVENTION is much better. There is a reason CCD requires frequent hand washing, for children and adults, and has specific rules for sanitation and disinfection- IT WORKS! You would be rightfully upset if you were sickened due to an unclean restaurant. Children and families, have the same expectation they will not be sickened by your lack of cleanliness. Follow CCD hand washing, sanitation and disinfection procedures. Contact Lisa if you don't have a rulebook, 842-2591

Immunizations have become somewhat controversial lately. Your responsibility is to have a certificate of Immunization Status (CIS) form for every child. If you would like more information about immunizations, or legal exemptions, you are welcome to contact our in-house health consultant, René at 842-2593, or your local county health department.

3) SIDS

The "Back to Sleep" campaign has been around for 30+ years but we still see some parents and providers putting infants to sleep on their tummies. Risk factors other than tummy sleeping include soft bedding that is stifling, exposure to smoking prenatally and/or after birth, lack of prenatal care and formula feeding.

SIDS has been very much reduced by the "Back to Sleep" campaign, especially when infants sleep on their backs in ALL settings. There is NO evidence babies sleeping on their backs are at higher risk of choking. Very few babies have medical issues that

would make sleeping on their back a problem.

Reduce your liability, protect children, and follow best-practices. Talk with parents or grandparents that are clinging to old knowledge. Arm yourself with the facts and stand your ground; tummy time is for play, not for sleep. Do not put infants to sleep with blankets or toys, including items from home intended to comfort the child. Have the room at a comfortable temperature for you. If a blanket is used, it should be firmly tucked in around three sides and not reaching more than chest-high.

The good news is that, overall, quality care is a benefit to children and the risks that are there are easily reduced by provider choices. To learn more about ways to reduce your risk as a business, and better protect children from health and safety hazards, consider taking the Health and Safety training the next time it comes around, or contact our in-house health consultant, René at 842-2593.

Childhood Maltreatment Linked to Disease and Early Death

In the U.S., child care is a home-away-from-home for as many as 12 million children. Quality child care is an important way to reduce risk factors and increase protective factors for children growing up to be productive members of society. (Information on protective factors coming in future newsletters)

Public health research has drawn some pretty clear connections between a person's upbringing and their life-long health. Below you will find some very broad aspects of these findings. For the full article, information about the data and surveys used, and information on next steps, please refer to the Adverse Childhood Experiences (ACE) study conducted by the Department of Health and Human Services Centers for Disease Control and Prevention. <http://www.cdc.gov/nccdphp/ACE/pyramid.htm#>

For this study, person's were given a survey containing seven categories of maltreatment and household dysfunction; psychological (emotional) abuse, including threat of harm, or neglect; physical abuse or neglect; sexual abuse; violence against mother; divorce or separation; living in a household with substance abuse (drugs or alcohol), mentally ill or suicidal persons, or persons ever imprisoned.

Results:

- 1) More than half reported at least one category, and one-fourth reported 2 or more
- 2) Persons who reported four or more, had an astonishing increase in health and early death risks for alcoholism, drug abuse, depression, and suicide attempt
- 3) They also had a strong increase in smoking, multiple sexual partners, sexually transmitted disease, unplanned pregnancies, and fetal death.

The more categories of childhood adversity a person reported, the higher the rate of diseases, including heart disease, cancer, lung disease, skeletal fractures, and liver disease.

We as early childhood professionals are a large factor in people's

early years, success in school, and, as it turns out, their life long health and life expectancy. Low quality child care settings can sadly add to dysfunctional childhood experiences. Happily, high quality care adds to protective factors. In direct ways, we impact the health or dysfunction of our society, the decisions our neighbors make as they grow into adolescence and adulthood, and whether this new generation will have the proper tools to raise the next.

Training/Newsletter Survey Complete

We would like to thank those of you who responded to our recent survey, your responses will influence much of our newsletter focus. About 400 were mailed, and to date we have received 41 responses. The table below lists the responses/needs and possible solutions. Of course one possible solution to all of these topics is to contact us for ideas on solutions, we have lots of ideas!

No surprise that guidance/discipline is the winner again for who knows how many years in a row!

This topic actually underlies many, many of our trainings and newsletter articles because the reasons and solutions in this area are complicated. ALWAYS, there is a REASON why a child may have a behavioral or attitudinal challenge, ALWAYS! Unfortunately many of us were raised old-school and it is easy to get caught up in thinking kids are acting that way because of some kind of disrespect or opposition. Most of the time there is an unmet need the adult may be able to identify making the solution a win-win for everyone- a real solution rather than a suppression of the immediate problem.

Some of the things that help increase these issues are:

- 1) Caregivers having too high an expectation of the child based on their developmental stage
- 2) Caregivers having too low an expectation
- 3) Children having few communication tools when they are non-verbal or emerging verbal
- 4) Children not having words to identify their feelings
- 5) Physical issues: allergies, apnea, illness, teething, rashes, hearing loss
- 6) Basic needs not being met: food, water, naps, diaper changes, sound/activity levels, routines, a feeling of safety and security, accommodations for special need not being met
- 7) Instability at home
- 8) Changes in care or school setting
- 9) Developmental leaps (such as potty training)
- 10) Caregivers using violence, intimidation, threats to get their way (this may not manifest until the child is older)
- 11) Mental health issues including drug/alcohol effected brain
- 12) Trauma response

Survey Results

Providers watching children:

With special needs or disabilities	17	Special needs mentor, DHS rate subsidies for special needs and high needs, TRAC training and other classes (as available). Contact us for specific web site resources.
With Parents in Armed Forces	8	www.nccrra.org
Impacted by homelessness	4	Oregon Children's Plan trainings with Alejandra Moreno, as available. Also, many resources online or call us.
Impacted by drugs/alcohol abuse	13	Oregon Children's Plan trainings with Alejandra Moreno, as available. Also, many resources online or call us.
Impacted by domestic violence	11	Oregon Children's Plan trainings with Alejandra Moreno, as available. Also, many resources online or call us.
Other: Challenges faced by step parents	1	Community Works. Many resources online or call us.

Providers report interest in trainings/newsletter articles:

Arts	18	See our calendar for upcoming class. Also, Advancing Creative Skills training
With Parents in Armed Forces	8	Dollars & Sense trainings, Providing Program Management training.
Organizing business & taxes	20	Oregon Children's Plan trainings with Alejandra Moreno, as available. Also, many resources online or call us.
Marketing	13	See last month's newsletter.
Nutrition & exercise	16	USDA food programs, Health & Safety training series.
Math & science	17	Advancing Physical & Intellectual Competence training.
Open-ended activities	22	Advancing Creative Skills training.
Special needs	9	TRAC training, refer to past newsletters.
Guidance/discipline	29	Building Blocks of Social Emotional Development (Providing Positive Guidance) . Promoting a Positive Self-concept and Social Skills, Collaborative Problem Solving, plus many, many more trainings & articles
Mixed age in home setting	12	In The Mix.
Early Child Development	10	ALL the child development classes!
Tweens/teens	10	Community Works, many resources online, or call us.
Suicide intervention	5	Help Line (776-help), County Mental Health.
Affects of trauma on children	19	See our calendar, April 18th
Affects of Methamphetamines on children	19	Many resources online, or call us.
Affects of domestic violence on children	9	Many resources online, or call us.
Affects of grief/loss on children	19	Many resources online, or call us.
Other topics: Early literacy	10	Keep an eye out for Early Words.
Immunization & autism debate	1	Please refer to reputable sites if you choose online research.