

Fall 2019



**Child Care Resource & Referral**  
**Serving Early Childhood Educators in Douglas, Lake & Klamath Counties**  
**Douglas: 541.440.7705 - Klamath & Lake: 541.882.2308**

## Fall News & Training Bulletin



### We're Hiring! 3 Quality Improvement Specialists!

**Douglas County (2 positions):** [Apply here](#)

**GENERAL DESCRIPTION:** Recruitment, retention and development of quality early learning professionals and practitioners through direct service provided primarily in Douglas County with some service to Klamath and Lake Counties.

**QUALIFICATIONS:** Bachelor's Degree in Early Childhood Education or related field with experience in Early Childhood classrooms or environments preferred **or** Associates Degree in Early Childhood Education or related field with teaching and/or adult supervision experience in Early Childhood Classrooms or programs.

**PAY:** \$19.84 Hourly



**Klamath County:** [Apply here](#)

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## Upcoming Classes

### Douglas County

For SET 1 classes, call CC&E at 541-440-4668. For SET 2 classes, call UCC at 541-440-7705.

| Date/Time                          | Title   | Description   | SET/CKC/Hours          | Fee                             |
|------------------------------------|---|---|------------------------|---------------------------------|
| October 9<br>5:30-8:30pm<br>Wed    | <u>Introduction to Mindsets</u>                                   | Almost universally, what parents want is to help their kids grow up to be happy, healthy and well adjusted. This workshop will look at how mindsets impact children, basic brain development, effective praise and resilience. Take Root, Umpqua Health Alliance and UCC present this class for parents and caregivers of children birth to 9 years of age.   | SET 1 / HGD<br>3 hours | Free                            |
| October 22<br>6:30-8:30 pm<br>Tues | <u>Exploring Activities for School Age Children in Child Care</u> | Come explore activities and learn ways to incorporate curriculum for school age children. Learn strategies for planning activities across multiple age and skill levels and have some hands on activities to try!   | SET 2 / LEC<br>2 hours | \$10<br><br>Free to PRO Members |
| October 23<br>6-8 pm<br>Wed        | <u>Behavior Supports that Build Success for Children</u>          | Being patient does help when caring and teaching young children. What is even more helpful in the long run is understanding some of the core reasons that children think, learn and respond the way that they do. This class will provide an overview of developmental issues that shape children's behaviors as well as some insight into the ways that we respond to their actions. Finally, there will be some ideas on simple and effective strategies that benefit children and the people who care for them | SET 1 / UGB<br>2 hours | Free                            |
| Nov. 14<br>6-8 pm<br>Thurs         | <u>Technology for Tots</u>  | How do screens affect a child's brain? How much screen time is appropriate, if any? What age should children begin using screens? In this tech workshop, we will discuss everything from sense stimulation to time management. Leave with valuable resources, some goodies to help manage technology in your home, and the confidence that you are best preparing your child to function in this digital world.   | SET 1 / HGD<br>2 hours | Free                            |
| Nov. 15<br>6-8 pm<br>Fri           | <u>Baby 101</u>   | Learn some baby basics and helpful tips to help keep life with baby running smoothly. For all parents and caregivers who interact with infants. A nurse will be available to answer questions during the workshop.  | SET 1 / HGD<br>2 hours | Free                            |

### 2 Class Workshop: Saturday, Nov. 16

|               |  |   |                        |                       |
|---------------|--|---|------------------------|-----------------------|
| 9 am-12 pm    | <u>Foundations of Handwriting</u>  | Explore the theory behind handwriting development. Learn activities to support curriculum planning for fine motor development.  | SET 2 / HGD<br>3 hours | \$20 for both classes |
| 12:30-3:30 pm | <u>Design &amp; Evaluation of Effective Pre-Writing Strategies for Pre-Schoolers</u> | Using Handwriting Without Tears material, learn how effective pre-writing tools will build natural letter recognition and foundations for writing. Approaches and hands on activities will be provided. | SET 2 / LEC<br>3 hours |                       |

|                           |                             |  |                        |      |
|---------------------------|-----------------------------|--|------------------------|------|
| Dec. 3<br>6-8 pm<br>Tues  | <u>Taming the Tantrum 1</u> | Are you 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.   | SET 1 / UGB<br>2 hours | Free |
| Dec. 10<br>6-8 pm<br>Tues | <u>Taming the Tantrum 2</u> | This workshop will take a more in depth look at causes of frequent tantrum behaviors in some children. It will also focus on specific approaches to: 1. Pinpointing cause 2. Generating ideas for possible solutions and 3. How to implement these new strategies. | SET 1 / UGB<br>2 hours | Free |

## Klamath Falls and Lane County

For more information or to register for these classes, call 541-882-2308

| Date/Time                                       | Title  | Description  | SET/CKC/Hours                                   | Fee                                      |
|---|--|--|---|--|
| Oct. 22 &<br>Nov. 19<br>6:30-8:30<br>pm<br>Tues | <u>CPR/FA Skills</u>                                     | This class is part of a blended CPR/FA training course. Students must enroll and finish the CPR/FA class online. Once the online class is completed, the student must attend a hands on skills class to demonstrate proper CPR lifesaving techniques. Students must enroll online by July 5th and must complete the online portion by July 16th. A fee of \$45.00 must be paid before being enrolled .   | SET 1 / HSN<br>2 hours                          | \$45                                     |
| Nov. 2<br>8:15am-<br>2:45pm<br>Sat              | <u>OAEYC Early Childhood Fall Conference</u>             | This is Klamath County's annual conference. There will be a variety of exciting classes. Please contact our office for more information.   | For more info or to register, call 541-833-3909 | \$25 for members<br>\$45 for non-members |
| Dec. 7<br>10 am- 12<br>pm<br>Sat                | <u>Curious about Spark?</u>                              | In this class, participants will learn about the history of Spark, Oregon Registry and how to get started in the Spark process. Students will review the application, take initial steps to complete the self assessment and learn about documenting quality improvements for their portfolio. Completed portfolios and welcome kit materials will be made available for participants to glance through. | SET 1 / PM<br>2 hours                           | Free                                     |
| Dec. 14<br>10 am -12<br>pm<br>Sat               | <u>Recognizing and Reporting Child Abuse and Neglect</u> | Child care and education providers are among those persons who are mandatory reporters of suspected incidents of child abuse and neglect in the state of Oregon. Participants will learn the process for reporting incidents of child abuse or neglect for which they have reasonable cause to believe have occurred.  | SET 1 / HSN                                     | Free                                     |
| Dec. 14<br>12:30-<br>2:30 pm<br>Sat             | <u>Introduction to Child Care Health and Safety</u>      | Required Health and Safety Training for providers working in licensed facilities and DHS providers. Topics include injury prevention, illness prevention and management, emergency preparedness, and general safety.   | SET 1 / HSN                                     | Free                                     |

**Lake Classes TBA:** DHS Orientation, Family Child Care Overview, CPR/FA Skills, Recognizing and Reporting Child Abuse and Neglect, Oregon Child Care Health and Safety

**Attention Lake Providers:** If you need assistance in order to attend Klamath County classes, please call the Klamath office at 541-882-2308.

## Fall Sensory Bin for Preschool Sensory Play

Have your kids started to notice any signs of fall yet? Fall, or autumn, happens at different times of the year depending on where you're located. Some places have beautiful red, yellow, and orange leaves, and cooler weather; in other areas the fall changes are more subtle. No matter where you live, your little learners will have a blast with this fall themed sensory bin! It's super simple to set up at home or in your preschool classroom. The secret to a successful sensory play experience is to not overthink what to put inside or how the kids should use it. The simpler the sensory bin, the more fun your kids will have playing and learning.

[Learn more here](#)



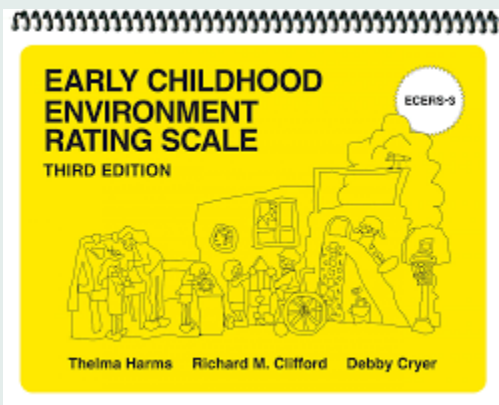
## Are you participating Spark yet?

Are you interested in learning more? There are support funds to help make improvements to your program. Oregon's Spark is a program that raises the quality and consistency of child care and early learning programs across the state. The Quality Rating System recognizes, rewards, and builds on what early learning and development programs are already doing well. It helps ensure children in Spark programs are ready for kindergarten by connecting programs and providers with free tools, financial incentives and professional advice that they can put into practice with confidence.

**Please call us to learn more: 541-440-7705.**



## Continuous Quality Improvement Opportunity



The Environmental Rating Scales (ERS) are widely used and respected assessment tools that give valuable information on program strengths and areas that may need additional attention. There are four Environment Rating Scales (ERS), each designed for a different segment of the early childhood field. The scales are suitable for use in evaluating inclusive and culturally diverse programs. Each one of the scales has items to evaluate:

- Physical Environment
- Basic Care
- Curriculum
- Interaction
- Schedule and Program Structure
- Provisions for Parent and Staff.

The ERS scales view child development as comprehensive. In order to provide care and education that will permit children to experience a high quality of life while helping them develop their abilities, a quality program must provide for the three basic needs of all children:

- Protection of their health and safety
- Supporting and guiding social/emotional development
- Opportunities for intellectual and language stimulation and appropriate learning activities.

If you are interested in volunteering your program for an ERS assessment visit, contact Lacey Davis at WOU, 503.838.9260 or [davisld@wou.edu](mailto:davisld@wou.edu). This is a great opportunity to get valuable feedback

## Vacancy Checks

Care Connections & Education will be conducting vacancy checks and annual program updates this Fall. This will give us a great opportunity to stay in touch with all the amazing early learning professionals in our community. We are looking forward to it! 211 will continue to provide referrals to parents.

## Fire Prevention Month

The goal of Fire Prevention Month (and week of October 6th – 12th) is to raise awareness about fire safety and help ensure your home and family is prepared in the event of an emergency. If there is a fire, you may have less than 3 minutes to get out of your home. Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire.

[Click here for more information](#)



## A message from Child Care Aware

We released a new e-book, Infectious Disease in Child Care. Inside we discuss risks of vaccine preventable illnesses, best practices for keeping child care centers and homes sanitized and how CCR&Rs can work with providers to develop policies for illnesses. Chapters focus on: Understanding the measles immunizations. Helping providers understand immunization requirements. Sanitizing tips for those taking care of young children. Understanding when and why sick kids should stay home. Ready to download your copy?

[Get E-Book here](#)

Sincerely, Child Care Aware® of America

## Nutrition Tips from foodhero.org: The Apple

### Shop and Save

- Look for apples that are firm and do not have broken skin, bruises or soft spots.
- Apples are harvested between August and November, but are available year round.
- During harvest time, apples may cost less and be more crisp.
- Farmers markets and farm stands may have local varieties that you can taste before buying.



**Braeburn:** Sweet-tart flavor and crisp texture; good fresh or cooked

**Pink Lady (Cripps Pink):** Sweet-tart flavor and firm, crisp texture; excellent fresh or cooked, very good for freezing

**Granny Smith:** Crunchy and tart; good fresh, cooked or frozen

**Gala:** Crisp and very sweet; good fresh or cooked but not recommended for freezing

**Honeycrisp:** Crisp, sweet and juicy; excellent fresh or cooked and can be frozen

**Fuji:** Crunchy and super sweet; good fresh, cooked or frozen

**Golden Delicious:** Crisp, sweet and mellow with a tender skin; stays white longer after cutting; excellent for all purposes

**Red Delicious:** Crunchy texture and mildly sweet flavor; deep red skin adds color; best used fresh

### Quick Fixes

Mix chopped apples into hot cereal like oatmeal.

Mix peanut butter and yogurt together for a delicious dip for apple slices.

Add thinly sliced apples to your sandwich for a little crunch.

## Apple Recipes

### Baked Apple Chips

#### Ingredients:

2 large apples  
cinnamon (optional)

#### Directions:

1. Rinse the apples and cut them crosswise into thin slices. Cut out the core, if desired.
2. Arrange the slices in a single layer on baking sheets. Sprinkle lightly with cinnamon, if desired.
3. Bake at 200 degrees for about 1 hour. Turn the slices over. Continue baking until the slices are dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from the oven and cool. Store in an air-tight container.

**Makes 2 cups**

**Prep time: 10 minutes**

**Cook time: 2 hours or more**

### Microwave Applesauce

#### Ingredients:

6 apples, peeled, cored and quartered or chopped (about 8 cups)  
¼ cup water  
¼ cup sugar (or less to taste)  
¼ teaspoon cinnamon

#### Directions:

1. Place the apples and water in a 2 quart microwave-safe dish. Cover with microwave-safe cover.
2. Cook on high for 10 to 12 minutes or until the apples are soft enough to mash.
3. Use a potato masher or fork to make chunky applesauce.
4. Add the sugar a little at a time to reach desired sweetness. Add cinnamon.
5. Serve warm or chilled. Refrigerate leftovers within 2 hours.

**Makes 3½ cups**

**Prep time: 15-20 minutes**

**Cook time: 10 to 12 minutes**

## Rock 'n Play and Other Infant Sleepers Recalled

A message from Child Care Aware of America: Despite the fact that Fisher-Price issued a recall on April 12, 2019, of all 4.7 million Rock 'n Play sleepers, there have been anecdotal reports that some of the sleepers are still in child care programs. The Rock 'n Play sleepers are not the only brand of infant sleepers that have been recalled.



All licensed providers should have received a letter from the Early Learning Division alerting them to this situation. The recall followed a safety warning from the U.S. Consumer Product Safety Commission and Fisher-Price that said 10 babies had died using the product. Just days after that warning, Consumer Reports connected the product to more than 30 infant deaths since 2009. It is vitally important that all parents and child care providers get rid of their Rock 'n Play and other potentially dangerous sleepers immediately.

[Click here to get the recall information](#)