



# SMART START MATTERS

A publication of Richmond County Partnership for Children



## Parents and children have fun making decorations

Families had lots of fun recently at a Parent-Child Make-n-Take at the Partnership office.

Parents and children enjoyed making crafts to take home as well as a snack. Make-n-Take's are a regular program of the Partnership.



## New crib regulations send providers scurrying

New regulations from the U.S. Consumer Product Safety Commission are prompting child care facilities to change all of their cribs for new models.

The law is in response to numerous injuries and even deaths of infants and toddlers due to crib failures.

Some of the new mandatory rules for cribs include:

- (1) stopping the manufacture and sale of dangerous, traditional drop-side cribs;
- (2) strengthening mattress supports and crib slats;
- (3) requiring crib hardware to be more durable; and
- (4) making safety testing more rigorous.

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Congratulations, Kidz Konstruction for achieving a 4-star license.

# National 'healthy choices' program geared to child care centers

Let's Move! Child Care is a new effort to work with child care providers to help our nation's youngest children get off to a healthy start.

Using a checklist and web tools developed in a public-private partnership between the U.S.

Department of Health and Human Services, Nemours (a national pediatric health system) and other partners, child care providers will emphasize positive choices such as increased physical activity, reduced screen time and eating fruits and vegetables.

To best support child care providers who choose to meet these practices, Nemours is leading an effort to provide free, comprehensive resources and tools in a newly developed website, and the National Association of Child Care Resource and Referral Agencies is committed to providing technical assistance to providers.



"That's why I'm so excited about Let's Move! Child Care – because I know that child care facilities and home-based providers can be a real building block for an entire generation of healthy kids."

Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America is overweight or obese. The

numbers are even higher in African American and Hispanic communities, where nearly 40 percent of children are overweight or obese.

If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

LET'S MOVE!  
**Child Care**

Child care providers and parents can go to [HealthyKidsHealthyFuture.org](http://HealthyKidsHealthyFuture.org) for these free tools and resources and to share success stories.

First Lady Mrs. Obama unveiled the effort while visiting a bilingual child care center in Washington, DC.

"Everyone is going to see that these small changes can make a big difference. If our kids get into the habit of getting up and playing, if their palates warm up to veggies at an early age, and if they're not glued to a TV screen all day, they're on their way to healthy habits for life," she said.

## NAEYC helps professionals build children's futures

Join the National Association for the Education of Young Children to help build better futures for all young children—and all of us.

Since 1926, NAEYC has led the way toward excellence in early childhood education. The nearly 80,000 members are committed to bringing high-quality education and care to all young children.

NAEYC members are organized in a vibrant network of local, state, and regional affiliate groups that share NAEYC goals in working behalf of young children and the early childhood

profession. For U.S. members, membership in the affiliate structure (which varies by state) is automatically included in all membership packages.

NAEYC members receive a wide array of benefits, all designed to support the important work of early childhood professionals.

NAEYC members can choose between receiving five issues of the peer-reviewed *Young Children* journal or five issues of *Teaching Young Children/Preschool*. Visit [www.naeyc.org](http://www.naeyc.org) to join.

# School age learning event planned

A two-hour workshop, entitled Introduction to SACERS, is scheduled for March 6 from 6:30 p.m. to 8:30 p.m. at the Partnership office.

Child care providers can earn two credit hours by attending the event.

The workshop provides a wealth of information on the SACERS (School Age Care Environment Rating Scale) through visual presentations, handouts, practice scoring scenarios, helpful hints, and common low scoring items.

Designed specifically to stimulate group discussion and participation, workshop attendees at all levels will explore common elements that create high quality environments for school age children/youth and be able to apply them in their own programs.

All afterschool programs can use this information to self-assess their programs and implement strategies to build environments that work for children and staff. Programs working

toward increasing quality or higher star licensure should definitely attend this one!

The workshop will be taught by Karen Darby, School Age Education Specialist. A registration form is on the next page or you can register online at <http://www.swcdcinc.org>. Cost is \$10.

The program is presented by Southwestern Child Development Commission and North Carolina Child Care Resource & Referral Council.

## Child care students have a different kind of fun for Halloween



*Halloween's such a fun time for children, and the Partnership for Children made it a little more fun for county child care centers. Students enjoyed games with prizes, face and hand painting, photos dressed as a scarecrow plus a snack.*

## NC one of 37 states where families are worse off now than in 2010

Families in 37 states, including North Carolina, are worse off under one or more key child care policies in 2011 than they were in 2010, according to a report released by the National Women's Law Center.

The report shows that families in only 11 states were better off than last year, a sharp contrast to NWLC's findings in the previous year when families in 34 states were better off in 2010 than they were in 2009 and worse off in only 15 states.

A year ago, states were benefiting from a \$2 billion boost in child care funds through the American Recovery and Reinvestment Act but, by the end of 2010, they had spent most of the funds and were battling severe budget deficits, making it difficult to maintain their prior level of support.

In early 2010, North Carolina had 37,929 children on waiting lists for child care subsidy, a number that jumped to 46,749 children in 2011.

# January-March Training Calendar

## Diarrheal Illness

Thursday, January 12  
6:30 p.m. to 7:30 p.m.  
At the Partnership office  
Cost is \$3  
Taught by Marsha Williams

Information will help participants to understand the definition of diarrheal illnesses, transmission sources, preventive measures and provider responsibilities of reporting to local health department. The role of local health department communicable disease nurse in the follow-up of confirmed cases of shigella and salmonella will be included.

Register by 4 p.m. on Tuesday, January 10

## Color Me Healthy

Part I  
Tuesday, January 31 6:30 p.m. - 8:30 p.m.

Part II  
Thursday, February 2 6:30 p.m. - 8:30 p.m.  
At the Partnership office  
Free, must register for both parts  
Taught by Sarah Mammarella

Color Me Healthy is designed to reach pre-school children. It provides fun, innovative, interactive learning opportunities on physical activity and healthy eating. The program is designed to stimulate all of the senses of young children: touch, smell, sight, sound and of course taste. Color Me Healthy uses color, music and exploration of the senses to teach children that healthy food and physical activity are fun.

Register by 4 p.m. on Monday, January 16

## Fitness and Physical Activity for Children

Thursday, February 9  
6:30 p.m. to 7:30 p.m.  
At the Partnership office  
Cost is \$3  
Taught by Marsha Williams

Participants will learn the importance of fitness for young children; list the benefits of active play; describe appropriate indoor activities to promote fitness; describe appropriate outdoor activities to promote fitness.

Register by 4 p.m. on Tuesday, February 7

## Language Development & Communication in Infants and Toddlers

Thursday, February 16  
6:30 p.m. - 8:30 p.m.  
At the Partnership office  
Cost is \$12  
Taught by Cassia Simms-Smith

During this workshop you will learn more about the development of language and communication for children birth to three; the research that links relationships to language learning in the first three years; and strategies to support development in this domain for all infants and toddlers, including dual language learners.

Register by February 8 at

[www.childcareservices/ps/training.html](http://www.childcareservices/ps/training.html)

## SIDS

Thursday, February 23  
6:30 p.m. - 8:30 p.m.  
At the Partnership office  
Cost is \$3  
Taught by Michell Kocan and Brandi Covington

Register by 4 p.m. on Tuesday, February 21

## CPR and First Aid

Saturday, March 10  
\$20 for CPR 8 a.m. -noon  
\$15 for First Aid 1 p.m. - 4 p.m.  
Fee is \$30 for both classes  
Taught by Frank McKay

Register by 2 p.m. on Friday, March 2

## What You Should Know About ADD, ADHD

Thursday, March 15  
6:30 p.m. to 8 p.m.  
At the Partnership office  
Cost is \$3  
Taught by Marsha Williams

This class will help childcare providers understand the basics of ADD and ADHD, and dealing with the challenges involved.

Register by 4 p.m. on Tuesday, March 13

# Registration sheet for classes

| Session Title                 | Date                    | Number Attending | Fee  | Total Amount |
|-------------------------------|-------------------------|------------------|------|--------------|
| Diarrheal Illness             | January 12              | _____            | \$3  | _____        |
| Names _____                   |                         |                  |      |              |
| Color Me Healthy              | January 31 & February 2 | _____            | Free | _____        |
| Names _____                   |                         |                  |      |              |
| Fitness and Physical Activity | February 9              | _____            | \$3  | _____        |
| Names _____                   |                         |                  |      |              |
| Language Dev. & Communication | February 16             | _____            | \$12 | _____        |
| Names _____                   |                         |                  |      |              |
| SIDS                          | February 23             | _____            | \$3  | _____        |
| Names _____                   |                         |                  |      |              |
| CPR and First Aid             | March 10                | _____            | \$30 | _____        |
| Names _____                   |                         |                  |      |              |
| ADD and ADHD                  | March 15                | _____            | \$3  | _____        |
| Names _____                   |                         |                  |      |              |

Registration only valid with cash or check payable to Richmond County Partnership for Children. Forms and payments can be delivered or mailed to PO Box 1944, Rockingham, NC 28380. Registration is due two business days before training; refunds only if a session is canceled. Children are not allowed at training classes. If you bring a child, you will be asked to leave. Participants who arrive more than 15 minutes late will not receive a certificate of completion. However, you may still participate.

Amount Enclosed \_\_\_\_\_

## Children of active military suffer psychological problems

Children with at least one active-duty military parent suffer psychological problems.

More than 300,000 children were in the study which found the more time a parent spent deployed, the more likely it was that a child developed a behavioral or emotional disorder

(including acute stress disorders).

The concerns are the increased number of kids with deployed parents and the issues that arise from deployment (preparing for deployment, dealing with the absence, handling transitions after a parent returns from deployment, and grieving the death of a parent).

There are now well over one million kids with a parent in active duty; nearly 75 percent of them are younger than 11 years old and almost half are younger than 5. This particular study focuses attention on a large population that has been under-recognized and under-served.



# Southwestern Child Development Commission, Inc.

*...excellence in early childhood education*

Est. 1972

## Workshop Registration

Please complete one form for each individual and a separate form for each workshop event.  
ALL QUESTIONS MUST BE COMPLETED.

Name of Workshop: \_\_\_\_\_

Date of Workshop: \_\_\_\_\_ Location of Workshop: \_\_\_\_\_

Have you attended a workshop on this topic before? \_\_\_ Yes \_\_\_ No

Registrant First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Last 4 digits of Social Security Number: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Business Name: \_\_\_\_\_

Business Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Business Phone Number: \_\_\_\_\_ County: \_\_\_\_\_

Email Address: \_\_\_\_\_

Gender: \_\_\_ Female \_\_\_ Male Number of children you work with: \_\_\_ ages 0-5 \_\_\_ 6 and up

Your primary language: \_\_\_ English \_\_\_ Spanish \_\_\_ Other: Specify \_\_\_\_\_

Ethnicity: \_\_\_ Caucasian \_\_\_ African American \_\_\_ Hispanic/Latino \_\_\_ Multi-racial \_\_\_ Prefer not to disclose. Do you need a translator? \_\_\_\_\_

Education Level: \_\_\_ High School/GED \_\_\_ High School and some college \_\_\_ 2 year degree \_\_\_ 4 year degree or higher

Amount of Payment enclosed: \_\_\_\_\_

Registration and payment must be received 7 days prior to the workshop.

Please complete and mail with payment by check or money order to:

Southwestern Child Development Commission, Inc.

P. O. Box 250

Webster, NC 28788

For more information, call 828-586-5561.

The new standards are 16 CFR 1219 for full sized cribs and 16 CFR 1220 for non-full sized cribs, which will improve the safety of cribs by "mak[ing] mattress supports stronger; mak[ing] crib hardware more durable; and mak[ing] safety testing more rigorous" as well as prohibiting the sale of non-compliant drop-side cribs. It is impossible to determine the safety or compliance of a crib by looking at it.

Basically, the impact is this.

Traditional drop-side cribs cannot be made or sold; immobilizers and repair kits not allowed.

Wood slats must be made of stronger woods to prevent breakage.

Crib hardware must have anti-loosening devices to keep it from coming loose or falling off.

Mattress supports must be more durable.

Safety testing must be more rigorous.

As caregivers change out their cribs, they're asking "Is there anything I can do with the cribs I currently have?"

Cribs that do not meet the new standards should be disassembled, then discarded or recycled.

Early childhood educators, parents and environmentally conscious people are already discovering many fun, useful, and creative ways to take apart old cribs and recycle the parts.

For example, you can hang the side of a crib on a wall and use large clips to mount children's art or photographs on it. Cover it in fabric to make an elegant or playful decoration.

If the crib has a Plexiglas side, it will make a perfect frame for a photo collage. Some cribs have mirrors which you can reuse on the wall as well.



Attach wheels to the side or the bottom of a crib to make a portable play table. This creates storage for toys or works in progress and makes it easy to resume play the next day.

If you're feeling extra green, you can use the slatted side in the garden as a trellis to grow climbing vegetables, or wrap it in plastic to construct a lid for a small greenhouse.

Ask families if they can use the crib sides at home, as a drying rack, a craft organizer wall, a hanger for pots and pans, or a headboard for a child's bed.

Left over wood can be cut and used to build blocks, furniture, or other crafts. Screws and bolts can even be used to create noise makers.

- *NC Child Care Health and Safety*

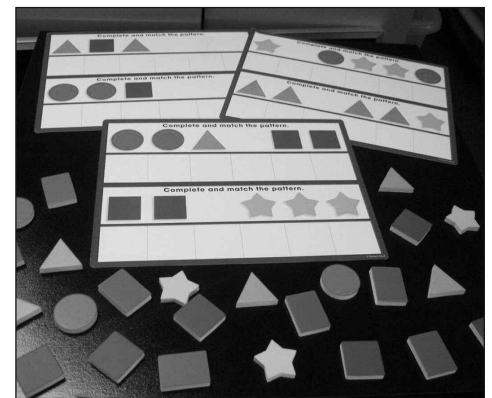
## Patterning mats develop children's skills

Early problem-solving and critical-thinking skills can be sharpened through simple patterning activities.

Noticing key similarities and differences between objects and being able to describe the patterns evident in a series of objects is critical to early reading and mathematical skills.

For example, careful observation of objects and patterns in a series can help develop a child's visual-spatial skills, which is essential when writing letters and forming numbers.

That's where the patterning mats kit can be beneficial. These kits are available for checkout at the resource library at the Partnership office.



## Annual Day of Training for Child Care Providers

We are offering a Day of Training on March 24 at Washington Street School.

This is a good opportunity for professionals to earn continuing education credits as well as gain the techniques and procedures that will help you in your classroom.

Mark your calendar now. We'll send more information at a later date.

# Our board of directors and staff

*Richmond County Partnership for Children is fortunate to have the expertise and guidance of an outstanding volunteer board of directors.*

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