

Kid Topics

Douglas County Child Development Association

PBS in Action by Anna Jenny

Do you hate conflict? Does passive aggressive behavior really annoy you? Then, perhaps it is because we didn't learn everything we need to know in kindergarten. Sadly, for many of us, we have never been taught conflict resolution skills and the best way to handle negative emotions.

But, children today have an opportunity to learn these skills in PreK settings with the CSEFEL model of Positive Behavior Supports. I recently visited a PreK classroom and saw it in action.

Little Johnny was proud of the superhero he had built with Bristle Blocks. His friend, Paul, was impressed and wanted to join in the fun. But, Johnny was not interested in sharing. A conflict was brewing. The teacher quickly tuned into the situation and asked, "How can we resolve this conflict?" Paul said, "I'll get the solution book!"

Together, Johnny and Paul studied their options. They could share. No, Johnny didn't want to do that. They could take turns. No, this option did not appeal to either of them. They could set a timer. "Yes!" Paul ran to get the timer. This generated so much excitement that they found two timers and Georgie and Ringo came over to watch. Johnny played happily with his Bristle man. After turning the timers over a couple of times and watching the sand slip through, Paul announced, "It's my turn!" Johnny came over to see if time was up, and after checking the timer, handed Bristle man to Paul. He wandered off to another center.

Paul played with Bristle man for a few moments, and then dropped him, breaking him into pieces. Ringo went running to the teacher, "Paul broke Bristle man!" And Paul ran to the corner crying. The teacher said, "Oh, I'm sure he didn't mean to break him. It was an accident. See he's crying. What can you do to make him feel better?"

Ringo went to Paul and said "Paul, I know you didn't mean to break Bristle man. Do you want to play with me and rebuild him?" Paul smiled through his tears and the boys went to the manipulative center to begin a new building project.

With the use of some simple classroom supports the teacher was able to take a normal classroom occurrence and turn it into a skill building exercise for conflict resolution and social-emotional growth. Johnny and Paul learned to compromise on a solution for their conflict that was satisfying to both of them. Ringo learned to show empathy and offer friendship.

For more information on CSEFEL resources, check out their website at <http://csefel.vanderbilt.edu/>

First Edition
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935 Iowa, Suite 7
Lawrence, KS 66044
(785) 842-9679
Toll Free
(866) 352-1531
www.dccda.org
Office Hours
8:30am - 4:30pm
Monday - Friday

DCCDA Services:

- Child and Adult Care Food Program (CACFP)
- Local Foods Program
- Child Care Tuition Scholarships
- Training & Technical Assistance to Care-givers
- Membership Services and Interest Groups
- Early Childhood Mental Health Consultation

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Special Dates

FEBRUARY

Black History Month
14 - Valentine's Day
21 - Presidents' Day



MARCH

13 - Day Light Saving Time Begins
17 - Saint Patrick's Day
21-25 - USD 497 Spring Break



Safe Kids News

Frostbite and Frostnip



Definition: Frostbite is damage to the skin and other tissues caused by freezing. Frostnip is a mild form of this cold injury.

Description: Skin damage from frostbite and frostnip occurs because of freezing, either by extremely cold weather, wet clothing in cold temperatures, or through chemical exposures, such as dry ice or highly compressed gases. Most children encounter frostbite when they participate in outdoor sports, camp in winter, get wet and cannot change their clothing immediately, or do not dress according to the weather conditions. Frostnip and frostbite are associated with ice crystal formation in the tissues.

- * In frostnip, no tissue destruction occurs. The skin turns pale and the person experiences numbness or tingling in the affected part until warming begins.
- * In frostbite, the affected part begins to feel cold and, usually, numb. The skin turns white or yellowish. Many patients experience severe pain in the affected part during re-warming treatment and an intense throbbing pain that arises two or three days later and can last days or weeks. Severe exposure and damage can lead to possible amputation.

When to call the doctor: If a child's clothing has been wet for a long period of time or the child has been exposed to freezing temperatures, shows skin discoloration, and complains of feeling numb, the child should be seen by a doctor. Prolonged exposure to extreme temperatures can also produce hypothermia (lowered body temperature), which can be life threatening.



Free Car Seat Safety Checks

Open Events

Saturday, February 5, 9:00am - 12:00pm, Dale Willey Automotive, 2840 Iowa Street

By Appointment Only Events

call Connect Care at 749-5800 to schedule an appointment during one of the following times:

- ✓ Wed, 02/16, 6pm - 9pm, LMH Inspection Site, 225 Maine St.
- ✓ Fri, 02/25, 9am - 12pm, LMH Inspection Site, 225 Maine St.
- ✓ Tue, 03/01, 9am - 12pm, LMH Inspection Site, 225 Maine St.
- ✓ Wed, 03/16, 6pm - 9pm, LMH Inspection Site, 225 Maine St.
- ✓ Fri, 03/25, 9am - 12pm, LMH Inspection Site, 225 Maine St.

This is a **FREE** service provided by the Douglas County SAFE KIDS Coalition and its member agencies and individuals. Over 80% of parents have their child safety seats installed incorrectly thus putting their youngsters at risk for injury or even death. Have your seat checked by a certified child passenger safety technician to ensure it is installed correctly in your vehicle.

Local Foods Program

New Local Food Program Gets Underway

DCCDA is launching a new program entitled Families, Farmers and Educators United for Healthy Child Development, which operates under a two-year grant through the United Methodist Health Ministry Fund. With the goal of building relationships between local farmers, early childhood educators and families, our hope is to grow healthier kids while contributing to a more sustainable local food system.

One third of children in the U.S. will cope with diabetes in their lifetime due to poor nutrition. We live in a culture that promotes unhealthy living and poor food choices. Many of our children grow up with no understanding of what healthy food is or where it comes from. Many initiatives are popping up around the country to address these issues.

The Farm to School movement works to integrate local, healthy food into school cafeterias and is present in 46 states in the U.S. Lawrence hosted its own Farm to School event at Cordley Elementary last year. The momentum is growing, and with some young children getting up to 80% of their nutrition in a childcare setting, a healthy lifestyle must start there.

The program offers four possible ways to participate:

- * Community Supported Agriculture (CSA): selected centers will serve as a drop-off site where local farmers will deliver a weekly bag of groceries for subscribing members (centers and enrolled families)
- * Facilitated backyard and community gardens
- * Train the trainer model in which staff, cooks and families will learn to prepare local produce from CSAs and gardens
- * Local Food curriculum: teaching nutrition, food traditions, seasonal eating and much more!

Contact us to learn how you can get involved today! Emily Hampton at emily@dccda.org

Early Childhood Educator of the Month



Katie Miller, Pre-K Teacher at Sunshine Acres is DCCDA's Early Educator for January. Katie was nominated by Tara Glanton, PBS Coach at DCCDA.. Tara said, "Katie is devoted to the success of each child. She implements PBS strategies to help children with challenging behaviors and praises children who follow expectations. Katie is a team player. She is always willing to help whenever and wherever she is needed. Katie openly communicates with children, families, and community colleagues. She is positive and open to try new suggestions and is willing to see each child as an individual."

DCCDA is pleased to announce the Early Educator for December 2010, Ryan Thurman Teacher at LaPetite Academy. Ryan was nominated by his colleague, Matt Woodward. Matt states, "Ryan pays attention to each child's needs and helps them to grow past any roadblocks they are experiencing. He actively looks to the future growth of the kids he has in his class. Ryan creates a bond with the kids that they value. Ryan has attended many birthday parties and activities to celebrate with his students. He also makes time to spend one on one with the kids to help them grow and feel secure. Ryan has helped to become part of the kids life in and outside of his the center. He is a role model to many kids in his class.

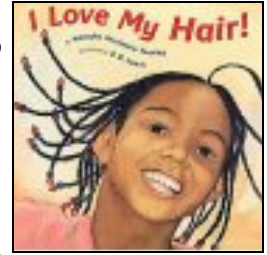


This could be your favorite early educator! Future recipients of this award will be selected from YOUR nominations and can come from anyone— a parent, a colleague, or center director!!! Nomination forms are available from the DCCDA office or by going online to www.dccda.org. Submit your nomination today. Show our Early Childhood Educators how much they are appreciated!!!

Story Extenders

I Love My Hair Written by Natasha Anastasia Tarpley & Illustrated by E.B. Lewis

A young African-American girl narrates the familiar mother-daughter nightly ritual of combing the tangles out of her hair. When she cries because it hurts and feels unlucky to have such a head of hair, her mother tells her how lucky she is to have such beautiful hair. Imaginatively, the woman goes on to say that she can spin it into a fine, soft bun or "plant rows of braids" along her scalp, prompting her daughter to think of other creative ways to fix her hair and things she likes about her hair. The illustrations move from Keyana's bedroom to the neighborhood streets and finally to the whole world as her mother's imagination grows. Keyana's hair is spun on a spinning wheel, becomes part of rows of plants in a garden, and merges with a globe of the whole world. The child's favorite style, however, is two ponytails that flap like wings on each side of her head, and the final picture is of Keyana proudly flying free against the blue sky. Pictures and text reflect the expanding horizons of the child's world as she learns to be proud of her distinctive hair and her heritage. This is a fantastic example of reinforcing positive attitudes about the way young children look and feel about themselves.



Themes: Acceptance, Feelings, Imagination, Tolerance, Diversity, Pride, Self-Esteem

Vocabulary: Spinning Wheel, Rhythm, Globe, Afro, Teased

Discussing the story: What struggles does Keyana face with her hair? How was Keyana able to be happy with her hair? What are some of the hair styles Keyana's mom showed her? Can you style your hair like Keyana?

Art: Friendship Wreath

1. Cut a wreath shape out of a piece of poster board.
2. Have children trace their hands on construction paper using black, white, red, yellow and brown paper to represent various skin tones found across our nation.
3. Cut each hand out and let the kids glue them onto the cutout wreath.

Cooking/Snack: Trail Mix - Have each child bring in a half cup of their favorite snack (you can offer parents suggestions such as: cereal, raisins, crackers, etc). Have the kids mix them all in a huge bowl and serve them for snack. Talk about how different things go together to make something very good. This helps get the ideas of diversity, sharing, cooperation, and trying new things across.

Discovery/Science: George Washington Carver was a scientist who is remembered for helping to make peanuts both profitable and popular. When the boll weevil threatened to destroy the cotton crops in the South, Dr. Carver told farmers to plant peanuts instead. Then working in his laboratory, he made more than three hundred products from peanuts and their shells, such as flour, cheese, instant coffee, dyes wallboard, shoe polish.

Oil from Peanuts: Explain to the children that peanut oil, which we use for cooking, is one of the many products made from peanuts. To help them understand how the oil is extracted, crush a shelled peanut half on a piece of light colored construction paper with the back of a spoon. Have the children observe as the paper absorbs the oil. Then let them take turns trying the same experiment. For peanut allergies, use pine nuts.

Story Extenders

Dramatic Play: Hair Styling Salon

Materials: Hair combs, brushes, water spray bottles, hair accessories, hair rollers, old pressing combs, toy hair dryers, toy curling irons. Transform the dramatic play area into a beauty salon and the children can style their dolls hair.

Literacy: “H” is for Hair. Give each child a sheet of paper with the beginning sentence “H is for Hair. My Hair is _____ or Hair can be _____. The children may use their imagination to decide if the hair is curly, straight, brown, purple, short, or long. Encourage the children to draw a picture of the hair they describe.

Music/Movement: Dr. Martin Luther King, Jr., leader of the Civil Rights Movement, is a figure not to be overlooked in your Black History theme.

Sing this song to the tune of “He’s got the Whole World in Hands”:

Dr. Martin Luther King had a dream
Dr. Martin Luther King had a dream
Dr. Martin Luther King had a dream
He had the whole world in his dream.
He had me and you, in his dream
He had me and you, in his dream
He had me and you, in his dream
He had the whole world in his dream.



His

Other books and resources to support this theme:

Nappy Hair by Carolivia Herron
Bintou’s Braids by Sylvianne Diouf
Nappy by Charisse Carney-Nunes
Cornrows by Camile Yarbrough
Black is Brown is Tan by Arnold Adoff
Fishing Day by Andrea Davis Pinkney
Amazing Grace by Mary Hoffman
My Dream of Martin Luther King by Faith Ringgold
Uncle Jed’s Barbershop by Margaree King Mitchell
Goin’ Someplace Special by Patricia C. McKissack
Henry’s Freedom Box by Ellen Levine
Harlem by Walter Dean Myers
The Colors of Us by Karen Katz
The Skin You Live In by Michael Tyler
Baby Dance by Ann Taylor

**Stop by the DCCDA office
to check out a Prop box!**

*Martin Luther King Jr. and
Black History Month, All
About Me, Diversity, People,
Multicultural, Snow, Pen-
guins, Valentine’s Day,*

DCCDA's 20th Annual Mini-conference Enrollment Form

Name: _____

Address: _____

Phone: _____ Email: _____

DCCDA Member (has paid annual \$15 membership dues)

Membership Number _____

Only dues paying DCCDA members are eligible for reduced registration fees (i.e. CACFP participants who have not paid a \$15 membership fee do not qualify for discount).

Conference Fee \$ _____

Membership Fee \$ _____

Total paid \$ _____

So that we may plan adequate room sizes, please indicate below your preference for each session. This is for planning purposes only; you are not making a commitment. Please make a notation of your choices on your conference program.

Session I: 9:00 - 10:00 AM

- ' A. Big Box
- ' B. Beyond the Sensory Table
- ' C. Storybook Cafe
- ' D. How to Prepare for Kindergarten

Session II: 10:15 - 11:15 AM

- ' A. The Language of Play
- ' B. Environments that Inspire and Challenge
- ' C. Fitness in the Classroom

Session III: 11:30 AM - 12:30 PM

- ' A. Newborn - 24 Months Age M&M: Music & Movement
- ' B. Moving Through the Seasons
- ' C. Sign Language for Preschool Children
- ' D. Marketing your Child Care Business

Please return your completed registration form and full payment to:

DCCDA

935 Iowa Street, Ste. 7

Lawrence, KS 66044

(make checks payable to DCCDA)

No refunds will be given after

February 25th, 2011

No refund for bad weather.

Please let us know if you need accommodations for a disability.

Conference fees are as follows:

\$20 for current DCCDA Members (please note, membership discount is individual - not center wide)

\$25 for non-DCCDA Members

\$10 Late registration fee

(post marked or walk-in after February 25th) .

Check if you need a receipt for proof of payment, it will be attached to your folder.

- Registration and refreshments will be held in the Mayflower Room.
- Please dress comfortably.
- Temperatures may vary room to room.

DCCDA Annual Mini-conference

9:00am-12:30pm

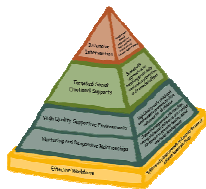
March 5, 2011

Plymouth Congregational Church

925 Vermont Street

Registration begins at 8:30am

Train-the-Trainer CSEFEL Pyramid Model



March 3 & 4, 2011, Thursday & Friday 8:30 am - 4:30 pm
& May 2 & 3, 2011, Monday & Tuesday 8:30am - 4:30 pm

Community Health Building, 200 Maine Street, Lawrence, Kansas 66044

Douglas County Child Development Association and its early education partners is hosting a four day Train-the-Trainer event specifically designed to train individuals on how to educate peers on the CSEFEL Pyramid Model. The content of the training reflects a commitment to promoting social emotional development in all young children but recognizes the need for more intensive interventions when children have significant social emotional needs and challenging behavior. This is an opportunity to obtain advanced training in the CSEFEL Pyramid Model and practices.

First and Last Name _____

Agency _____ Role _____

Address _____

City _____ County _____ State _____ Zip _____

Phone _____ Fax _____

Email (required for confirmation) _____

Please circle the training session you will be attending: Preschool Infant/Toddler

Would you be interested in facilitating future trainings as an hourly contract employee through DCCDA? Yes / No

Vegetarian meal? Yes / No Any special accommodations needed? _____

Payment Information: Please send completed registration and a check or money order for **\$300 PER PERSON** made payable to DCCDA to:

Douglas County Child Development Association
935 Iowa Street, Suite 7
Lawrence, KS 66044

Refreshments, light breakfast and lunch will be provided. Registrations with payment must be received by **February 11, 2011**. Attendees **must plan to attend all four sessions** to receive certificates of completion. Due to cost of materials, cancellations cannot be processed. Please email marci@dccda.org with any questions.

Douglas County Child
Development Association
935 Iowa, Suite 7
Lawrence, KS 66044-1836

E-mail: ajenny@dccda.org
Phone: 785-842-9679
Fax: 785-842-1412

Open Office Hours 2011

Mon: **Jan 31**, 6-7:00pm

Mon: **Feb 28**, 6-7:00pm

Thu: **Mar 31**, 6-7:00pm

Fri: **Apr 29**, 6-7:00pm

Tue: **May 31**, 6-7:00pm

Thu: **Jun 30**, 6-7:00pm

Fri: **Jul 29**, 6-7:00pm

Wed: **Aug 31**, 6-7:00pm

Fri: **Sept 30**, 6-7:00pm

Fri: **Oct 28**, 6-7:00pm

Wed: **Nov 30**, 6-7:00pm

Fri: **Dec 30**, 6-7:00pm

Opportunity to use
laminating machine and
check out library resources

SAVE THE DATE

Midwest Leadership Summit V

Friday, April 29 & Saturday April 30, 2011

Lawrence, Kansas

Registration available through our website www.dccda.org

Featuring: Toni Boyle

Discipline Issues, Coaching for Success, Difficult Conversations,
“Fish Philosophy” and more...

