



Kid Topics

Douglas County Child Development Association

The staff and Board of Directors of Douglas County Child Development would like to say thank you to everyone who participated in our Week of the Young Child activities. This year there were three opportunities to participate: The Children's Art Display in downtown Lawrence, the Mayor's Proclamation and the Early Education Site Tour. Your efforts reflect community involvement in the lives of young children from families, early educators and the Douglas County Community at large. You've done your part to educate the public about the importance of the early years in the lives of our citizens.

We offer our special thanks to:

Lawrence City Commissioners

Local Burger

The Ect. Shop

Eccentricity Too

Prairie Pond

Liberty Hall

Blue Dandelion

Lawrence Public Library

Stitch-on Needle Work

Stepping Stones Inc.

Kids First Preschool

Children's Learning Center

First Presbyterian Preschool

Language Acquisition Preschool

Tiny Tyke's Home Daycare

Edna A. Hill Child Development Center

Lawrence Community Nursery School

La Petite Academy on Clinton Parkway

One of a Kind Progressive Early Education

Google's of Learning Child Development Center

Terri, Bridget and Lily Dixon

Families who participated in the site tours

Mayor Amyx

Penny Annie's

Winfield House

Milton's Café

3 Spoons Yogurt

Dusty Bookshelf

Aimee's Coffee Shop

M&M Office Supply

Arizona Trading Co.

Rebecca's Schoolhouse

Precious Child Daycare

Diane's Daycare

Sunshine Acres Montessori

Lawrence Arts Center Preschool

La Petite Academy on 6th Street

Building Blocks Daycare Center

Hilltop Child Development Center

Second Edition
2011

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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



May 8 - Mother's Day
May 24 - Last Day of School
May 29 - JFK's Birthday
May 30 - Memorial Day



June 14 - Flag Day
June 19 - Father's Day & Juneteenth
June 21 - 1st Day of summer

Safe Kids News

Safe Kids USA reminds everyone about the dangers of leaving a baby inside a hot vehicle:



As hard as it may be to imagine, statistics show that it is all too common for parents to forget their baby or toddler is in their vehicle. And the result is sometimes deadly. With the warmer months here, Safe Kids USA reminding everyone about the dangers of heat related illness in small children.

Jill Lucas Drakeford is with the Roanoke chapter of Safe Kids. She has several suggestions for preventing child deaths from hyperthermia. Drakeford suggests placing a cell phone, purse or briefcase in the backseat. That helps ensure that the parent checks back there, and sees the baby.

Drakeford says to dial 911 immediately if you do see an unattended child in a car. Also, she recommends locking all vehicle doors after everyone has left the vehicle, especially at home. Kids sometimes try to hide in vehicles, and could get locked inside them.

According to Safe Kids USA, the risks of these types of hyperthermia deaths are well known, but they still occur. It happened 49 times in 2010, the worst year on record.



Free Car Seat Safety Checks



Open Events

Saturday, June 4, 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, 05/18, 6pm - 9pm, LMH Inspection Site, 225 Maine St.
- ✓ Fri, 05/27, 9am - 12pm, LMH Inspection Site, 225 Maine St.
- ✓ Tue, 06/07, 9am - 12pm, LMH Inspection Site, 225 Maine St.
- ✓ Wed, 06/15, 6pm - 9pm, LMH Inspection Site, 225 Maine St.
- ✓ Fri, 06/24, 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.

Early Childhood Educator of the Month



Jennifer Perea, Cook and School Age Teacher for 2 1/2 years at La Petite Academy is DCCDA's Early Educator for March 2011. Jennifer was nominated by Jennifer Cottrell and Heidi Allen. They said, "Jennifer is very passionate about working with children and their families. She works hard and does whatever it takes to get the job done. Jennifer makes it a point to always greet every single person that walks through our school. She helps several of our families by babysitting for their children. She has exceptional parent communication."

DCCDA is pleased to announce the Early Educator for April 2011, Sharon Cleavinger, Licensed Home Child Care Provider. Sharon was nominated by Vickie Lord. Vickie states, "Sharon has provided loving care for 42 years. The children know they are loved as do the parents. Sharon provides care to the children of parents she once care for when they were children. Besides being great in daily care, Sharon has been active in the DCFDCA (DG CO Family Day Care Assoc.) and attended many state conferences. She was a charter member of DCFDCA and has lobbied for local and state child care issues. Sharon also held offices in DCFDCA and helped plan state conferences for CCPC (Child Care Providers Coalition) of Kansas.



DCCDA gladly names Carol Ohmart as May 2011's Early Educator of the Month. Carol is retiring in May after 41 years of providing care to our community's children. Child care provider, Vickie Lord says Carol always "provided love and nurturing care for children". Carol was a charter member of DCFDCA and is still active with the Association today. She has attended many state conferences and has lobbied at the state and local levels for child care issues. Carol held offices in DCFDCA and helped plan state conferences for CCPC of Kansas.

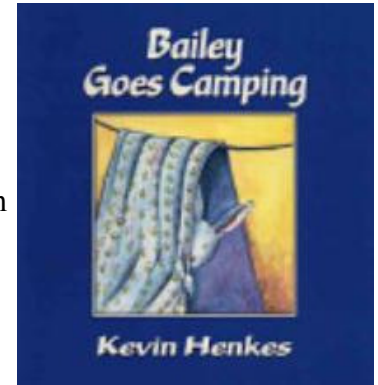


This could be your favorite early educator! Future recipients of this award will be selected from YOUR nominations and can come from anyone— a parent, a colleague, or center director!!! Nomination forms are available from the DCCDA office or by going online to www.dccda.org. Submit your nomination today.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

Story Extenders

Bailey Goes Camping by Kevin Henkes

From the author of "Sheila Rae, The Brave" and "A Weekend with Wendell" comes "a cozy, comfortable book that will leave youngsters smiling".-- ("Booklist"). Too young to go camping with his Bunny Scout brother, Bruce and sister, Betty, Bailey had to stay home. "You're too little," said his brother. "You can go in a few years," said his sister. But Bailey didn't want to wait. With the help of Mama and Papa, Bailey went camping right where he was!



Themes: Camping, Summer, Swimming, Fishing, Feelings, Imagination

New Vocabulary: scouts, roasting, fair

Art: Raccoon Paper bag puppets

What you'll need: crayons or markers, scissors, glue, brown paper lunch bags, construction paper, yarn, cotton balls.

Have children color and cutout circles for eyes and nose, triangles for ears and ovals for arms and stomach (as seen to the right). Help each child glue the eyes to the bottom of the bag. Have each child glue the body and arms to the front of the paper bag. You can even cut out a tail like the one to the right to paste to the back of the bag. Use the cotton balls to make the tail fluffy and/or the tummy of the raccoon (optional). This project will be perfect to use during music & movement.



Dramatic Play: Developing fine-motor skills: Transform your large group area into a campground with this crafty campfire! Glue cardboard tubes (logs) to a sheet of poster board. When the glue is dry, place the poster board at a table along with scraps of red, orange, and yellow tissue paper. Provide access to a paintbrush and container of glue. As the children visit the center, let them brush glue on the logs, and then place the crumpled tissue paper on the glue. After each child has had the opportunity to visit the center and the glue is dry, place the resulting campfire in your circle-time area. Then have youngsters sit around the "fire" during the large-group activities suggested through this story extender.

Discovery/Science: Collecting, Observing, Describing: Mother Nature sure did provide us with lots of interesting things to discover in the great outdoors! Lead the children on a nature walk to find pinecones, feathers, pebbles, leaves, bark, etc. If you do not have a natural area nearby, collect these items ahead of time and place around the "campground" area for the children to collect. Encourage the young naturalists to compare their findings and examine them with hand lenses. Have each child glue their findings to a piece of cardboard and have each child label each item.

Cooking/Snack: Make & Take Trail Mix: Place an assortment of dried fruits, nuts, seeds, pretzel sticks, chocolate chips or M&M's, and Cheerios or other simple cereals in bowls with spoons. Give children each a re-sealable baggie and invite them to create their own unique snack mix with their favorite ingredients. Take a little hike before settling down to sample their creations. Zip up the bags to save the leftovers for home.



Large Motor: Photocopy an enlarged picture of a firefly (at right) in different colors of paper. Tape the fireflies to the wall in various places around the room. Have the children sit in a circle and pass a net around to each child. As each child receives the net, tell them to find and catch a firefly of a specific color.

Story Extenders

Literacy: Have the kids go fishing like Bailey did in the story. Cut shapes of fish out of different colors of paper and label them with uppercase alphabet letters. Cut worms out of pink construction paper and label them with lowercase alphabet letters. Make a fishing pole with a stick, using yarn as the fishing line. Tie a clothes pin to the string. Have the kids go “fishing” using the lowercase lettered worms to “bate” the coordinating uppercase lettered fish.

Math: Count on Ants: Camping means warm weather and picnics, and picnics mean ants! Glue magazine and newspaper pictures of food to twenty paper plates, then label the plates with a large number in the center, from 1 to 20. Put the plates in a picnic basket, along with a box or baggie full of plastic ants. Children choose a plate at random, read the number, and put the ants on the plate so they can eat the food!



Music/Movement: To the tune of Kookaberra: (use the puppets created during the art activity)

Raccoon sleeps in a hollow tree

While the sun shines on you and me.

Sleep, little raccoon,

Sleep, little raccoon,

Warm and Cozily.

(Children hold puppets and pretend they are sleeping)

In the Darkest part of night

Raccoon has the best eyesight.

Look, little raccoon,

Look, little raccoon,

My, your eyes are bright.

(Children have puppets peering around the room)

Raccoon hardly makes a sound

When he prowls all around.

Hunt, little raccoon,

Hunt, little raccoon,

Find food on the ground.

(Children hold puppets and quietly creep around the room)

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

*Mother's Day/Father's Day,
Spring & Flowers, Garden-
ing, Master Gardener, Every-
thing Grows, Season's and
Weather, Camping, Vacation*

Other Books & Resources to support this theme:

Arthur's Camp-out by Lillian Hoban

Where the River Begins by Thomas Locker

Amelia Bedelia Goes Camping by Peggy Parish

The Night We Slept Outside by Anne And Harlow Rockwell

When Daddy Took Us Camping by Julie Brillhart

When I Go Camping With Grandma by Marion Dane Bauer

Stella & Roy Go Camping by Ashley Wolff

Local Food Program

Why eat healthy? by Ashley Graff

Everyone knows we should all eat a healthy, balanced diet. Eating healthfully is one of the top New Year's Resolutions and probably the most consistently offered advice by doctors everywhere. Yet how many of us regularly meet our nutrient needs by ingesting the appropriate amounts of fruits, vegetables, grains, dairy and protein? Are our children eating appropriately? It may be easy enough to *know* what to do, but much harder to actually *do* it.

Today's foodscape has many of us more confused than ever. When did the simple act of feeding ourselves and our families become so difficult? Is this *whole* grain? Does my beef contain traces of antibiotic? What are the effects of all this corn syrup? Are these eggs from a free-range chicken? You want *how much* for this tomato? And of course the answers to these questions become even more vital as we consider what to feed our children, whose bodies and minds require essential food nutrients to develop. As mystifying and political as some of these topics are, the fact remains that eating the right foods in the right proportion can keep our bodies strong and our minds sharp.

With so many distracting choices, staying motivated to strive for a healthy diet can be tough, but keeping the payoffs in mind just might help. Here are some reasons we all might want to steer clear of the doughnuts a little more often and look locally for our food nutrition needs:

- **Feel better:** The overall functioning of our bodies improves as we receive the nutrients we require. Moods will improve; we'll think more clearly and be more energized. Eating a healthy diet low in sugar also stops the roller coaster of energy bursts and crashes so we can sustain a regular level of energy all day. Eating certain combinations of food groups and nutrients has been shown to induce better and deeper sleep. These natural dietary sleep inducers provide quality sleep which gives us more energy, improves brain function, allows our bodies time to repair themselves, regulates weight and strengthens immunity.
- **Be sick less often:** A diet rich in vitamins and minerals gives our cells the material they need to keep our immune systems strong and help us avoid sickness. For example, vitamin C loaded fruits and vegetables will help ward off colds and other viruses and eating healthy foods will accelerate recovery if illness occurs. Antioxidants such as those found in broccoli, citrus and berries combat the action of free radicals in the body that can suppress the immune system. Eating healthfully also decreases stress on our bodies, another cause of sickness.
- **Lower the risk for disease:** Almost everyone knows a friend or family member suffering from a health issues like high blood pressure, high cholesterol, heart disease, stroke or cancer. While genetics surely plays a role, we absolutely have the power to mitigate the risks of diseases caused by lifestyle choices. Adopting a healthy eating regimen is a lifestyle change that will pay off long term. For example, heart healthy omega 3 fatty acids, commonly found in fish, nuts, beans and vegetables like winter squash, have been proven to help protect against cardiovascular disease, a danger more common than cancer.
- **Be physically and mentally fit:** With more energy, we'll all be more likely to give our bodies the exercise they need. Exercise in combination with a nourishing diet can help us maintain a healthy weight, giving us healthy hearts and self confidence that motivates us to carry on our good eating habits. Healthy diets also promote brain health and mental clarity, reduce anxiety and help ward off depression.
- **Set a positive example:** Children develop eating habits early and they'll continue those habits into adulthood. Regularly eating healthy foods ourselves sends a signal to kids that we value good nutrition. By acting as positive role models and cooking and eating nutritious foods, we'll encourage our children to behave as we do, teaching them lifelong habits that will protect their health.

Why is "local" food healthy?

- **Locally grown produce is fresher and tastes better:** Shorter distances from farm to fork means local food can ripen longer and will spend less time in transit or cold storage, optimizing its nutritional value and taste.
- **Local food producers often offer more variety:** Without the grocery store demand for "name brand" produce, smaller farming operations with strong community support are free to try crops of diverse fruits and vegetables.
- **Buying local food options generates money for the local economy:** Support our community and keep our money circulating within our regional economy by buying from local farms and businesses.
- **Choosing local food keeps us in touch with the seasons:** Waiting until foods are in season lets us enjoy abundant quantities of foods while they are the least expensive and most delicious.
- **Eating local strengthens community:** Knowing the name, the face and the story behind our food builds relationships and heightens our appreciation of the work required to produce nutritious food.
- **"Local" is even more eco-friendly than "organic":** The journal, *Food Policy*, found in a March 2005 study that the number of miles organic food often travels creates environmental damage that actually outweighs the benefit of buying organic.

Positive Behavior Supports

The Importance of Early Childhood Social Development

Adapted From:

Linking Social Development and Behavior to School Readiness

Barbara J. Smith, Ph.D. – University of Colorado-Denver and Health Sciences Center

There is mounting evidence showing that young children with challenging behavior are more likely to experience early and persistent peer rejection, mostly punitive contacts with teachers, family interaction patterns that are unpleasant for all participants, and school failure. Conversely, children who are emotionally well-adjusted have a greater chance of early school success. Social and behavioral competence in young children predicts their academic performance in the first grade over and above their cognitive skills and family backgrounds. Science has established a compelling link between social/emotional development and behavior and school success. Indeed, longitudinal studies suggest that the link may be causal...academic achievement in the first few years of schooling appears to be built on a foundation of children's emotional and social skills. Young children cannot learn to read if they have problems that distract them from educational activities, problems following directions, problems getting along with others and controlling negative emotions, and problems that interfere with relationships with peers, teachers, and parents. "Learning is a social process".

Social skills that have been identified as essential for academic success include:

- * getting along with others (parents, teachers, and peers),
- * following directions,
- * identifying and regulating one's emotions and behavior,
- * thinking of appropriate solutions to conflict,
- * persisting on task,
- * engaging in social conversation and cooperative play,
- * correctly interpreting other's behavior and emotions, and
- * feeling good about oneself and others.

And yet, many children are entering kindergarten and first grade without the social, emotional, and behavioral skills that are necessary for learning and success in school. One survey of over 3000 kindergarten teachers found that 30% claimed at least half of the children in their classes lacked academic skills, had difficulty following directions and working as part of a group; and 20% reported that at least half of the class had problems in social skills.

What can we do to increase school readiness in young children?

Federal and state policies need to reflect the importance of these foundational skills by removing barriers and providing incentives and resources to communities and programs to provide effective services and interventions to address social/emotional problems and challenging behavior when they occur. Federal, state, and local governments and community agencies need to raise the visibility of importance of social competence in school success. Early care and education professionals need training and on-site technical assistance in evidence-based practices for promoting social skills, preventing problem behavior and providing effective intervention practices when needed. Early childhood education professionals need to know how to integrate social/emotional learning with literacy, language, and other curricular areas. Studies are needed on specific promotion, prevention, and intervention strategies to establish their efficacy for specific groups of children in particular settings. Research is also needed on policy and programmatic features that result in more effective services for children and families related to social development.

For more information visit: www.challengingbehavior.org

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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 Dates

DCCDA's Fall Health & Safety Smorgasbord

August 27, 2011

Registration starts at 8:00AM

Conference - 8:30AM -12:45PM

Community Health Building

Lawrence, Kansas

KAEYC Annual Conference

October 1, 2011

Kansas State University

Manhattan, Kansas

For more information visit www.kaeyc.net