



CARING FOR KIDz

Where Child Care Providers Succeed and Children Thrive

October - December 2009 • Volume 20 Issue 4

CCAC Programs

Resource and Referral

Information about child care programs in Grays Harbor, Lewis, Mason, Pacific & Thurston Counties. 800.845.0956 (toll free) or 360.754.0810 Sokha x105 / Nancy x107

CCAC Academy

STARS credit, CDA classes and consultation to support child care providers. Renee x100 / Debbie x110 / Sheryl x104

Army Child Care in Your Neighborhood

Supporting Military families with high quality child care off base. Marge x112

Keystone Crisis Nursery

Emergency child care for families in crisis in Lewis, Mason & Thurston counties. Families can access by calling 360.754.0810 x107 or Toll free 800.845.0956

Supporting Successful Relationships

Consultation in your home or center promoting children's social/emotional skills. Connie x108

Raising a Reader

Early literacy program providing books to selected child care sites and engaging parents in early literacy. Connie x108

Homeless Child Care

Provides subsidies for short-term child care for homeless families. Nancy 360.754.0810 x107 or Toll free 800.845.0956

Respite Care

Referrals for temporary care of individuals with a developmental disability or chronic illness. Sokha 360.754.0810 x105 or Toll free 800.845.0956

Child Care Inclusion

Welcoming children with disabilities into child care settings. Sheryl x104

Safe Kids Thurston County

Seeks to eliminate unintentional injuries in children 14 and under. Erin x106

CCAC is a proud member of:



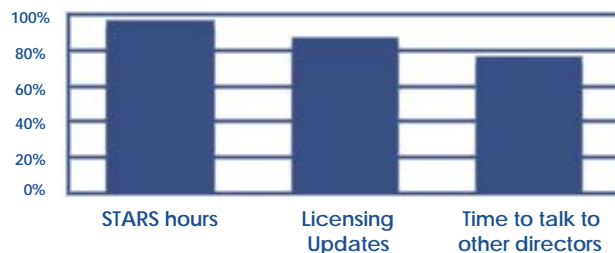
Professional Development for Directors

New opportunities for directors are right around the corner! Beginning this fall, directors will be invited to gather on the second Thursday of each month, from 12 to 2 p.m.

Several weeks ago directors in Thurston, Mason, Lewis, Grays Harbor, and Pacific counties were mailed a survey designed to assess their education and networking needs. Directors, you responded! Forty-five of you returned the survey.

What did you tell us? Almost all of you said that you want STARS training

You Said You Want...



hours as an integral part of your meetings. Around 90% of you are also interested in licensing updates and over 75% of you welcome the chance to network with other directors.

The survey also gave us a good indication of when and where you are able to meet. Many of you commented that it would be helpful to have the meetings scheduled regularly. Almost all of you said that you would try to make time to meet monthly and that you would travel to Olympia.

We used the survey results (and what we have learned at past director's meetings) to make plans for the coming year. Details are in the highlighted box.

Directors, we know you are busy and that getting away from the center can seem next to impossible. However, we also firmly believe that if you can get away, you will be glad you made time to learn and network. Remember—nobody is going to give you time to take care of yourselves. You need to take it so that you can better care for others.

We hope to see you at our first meeting on October 8th!

Director's Network Meetings

Date: 2nd Thursday each month, beginning October 8.

Time: Noon – 2 p.m. (lunch provided!)

Place: Dept. of Early Learning, 6860 Capitol Blvd., Tumwater, WA Building 2, 1st floor, Nisqually Room

Cost: \$16 for Admin STARS hours

RSVP: Register online

CHILD CARE ACTION COUNCIL

P.O. Box 446 • Olympia, WA 98507-0446 108 State Avenue • Olympia, WA 98501

Toll Free: (800) 845-0956 • (360) 786-8907 • www.ccacwa.org

How to Reach Us

Nancy Hobson
Child Care Resource & Referral
(360) 754-0810 x107
nancy@ccacwa.org

Sokha Bunn
Child Care Resource & Referral
(360) 754-0810 x105
sokha@ccacwa.org

Marge Johnson
Army Child Care in Your Neighborhood
(360) 786-8907 x112
marge@ccacwa.org

Fran Williams
NACCRRRA Accreditation
(360) 786-8907 x111
fran@ccacwa.org

Connie Dougherty
Supporting Successful Relationships
Raising a Reader
(360) 786-8907 x108
connie@ccacwa.org

Erin Cavin
Safe Kids Thurston County
(360) 786-8907 x106
safekids@ccacwa.org

Annie Cubberly
Executive Director
(360) 786-8907 x101
annie@ccacwa.org

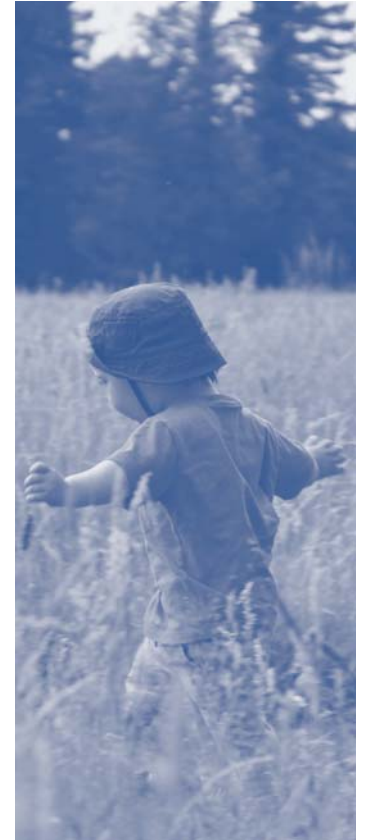
Beth Lovelady
Development Director
(360) 786-8907 x140
bethlovelady@ccacwa.org

Sheryl Garrison
Professional Development
(360) 786-8907 x104
sheryl@ccacwa.org

Renee Woodring
Office Administrator
(360) 786-8907 x100
renee@ccacwa.org

Debbie Hasbrook-Havey
Professional Development
Associate
(360) 786-8907 x110
debbie@ccacwa.org

Joy Lile
Americorp Intern
(360) 786-8907 x141
joy@ccacwa.org



Partner Organizations

Other Professional Development Providers

Centralia College
(360) 736-9391, ext. 465
www.centralia.edu

Grays Harbor College
(360) 532-9020 • (360) 538-4018
www.ghc.ctc.edu

Olympic College
(360) 475-7359 ECE Dept • (360) 475-7625 STARS
www.olympic.edu

South Puget Sound Community College
(360) 596-5293
www.spscc.ctc.edu

Foster Parent Education
(360) 725-6788
www.dshs.wa.gov/ca/fosterparents/

ESD 113
(360) 586-2945
www.esd113.k12.wa.us

ESD 112
(360) 750-7500
www.esd112.org

Child Care Associations

Thurston County Family Child Care Association (TCFCCA)
Upcoming meetings: Oct. 17, Nov 12 & Dec 11
More info at <http://tcfcca.webs.com> or by contacting Carol at 943-6858 or Kim at 458-6493 / Birdsnest@netzero.net

Grays Harbor Family Child Care Association (GHFCCA)
For information about upcoming meetings contact: Melissa at 268-1427 or Chris at 360-532-0142 / clr@techline.com

South Sound Association for the Education of Young Children (SSAEYC)
Upcoming Meetings: Oct. 12, Nov 9 & Dec 14
More info: Laura Scheffer at 459-2273

Conferences

South Sound Association for the Education of Young Children 2009 Regional Tapestry Conference
September 26, 2009 • Olympia, WA
More info: www.ssaeyc.org

WA Association for the Education of Young Children 33rd Annual Conference
October 15 - 17, 2009 • Bellevue, WA
More info: www.waeyc.org

CCAC Academy Policies

Tuition

Tuition must be paid in advance. If, one week prior, there are fewer than six paid registrations classes will be cancelled. Don't forget, we now offer online registration and electronic payments under the provider tab at www.ccacwa.org and we also accept credit cards for advance purchases.

Registration

Register online at www.ccacwa.org under the provider tab. Call Debbie at x110 with questions or to register over the telephone. If no one is available to take your call, leave your name, phone number, class title and date. We'll get back to you with a confirmation. Please note: advance payment is required.

Late Arrival Policy

Arrive early to minimize disruptions, to respect the instructor's plan for the class and to make sure STARS certificates are issued fairly. Those arriving 15 minutes late will not receive certificates or refunds. In most cases, the door will be locked at this time.

No Child Care Available

Our classes are designed for adults, so please, for the comfort of everyone, do not bring children.

Inclement Weather/Disaster

Listen to KGY 1240AM for notice of class cancellation due to weather or emergency.

Refund Policy

For a full refund, you must call 786-8907 x100 and cancel your registration by 12:00 noon before a weekday evening class or by Friday 12:00 noon before a weekend class. When calling, leave your name, the class title and the class date. There are no refunds for cancellations after the noon deadline. If a class is cancelled by CCAC or is rescheduled to a date you cannot attend, you will receive a full refund.

STARS Reimbursements

\$100 reimbursements available for Continuing Education, \$150 for 20-Hour Basics from STARS. More info at www.stars.del.wa.gov or 800-72 7-3107 x16.

SSAEYC Scholarships

Scholarships, of up to \$400 per year, are available. To qualify you must be a SSAEYC member and your completed application must be received one month before the event. For an application, go to www.ssaeyc.org or call (360) 491-1988.

Building Bridges to Higher Education

LIMITED TIME ONLY: Earn college credit & STARS credit! Tuition, textbook and mentoring (valued at over \$400 per course) are funded by a grant. You will be expected to attend all 10 hours in a module, complete the homework and utilize the mentors made available through this outstanding program. **Please bring a sack lunch.** Building Bridges to Higher Education is proudly presented by Washington State Dept of Early Learning, Centralia College, South Puget Sound Community College and Child Care Action Council.



Centralia College

Guiding Behavior of Young Children

Centralia College • New Science Center, Rm 109 • Centralia, WA
(Child Guidance, CDA #3) 5:00 – 8:00p
Presenter: Gloria Price
Module 1 Thursdays, September 24, October 1, 8, 15
Module 2 Thursdays, October 15, 22, 29, November 5
Module 3 Thursdays, November 5, 12, 19, December 3

Administration of Early Learning Programs

Centralia College • Location to be determined
(Admin., CDA #5) 9:30a – 2:30p
Presenter: Debbie Hasbrook-Havey
Module 1 Saturdays, September 19, October 3
Module 2 Saturdays, October 17, October 31
Module 3 Saturdays, November 14, December 12

South Puget Sound Community College

Building 20, Room 219 • 2011 Mottman Road SW • Olympia, WA 98512

Child, Family and Community Relationships

(Family Systems, CDA #4) Fri: 6:00 – 9:00p; Sat: 9:00a – 4:30p
Presenter: Jean Hill-Miller
Module 1 Friday & Saturday, Sept. 11 & 19
Module 2 Friday & Saturday, Sept. 25 & October 10
Module 3 Friday & Saturday, November 6 & 14

Guiding Behavior of Young Children

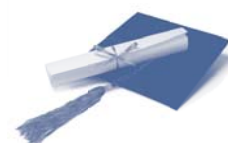
(Child Guidance, CDA #3) 9:00a – 2:30p
Presenter: Nimira Jetha
Module 1 Saturdays, September 12 & October 3
Module 2 Saturdays, October 24 & November 7
Module 3 Saturdays, November 21 & December 5

Grays Harbor Building Bridges Classes

Aberdeen Library • 121 E Market St. Aberdeen 98520

Guiding Behavior of Young Children

(Child Guidance, CDA #3) 10:30a – 4:00p
Presenter: Jean Hill-Miller
Module 1 Saturdays, October 24 & 31
Module 2 Saturdays, November 7 & 14
Module 3 Saturdays, December 5 & 12



Child Development Associate

The Child Development Associate credential is a 10-month program meeting the requirement of 120 training hours. CCAC offers two different programs each with flexible schedules and personal coaching. Some scholarships are available. For more information contact Sheryl at x 104 or sheryl@ccacwa.org.

Online CDA

If you enjoy online training and prefer to study from home on your computer, CCAC's Online CDA may be right for you. For only \$499 (an initial non-refundable deposit of \$199 and two additional payments of \$150 each) you will take the 120-hours of coursework online, participate in three support meetings and receive 6-hours of personal consultation regarding your resource file and the CDA application process.

Online CDA at a Glance:

120 STARS hours of online CDA coursework

- Log on through CCAC website
- Payment of \$199 (non-refundable) to start 2 more payments of \$150=\$499
- Students purchase own copies of Essentials book and CDA application packet (\$68 total)
- Can be started at any time

3 Support Meetings: November 14, February 13 and May 8 at the CCAC Training Academy

- Grays Harbor Support Meetings to be Announced
- Meetings relate to online class content to reinforce learning
- Resource File items to be discussed at these meetings

Mentoring

- 6 hours of personal consultation regarding Resource File and how to apply material

CDA Cohort

If you prefer a more traditional classroom setting, CCAC's CDA Cohort starts September 14 and will meet Monday nights at the CCAC Training Academy from 6:30-9:00 PM. There are also all-day class sessions on the second or third Saturdays of each month. The final quarter of classes will be offered in the spring on Tuesdays and Thursdays at SPSCC. You will have 120 hours completed by the final week of spring quarter, so you can take the summer to finish your Resource File and apply for your CDA by the September 1 deadline.

Look for the CDA 🎓 in the professional development calendar and class list.



CCAC Academy

The CCAC Academy is at Capital Christian Center; 819 Olympia Ave NE, Olympia 98506. Just north of the intersection at Plum and State Ave, right on Olympia Ave. Watch for the Training Academy sign.



CCAC is seeking locations for upcoming classes outside Thurston County. If you know of a potential location or are interested in hosting a class, contact Sheryl at 360.786.8907 x104 or sheryl@ccacwa.org.

CLASS LOCATION KEY

- GHC** • Grays Harbor County
- LC** • Lewis County
- MC** • Mason County
- PC** • Pacific County
- TC** • Thurston County

Professional Development October

20 Hour Child Care Basics for Mixed Audiences: TC

Cost \$150

October 3, 24 and November 7 8:30a – 4:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Meets the STARS 20-Hour Basic Training requirement for family child care and center providers. Includes an intro to child development, child guidance, health & safety, administration and more. Bring a sack lunch. Presenter: Prof Development Team

Kindergarten Readiness: TC

(Child Growth and Dev., CDA #8) Intermediate Cost: \$16
Monday, October 5 6:30 – 8:30p

CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Receive teaching tools to prepare young children for the BIG transition and how to assist parents. Includes a 3-ring binder with checklists & ideas. Presenter: Pam Wilson & Sabrina Rio

Developmentally Appropriate Practices: TC

(Child Growth and Dev., CDA #8) Intermediate Cost: \$20
Monday, October 5 6:30 – 9:00p

CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn how understanding a child's developmental stage can aid you in creating appropriate learning opportunities. Part of the CDA credential, but all are welcome. Presenter: Sheryl Garrison

Professional Development

Continued from Page 4

Understanding Children on the Autism Spectrum: TC
(Health & Safety, CDA #1) ALL No Cost
Wednesday, October 7 6:30 – 8:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506


Learn the common characteristics of kids with autistic tendencies and what you can do to meet their needs. Topics include: setting up the environment, scheduling, meal planning, behavior management strategies, calming techniques and alternative treatments. Presenter: Ann Aubuchon

Director's Network Meeting: TC
DIRECTORS ONLY Cost: \$16 (for STARS hours)
Thursday, October 8 Noon – 2:00p
DEL • 6860 Capitol Blvd; Bldg 2; Nisqually Room • Tumwater, WA 98501
Facilitator: Connie Dougherty

 **Supporting Children's Development & Learning: TC**
(Child Growth and Dev., CDA #8) Intermediate Cost: \$40
Saturday, October 10 9:00a – 2:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

This class, offered once per year, covers the principles of child growth and development. Part of the CDA Program, but all are welcome. Presenter: Karen Healy


Bonding, Attachment and Brain Development: PC
(Child Growth and Dev., CDA #8) Intermediate Cost: \$24
Saturday, October 10 9:00a – Noon
Peninsula Church Center Preschool • 500 'N' Pl. • Seaview, WA 98644
Explore the question, "Can parents and caregivers build better brains in children?" Learn how early bonding and attachment effects the brain development of infants and young children. Presenter: Becci O'Hagan

 **Planning Your Environment: TC**
(Health & Safety, CDA #1) Intermediate Cost: \$20
Monday, October 12 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn scheduling, curriculum and space planning methods that will enhance and create a developmentally appropriate early learning environment for your students. Part of the CDA credential, but all are welcome. Presenter: Kristin Gomez

Meth 360: TC
(Health & Safety, CDA #1) ALL No Cost
Monday, October 12 6:30 – 8:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Part one of CCAC's "Children Affected by Drugs" Series. Hear startling facts about Methamphetamine use in our area, how "meth" affects users and signs of "meth" use. Then, learn ways to support children whose families are affected by this drug so you feel empowered to help children in your care. Presenters: Thurston County Meth Action Team & TOGETHER!

 **Good Health & Nutrition Guidelines: TC**
(Health & Safety, CDA #1) Intermediate Cost: \$20
Monday, October 19 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

An overview of the ideal diet for both kids and adults, with advice on working healthy foods into the menu. Part of the CDA credential, but all are welcome. Presenter: Dixie Havlak

Avoiding Burnout: TC
(Professionalism, CDA #6) Intermediate Cost: \$20
Wednesday, October 21 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Been sucked into the "Black Hole" of burnout? Feeling emotionally and physically exhausted? Explore the effects of burnout and learn strategies for coping and avoiding burnout. Presenter: Jean Hill-Miller

Helping Children Develop Small Muscle Skills: MC
(Child Growth and Dev., CDA #8) Beginner Cost: \$20
Thursday, October 22 6:00 – 8:30p
Shelton Valley Christian CDC • 200 W Shelton Valley Rd • Shelton, WA 98584

Fine motor development is essential for self-help skills and drawing/handwriting. Information on typical motor development and lots of great materials and activities to foster a range of fine motor skills. Presenter: Linda Ferguson

 **Early Brain Development: TC**
(Child Growth and Dev., CDA #8) Intermediate Cost: \$20
Monday, October 26 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn how babies' and toddlers' brains grow and develop and what kinds of stimulation and nurturing support healthy brain development. Part of the CDA Program, but all are welcome. Presenter: Gerri Boyer

Infant, Child & Adult CPR & First Aid: TC
(CDA #1) ALL Cost: \$50
Monday & Wednesday, October 26 & 28 6:00 – 10:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506
Meets licensing requirements for child care providers.

November

 **Learning Styles: TC**
(Child Growth and Dev., CDA #8) ALL \$20
Monday, November 2 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

By understanding how children learn you will be better able to help each one grow to their full potential. Part of the CDA Program, but all are welcome. Presenter: Sheryl Garrison

Instructors Update: TC
(Professionalism, CDA #6) Advanced No Cost
Tuesday, November 3 1:00 – 3:00p
CCAC Office • 108 State • Olympia, WA 98501

STARS Meeting for Trainers or those seeking Professional Growth. We will discuss adult learning theory and plan the winter training calendar. Presenter: Sheryl Garrison

Developing Resilience in Children Exposed to Drugs: TC
(Family Systems, CDA #4) ALL No Cost
Wednesday, November 4 6:30 – 8:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Part two of CCAC's "Children Affected by Drugs" Series. Presenters: Marcy Brown, Chemical Dependency Counselor & TOGETHER!

October

2009

S	M	T	W	T	F	S
<p>For information & registration visit www.ccacwa.org or call 360.786.8907</p>	<p>The Red Letters after each class indicate the county where it will be presented. For location details, see class listings starting on pages 3, 4, 5 & 8.</p>	GHC • Grays Harbor Co LC • Lewis County MC • Mason County PC • Pacific County TC • Thurston County				<p>20-hour Basics TC 8:30a – 4:30p BB-Guiding Behavior TC Mod 1-9:00a – 2:30p BB-Administration LC Mod 1-9:30a – 2:30p</p>
4	5	6	7	8	9	10
	<p>CDA: Dev App't Practices TC 6:30 – 9:00p 🚗 Kindergarten Readiness TC 6:30 – 8:30p SSAAYC Meeting</p>		<p>Autism Spectrum TC 6:30 – 8:30p</p>	<p>Director's Network TC Noon – 2:00p BB-Guiding Behavior LC Mod 1-5:00 – 8:00p</p>		<p>Brain Dev't TC 9:00a – Noon Support Dev & Learning TC 9:00a – 2:30p 🚗 BB-Relationships TC Mod 2-9:00a – 4:30p</p>
11	12	13	14	15	16	17
	<p>Meth 360 TC 6:30 – 8:30p CDA: Environment Plan TC 6:30 – 9:00p 🚗</p>			<p>WAEYC Annual Conference</p>	<p>WAEYC Annual Conference</p>	<p>WAEYC Annual Conference TFCFCCA Meeting</p>
18	19	20	21	22	23	24
	<p>CDA: Health & Nutrition TC 6:30 – 9:00p 🚗</p>		<p>Avoiding Burnout TC 6:30 – 9:00p</p>	<p>Small Muscle Skills MC 6:00 – 8:30p BB-Guiding Behavior LC Mod 2-5:00 – 8:00p</p>		<p>20-hour Basics TC 8:30a – 4:30p BB-Guiding Behavior GHC Mod 1-10:30a – 4:00p BB-Guiding Behavior TC Mod 2-9:00a – 2:30p</p>
25	26	27	28	29	30	31
	<p>CDA: Early Brain Dev't TC 6:30 – 9:00p 🚗 CPR and First Aid TC 6:00 – 10:00p</p>		<p>CPR and First Aid TC 6:00 – 10:00p</p>	<p>BB-Guiding Behavior LC Mod 2-5:00 – 8:00p</p>		<p>BB-Guiding Behavior GHC Mod 1-10:30a – 4:00p BB-Administration LC Mod 2-9:30a – 2:30p</p>

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
	<p>CDA: Learning Styles TC 6:30 – 9:00p 🚗 SSAAYC Meeting</p>	<p>Instructors Update TC 1:00 – 3:00p</p>	<p>Kids Exposed to Drugs TC 6:30 – 8:30p</p>	<p>Blood Pathogens TC 7:00 – 9:00p Including Spec. Needs MC 6:30 – 8:30p BB-Guiding Behavior LC Mod 2 & 3-5:00 – 8:00p TFCFCCA Meeting</p>	<p>BB-Relationships TC Mod 3-6:00 – 9:00p</p>	<p>20-hour Basics TC 8:30a – 4:30p BB-Guiding Behavior GHC Mod 2-10:30a – 4:00p BB-Guiding Behavior TC Mod 2-9:00a – 2:30p</p>
8	9	10	11	12	13	14
	<p>CDA: Ages & Stages TC 6:30 – 9:00p 🚗</p>			<p>Director's Network TC Noon – 2:00p BB-Guiding Behavior LC Mod 3-5:00 – 8:00p</p>	<p>Sat, November 14 → CDA: Observation Skills TC 9:00a – 2:30p 🚗 Sat, November 14 → Online CDA Support TC 8:30a – 3:30p</p>	<p>BB-Guiding Behavior GHC Mod 2-10:30a – 4:00p BB-Relationships TC Mod 3-9:00a – 4:30p BB-Administration LC Mod 3-9:30a – 2:30p</p>
15	16	17	18	19	20	21





15	16	17	18	19	20	21
	CDA: Professional Writing TC 6:30 – 9:00p 🦋		Including Spec. Needs TC 6:30 – 8:30p Environments TC 6:30 – 9:00p			Beyond Trauma PC 9:00a – Noon BB-Guiding Behavior TC Mod 3-9:00a – 2:30p
22	23	24	25	26	27	28
	CDA: Children at Play TC 6:30 – 9:00p 🦋					
29	30					
	CPR and First Aid TC 6:00 – 10:00p					

December

2009

S	M	T	W	T	F	S
6	7	8	9	10	11	12
	CDA: Circle Time TC 6:30 – 9:00p 🦋 SSAEYC Meeting		CPR and First Aid TC 6:00 – 10:00p Gifts Kids Can Make TC 7:00 – 9:00p	BB-Guiding Behavior LC Mod 3-5:00 – 8:00p	TFCFCCA Meeting	Substance Abuse TC 8:30a – 3:30p BB-Guiding Behavior GHC Mod 2-10:30a – 4:00p BB-Guiding Behavior TC Mod 3-9:00a – 2:30p
13	14	15	16	17	18	19
	CDA: Early Literacy TC 6:30 – 9:00p 🦋		Fostering Creativity TC 7:00 – 9:00p	Fun w/Sign Language TC 7:00 – 9:00p Director's Network TC Noon – 2:00p		BB-Guiding Behavior GHC Mod 2-10:30a – 4:00p BB-Administration LC Mod 3-9:30a – 2:30p
20	21	22	23	24	25	26
			Code of Ethics TC 6:30 – 9:00p	Calming Ourselves TC 6:30 – 8:300p		
27	28	29	30	31		

Professional Development

Classes continued from Page 5

Including Children with Special Needs: MC

(Health & Safety, CDA #1) ALL No Cost
Thursday, November 5 6:30 – 8:30p
Shelton Valley Christian CDC • 200 W Shelton Valley Rd • Shelton, WA 98584

Learn about integrating children with special needs into classrooms of typically developing children with a Special Needs expert who has experience as a preschool teacher for children with special needs. Presenter: Linda Ferguson

Blood Borne Pathogens: TC

(CDA #1) ALL Cost: \$16
Thursday, November 5 7:00 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Facts about Blood Borne Pathogens and disease prevention. Presenter: Gail Jepson

Ages & Stages: TC

(Child Growth and Dev., CDA #8) Intermediate \$20
Monday, November 9 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Theories, trends, and research of development during the preschool years, with emphasis on the principles of physical, social, emotional, and intellectual growth of young children. Part of the CDA Program, but all are welcome. Presenter: Debbie Hasbrook-Havey

Director's Network Meeting: TC

DIRECTORS ONLY Cost: \$16 (for STARS hours)
Thursday, November 12 Noon – 2:00p
DEL • 6860 Capitol Blvd; Bldg 2; Nisqually Room • Tumwater, WA 98501
Facilitator: Connie Dougherty

Observation Skills: TC

(Observation & Assessment, CDA #7) Intermediate \$40
Saturday, November 14 9:00a – 2:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn how to observe children, write observations, then use observations to individualize programs to meet the needs and interests of the children. Part of the CDA Program, but all are welcome. Presenter: Karen Healy

Online CDA Support Meeting: TC

Cost: included in CDA fee
Saturday, November 14 8:30a – 3:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Reinforce your online learning and get valuable information about compiling your resource file. Presenters: Namira Jetha and Marge Johnson

Writing for Program Management: TC

(Program Management, CDA #5) Intermediate \$20
Monday, November 16 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Get comfortable with all types of writing—from newsletter articles, to letters and even CDA Competency Statements. Part of the CDA Program, but all are welcome. Presenter: Erin Cavin

Environments for Beauty and Behavior: TC

(Health & Safety, CDA #1) ALL Cost: \$20
Wednesday, November 18 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

You too can design environments that help children feel welcome, safe, and nurtured. Learn ways to assess and change your environment beyond appropriate toys and equipment. Presenter: Bobbie Hansen

Including Children with Special Needs: TC

(Health & Safety, CDA #1) ALL No Cost
Wednesday, November 18 6:30 – 8:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

An overview of special services offered in the public schools as well as community resources, followed by practical tips about how to set up an inclusion environment in your home or center. Presenters: Irene Compton and Linda Ferguson

Beyond Trauma: Supporting Foster Children's Emotional Development: PC

(Family Systems, CDA#4) Advanced Cost: \$24
Saturday, November 21 9:00 – Noon
New Life CCC • 404 Commercial St. • Raymond, WA 98577

Learn about the implications of trauma on children in the foster care system and how building secure attachments can play a major role towards influencing a child in a positive direction and building their resiliency. Presenter: Becci O'Hagan

Observing Children at Play: TC

(Observation & Assessment, CDA #7) Intermediate \$20
Monday, November 23 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn about observing children while they play. Part of the CDA Program, but all are welcome. Presenter: Karen Healy

Infant, Child & Adult CPR & First Aid: TC

(CDA #1) ALL Cost: \$50
Monday & Wednesday, Nov. 30 & Dec. 2 6:00 – 10:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506
Meets licensing requirements for child care providers.

December

Gifts Kids Can Make: TC

(Curriculum, CDA #2) ALL Cost: \$20
Wednesday, December 2 7:00 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Ideas for developmentally appropriate, simple gifts preschoolers can create for loved ones. Create 3 - 5 samples. Come ready to share. Cost includes supply fee. Presenter: Jean Hill-Miller

Working with Families Affected by Substance Abuse: TC

(Family Systems, CDA #4) ALL No Cost
Saturday, December 5 8:30a – 3:30p
Former Lacey Cinemas • 4431 Martin Way • Lacey, WA 98503

Part three of CCAC's "Children Affected by Drugs" Series. Bring a sack lunch. Presenters: TOGETHER!

Professional Development

Circle Time: TC

(Curriculum, CDA #2) Intermediate Cost: \$20
Monday, December 7 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Circle time is a choreographed dance! Learn skills to create fun, interesting circle times, teaching concepts and encouraging social/emotional development. Part of the CDA Program, but all are welcome. Presenter: Jean Hill-Miller

Fostering Art and Creativity in Young Children: TC

(Curriculum, CDA #2) Intermediate Cost: \$20
Wednesday, December 9 7:00 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn about the importance of creativity, discuss how to foster creativity in young children and leave the session with creative ideas that you can begin to implement immediately. Cost includes supply fee. Presenter: Angie Alvis

Director's Network Meeting: TC

DIRECTORS ONLY Cost: \$16 (for STARS hours)
Thursday, December 10 Noon – 2:00p
DEL • 6860 Capitol Blvd; Bldg 2; Nisqually Room • Tumwater, WA 98501
Facilitator: Connie Dougherty

Fun with Sign Language: TC

(Curriculum, CDA #2) Beginner Cost: \$16
Wednesday, December 10 7:00 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Improve language skills, vocabulary, and reduce frustration using sign language. Learn fun ways to add signing to your existing routine. Bring your favorite book and learn the signs to share with your children. No prior signing experience needed. Presenter: Ruth Taylor Briggs.

Early Literacy: TC

(Curriculum, CDA #2) Intermediate Cost: \$20
Monday, December 14 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Learn what children need to know about reading and writing before they can actually read and write. Part of the CDA Program, but all are welcome. Presenter: Katie Pitroff

Code of Ethics: TC

(Professionalism, CDA #6) Intermediate Cost: \$20
Wednesday, December 16 6:30 – 9:00p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Examine the Code of Ethics and standards for early childhood professionals. Presenter: Penny Michel

Calming Ourselves in Stressful Moments: TC

(Health & Safety, CDA #1) Beginner Cost: \$16
Thursday, December 17 6:30 – 8:30p
CCAC Academy • 819 Olympia Ave • Olympia, WA 98506

Stress has detrimental effects on children and can cause challenging behavior. Learn to help children recognize their own stress and ways to diffuse it. Please bring a blanket for floor relaxation activities. Presenter: Marianne Wagner

You Can Contribute to the Early Learning Plan



The 2007 Washington Legislature charged the Department of Early Learning (DEL) and our Early Learning Advisory Council (ELAC) with developing a statewide early learning plan ensuring school readiness for all children in Washington.

Working with partners and stakeholders, including leaders from DEL, OSPI, Thrive by Five Washington, ELAC is drafting a plan that:

- coordinates the different systems touching children in their earliest years—from early care and education to health to parenting support; and
- measures results over time for children and families.

A report and legislative proposal will be delivered to the Governor by December 1, 2009, with the draft early learning plan to date. A comprehensive early learning plan will be finalized in March 2010. Both Washington Learns and the Kids Matter Framework are the foundational source documents we are using to create the early learning plan.

The ELAC Early Learning Plan Management Team serves as final decision-makers for the process and products, and updates and solicits feedback from the full ELAC regularly. Early Learning Plan Work Groups serve as drafters for different sections/facets of the plan, and members of the “drafting team” are joining a work group.

Work groups are identifying key outcomes and indicators, and drafting sections of the plan, in the areas of:

- Access to Health
- Social/Emotional Development
- Early Care and Education/Child Care
- Parent and Community Partnerships
- Meaningful Engagement and Diversity

How you can be part of the early learning planning?

We welcome public input on the early learning plan development. We've created a “key communicator” group of people who provide regular input and respond to e-mailed questions as the plan is created. If you would like to be a “key communicator,” please e-mail communications@del.wa.gov.

If your community would like to host a public meeting to discuss the early learning plan, please e-mail communications@del.wa.gov.

Karen Tvedt, PHD CDA Scholarship

The Child care Action Council is pleased provide a CDA scholarship in honor of Karen Tvedt PHD. The \$400.00 scholarship is available to a rural child care provider. For an application or more information contact annie@ccacwa.org.

ACCYN Update



The Army Child Care in Your Neighborhood program is pleased to announce three child care programs have joined the project:

- Tutor Time Child Care, Lacey
- Gina Anderson, Olympia
- New Life Child Development Center, Yelm

Gina has already started her Child Development Associate and will complete her classes in December. Tutor Time is an accredited center with the National Association for the Education of Young Children and New Life CDC is ready to start the accreditation process. Congratulations to these child care programs for their commitment to serving military families and achieving high quality standards!

Linda Davis, Family Child Care provider in Yelm, renewed her CDA and completed everything for her National Family Child Care Association accreditation. WAY TO GO, Linda!!

Also, Sokha Bunn, Referral Specialist for ACCYN, started working for Child Care Action Council in June. Sokha was licensed by the Navy as a family child care provider in California and Hawaii while her husband served in the military. She brings tremendous knowledge about military child care and really understands the needs of military families. Welcome, Sokha!

For information on the project, contact Marge Johnson, 360-786-8907 X112, marge@ccacwa.org or Sokha Bunn, 360-786-8907 X105, sokha@ccacwa.org.



Welcome!

Joy Lile

Joy Lile is serving with the CCAC through the CYS Americorps Youth In Service program. She recently graduated Evergreen with a BA in social sciences. Her passions include early childhood education and helping underprivileged youth, and in her spare time she likes to go hiking and be artistic.

Karen Holt

CCAC is pleased to subcontract with Karen Holt MA, BSN, RN, LMHC. Karen will be providing Nurse Consultation for child care infant rooms. Karen is a retired RN with 30 years experience and extensive training with the University of WA on infant health. Her passion is helping providers recognize and meet the needs of our tiniest child care consumers. Her services are available on a limited basis through a contract with CCAC. For more information call the CCAC office at 786-8907.

Karina Rasmussen

Hi, my name is Karina Rasmussen. I am from Nayarit, Mexico. I have a Teaching degree as a Preschool Teacher. I was a teacher for 6 years and a Principal. Our family moved to Olympia 7 years ago, I am married and have 3 children. Now I am happy to join CCAC team as a Spanish speaking consultant and



CDA Advisor. I look forward to helping our childcare providers.

Hola mi nombre es Karina Rasmussen, Naci en Nayarit, Mexico, en donde trabaje como maestra en Educacion Preescolar por 6 anos y despues como Directora. Hace 7 anos nos movimos a vivir a Olympia WA, estoy casada y tengo 3 hijos. Ahora tengo la oportunidad de ser parte del equipo de trabajo de CCAC, estoy contenta de poder servir como asesora para CDA en espanol.

Welcome New Providers

Athena Emmans
Ofelia Isidro
Tracy Middleton
Jacki Nelson
Karen Williams

Parent Page: A publication of CCAC for providers to share with parents

Social Competency: Fostering Your Child's Lifelong Success

Studies show the single best predictor of how a child will adjust to life as an adult is how well they get along with others. It's not the I.Q. score, or grades in school, or how a child behaves in school. Social skills are the single best predictor of adult success.

Learning social skills begins at birth. We are born social, with the need to interact. It starts out with children bonding with their parents, then broadens to children playing with siblings and friends, and eventually going to school and becoming part of the larger community. Social competency involves the ability to have positive relationships with people, engage well with others, and it also involves the ability to emotionally handle the "ups" and "downs" in life. Social skills are learned and take time to mature. Social competency grows and changes over a person's lifetime.

Along with children's social developmental, other key developmental growth (social, physical, emotional, language, cognitive) is occurring at the same time. All of these developmental areas are connected and affect one another in some way. For example, as children's language skills increase, so does their ability to express their feelings and to play more cooperatively with others.

What Are Positive Social Skills?

As with all major areas of developmental growth in children, there are typical skills and patterns children show in their social development. With social and emotional skills, milestones are harder to detect because a lot of the development is inward (self-awareness, self-regulation). Here are some visible signs to look for:

- Does my child show compassion? Empathy?
- Does my child cooperate with others?
- Does my child voice his needs & stand up for himself?
- Is my child interested in what is going on around her?
- Does my child pick up on social cues?
- Does my child know how to become part of a group?
- Is my child able to problem-solve as part of a group?
- Does my child have a sense of independence?
- How does my child handle conflict, rejection or other "negative" feedback?
- Is my child responsible?
- Does my child show self-control?
- Is my child able to soothe himself and calm himself?

All of these qualities and behaviors are needed to maintain healthy and positive social skills and help children manage their world.

Promoting Children's Social Skills

Children's social competency is essential to their successful adjustment as adults. Parents provide a great deal of guidance in children developing positive social skills. Caregivers are also very influential in the social development of the children in their care.

Children learn to connect to others first through their parents and providers; this is the beginning of enjoying the company of others and the lifelong path of developing social competency.

- Talk to and engage your baby in the "give and take" of conversations
- Participate in pretend play with your young children and make suggestions to encourage cooperation.
- Encourage your child to play with other children.
- Have your child in small group activities with other young children (classes, playgroups, etc.)
- Give suggestions to your older child on how to approach other children, to join children's activities, have good social manners
- Talk to your child care provider or your child's teacher to get feedback on how your child does socially.

You are your child's best role model and coach. As you become more aware of your child's social skills and abilities, you will be better able to foster the strong ones and increase the skills that need more attention. Because social skills are ever-changing, the ways you support your child in her social competency will change as well.

For More Information

- TeachersandFamilies.com, Development of Social Skills in Young Children: Guidelines for Parents, web article for parents on promoting social skills in early childhood development.
- BabyCenter.com, Developmental milestones: Socialization, article takes you month by month through the typical socialization milestones during baby's first year.
- PBS Parents, Child Development Tracker - Social Emotional Development. On this interactive parent website, parents can use a child development tracker which lists all the major developmental domains, including social development. By clicking on the social-emotional development link parents can track a child's social-emotional growth year by year. From age one through early school age. With each age there are supporting activities to help your child's social-emotional development.



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Stay on top of current happenings from CCAC. Email newsletter@ccacwa.org for details on how to join.

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FOR MORE INFORMATION:

Call Erin at (360) 786-8907, ext. 106



Training Highlights

- 20-hour Child Care Basics for Mixed Audiences on Oct 3, 24 & Nov 7 in Olympia
- "Including Children with Special Needs" in Thurston & Mason counties
- "Children Affected by Drugs" series on Oct 12, Nov 4 and Dec 5.
- NEW!!! Online CDA
- Updated Director's Network Meetings in Thurston on Oct 8, Nov 12 & Dec 10.
- CDA classes begin in September. Open to EVERYONE!

CCAC Presents...

"Children Affected by Drugs" Series

Child Care Providers, Foster Parents, Adoptive Parents and school professionals asked for education and treatment information about children affected by drugs. As a response, TOGETHER!, a community mobilization organization bringing these issues to the forefront, will join with CCAC in presenting a 3 part series about these affected children.

METH 360 on October 12; *Developing Resilience in Children Exposed to Drugs* on November 4 and *Working with Families Affected by Substance Abuse* on Saturday, December 5 bring together resources from across our region and nation to address all aspects of this important issue facing children today.

Please note: "Working with Families Affected by Substance Abuse" on Saturday December 5 will take place at the Capital Christian Center-Lacey (former Lacey Cinema); 4431 Martin Way; Lacey, WA; 98503.

