



Child Care Resource & Referral (CCR&R) core services link families, child care providers and community partners. The role of CCR&R agencies is to coordinate, collaborate, create, and implement services that enhance the quality of child care and early childhood programs in our community, utilizing a team of dedicated professionals in the field of child development and early childhood.

Regional specialists are available to enhance professional development opportunities for child care providers and include Infant/Toddler, Behavior and School-age Specialist funded through the NC CCR&R Council and the NC Division of Child Development.

April is Child Abuse Prevention Month

Individuals and organizations in North Carolina and across the United States mark the month of April with public awareness efforts about child abuse and neglect. This is highlighted by the distribution of materials about the importance of prevention and the distribution **blue ribbons** for people to wear and display.

We hope you will join in celebrating and promoting April – Child Abuse Prevention Month, by wear a **blue ribbon** and by sharing campaign resource packets with the families you serve. These resources can be obtained from Prevent Child Abuse North Carolina at their web-site <http://www.preventchildabusenc.org>

101 WAYS TO PRAISE A CHILD

WOW * WAY TO GO * SUPER * YOU'RE SPECIAL * OUTSTANDING * EXCELLENT * GREAT * GOOD * NEAT * WELL DONE * REMARKABLE * I KNEW YOU COULD DO IT * I'M PROUD OF YOU * FANTASTIC * SUPERSTAR * NICE WORK * LOOKING GOOD * YOU'RE ON TOP OF IT * BEAUTIFUL * NOW YOU'RE FLYING * YOU'RE CATCHING ON * NOW YOU'VE GOT IT * YOU'RE INCREDIBLE * BRAVO * YOU'RE FANTASTIC * HURRAY FOR YOU * YOU'RE ON TARGET * YOU'RE ON YOUR WAY * HOW NICE * HOW SMART * GOOD JOB * THAT'S INCREDIBLE * HOT DOG * DYNAMITE * YOU'RE BEAUTIFUL * YOU'RE UNIQUE * NOTHING CAN STOP YOU NOW * GOOD FOR YOU * I LIKE YOU * YOU'RE A WINNER * REMARKABLE JOB * BEAUTIFUL WORK * SPECTACULAR * YOU'RE SPECTACULAR * YOU'RE DARLING * YOU'RE PRECIOUS * GREAT DISCOVERY * YOU'VE DISCOVERED THE SECRET * YOU FIGURED IT OUT * FANTASTIC JOB * HIP, HIP, HURRAY * BINGO * MAGNIFICENT * MARVELOUS * TERRIFIC * YOU'RE IMPORTANT * PHENOMENAL * YOU'RE SENSATIONAL * SUPER WORK * CREATIVE JOB * SUPER JOB * FANTASTIC JOB * EXCEPTIONAL PERFORMANCE * YOU'RE A REAL TROOPER * YOU ARE RESPONSIBLE * YOU ARE EXCITING * YOU LEARNED IT RIGHT * WHAT AN IMAGINATION * WHAT A GOOD LISTENER * YOU ARE FUN * YOU'RE GROWING UP * YOU TRIED HARD * YOU CARE * BEAUTIFUL SHARING * OUTSTANDING PERFORMANCE * YOU'RE A GOOD FRIEND * I TRUST YOU * YOU'RE IMPORTANT * YOU MEAN A LOT TO ME * YOU MAKE ME HAPPY * YOU BELONG * YOU'VE GOT A FRIEND * YOU MAKE ME LAUGH * YOU BRIGHTEN MY DAY * I RESPECT YOU * YOU MEAN THE WORLD TO ME * THAT'S CORRECT * YOU'RE A JOY * YOU'RE A TREASURE * YOU'RE WONDERFUL * YOU'RE PERFECT * AWESOME * A+ JOB * YOU'RE "A*OK", MY BUDDY * YOU MADE MY DAY * THAT'S THE BEST * A BIG HUG * A BIG KISS * I LOVE YOU *

P.S. REMEMBER, A SMILE IS WORTH 1,000 WORDS. ©

Author Unknown

Region 14 Cross County Trainings

Date	Training	County
04-01/08/15/22-09	Easy Spanish Series	Guilford
04-04-09	CPR & First Aid	Guilford
04-06-09	CPR Recertification	Randolph
04-18-09	Playground Safety	Guilford
04-21-09	CPR Recertification	Randolph
04-21/22-09	BSAC	Randolph
04-28-09	Its SIDS	Guilford
05-02-09	CPR & First Aid	Guilford
05-09-09	BSAC	Guilford
05-11-09	CPR Recertification	Randolph
05-13-09	CPR Recertification	Randolph
05-16-09	Playground Safety	Guilford
05-19-09	The Influence of Culture on Caregiving: Partnering with Parents	Guilford
05-19/26-09	BSAC	Guilford
05-19-09	CPR Recertification	Randolph
06-01-09	CPR Recertification	Randolph
06-02-09	Its SIDS	Guilford
06-02/04-09	BSAC	Guilford
06-06-09	CPR & First Aid	Guilford
06-06-09	FCCH Pre-licensing	Guilford
06-09-09	CPR Recertification	Randolph
06-13-09	BSAC	Guilford

Please contact your local CCR&R for more information about these and other workshops.

From Your Behavior Specialist

Tips on Classroom Arrangement and How it Influences Children's Behavior

By: Margaret Ufot Region 14 Behavior Specialist

Many child care providers have experienced behavior problems with children in their child care environment. One of the things that could contribute to child misbehavior is inappropriate room arrangement. An early childhood classroom serves as the physical environment for adults and children. Your child care environment influences how you feel about yourself, your job, and how you as an early childhood professional relate to the children in your care. It is essential that the classroom environment be clearly defined and all materials labeled for easy accessibility for children to learn as they explore.

Depending on how a room is set up, the classroom arrangement can work well for children and teachers or it can work against them. The environment that you create affects how children learn and how they relate to one another. Classroom environments can also affect how you work and how much time you have to interact with the children. The arrangement of space used by children in the classroom affects how well the provider can supervise the children to protect their health and safety

A supportive, nurturing, inviting environment for children is extremely important in encouraging them to explore and learn. It is important because children learn through their own experiences of trial, error, repetition and imitation. A provider may encourage children's learning by ensuring that the environment is appropriately arranged and supports an array of experiences and choices the children make. If children are exhibiting challenging behaviors in the classroom you may want to seriously consider the room arrangement. Listed below are guidelines for setting up a learning environment that support healthy social and emotional development.

- ◆ The room should be orderly and easy for children to maintain.
- ◆ Each interest center is separated with shelves or furniture.
- ◆ Each interest center is clearly defined and labeled with words and pictures of each play center.
- ◆ Use child-size furniture.
- ◆ Ensure that room decorations are displayed at the child's eye level.
- ◆ Change materials frequently to maintain children's interest.
- ◆ Separate quiet and noisy areas
- ◆ Keep each center open so children can see all materials.
- ◆ Display materials in an organized way.
- ◆ Provide labels to indicate where material belongs.

Adapted from: www.lsuagcenter.com/en/familyhome/family/childcare/be www.lsuagcenter.com/en/family_home/family/childcare/be_child_care_aware/environments/Encourage+Preschoolers+To+Explore+Learn.htm

North Central AEYC Meeting

(Guilford, Randolph & Rockingham Counties)

Join us as we reform our local AEYC (Association for the Education of Young Children). Local Affiliates are members from specific counties that have come together and gone through a process to establish themselves as a local nonprofit with NCAeYC as their parent association.

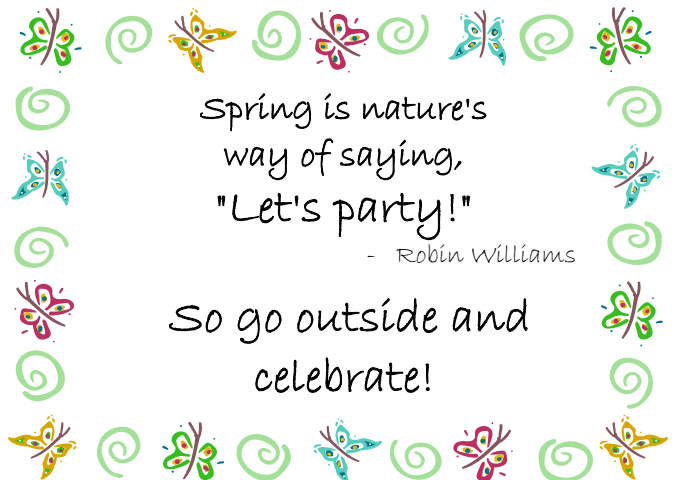
When: Thursday, April 2, 2009

Time: 6:30 - 8:30

**Where; Guilford Child Development
1200 Arlington St., Greensboro**



Light refreshments will be served. Door prizes for some luck participants.



For more information about Region 14 services contact your counties CCR&R:
Guilford 336-369-5097, Randolph 336-629-2128, Rockingham 336-342-9676

From Robin Sink, Your School-age Specialist

To Our Leaders of Afterschool:

I see your faces. You know who you are. You startle me-in a good kind of way. I see your endless heartbeat for the young people, for your staff. I watch as you move through incredibly challenging circumstances (and sometimes unfair circumstances) and yet, you maintain an attitude, a diligent strength that screams excellence. These are the places where children want to stay when it's time to go home. These are the programs where I want to be as an adult. It is where the passion runs deeper than excuses, deeper than performing for an assessment, or performing for others. You shine in ways that cannot be put into words.

As we move toward the end of another school year I want to take a moment and say WOW...What an amazing year in life-an amazing year in afterschool. I watch you as the passionate leaders embrace the importance of afterschool for young people. You continue to work toward making long-term changes regarding hiring and training educated leaders of change. Staff are seeing and leading children as children at their developmentally appropriate stages rather than seeing children as objects to be controlled. Environments are being transformed, activity centers are being organized, cleaned up and stocked with materials in good repair that are of interest to the young people. The transition times are taking on life with music, words, rhythm games and so on. Schedules are more balanced and about children rather than an agenda. And with these intentional efforts the behaviors become less of the focal point (although they will always be present at some level) but who am I to tell you that? You are sharing the successes with me-over and over I hear your words. And I commend your willingness to step into the hard places and make changes. You are leaders that do it because it is right for the children. One Site Coordinator stated, "5 stars is just the starting place for us..." Wow.

Afterschool is moving from the backburner of receiving leftovers to the forefront with value being placed on safe places and safe interactions. There is a renewed stress on the importance of moving and grooving which in my generation was simply known as play. Play is the place where children learn life-long skills of who they are as individuals and how to resolve conflicts with their peers. It is the place to "just be" and we all certainly can benefit from that place. It is the place where children and staff move together, play together, learn together.

There are children who have little desire to leave the program when it is time to go home. That is a compliment to the staff who are making the tough yet lifelong changes on behalf of future generations. You have come a long ways and I am delighted to walk along beside you. It is an honor.

*Keep an eye out for more on celebrating "Lights on Afterschool" in October 2009.

***SAVE THE DATE**

Lighting the Path

Celebrating 20 Years of Platinum Service in AfterSchool

NCASC Conference

October 30 & 31, 2009

North Raleigh Hilton

Raleigh, NC

For More Information please contact:

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or Robin Sink 336-369-5028 Greensboro, NC

www.ncafterschool.com

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From Your Infant-Toddler Specialist

Toddler Obesity-A Growing Problem for Our Children Today

Nancy Bartlett, Infant-Toddler Specialist, Region 14

If you think childhood obesity is something only parents should worry about, think again. With more TV shows, videos and video games targeted toward toddler-aged children, they spend too much time sitting in front of a television. Since children spend an average of 45+ hours a week in care outside of their homes, childcare providers are in the unique position to make sure young children get at least one hour of active play each day, along with nutritious meals and snacks.

It's not surprising that, in our 'fast food' society, french fries may be the only "vegetable" toddlers are served regularly. The percentage of overweight children has risen from 5% in the 1980's to about 16% today. Childhood obesity could shorten the future American lifespan by two to five years. This is the first generation of children that is expected to live shorter lives than their parents.

You might ask, "What can I do to help?" Here are some tips to help infants and toddlers start a lifetime habit of eating right and exercising.

- ◆ Serve healthy meals and snacks. Limit fried foods and keep sugary foods to special occasions. Serve milk, whole-grain cereal, bread and pasta, along with a variety of vegetables and fruits. Offer water to toddlers between meals and snacks to help with digestion. When offering juice, make sure it is 100%, and adhere to the USDA recommended serving size.
- ◆ Model healthy eating habits (young children learn by imitating). If they see you eating vegetables and drinking milk, they will be more likely to do the same.
- ◆ Be active with your toddlers. When you turn the music on for dancing, get up and dance! When you go outdoors, fight the urge to sit with fellow teachers. Run and play with toddlers, throw balls, play ring-around-the-roses. There are many ways to be active with your toddlers.
- ◆ Infants also need physical activity. Babies move differently when stretched out on a blanket than when in buggies, bouncy seats, swings, etc.... So give them many opportunities to move throughout the day.
- ◆ Share this information with parents at your facility.

Sources: Olshansky, S.J., et al. (2005). A potential decline in life expectancy in the United States in the 21st century. NEJM 352:1138-45



Play Ball

Ages 6 mos. & older



Materials: many different kinds of balls

What to do: Start with crawling infants, give the children a variety of balls. (Avoiding very small balls that might be a choking hazard.) See how many different types of balls you can collect. The children will enjoy "exploring" the balls and discovering all the different things they can do with them. As the children get older, they will enjoy more structured activities and games with balls.

Want to do more? Show the children how to roll, bounce, throw, and kick the balls. Show the children how to roll the ball down the slide.

What they can learn: As the babies explore the balls, they are gaining "physical knowledge" about balls and all the different things they can do. They will gradually absorb the idea that round things roll.

Miller, Karen, *The Outside Play and Learning Book: Activities for Young Children*, Gryphon House, 1989