

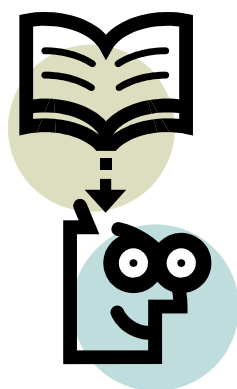
# PAK Empowerment



## Early Care & Education News

### In Pursuit of Higher Education...

Have you ever considered furthering your education in the field of early childhood. Iowa AEYC/T.E.A.C.H. Early Childhood Iowa has announced the availability of scholarships for those wanting to work towards a bachelors' degree in early childhood education or an early childhood endorsement to an elementary education teaching license. Any teacher, provider, or director employed at a regulated child care or preschool program in Iowa is eligible if planning to attend an Iowa college. T.E.A.C.H. also continues to offer scholarships towards child development associate degrees. For more information or an application contact them at (515) 331-8000 or [info@iowaaeyc.org](mailto:info@iowaaeyc.org).



### PAK Empowerment

Volume 5, Issue 4 Sept—Oct 2007

#### Childcare Provider

#### Support Group Meetings

Palo Alto County—Meal at 6:00, meeting at 6:30, Pizza Ranch in Emmetsburg

Tuesday, Sept. 25 & Oct. 23

Kossuth County—Meal at 6:00, meeting at 6:30, Pizza Ranch in Algona

Monday, Sept. 17 & Oct. 29



#### **A Note to Providers...**

If you are receiving this newsletter for the first time, it is because PAK Empowerment has become aware that you are a childcare provider or preschool teacher. The purpose of the newsletter is to keep you current in early childhood issues, trainings, and best practice information. To be removed from this mailing list, call at 515-295-7784.

### PAK Empowerment is Now Online...

Check out our new website at [www.pakempowerment.com](http://www.pakempowerment.com). This website contains an electronic version of this newsletter as well as information about other programming we offer such as Growing Together, special events, and preschool tuition assistance.





## **Training Opportunities**

### **ITERS (Infant/Toddler Environmental Rating Scale)**

Oct 2, 9, 16, 23—9:00—11:00, Spencer

Call 800-245-6151

### **ECERS (Early Childhood Environmental Rating Scale)**

Sept 13, 20, 27, & Oct 18, 1:00—3:00, Sioux City

Call 800-859-2025

### **Universal Precautions**

Sept. 10, 6:30—8:00, Fort Dodge, Algona, Spencer

Call 800-245-6151 or 800-567-3957

### **Mandatory Reporter**

Oct. 9, 6:30—8:30, Fort Dodge, Emmetsburg

Call 800-245-6151 or 800-567-3957

### **Childnet**

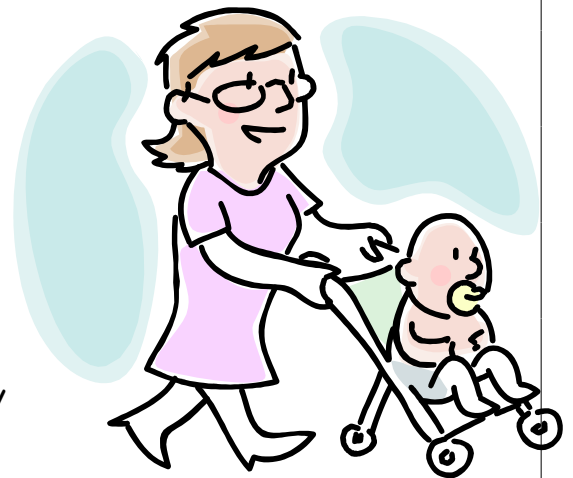
Spirit Lake, Aug 28, Sept 4, 12, 18, 22, 25, Oct 2, 9, 16

800-245-6151

\$25 fee

### **Training at Your Doorstep: Self Learning Modules**

Learning packets/videos are available for three weeks and count toward DHS professional development hours for homes and centers when the training requirements are completed. Modules are sent through priority mail. Up to 6 hours may be completed through self-learning modules. Call the CCR&R office at 1-800-859-2025.





## **Regional Conferences**

### **Early Childhood Diversity Summit**

September 26, Drake University, Des Moines  
michellesw@cfpciowa.org

### **Tri-State Child Care Conference**

October 6, Sioux City, Marina Inn  
Call 402-987-2140

### **Webster County Family Child Care Seminar**

October 20, Iowa Central Community College,  
Fort Dodge

Registration begins at 7:30, workshops from 8:00—3:30

Nationally well-known children's performer from Massachusetts, Peter Stewart

### **Iowa Early Care & Education Congress**

November 13 & 14, Ames, Scheman Center  
Call 515-964-6685

### **Centering on Centers Conference**

January 25 & 26, Sioux City, Convention Center  
Call 712-222-6000

## **National Conferences**

### **Zero to Three National Training Institute Annual Conference**

November 30—December 2  
Royal Pacific Resort Hotel, Orlando, Florida  
Www.zerotothree.org

### **National Child Care Association Annual Leadership Conference 2008**

March 14-16  
Long Beach, California  
www.nccanet.org

# Safety First...

## Poison Help

According to [iowapoison.org](http://iowapoison.org), half of all poison exposures occur in children ages five and under.

### Garage/Basement

Insect sprays and lawn care products in locked area.

Gasoline and car care products in secured area or locked trunk.

Paint, paint cleaners and other home care products in locked area.

All products in their original containers.



### Bedroom

No medicines in or on dresser or bedside table.

All cologne, aftershave, cosmetics, and powders out of reach.



### Kitchen

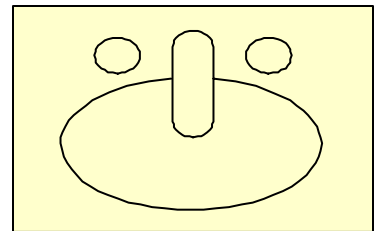
Remove household products, such as cleaning products, dishwashing compounds and drain cleaners, from under the sink.

No medicines on counters or in open areas.

All household products and medications out of reach and out of sight.

Child safety latches on all drawers or cabinets containing harmful products or sharp objects.

No toxic products stored with food or in food containers.



## In Case of a Poisoning

Have the Poison Help phone number available for use 1-800-222-1222

Do older children know how to use the 911 system?

If an accident happens, can adults in the family be easily reached?

Visit their website for coloring pages to help teach your little ones the dangers of ingesting household chemicals, medications, etc. Here are some of their home safety tips.

### General Household

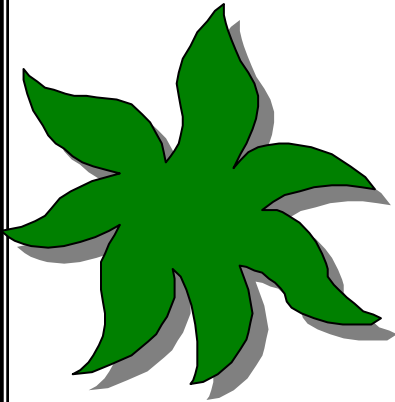
Storage area for medication and other products is a locked cabinet located up high.

Plants identified and out of reach.

Alcoholic beverages out of reach.

Paint in good condition—no chipping or peeling.

No mouse baits in areas where children play.

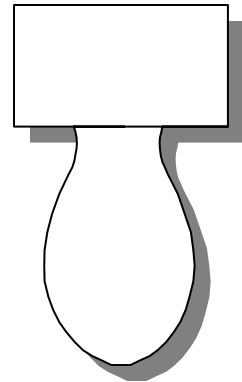


### Bathroom

All medications, cosmetics, hair care products, toothpaste, mouthwash and cleaners out of reach.

Medicine storage area cleaned out regularly, old medicines flushed down the toilet.

All medications in original, child-resistant containers.



### Laundry Area

All bleaches, soaps, detergents, fabric softeners, bluing agents and sprays out of reach.

All products in their original container.

# Announcing Training on the Iowa Early Learning Standards for Children Ages 3-5

## Class Location, Dates & Times:

Spencer: Grace United Methodist Church, 311 2nd Ave. W.

6:30—9:00 p.m.

Sept. 20, Oct. 11, Oct. 25, Nov. 15, Nov. 29, Dec. 6

Algona: Prairie Lakes AEA Algona Office, 119 S. Jones St.

6:30—9:00 p.m.

Sept. 20, Oct. 4, 18, Nov. 1, 15, Dec. 6

Rockwell City: ISU Extension Office, 4th and Richmond St.

6:00—8:30 p.m.

Sept. 20, Oct. 11, 25, Nov. 8, 29, Dec. 13

Humboldt: Mease Elementary

6:30—9:00 p.m.

Sept. 25, Oct. 9, Oct. 23, Nov. 6, Nov. 20, Dec. 4

Webster City: Building Families Office, 500 Fairmeadow  
Dr., Suite A

6:30—9:00 p.m.

Sept. 24, Oct. 8, Oct. 22, Nov. 5, Nov. 19, Dec. 3

**Can I receive Professional Development Credit? YES**

Certificate of Completion Competency Credit , Licensure Renewal Credit, Graduate Credit

Sponsored by Prairie  
Lakes AEA in  
partnership with  
Empowerment and the  
Center for Childcare  
Resource and Referral

The Iowa Early  
Learning Standards  
were developed to be  
consistent with current  
research as well as  
with national curriculum  
standards.

Project Coordinator:

Denise Wasko, Prairie Lakes  
AEA

Pocahontas Office

[dwasko@aea8.k12.ia.us](mailto:dwasko@aea8.k12.ia.us)

712-335-3588 Ext. 2040

## **How Do I Register?**

Call Jill Nedved, Secre-  
tary at Prairie Lakes  
AEA at 866-540-3858  
Ext 2007. There is a  
\$10 materials fee.



### **What is the purpose of the class?**

The IELS identify the knowledge, skills, motivation, and attitude developed by birth to five year olds that lead to success as students in school and as adult citizens in a democracy. Participants will complete a total of six modules designed to address each of the six standards. As a result, they will be better able to align practices with the Iowa Early Learning Standards and implement strategies that meet the developmental needs of children.

### **Who May Attend the Training?**

Early Care and Education Providers, district and community based preschool teachers that serve children ages 3-5 are invited to register for the training. The first 15 participants will be given an incentive stipend as well as a copy of the Iowa Early Learning Standards and other support materials.

### **Stipend Available!!**

**The first fifteen registered participants at each class location will receive a \$20 stipend. The stipend is available for each module that you attend.**

- ◆ Module 1: Physical Well Being, Motor Development
- ◆ Module 2: Approaches to Learning
- ◆ Module 3: Social & Emotional Development
- ◆ Module 4: communication, Language & Literacy
- ◆ Module 5: Mathematics & Science
- ◆ Module 6: Creative Arts

### **Participants will develop:**

- ◆ • Knowledge of the Iowa Early Learning Standards
- ◆ • Skills to implement intentional teaching strategies that effectively support the IELS
- ◆ • Deepened understanding of best practice for 305 year olds
- ◆ • An understanding of the IELS relationship to the Quality Preschool Program Standards

The Iowa Early Learning Standards were developed to be consistent with current research as well as with national curriculum standards.

# Hand-Sanitizer Safety

The Iowa Poison Control Center has received calls from 53 Iowans who have been exposed to Ethanol-Based hand Sanitizers (EBHS) in the first five months of 2007. Many hand sanitizers contain 62 percent ethanol, and by comparison, most brands of hard liquor (whiskey, etc.) are 40 to 50 percent ethanol, though a few are up to 75 percent. Many perfumes have high ethanol concentrations, ranging from 60 to 90 percent. The main poisoning concern regarding EBHS is from people drinking these products. Ingestion of an EBHS can lead to ethanol intoxication and have all the same signs and symptoms of ethanol intoxication that results from drinking beer, wine or mixed drinks. Some hand sanitizers use isopropyl alcohol instead of ethanol. These isopropyl hand sanitizers pose the same danger to children as the EBHS's.

## How Much EBHS is too much?

A single lick of a hand sanitizer that has been spread on the hands is unlikely to cause intoxication or produce symptoms more than irritation of the mouth and tongue. Ethanol intoxication by absorbing the ethanol through intact skin is highly unlikely. Drinking the liquid poses more danger. If a typical two-year-old, weighing about 27 pounds, drank an entire two ounce bottle of EBHS, he would have a theoretical blood ethanol level of 445 mg/dL. The legal limit for drunk driving in Iowa is 80 mg/dL. A single swallow of an EBHS in this child would produce a BEL of 50 mg/dL. Symptoms of ethanol intoxication in children can begin at a level of 50 mg/dL.

The symptoms of ethanol intoxication in a child include irritability, dizziness, nausea, vomiting, unsteady gait, loss of muscle control and sleepiness. Severe ethanol intoxication can lead to coma, respiratory arrest and death. Children who are intoxicated with ethanol are particularly susceptible to dropping their blood sugar and can suffer the effects of low blood sugar (irritability, clouded thinking, seizure, coma, death).

## Soap and Water versus Hand Sanitizers

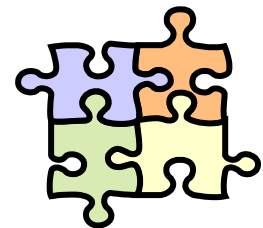
Washing hands with soap and water for twenty seconds is the best way to removed dirt and germs from the hands is preferred to the use of EBHS. However, EBHS are an excellent choice when there is no access to soap and water (such as field trips, etc.).

## What To Do if a Child Drinks Some EBHS

First is prevention: the same way you would not let children play with a bottle of liquor, they should not be allowed to play with bottles of EBHS. EBHS should be kept out of reach of children in the same way that prescription drugs and other chemicals are used. In case of suspected poisoning, call 1-800-222-1222.

## Recall Information

Recalled toys have been headline items in the news lately. If you're wondering about the toys and equipment you have in your home or center, you can access this information through the Consumer Product Safety Commission (CPSC). The CPSC is charged with protecting the public from unreasonable risks of serious injury or death from consumer products, foods, and medicines. Find out what products are on this list by visiting [www.cpsc.org](http://www.cpsc.org).



## About PAK Empowerment

Community Empowerment was established by the Iowa Legislature to improve the well-being of families with children ages 0-5 by creating a partnership between communities and state government. Our local board from Palo Alto and Kossuth Counties (PAK) is lead by citizens, as well as those involved in health, human services, and education. PAK Empowerment offers services such as support groups, in-home trainings, mini-grants, and story visits for childcare providers, Growing Together Classes for kids and their parents, the KIDS program which is an in-home positive parenting program, Healthy Families which offers in-home prenatal and postnatal visits, and special events such as Little Picassos, and Play-Doh Days. PAK Empowerment Board meetings are open to the public. Contact Paige Hollinger for a schedule of Board Meeting dates at 515-295-7784.

