

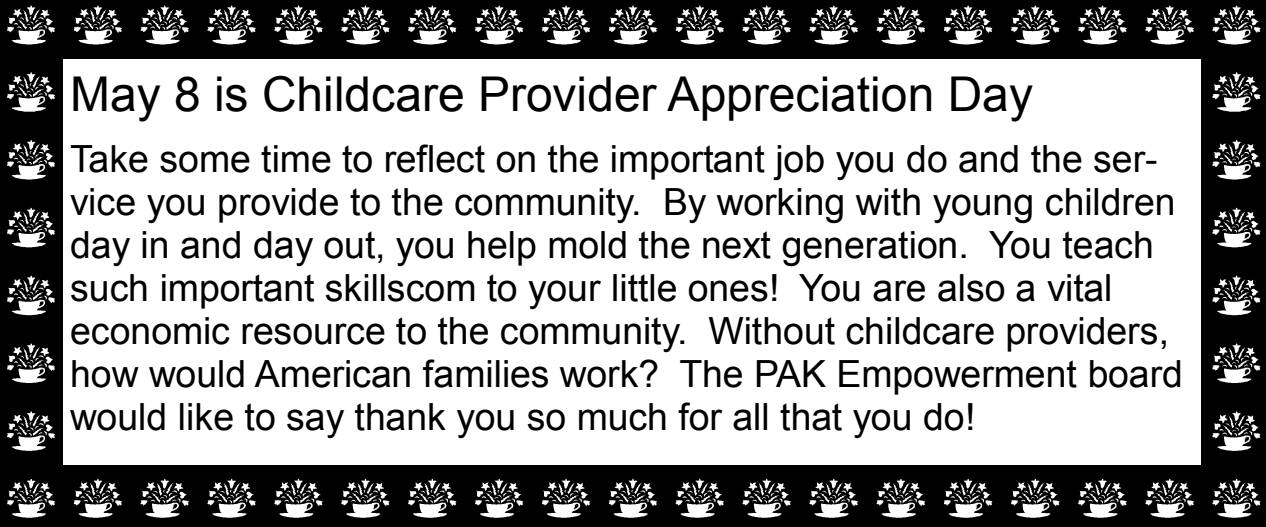
# PAK EMPOWERMENT EARLY CARE & EDUCATION NEWS

Volume 7, Issue 2

April, May 2009

Serving children and their families,  
ages 0 -5

PAK EMPOWERMENT  
119 S. JONES ST.  
ALGONA, IA 50511



## May 8 is Childcare Provider Appreciation Day

Take some time to reflect on the important job you do and the service you provide to the community. By working with young children day in and day out, you help mold the next generation. You teach such important skillscom to your little ones! You are also a vital economic resource to the community. Without childcare providers, how would American families work? The PAK Empowerment board would like to say thank you so much for all that you do!



Looking for some fresh spring ideas? Check out these websites:

[www.preschoolrainbow.org/preschool-spring.htm](http://www.preschoolrainbow.org/preschool-spring.htm)

[www.first-school.ws/theme/Themes/Spring/](http://www.first-school.ws/theme/Themes/Spring/)

[www.atozteacherstuff.com/Themes/Spring/](http://www.atozteacherstuff.com/Themes/Spring/)

*Community Empowerment was established by the Iowa Legislature as a means for the state to partner with local communities to provide the best access to programs for young children and their families. PAK Empowerment strive to fulfill this goal by services to childcare providers and preschool such as provider support group meetings, on-site story visits, preschool quality support, and preschool tuition assistance. Families can also benefit from other programs supported by PAK Empowerment such as KIDS, Healthy Families, respite childcare, and Growing Together classes. To learn more about our programs, please visit our website at [www.pakempowerment.com](http://www.pakempowerment.com)*

### 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

### Childcare Provider

#### Support Group Meetings:

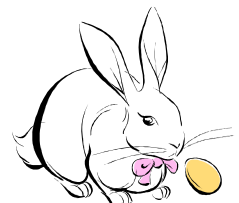
- **Palo Alto County**

Meal 6:00, Meeting 6:30, Pizza Ranch in Emmetsburg  
Tuesdays March 24, April 7, April 28, & May 12

- **Kossuth County**

Meal 6:00, Meeting 6:30, Pizza Ranch in Algona  
Mondays March 30, April 27, May 11

Please tune into KLG 92.7 in Kossuth County and Hot 100 in Palo Alto County for weather-related postponements or cancellations.



### State & Regional Conferences



Iowa Family Child Care Association's Annual Spring Family Conference

March 28

Quality Inn & Suites Iowa City

Visit the IFCC website for registration information

BV Early Childhood Conference

free

April 4, 8:00—3:00

Magestic Hills Golf Course, Boulders Conference Center

### AEA Classes

Creating Outdoor Learning Experiences for Preschool Children

April 24, 8:30-3:30, 6:00—9:00

April 25, 8:30—3:30

Pearson Lakes Art Center

Contact Denise Wasko

712-335-3588 x 2040

Every Child Reads, 3-5 years

March 21, 28, April 4, 18

9:00—3:00

Fort Dodge

Incentives may be available

Contact Gale Randall

712-732-2257

### On-Line Training

Mandatory Reporter

[www.teknowtraining.com](http://www.teknowtraining.com)

A website training provided by the Iowa Dept. of Public Health

Child Care Education Institute Study

[www.cceionline.com/index.cfm](http://www.cceionline.com/index.cfm)

NAFCC self study courses

[www.nafcc.org/](http://www.nafcc.org/)

National Program for Playground Safety

[www.uni.edu/playground/](http://www.uni.edu/playground/)

CDA Training—Eager to Learn

(considered a group setting)

<http://etl.mnchildcare.org/index.html>

\$60 for 16 in-service hours and \$95 for 1.6 CEU's

Child care Integrated Pest Management

[www.ipm.iastate.edu/ipm/childcare/home](http://www.ipm.iastate.edu/ipm/childcare/home)

Food Safety for Family Day Care Providers

[www.umassone.net/foodsafetydaycare/index.html](http://www.umassone.net/foodsafetydaycare/index.html)

Care Courses for self study hours

[www.carecourses.com](http://www.carecourses.com)



## Local Training Opportunities

### Childcare Resource & Referral Trainings

For more information or to register for CCR&R trainings, contact them at 800-245-6151

New Provider Orientation (New providers can learn about CCR&R programs & services)

\$5

6:30—8:30

Fort Dodge—April 15 & June 8

Spencer—May 21

Graettinger—April 28

Algona—May 14

Childnet—(This training is needed to advance in QRS)

Pocahontas AEA

April 4, 7, 11, 14, 18, 21, 28

From 6:30—9:00 or 9:00—3:00

Humboldt Godfather's Pizza

April 25, May 9, 23, June 6, 20

9:00—3:00

Estherville Upper Des Moines

May 2, 5, 16, 19, 30, June 6

From 6:30—9:00 or 9:00—3:00

Universal Precautions & Mandatory Reporter

\$5

March 26—Algona, Estherville, Pocahontas, Fort Dodge (AEA office), Spencer (Public Library), Humboldt (Public Library)

Little Bites, Big Bites

Free to CACFP Participants, \$5 for other providers

6:30—8:00, April 22

Sun Safety (Health & Safety)

6:30—8:30

April 2, Pocahontas

Positive Behavior Support for Infants & Toddlers

\$10

Spencer

April 4, 18, 25, May 2

Saturdays 9:00—4:00

**Use Series Trainings to move up the steps of the Quality Rating System**

Welcome to School Age Care

\$10

Spencer CCR&R

March 17, 24, 31, April 7, 9

6:30—8:30

ECERS-R (Early Childhood Environment Rating Scale Training)

Free

Clay County Extension Office

April 7, 14, 21, 18

6:30—8:30

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## Story-Time Q & A

### What is the Purpose of a Story Visit?

For your kids... to have fun & learn something new. The visits are fun for the kids because they get to hear a story or two and participate in activities that match with the book's theme.

For you... to have fun & learn something new. Story visits are a way for you to see current best practices in early childhood modeled for you using your own daycare children. Hand-outs and the Iowa Early Learning Standard modeled will be given to you.

### Do all the kids have to participate? I have some that won't sit still for reading.

The visits are tailored to kids from between 2-5 years old. We expect them to wiggle & chatter. If they wander off, that's okay. The activities are pretty fast paced, taking into consideration the age group.

**How Long is a Story Visit?** Story visits last from thirty to sixty minutes, depending upon the interest level of the children, and can be scheduled once a month.

**How much does it cost?** Story visits are free. In fact, you will get to keep a book and an incentive.

**Do I have to be registered?** No. Registered and non-registered providers can participate.

Call Kristin Faber at PAK Empowerment to set up a time—515-295-7784.

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## *A word from your child care nurse consultant...*

Did you know 2/3 of US infants younger than 1 year are in non-parental childcare? Statistically speaking, that means less than 9% of SIDS deaths **should** occur in childcare. In reality **20%** of all SIDS deaths happen at child care. **Of those deaths 1/3 occur in the first week, and 1/2 of those happen the first day!** Experts speculate that the high numbers are due to unaccustomed tummy sleeping. It is best practice (as well as the law) to put babies in child care down on their backs. Make it your policy, put it in your handbook, and let parents know you're doing your part to keep their little ones safe.

Brought to you by Cheri Hinnners, Child Care Nurse Consultant for Palo Alto County. Nurse Consultants are available to answer your health and safety questions. Contact your nurse consultant to sign up for the Injury Prevention Checklist. You can qualify for up to \$750 in new equipment when you participate in this program.

**Kossuth County—contact Wendy Taylor, 800-657-5856, wtaylor@nicao-online.org**

**Palo Alto County—contact Cheri Hinnners, 800-245-6151, chinnners@udmo.com**

