

PAK EMPOWERMENT EARLY CARE & EDUCATION NEWS

Volume 7, Issue 5

October/November 2009

Serving children and their families,
ages 0 -5

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

Pumpkins

- Give the children golf tees and plastic hammers. Let them hammer the tees into pumpkins. (Provide safety goggles)
- Cut a pumpkin open and make observations. What does it feel like? What does it smell like? How many seeds? What color is it? Bake the seeds—What do they taste like?
- Make pumpkin recipes. Every time you measure you're doing math. Every time you bake, you're doing science.

Leaves

- Make leaf-shaped bean bags for the kids to toss into baskets.
- Rake up some leaves onto a sheet or parachute. Toss them into the air and watch how they float down.
- Have the children gather up some leaves. Have them sort their piles by color, size, shape, etc. Count them by category and count them all.
- Songs & Fingerplays:

The Leaves Are Falling Down

(to the tune of Farmer & the Dell)

The leaves are falling down, the leaves are falling down.

Red, yellow, green and brown, the leaves are falling down.

Five Little Leaves

(Use paper leaves, real leaves or fingers)

Five little leaves so bright & gay, were dancing on a tree one day.

The wind came blowing through the town
And one little leaf came tumbling down.

Fall Fun



Nut & Squirrel Games

(Check with parents about nut allergies before playing or play with paper nuts)

- Sitting in a circle, have the children close their eyes and hold their hands behind their backs. One child is the squirrel who carries the nut and places it into another child's hand. The receiving child then chases the squirrel around the circle. (Similar to duck, duck, goose.)
- Hide walnuts, acorns, or whatever you have available all over a room. The kids are the squirrels who get to find them.

Childcare Provider

Support Group Meetings:

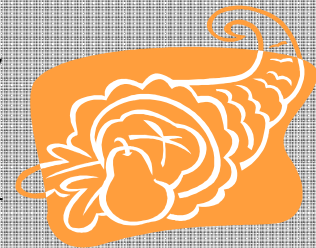
- **Palo Alto County**

Meal 6:00, Meeting 6:30, Pizza Ranch in Emmetsburg
Tuesdays Oct 27, Nov 24

- **Kossuth County**

Meal 6:00, Meeting 6:30, Pizza Ranch in Algona
Mondays Oct 26, Nov 23

Please tune into KLGA
92.7 in Kossuth County
and Hot 100 in Palo
Alto County for
weather-related post-
ponements or cancella-
tions.



Food Allergies

Wendy Taylor, childcare nurse consultant from North Iowa Area Community Action Organization will present information on food allergies. This is a joint training between CCR&R and PAK Empowerment. Two hours credit will be given, as well as attendance incentives. Following the training, Wendy will take questions on any health related concerns you may have, including questions related to H1N1.

6:30, Oct 29, Prairie Lakes AEA Office, Algona

Universal Precautions and Exposure Control Plans for Child Care Business

Directors & Owners

(This course does **not** met the DHS requirements for Universal Precautions, but will count for two hours of health and safety training)

10:00 a.m.—12:00 noon, Oct 30, on ICN

Register using Iowa Public Television's on-line registration process:
www.k12connections.iptv.org

free

*Happy
Harvest
Season!*

Local Training Opportunities

Childcare Resource & Referral Trainings

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

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

\$25

Audience—Home Child care providers only

Fort Dodge, Iowa Central Comm. College

Tuesdays & Thursdays 6:30—9:00, Saturdays 9:00—3:00, 2-18-09, 6:00—8:30

Feb. 2, 4, 9, 13, 16, 18, 23, 27

Welcome to School Age Care

Audience—Home & Center professionals

\$10 or \$50 group rate for 5 or more center staff

Pocahontas, Prairie Lakes AEA Iowa Lake Room

Wednesdays 6:30—8:30

Oct 14, 21, 28, Nov 4, 11

Fort Dodge, Iowa Central Comm. College

Tuesdays 6:00—8:30, 3-16-10, 6:30—8:30

Algona, Algona Family YMCA

Mondays, 6:30—8:30

Jan 7, 14, 21, 28, Feb 4

Creative Curriculum

Humboldt County Provider Support Group

6:30—8:30, Godfather's Pizza

Nov 16, Feb 1, April 5

Business Basics

\$10

Audience—Home Child care professionals only

Spencer, CCR&R office

Saturday 9:00—3:30

Oct 17

Fort Dodge, Upper Des Moines Office

Wednesdays 6:30—8:30

Oct 21, 28, Nov 4

Pocahontas, Prairie Lakes AEA Twin Lakes Room

Mondays and Wednesday, 6:30 —8:30

Nov 30, Dec 7, 16

Algona, Godfather's Pizza

Mondays 6:30—8:30

Nov 2, 9, 16

Estherville, Upper Des Moines Office

Mondays and Wednesday 6:30—8:30

Nov 16, 18, 23

Humboldt, Godfather's Pizza

Saturday 8:00—2:30

Nov 7

Beyond Business Basics

\$20 or a group rate of \$100 for 5 or more center staff

Audience—Home, Center, & Preschool professionals

Fort Dodge, Iowa Central Comm College

Quality Module

Tuesdays, 6:45—8:45

Financial Module

Oct 27, Nov 3, 10, 17, 24, Dec 1, 8, 15

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

Brought to you by Wendy Taylor, Child Care Nurse Consultant for Kossuth County. Nurse Consultants are available to answer your health and safety questions.



Home Made Toys... Don't Take the Chance

Homemade toys do not meet any safety or structural standards. This places the child care provider at a total liability from an incident that may happen with their use. Home made toys using medication bottles or film canisters were not designed for use as toys. This also subtly instructs young children that medication containers are toys. These types of "toys" should be removed from child care and destroyed. Sometimes homemade shaker toys are used as musical instruments. Also, beverage bottles with colorful items inside are used in infant areas. These bottles were not made for this use and could break, leak, or the caps could be a choking hazard.

Please look at the home made items in your child care with fresh eyes to see if you can identify safety hazards.

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

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

Grant Opportunity

The Iowa School-Age Care Alliance is offering a grant opportunity. To be eligible for this grant you must be a registered child development home provider or licensed school age provider caring for at least five school age children. If you care for older children are would like to know more about this grant, contact the Alliance at 515-633-5020 or 515-633-5017. Don't delay in contacting them: applications must be postmarked by Friday, November 6.

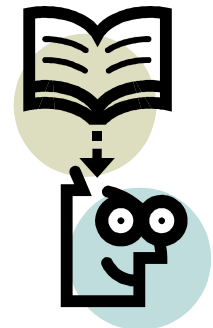


Story-Time

All about literacy promotion visits in your home or center...

This is what happens

- For the kids: Several stories will be read to your kids and they will be invited to participate in a story-related craft or activity.
- For the providers: Join in the fun with the kids and get a nice break from having to organize activities. Because the true purpose of these visits is to keep you up-to-date on early childhood trends and best practice information, you will receive hand-outs which follow along with the activities modeled for you. You will be left with a new book and a toy or supplies.



Visits are scheduled at your convenience, so contact Kristin Faber at 515-295-7784 for a time.

On-Line Training



Mandatory Reporter

www.idph.state.ia.us/hcci/events.asp
A website training provided by the Iowa Dept. of Public Health

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

Care Courses for self study hours

(not all courses have been approved)
www.carecourses.com

Child Care Education Institute Study

(not all courses have been approved)
www.cceionline.com/index.cfm

NAFCC self study courses

www.nafcc.org/

Better Kid Care

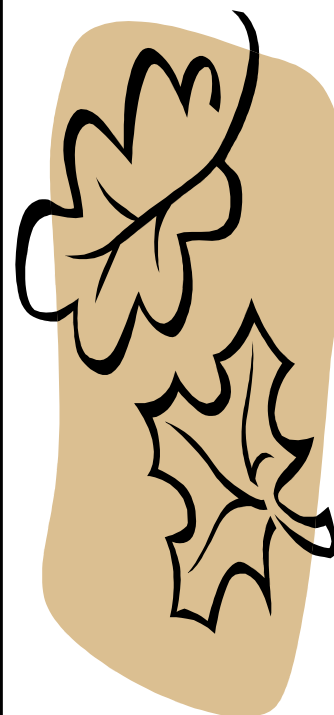
www.betterkidcare.pus.edu/

About PAK Empowerment...

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

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 strives to fulfill this goal by services to childcare providers and preschools 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, Growing Healthy Kids, respite childcare, and Growing Together classes. To learn more about our programs, please visit our website at www.pakempowerment.com



Local Training Opportunities

Childcare Resource & Referral Trainings Continued

Infant Toddler Positive Behavior Supports (PBS) - A Joint training from CCR&R & PAK Empowerment

\$10

Audience—Home/Center/Preschool professionals

Algona

Thursdays 6:30—8:30

Aug 27, Sept 24, Oct 22, Nov 19, Dec 17, Jan 28,
Feb 25, Mar 25, April 22, May 20

Early Childhood Environment Rating Scale (ECERS)

Free

Audience—Center/Preschool professionals

Fort Dodge, ISU Extension Office

Mondays 6:30—8:30

Nov 9, 16, 23, 30

Family Child Care Environment Rating Scale (FCCERS)

Free

Audience—Home professionals only

Fort Dodge, Iowa Central Comm. College

6:30—8:30

Feb 4, 11, 18, 25

Positive Behavior Supports (PBS)

Free—Provider Group Training Topic

Audience—Home/Center/Preschool professionals

Spencer, CCR&R office

Aug 5, Sept 2, Oct 7, Nov 4, Dec 2, Jan 6, Feb 3,
Mar 3, Apr 7, May 6

Estherville, Upper Des Moines Office

Sept 2, Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 3
Apr 7, May 5, June 2

Welcome to Childcare Revised

\$20 or a group rate of \$100 for 5 or more center staff

Audience—Center/Preschool professionals

Fort Dodge, Iowa Central Comm. College

Tuesdays & Thursdays 6:30—8:30, 10-13-09
6:00—8:00

Oct 1, 6, 8, 13, 15, 20

Humboldt, IUS extension Office

Mondays 6:30—8:30

Jan 4, 11, 18, 25, Feb 1, 8

CACFP Nutrition Training

Free

Audience—Home professionals only

Pocahontas—Prairie Lakes AEA

6:30—8:30

Oct 19

Estherville—United Methodist Church

6:30—8:30

Jan 18