



WHAT'S INSIDE:



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COVER



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VOLUME 21

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Choosing Quality Child Care - A Very Important Decision

Choosing child care can be a very frustrating, time-consuming task, yet one of the most important decisions families may ever make for young children. To assist in reaching such a decision, listed below are specific indicators to consider when evaluating the quality of child care programs.

Health and Safety Standards

Seek a clean, smoke-free environment. Potentially harmful items, such as pest killers or cleaning supplies, should be kept away from children. See that toys and furnishings are clean and in safe condition, that emergency plans are in place, and that first aid equipment is available. Inquire about policies for giving and storing medications, and how those policies are enforced.

Caregivers and children should wash their hands frequently, especially before and after meals and following bathroom breaks and diaper changes.

Nutritious meals are to be served and drinking water made available often.

Infants should be placed on their backs to sleep to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Children should play outside every day, weather permitting. The play area should be fenced in, have shade for the warmer seasons, and be situated so that staff can view the entire space.

Written permission is required for providers to transport children.



Elegir un preescolar de calidad - una decisión muy importante

Elegir un buen preescolar puede ser muy frustrante, es una tarea que requiere de mucho tiempo, pero es una de las decisiones más importantes que las familias con niños pequeños tienen que tomar. Para ayudarle a tomar tal decisión, abajo encontrará algunas guías específicas que usted puede considerar para evaluar la calidad de los programas del cuidado de niños.

Estándares de salud y de seguridad

Busque un ambiente limpio, donde este prohibido fumar. Artículos potencialmente dañinos, tales como químicos para matar insectos o químicos de limpieza, deben estar guardados y lejos del alcance de los niños. Vea que los juguetes y los muebles estén limpios y en buenas condiciones, que se tengan planes de emergencia y que el equipo de primeros auxilios este disponible. Investigue sobre las normas para dar y almacenar medicamentos, y cómo se hacen cumplir dichas normas.

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Los niños y las personas que cuidan a los niños deben lavarse las manos con frecuencia, especialmente antes y después de las comidas, después de usar el baño y después de cambiar el pañal.

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A Publication of Smart Start of Forsyth County



Positive Teacher/Child Interaction

Teachers should work with children in a nurturing, warm, encouraging and friendly manner, using positive reinforcement and redirection. Discipline is age-appropriate and never physically, verbally, or mentally abusive.

Staff Child Ratios – Small Group Sizes

The more teachers available to work with the children, the more attention each child will have, which will help with their social and emotional development. See how many children are grouped together with each teacher. Following is the legal limit for every one adult: Infants, 3-5; Toddlers, 3-6; Age 2, 4-9; Age 3, 8-10; Age 4-6, 12-16.

Staff Education

Education and ongoing training in childhood development will help teachers understand how to help your child develop in a positive way. Often this helps enhance the quality of care.

Staff Turnover

Consistency and low turnover are very important to providers offering quality care. Consistency is important for children’s emotional health, and helps provide security, confidence, and an overall sense of well-being.

Accreditation

Programs can go through a voluntary process that shows they operate with standards above and beyond the minimum licensure standards.

Common NC accrediting organizations are:
National Association for the Education of Young Children
National Association for Family Child Care
National Afterschool Association

Developmentally Appropriate Activities

Age-appropriate materials and toys are provided. Activities focus on both fine and large motor skills. Books of all varieties are available for children to use and are read daily. Children are allowed to make choices. TV viewing is limited or excluded from program activities.



Las comidas que se sirvan deben ser nutritivas y se debe tener disponible en todo momento agua para beber.

Los bebes deben ser acostados en sus espaldas para dormir para así reducir el riesgo del síndrome de la muerte infantil repentina (SIDS).

Los niños deben jugar afuera todos los días, si el tiempo lo permite. El área de juego debe ser cercada, debe tener un área sombreada para las estaciones más calientes y debe estar en un lugar donde el personal pueda ver todo el espacio.

Se requiere un permiso escrito para los abastecedores que transporten a los niños.

Interacción positiva del profesor/del niño

Los profesores deben trabajar con los niños de una manera amorosa, constructiva y amistosa, utilizando el refuerzo y cambios de dirección positivos. La disciplina debe ser apropiada para la edad y no debe ser nunca física, verbal o mentalmente abusiva.

Numero de niños por profesora - tamaño de grupos pequeños

Entre más profesores se tengan disponibles para trabajar con los niños, mayor atención recibirá cada niño lo cual ayudará en su desarrollo social y emocional. Vea el número de niños que tiene cada profesor. A continuación está el límite legal de niños por cada adulto: infantes, 3-5; entre 1-2 años, 3-6; niños de 2 años, 4-9; de 3 años, 8-10; entre 4-6 años, 12-16.

Educación del personal

Una mayor educación y un entrenamiento continuo en el desarrollo de la niñez harán que los profesores entiendan mejor cómo ayudar a su niño a desarrollarse de una manera positiva. Esto a menudo es lo que realiza la calidad de un preescolar.

Cambio de personal

Mantener el mismo personal o un bajo volumen en el cambio de personal es muy importante para los preescolares que ofrecen calidad en el cuidado de los niños. La consistencia en el personal que trabaja con los niños es importante para la salud emocional de los niños, y ayuda a

proporcionarles seguridad, confianza y un sentido total de bienestar.

Acreditación

Los programas pueden pasar por un proceso voluntario que demuestra que funcionan con estándares por encima del mínimo estándar requerido para la obtención de la licencia.

Las organizaciones de acreditación más comunes en NC son:

National Association for the Education of Young Children
National Association for Family Child Care
National Afterschool Association

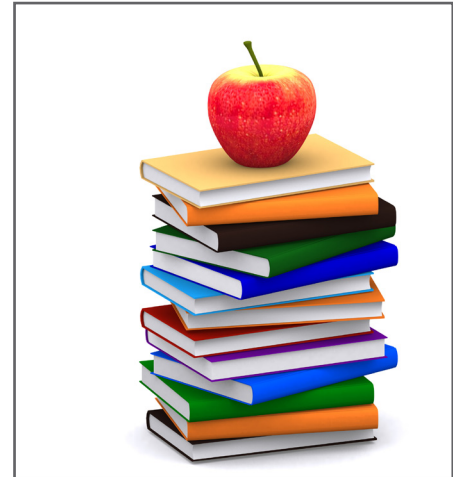
Actividades de desarrollo apropiadas

Se proporcionan materiales y juguetes que son apropiados para la edad del niño. Las actividades se centran en desarrollar tanto las habilidades motoras simples como las más complejas. Libros de toda clase están disponibles para que los niños los utilicen y los lean diariamente. Se permite que los niños tomen sus propias decisiones. Ver televisión es algo bien limitado o esta excluido de las actividades del programa.

Going Back to School

Happy New Year! A new year is a new opportunity to begin again. Have you been thinking about going back to school? Have you been pondering the costs and/or the benefits of going back to school? Have you been worried about passing the College Placement Test and/or other access issues? Then this may be just the article to provide some of the answers to your questions.

Let's begin by looking at the benefits of increasing your education. Why does this matter? What will it mean for you and for the children that you teach? Research has shown that children receive better – quality care and early educational experiences when child care providers have more training. Abuse and neglect incidents are linked with low education scores, and language/ literacy skills are impacted by teacher education. Long term studies also show that quality child care programs decrease the likelihood of special education enrollment, juvenile delinquency, adult incarceration and welfare participation which require government spending to overcome. Better teacher education also empowers the teaching workforce as it equips them with the specialized training needed to provide quality care for the diverse needs of all of the children served.



There are a number of resources available to early childhood educators to help them continue their education. Smart Start of Forsyth County (SSFC) has a Scholarship Program. Early Childhood Educators who qualify can use these funds to earn an Early Childhood Certificate, Early Childhood Administrative Certificate, B/K licensure (add on license), Early Childhood Associate Degree, Undergraduate Degree in B-K Education or a Masters Degree in B-K Education. Early Childhood educators can fulfill the requirements of the school of their choice and enroll in the school's early childhood program. They can take classes online or face-to-face. There are also other resources for funding for school such as Pell Grants. For details about eligibility requirements and terms of obtaining and maintaining SSFC scholarships, feel free to call SSFC at 725-6011.

Smart Start also offers classes for both Math and English that help educators pass the College Placement Tests (or CPT). The classes are offered at SSFC. Classes are small. Participants come to a series of six classes (2 hours each) and have the opportunity to learn and practice what they have learned in preparation for the CPT tests. Instructors are highly qualified and are specialists in their fields of study. These classes are free of charge and are offered in the evening hours so participants can attend after work hours.

Why not start the New Year beginning and/or continuing your education? You will be empowering yourself and increasing your ability to prepare the youngest learners for school and for life.

Smart Start of Forsyth County Trainings

Unless stated otherwise, all classes will be held at the Smart Start of Forsyth County Training Room.

To register, please call the Training Line at 336-714-4368 or email patm@smartstart-fc.org

February Trainings (Please call to register for February classes beginning on January 24, 2011)

Conflict Resolution in Preschoolers

Date: February 1, 2011

Time: 6:30-8:30 pm

Presenter: Martine Powell

This training is especially for 3-5 year old teachers. They will learn strategies to encourage preschoolers to use language skills to identify their own feelings and those of others to resolve conflicts among themselves.

Dental Hygiene for Preschoolers = A Great Start for Preschoolers

Date: February 3, 2011 (Thursday)

Date: March 1, 2011 (Tuesday)

Time: 6:30-8:30 pm

Presenter: Mashica Jefferson Tobias

This is a very informative workshop that all early care providers should attend. The instructor will show how dental hygiene can play an active role in a child's routine and behavior. This information can be applied in the centers or even passed along to be used in homes. Good oral hygiene plays a major role in a child's well being. Come out and see!

Teacheread

Date: February 3 and 10, 2011

Time: 6:30 - 8:30 pm

Presenter: Marjorie Burris

This is a 2-part workshop. It will help teachers share stories with children with enthusiasm that children "can catch and feel." The trainer will model effective reading techniques and demonstrate how to encourage children to talk about the story. Early childhood educators will learn how to use books as a springboard for lesson planning and classroom enhancement. You must be present for both parts in order to receive your contact hours.

CPT (English)

Date: February 3, 10, 17, 24, 2011 (Thursdays)

Time: 6:30 - 8:30 pm

Presenter: Tammy White

This is a 4-part series that helps prepare participants to take the computerized placement test which is a prerequisite for child care classes that will advance them towards a degree in the child care field.

"Can They Play, Too? Positive Guidance for Infants, Toddlers, and Twos"

Date: February 5, 2011 (Saturday)

Time: 8:30am - 12:30pm

Presenter: Romy Allen

So you think you know how to play with very young children? Is your environment set-up for maximum learning experiences? Did you know that you can begin guiding children to appropriate behavior choices with even the youngest infant? Let's discover together the importance of creating an optimal atmosphere for the growth and development of very young children while learning to embrace Responsive Guidance techniques that calm the most spirited infant toddler or two year old.

Kindergarten Readiness

Date: February 9, 2011 (Wednesday)

Time: 6:30 - 8:30 pm

Presenter: Gwen Walter

Teachers of young children should begin in infancy preparing children for kindergarten. Participants of this workshop will gain knowledge about kindergarten screenings and learn readiness skills that they can teach preschoolers in preparation for kindergarten.

What Can You Do with an Infant, Toddler, or Two?

Date: February 12, 2011 (Saturday)

Time: 8:30am - 12:30pm

Presenter: Romy Allen

There is a myth that infant/toddler/twos are too young to do any "real learning." Is there more to an infant, toddler or two than rocking, feeding, and changing diapers? Can you actually do any teaching at all with children this young? We will explore the developmental process and find out what infants, toddlers and twos can learn and what you can teach while learning how to apply that information in planning, designing, and implementing learning experiences for very young children.

Ages and Stages of Child Development

Date: February 15, 2011

Time: 6:30- 8:30 pm

Presenter: Stephanie Frazier

In this workshop early childhood educators will discuss various stages of a child's development such as social, language, physical, & cognitive. The age range will be infancy to five years.

ITS SIDS

Date: February 17, 2011 (Thursday)

Time: 6:30-8:30 pm

Presenter: Rodd Smith

A professional from Baby Love Plus, a program that is sponsored by the Forsyth County Health Department, will discuss the importance of being prepared for Sudden Infant Death Syndrome (SIDS). Participants will receive information about preventive measures that should be taken when caring for young children.

Playground Safety

Date: February 19, 2011 (Saturday)

Time: 8:30am -12:30pm

Presenter: Karatha Scott

This training will cover all of the state required procedures and regulations to operate a safe and healthy outdoor play environment.

"Positive Environments Yield Positive Interactions"

Date: February 24, 2011 (Thursday)

Time: 6:30-8:30 pm

Presenter: Jennifer Byers

Does your classroom seem chaotic? Are your students literally running circles around you? Let's talk about room arrangement and look at a few classroom samples that can easily be implemented.

March Trainings (Please call to register for March trainings beginning on February 21, 2011)

Your Teaching Style

Date: March 1, 2011

Time: 6:30-8:30 pm

Presenter: Martine Powell

This workshop is designed for child care providers to do a self evaluation of their own particular teaching style. The focus will be on teacher/child interactions, teacher/parent interaction and developmentally age appropriate practices.

"Dittos Don't Build Dendrites"

Date: March 5, 2011 (Saturday)

Time: 8:30am - 12:30pm

Presenter: Romy Allen

Understanding each child and his/her needs is the key to providing a relevant, meaningful curriculum. Throw away the ditto sheets and learn how to plan and

implement engaging activities that keep children busy, interested, and prepare for their next level of development including kindergarten readiness.

Observation Based Lesson Planning

Date: March 8, 2011

Time: 6:30 - 8:30 pm

Presenter: Stephanie Frazier

Have you been wondering why you should use observation based lesson plans? This training will provide strategies and techniques while providing an answer to why observation is so crucial to lesson planning.

How Do You Spell Discipline?

Date: March 9, 2010 (Wednesday)

Time: 6:30 - 8:30 pm

Presenter: Gwen Walter

This workshop introduces practical principles and techniques for developmentally appropriate behavior management in the classroom. Emphasis is placed on encouraging positive discipline strategies, a video presentation, role-play, and handouts are included.

"The Spirited Child"

Date: March 10, 2011 (Thursday)

Time: 6:30 - 8:30 pm

Presenter: Marjorie Burris

Who is the spirited child? What is the difference between a spirited child and a disobedient child? What are the answers for living with and teaching the spirited child? We will discuss the answers to these questions and more during this workshop.

ITS SIDS

Date: March 17, 2011 (Thursday)

Time: 6:30-8:30 pm

Presenter: Rodd Smith

A professional from Baby Love Plus, a program that is sponsored by the Forsyth County Health Department, will discuss the importance of being prepared for Sudden Infant Death Syndrome (SIDS). Participants will receive information about preventive measures that should be taken when caring for young children.

Communicating and Looking Like a Professional

Date: March 24, 2011 (Thursday)

Time: 6:30 - 8:30 pm

Presenter: Jennifer Byers

Have you ever heard the saying, "Those who can, do and those who can't, teach." To change society's view of educators we need to present ourselves as professionals. Join me in discussing ways to show that we are competent, knowledgeable, and worthy of respect.

April Trainings (Please call for April classes beginning on March 28, 2011)

"Learning Styles and the Multiple Intelligences"

Date: April 2, 2011 (Saturday)

Time: 8:30am - 12:30pm

Presenter: Romy Allen

In today's world, children are exposed to many types of family structures that influence the way children learn and develop. Understanding those influences in the form of multiple intelligences and learning styles provide the background necessary to plan appropriate curriculum that supported each child's maximum potential of growth.

Playground Safety

Date: April 4, 2011 (Monday)

Time: 5:00 - 9:00pm

Presenter: Karatha Scott

This training will cover all of the state required procedures and regulations to operate a safe and healthy outdoor play environment.

Building Positive Relationships with Young Children

Date: April 5, 2011

Time: 6:30 – 8:30 pm

Presenter: Lesha Workman

Do you want to learn some new strategies for building positive relationships with young children? Come out and join us for activities and discussions about building and strengthening relationships with young children.

Enhancing the Self Esteem of Young Children

Date: April 6, 2011 (Wednesday)

Time: 6:30 – 8:30 pm

Presenter: Gwen Walter

This workshop emphasizes strategies and techniques to use in the classroom to enhance self-esteem of children. Video presentation and handouts included.

Time Management

Date: April 7, 2011 (Thursday)

Time: 6:30 – 8:30 pm

Presenter: Martine Powell

Mastering time management can be the start of a relatively stress free work life. Come and learn new techniques to support your work life and improve the quality of your life.

Wee Music: A Big Book Affair

Date: April 9 and 16, 2011 (Saturday)

Time: 9:00 – 11:00 am

Presenter: Dr. Donna Wiggins

Come one come all to the Wee Music Time Big Books Affair!! Learn how to inspire a love for reading in your preschoolers through integrating award-winning favorites

from Big Book Collections with children's music favorites. This is a 2-part workshop. You must be present for both sessions in order to receive your contact hours.

Brain Based Teaching and Learning

Date: April 12, 2011

Time: 6:30 – 8:30 pm

Presenter: Stephanie Frazier

The instructor will present information on the latest brain research for use in the classrooms of young children. Participants will explore how to apply this information to engage children and to keep them excited about learning what is interesting, relevant and meaningful to them.

Dental Hygiene for Preschoolers = A Great Start for Preschoolers

Date: April 14, 2011 (Thursday)

Time: 6:30 - 8:30 pm

Presenter: Mashica Jefferson Tobias

This is a very informative workshop that all early care providers should attend. The instructor will show how dental hygiene can play an active role in a child's routine and behavior. This information can be applied in centers or even passed along to families for use in their homes. Good oral hygiene plays a major role in a child's well being.

Teacheread

Date: April 14 and 21, 2011 (Thursdays)

Time: 6:30 – 8:30 pm

Presenter: Marjorie Burris

This is a 2-part workshop. It will help teachers share stories with children with enthusiasm that children "can catch and feel." The trainer will model effective reading techniques demonstrate how to encourage children to talk about the story. Early childhood educators will learn how to use books as a springboard for lesson planning and classroom enhancement. You must be present for both parts in order to receive your contact hours.

Creating Supportive Environments with CSEFEL

Date: April 19, 2011

Time: 6:30 – 8:30 pm

Presenter: Lesha Workman

It takes time and skill to build a positive, supportive classroom environment. In this workshop we will enhance our ability to create a supportive environment for young children and maximize our ability to decrease negative behaviors in the classroom.

ITS SIDS

Date: April 21, 2011(Thursday)

Time: 6:30 – 8:30 pm

Presenter: Rodd Smith

A professional from Baby Love Plus, a program that is sponsored by the Forsyth County Health Department, will discuss the importance of being prepared for Sudden Infant Death Syndrome (SIDS). Participants will receive information about preventive measures that should be taken when caring for young children.

Identifying Children with Special Needs

Date: April 26, 2010

Time: 6:30 – 8:30 pm

Presenter: Jennifer Byers

All children are special and have unique needs! This workshop will focus on the development of all young children with possible delays. Participants will obtain information that will assist in determining if a child/children would potentially need intervention. They will also be provided several tips to facilitate talking with parents about concerns they may have.

Work Family Resource Center Trainings

Unless stated otherwise, all classes will be held at WFRC, 530 N. Spring St.
To register, please call 336-761-5100 or email dbell@workfamilyresource.org

Developing Your Family Child Care Business Series

February- May 2011 Every Tues 6:00- 8:30pm

\$65.00

Presenter: Betty Nelums

This program guides you through a business planning process designed especially for family child care business owners. Through guided facilitation, in-session and out-of-session activities, guest speakers, resource recommendations, and interaction with other participants in this program, you will be making strategic decisions about your business. Two documents you will produce as a result of this business planning program are a Business Plan and a Parent Handbook. The family child care provider will receive a participant manual titled, Developing Your Family Child Care Business by: Ewing Marion Kauffman Foundation.

Family Child Care Pre- Licensing Workshop

Feb. 2, 2011; 9am – 2pm \$ 40.00

Presenter: Betty Nelums, Provider Specialist

This one-day workshop is a comprehensive review of the North Carolina Child Care Home rules and regulations, and will be helpful to those who are planning to operate a Family Child Care Home. This workshop will focus on family child care home licensing information, region specific zoning and sanitation requirements and give detailed information regarding program start-up and operations as they relate to budgeting for quality family child care homes. Fee includes Family Child Care Handbook.

Sliding Fee Scale and Scholarships: How these tools can be used to attract New Business!

February 16, 2011 Time:TBD \$5.00

Presenter: Karatha Scott

The workshop is designed to provide technical assistance in developing sound and correct policies and procedures that support the provider's financial assistance program. Encourage programs to continue offering financial support to families with the cost of child care and to serve families who are on the waiting list. The workshop is designed for Director or Family Child Care Owners. Limit to 15 people

BSAC

February 2011 TBA: 9am- 2pm \$35.00

Presenter Tarsha Banister

Basic School Age Care Training is for individuals who work with school-age children. (BSAC) consists of seven topics: the elements of quality care, child development, positive guidance, appropriate activities, environmental design, health/safety/nutrition and NC Child Care Regulations. It is a basic, entry-level training covering seven hours of instruction and is required for staff who work with school age children. Limited to 20 people

Beyond Basic Block Play

Feb. 28, 2011; 6:30 pm – 8:30 pm \$5.00

Presenter: Cherie White

This interactive workshop will provide hands on experiences to demonstrate how block play

can help children develop early math, science and literacy skills. Discussion and activities will include ways to set up your block area as well as provide information that can enhance your learning environment.

Child Care Almanac

March 10, 2011; 6:30 pm – 8:30 pm \$ 5.00

Presenter: LaVonya Washington, Provider Specialist

All children will present challenging behaviors at one time or another. This training address this issue by teaching providers how to develop a plan to interact with children in a manner that will prevent misbehavior, promote positive relationships, and guide children to better self-control.

Creating a Peaceful Classroom Setting

March 28, 2011; 6:30 pm – 8:30 pm \$5.00

Presenter: Cherie White

Children who learn to empathize with others, communicate their feeling and resolve conflicts in constructive ways become compassionate individuals. As educators, we must set standards and expectations in our classrooms to help achieve these goals. This workshop will explore ways and activities to teach basic values and trust to your children

Smart Start of Forsyth County Community Partners

Smart Start of Forsyth County supports programs for parents, child care facilities, and educators by directly administering services in house and by providing financial support to local human service agencies to administer services within their organizations. With a variety of programs designed for parents and professional educators, Smart Start of Forsyth County and its partner agencies help meet the developmental and health needs of children in order to prepare them for success in school and life.

Catholic Social Services

714-3205 www.cssnc.org/HandtoHand

Child Care Services Association

919-967-3272 www.childcareservices.org

Downtown Health Plaza

713-8621 www1.wfubmc.edu/dhp

Exchange/SCAN

725-BABY www.exchangescan.org

Forsyth County Department of Public Health

703-3376 www.co.forsyth.nc.us/PublicHealth

Forsyth Technical Community College

734-7956 www.forsythtech.edu

Goodwill Industries of NWC

724-3621 www.goodwillnwc.org

Imprints

722-6296 www.imprintsforfamilies.org

or 713-9732

North Carolina Cooperative Extension

703-2850 <http://forsyth.ces.ncsu.edu>

The Centers for Exceptional Children

727-2440 <http://web2k.wsfcs.k12.nc.us/ccenter/about.htm>

Winston-Salem/Forsyth County Schools

771-4730 <http://mts.admin.wsfcs.k12.nc.us>

or 748-4034

Work Family Resource Center

761-5100 www.workfamilyresouce.org

Work Family Resource Center
has moved to:
530 North Spring Street
Winston-Salem, NC 27101

7820 North Point Blvd, Suite 200
Winston-Salem, NC 27106
www.smartstart-fc.org

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