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Asuntos de Importancia

# matters of Importance

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## Outdoor Play

### MORE THAN JUST FUN IN THE SUN

Think back to your childhood. Do you remember seemingly endless days of outdoor fun in the sun? Maybe you made mud pies or played in a creek bed and watched tadpoles turn into frogs. Perhaps you played Tarzan or swung in a tree swing. Regardless, for most of us, running, jumping, hopping, climbing and playing outdoors were a part of our everyday routine. Our parents probably didn't give a whole lot of thought to how outdoor play was benefiting our development. But things are different today. With so many children spending more time indoors engaged in sedentary activities, it's important to keep in mind that outdoor play supports children's healthy development in many important ways.

#### The Importance of Outdoor Play

Children enjoy learning to run, jump, hop, swing, slide and climb outdoors for the sheer joy of it. But there are many reasons why these outdoor activities are important. One of the more obvious benefits is to their physical development. Active outdoor play tones and strengthens the large muscles which, in turn, supports the development of gross-motor skills.

Children also stretch and grow their emotional and social skills through outdoor play. Whether they are learning to throw and catch a ball or swing independently,



#### Juego al aire libre Más que una diversión bajo el sol

Piense de nuevo a su niñez. ¿Recuerda usted esos días que parecían no terminar de diversión

al aire libre y bajo el sol? Tal vez usted hizo bolas de barro o quizás jugó en una quebrada viendo los renacuajos convertirse en ranas. Quizás usted jugó a ser Tarzan o se meció en un columpio colgado de un árbol. Sin importar mucho lo que hizo, para la mayor parte de nosotros, el correr, saltar, subirse a algo y jugar al aire libre era parte de nuestra rutina diaria. Nuestros padres probablemente no le dieron gran importancia a cómo el juego

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A Publication of Smart Start of Forsyth County

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children experience a sense of accomplishment and pride as they take risks and practice new skills. At the same time, they are learning important social lessons about sharing play equipment and following safety rules.

Children's language, literacy and cognitive skills are also strengthened through outdoor play. The great outdoors is a kind of laboratory for observing, exploring and hands-on learning. As children learn to identify and describe all that is around them, their vocabulary expands. They may talk about the slimy snail, fuzzy caterpillar, buzzing bees and so on. After a rain, they may notice that the air smells different, or that the worms have come above ground. This raises questions and creates opportunities for discovery and learning how to find answers to their questions about nature.

### **Rediscover the Great Outdoors**

Outdoor play is a wonderful source of fun and learning for children that supports their good health and positive

development. So what can parents do to support outdoor play for their children? First and foremost, make time for outdoor play. Then seek out the safest options. A fenced backyard is wonderful, but there are also many free and low cost places for safe, outdoor play, including local park and recreation centers.



Regardless of where you are, it is important to inspect the play area for materials that can be hazardous or harmful to a young child, such as glass or sharp objects.

Most important to safety is supervision. Young children need supervision to safely explore their environment and for support as they challenge themselves and learn and practice new skills.

Spring has arrived and brings with it the opportunity to let young children explore the awakening life outdoors while enjoying the attention, time, security and safety of being with adults who love and care for them. Resolve today to rediscover the great outdoors through the eyes of a young child.

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al aire libre nos beneficiaba en nuestro desarrollo. Pero las cosas son diferentes hoy. Con tantos niños gastando más tiempo dentro de la casa y dedicados a actividades sedentarias, es importante tener presente que el juego al aire libre ayuda de muchas maneras importantes al desarrollo sano de los niños.

### **La importancia del juego al aire libre**

A los niños les encanta aprender a correr, a saltar, a columpiarse, a rodarse y a escalar al aire libre por el placer que estas actividades les proporciona. Pero hay otras razones por las cuales estas actividades al aire libre son importantes. Una de las ventajas más obvias es que ayuda a su desarrollo físico. El juego activo

al aire libre tonifica y fortalece los músculos grandes que son los que, a su turno, ayudan al desarrollo de las habilidades motoras.

Los niños también amplían y desarrollan sus habilidades emocionales y sociales a través de juego al aire libre. Ya sea que estén aprendiendo a lanzar y coger una pelota o a columpiarse solos, los niños experimentan una sensación de logro y de orgullo al tomar riesgos y practicar nuevas habilidades. Al mismo tiempo, están aprendiendo importantes lecciones sociales acerca de cómo distribuir el equipo de juego y seguir las reglas de seguridad.

El lenguaje de los niños, su aprendizaje y las habilidades

cognitivas también se consolidan a través de juego al aire libre. El medio ambiente que nos rodea es como una clase de laboratorio para observar, explorar y aprender por sí mismo. A medida que los niños aprenden a identificar y a describir todo lo que está a su alrededor, su vocabulario se amplía. Pueden hablar del caracol cubierto de barro, de la oruga con piel suave, del zumbido de las abejas y muchas otras cosas. Después de una lluvia, pueden notar que el aire huele diferente o que las lombrices han salido de la tierra. Esto hace que se hagan preguntas y crea oportunidades para que descubran y aprendan a encontrar respuestas a sus preguntas sobre la naturaleza.

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## Vuelva a descubrir el medio ambiente

El juego al aire libre es una fuente maravillosa de diversión y de aprendizaje para los niños y ayuda a que sean sanos y se desarrollen de una forma positiva. ¿Qué pueden hacer los padres para apoyar el juego al aire libre de sus niños? Primero que todo, busque tiempo para el juego al aire libre. Después busque las opciones más seguras para hacerlo. El patio de atrás de la casa si está cercado es maravilloso, pero también hay muchos lugares que cuestan muy poco o nada para un juego seguro al aire libre incluyendo los parques locales o los centros recreacionales.

De cualquier manera, es importante examinar el área de juego primero para saber si hay materiales que puedan ser peligrosos o dañosos para el pequeño niño, tales como objetos de cristal o puntudos.

La más importante para la seguridad es la supervisión. Los niños pequeños necesitan supervisión para poder explorar con seguridad su ambiente y para darles la ayuda necesaria cuando se encuentran frente a un desafío y aprenden y practican nuevas destrezas.

La primavera ha llegado y trae consigo la oportunidad de dejar a los niños pequeños explorar la vida que despierta al aire libre mientras ellos disfrutan de la atención, del tiempo, de la seguridad y de la confianza de estar con los adultos que los aman y cuidan. Anímese hoy a redescubrir su medio ambiente a través de los ojos de su pequeño niño.

## Guide to an Early Childhood Field Trip: SAFETY TIPS

Article by: Sylvia Cochran  
From: [www.brighthub.com](http://www.brighthub.com)



Preschool field trips are a mix of personal empowerment for children and the wonderment of seeing classroom lessons learned come to life. An experience as simple as seeing, touching and pressing the buttons on a traffic light, observing the light changes and following the rules of the road when crossing the street is invaluable to reinforce the theoretical learning from class. While there are countless advantages to the early childhood field trip, safety tips must be followed to ensure that everyone remains secure during the trip and liability issues for the preschool are effectively lessened.

### Vehicle Safety

While a professional transportation company is almost always the best method of taking the children to their destination, shrinking budgets may call for the use of parent vehicles. Preschool teachers need to make sure to plan ahead and verify the actual available space in the vehicles and also remind parents, who are not participating in transporting any children, to leave the youngsters' car seats behind.

### Meals and Snacks

Due to the concern of food allergies, many elementary schools have adopted a brown bag lunch policy on field trips. Parents are responsible for packing lunches for their children in disposable bags. The idea is to have a nutritious meal and snacks available for the children without having the responsibility of tracking lunch boxes. This is also a workable solution for preschool field trips. Safety tips should also include a warning against children switching or sharing their lunches.

### Medical Issues

Preschoolers suffering from medical conditions that may require treatment on the trip should ideally be accompanied by a parent or caregiver. If this is not possible, the preschool teacher must ensure that she is able to fulfill the treatment requirements. Also, each child's parent should fill out a generic "consent for treatment" form that authorizes the preschool teacher to call for medical assistance and give permission to treat.

### Adult to Child Ratio

The level of supervision is generally mandated by state law. As a general rule, the minimum requirement should be one adult for every five preschoolers.

### Checklist

It might appear odd to check off children's names on a paper each time a bus or van is boarded and disembarked. Nevertheless, Carolyn Tomlin from *Early Childhood News* provides ample cautionary tales of early childhood educators and care providers, who ran afoul the law – sometimes with tragic results – while transporting young children. Checking off each child's name at each stage of the trip limits the possibility of "forgotten" or lost children.

### Lessen Liability Impact on Preschools

Accidents can and will happen; this is a liability preschools understand before permitting the planning of field trips. Legal responsibilities can be greatly reduced by preventing avoidable mistakes or accidents. Additionally, since the Americans with Disabilities Act (ADA) guarantees disabled preschoolers the same access to field trips and transportation as their peers, safety tips become even more important.

## Smart Start of Forsyth County Trainings

Unless indicated 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](mailto:patm@smartstart-fc.org)

### May Trainings (Please call to register for May classes beginning on April 25)

#### Learning through Play

**Date: May 3, 2011 (Tuesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Martine Powell

Children learn through play. Research bears this out. What are they learning through play? We will discuss this and more in this workshop.

#### Gender Differences in Learning

**Date: May 4, 2011 (Wednesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Gwen Walter

What do we know about differences in how boys and girls learn? This workshop addresses the developmental and structural differences in the brain and how boys' and girls' minds are different. Best practices for teaching girls compared with boys will also be discussed.

#### An Inclusion Approach to Teaching Young Children: Can I Play Too?"

**Date: May 7, 2010 (Saturday)**

**Time: 8:30 am-12:30 pm**

Presenter: Romy Allen

The world today is full of diversity including children with disabilities. Providing curriculum that attends to children's differences allows all children to learn from each other. Every child has a right to grow, thrive and develop to his/her full potential. Find out how to plan, adapt and engage in activities that include all children so each child will feel special.

#### Building High Power Teams

**Date: May 10, 2011 (Tuesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Lesha Workman

The team approach is utilized to accomplish goals and achieve the mission and responsibilities of early childhood settings. Participants will explore strategies to maximize the true potential of teams, recruit team members and create a plan of action to accomplish goals more efficiently.

#### The Spirited Child

**Date: May 12, 2011 (Thursday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Marjorie Burriss

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 this and more during this workshop.

#### ITS SIDS

**Date: May 12, 2011 (Thursday)**

**Time: 6:30 pm -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 to be taken when caring for young children.

#### Kindergarten Readiness

**Date: May 17, 2011 (Tuesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Stephanie Frazier

What are the skills that children of the 21st century will need to be ready for kindergarten? Are you prepared to teach them? How early should the teaching begin? Come and join us for a discussion about these questions and more!

#### Positive Environments Yield Positive Interactions

**Date: May 19, 2011 (Thursday)**

**Time: 6:30 pm-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 classroom samples that can easily be implemented.

#### Creative Curriculum

**Date: May 28, 2011 (Saturday)**

**Time: 9:00 am- 12:00 noon**

Presenter: Patricia Minter

Creative Curriculum is one of several state approved curriculums. It is developmentally appropriate, research based and best practices are supported by this curriculum. Come out and experience an introduction to this widely used curriculum.

### June Trainings (Please call for June classes beginning on May 23)

#### Communication and Understanding Are the Best Things in the World

**Date: June 2, 2011 (Thursday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Marjorie Burriss

How do we communicate with children as we try to understand their behavior? Can we be sure that they understand what we are trying to communicate? Come and join us for a lively discussion and information sharing on this topic.

#### Whole Language vs. Phonics: Which Best for Language Learning for Young Children

**Date: June 4, 2011 (Saturday)**

**Time: 8:30 am-12:30 pm**

Presenter: Romy Allen

How children acquire language compliments how they learn and develop. Would Phonics or Whole Language compliment children's language learning? Attend this session to find out the strategy that provides young children a means of obtaining maximum development and potential gains.

#### The Importance of Story Telling & Reading to Children

**Date: June 7, 2011 (Tuesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Martine Powell

Rosemary Wells' book "Read to Your Bunny Everyday" is a classic. It is a story about a bunny who reads to her bunny daily. Story time can bring some of the best moments of the day, and the language shared and one-on-one time is awesome for children!

#### Outdoor Play for Young Children Builds Skills

**Date: June 8, 2011 (Wednesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Gwen Walter

Outdoor play is even more enjoyable for young children on the warm, sunny days of summer. Come out for this workshop and we will discuss all the skills that children acquire while using water play and other outdoor activities.

#### Learning Games for Centers

**Date: June 9, 2011**

**Time: 6:30 pm-8:30 pm (Thursday)**

Presenter: Stephanie Frazier

Did you know that the brain loves novelty? In this make and take workshop, participants will create and take away games for their centers that will engage children as they play and learn.

#### Wee Music Time Big Books Affair

**Date: June 11 & 18, 2011 (Saturday)**

**Time: 9:00 am-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 two-part workshop. You must be present for both workshops in order to receive your contact hours.

#### Who Am I? Why Am I Here? Going from Good to Great!

**Date: June 14, 2011 (Tuesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Lesha Workman

We are all already great in our own way, but do we bring all of what we have to the classroom or early childhood setting? Participants will explore strategies to maximize their own potential in their work and personal life.

#### Identifying Children with Special Needs

**Date: June 16, 2011 (Thursday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Jennifer Byers

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

#### ITS SIDS

**Date: June 16, 2011**

**Time: 6:30 pm-8:30 pm (Thursday)**

Presenter: Rodd Smith

See description under May 12 session.

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### **Dental Hygiene for Preschoolers = A Great Start for Preschoolers**

**Date: June 21, 2011 (Tuesday)**

**Time: 6:30 pm-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.

### **Playground Safety**

**Date: June 28, 2011 (Tuesday)**

**Time: 5:00 pm-9:00 pm**

Presenter: Karatha Scott

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

### **July Trainings (Please call to register for July classes beginning on June 27)**

#### **Lesson Planning: Infants and Toddlers**

**Date: July 7, 2011 (Thursday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Stephanie Frazier

The purpose of this workshop is to prepare participants to be able to utilize information, ideas and templates provided during the presentation to create effective lessons to meet the needs of infants and toddlers. Participants will review state standards and the purpose of designing lesson plans. They will also receive templates that will help them to better organize ideas in preparing to create their lessons, as well as exchange ideas with other workshop participants.

#### **Discipline with Benefits**

**Date: July 7, 2011(Thursday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Marjorie Burriss

Discipline comes from the word disciple and means to teach. In this workshop, we will investigate the many benefits that come with discipline. We will also look at the differences between discipline and punishment.

#### **What about Me? Don't I Count?**

**Date: July 9, 2011 (Saturday)**

**Time: 8:30 am-12:30 pm**

Presenter: Romy Allen

Do you feel under-appreciated, de-valued or tossed aside? You have good ideas, but does anyone ask for your input anymore? Are you stressed from pressure to perform at your best with little consideration for your opinions? There are things you can do to take that pressure off and still provide best outcomes for you and the children. Come find out what you can do to get back on the radar?

#### **Working with Families with Unique Circumstances**

**Date: July 12, 2011 (Tuesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Leshia Workman

Working with children and families is rewarding and challenging at the same time. Participants will begin to learn about the dynamics of families and their unique circumstances (i.e. military, homeless,

economically challenged, disabilities, foster, child welfare system, etc). Participants will discuss how to work with children and families, connect them to resources and respond to their strengths and needs, including in the classroom.

#### **Dealing With Conflict in the Workplace**

**Date: July 13, 2011 (Wednesday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Martine Powell

Conflict is a natural occurrence in the work place. Conflicts can be resolved peacefully and positively. When they are, employees enjoy their working environments. This workshop will help you resolve conflicts by using different strategies and techniques.

#### **Keeping the Peace**

**Date: July 14, 2011 (Thursday)**

**Time: 6:30 pm-8:30 pm**

Presenter: Jennifer Byers

If you are dealing with challenging behaviors in your classroom, this may be just the workshop for you. The instructor will help you learn how to use prevention, new strategies and guidance to regain a peace-filled classroom.

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### **Work Family Resource Center Trainings**

Unless indicated otherwise, all classes will be held at Work Family Resource Center, 530 North Spring Street, Winston-Salem. To register, call 336-761-5100.

#### **Directors Influencing Social-Emotional Health**

**Date: April 26, 2011**

**Time: 1:00 pm-3:00 pm**

**Fee: \$5:00 / Early Childhood Program Directors Only/ Limited to 15 participants**

Presenter: Judy Hoskins, Behavioral Specialist  
Directors...you are in a prime position to help educate teachers and parents about the importance of social-emotional health and the role relationships play in the development of those skills. Come review current findings and learn about resources that may be useful in your interactions with both staff and parents.

#### **Child and Adult CPR and First Aid**

**Date: May 7, 2011 – June 11, 2012**

**Time: 8:00 am-1:00 pm**

**Fee: \$65.00**

**Location: Forsyth County Emergency Services Bldg., 911 East 5th Street, Winston Salem NC 27101**

Presenter: Dan Ozimek

#### **Beyond Basic Block Play**

**Date: May 10, 2011**

**Time: 6:00 pm-8:00 pm**

**Fee: \$5.00**

Presenter: Cherie White, Provider Specialist  
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 and arrange your block area, as well as activities that can enhance your learning environment. 2.0 DCD credit hrs.

#### **Beyond Band-Aids**

**Date: May 12, 2011**

**Time: 6:00 pm-8:00 pm**

**Fee: \$ 5.00**

Presenter: LaVonya Washington, Provider Specialist  
Childcare providers learn how to develop and have in place a plan on how centers or family childcare will handle various situations, such as emergencies, accidents, administering medications and precautions to take while planning fieldtrips. This training will guide providers to help ensure the protection of children in their care. 2.0 DCD credit hrs.

#### **ITS-SIDS**

**Date: June 1, 2011**

**Time: 6:00 pm-8:00 pm**

**Fee: \$5.00**

Presenter: Cherie White, Provider Specialist  
This informative presentation will provide an overview of Sudden Infant Death Syndrome (SIDS). Participants will be provided with the NC SIDS Law for Childcare, identify safe sleep standards for best practice and receive information concerning SIDS resources. 2.0 DCD credit hrs.

#### **Family Child Care Environmental Rating Scale**

**Date: June 7, 2011**

**Time: 6:00 pm-8:00 pm**

**Fee: \$5.00**

Presenter: Cherie White, Provider Specialist  
This training is designed for participants with little knowledge of the rating scale and the role it plays in the star rated license system. This session will review the scale, discuss the process for administration in your program and look at sample situations. 2.0 DCD credit hrs.

#### **Family Child Care Home Pre-Licensing Workshop**

**Date: June 14, 2011**

**Time: 9:00 am-2:00pm**

**Fee: \$40.00 (includes the Family Child Care Home handbook)**

Presenter: Betty Nelums, Provider Specialist  
This one-day workshop is a comprehensive review of the North Carolina Family Child Care Home Rules and Regulations, and will be helpful to those who are planning to operate a family childcare home. The workshop will focus on family child care home licensing information, region specific zoning and sanitation requirements. It will also give detailed information regarding program start-up and operations as they relate to budgeting for quality family child care homes. Registration 8:30 am; Participants receive training certificates only if they are in attendance the entire day 5.0 DCD credit hrs.

#### **Infant-Toddler Foundations: Exploring the Domains of Learning**

**Date: June 16, 2011**

**Time 6:00 pm-8:00 pm**

**Fee: \$5.00**

Presenter: LaVonya Washington, Provider Specialist  
Discover how infants and toddlers learn through hands-on-activities. This training will describe the characteristics, skills and knowledge we want children in North Carolina to develop from birth through 36 months of age. 2.0 DCD credit hrs.

# 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](http://www.cssnc.org/HandtoHand)

**Child Care Services Association**

919-967-3272 – [www.childcareservices.org](http://www.childcareservices.org)

**Downtown Health Plaza**

713-8621 – [www1.wfubmc.edu/dhp](http://www1.wfubmc.edu/dhp)

**Exchange/SCAN**

725-BABY – [www.exchangescan.org](http://www.exchangescan.org)

**Forsyth County Department of Public Health**

703-3376 – [www.co.forsyth.nc.us/PublicHealth](http://www.co.forsyth.nc.us/PublicHealth)

**Forsyth Technical Community College**

734-7956 – [www.forsythtech.edu](http://www.forsythtech.edu)

**Goodwill Industries of NWNC**

724-3621 [www.goodwillnwnnc.org](http://www.goodwillnwnnc.org)

**Imprints**

722-6296 or 713-9732 – [www.imprintsforfamilies.org](http://www.imprintsforfamilies.org)

**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 or 748-4034 – <http://mts.admin.wsfcs.k12.nc.us>

**Work Family Resource Center**

761-5100 – [www.workfamilyresouce.org](http://www.workfamilyresouce.org)

7820 North Point Blvd, Suite 200  
Winston-Salem, NC 27106  
[www.smartstart-fc.org](http://www.smartstart-fc.org)