



WHAT'S INSIDE:



Limiting TV Time
COVER



Smart Start of Forsyth
County and our
partner agencies offer
trainings to child care
professionals.

INSERT



Grab Your Coat and
Let's Get Moving
PAGE 3

Asuntos de Importancia

matters of Importance

VOLUME 20
NOVEMBER 2010

Limiting TV Time

We've all heard that kids today watch too much TV. The Department of Education states that children in the US are watching an average of three to five hours of TV per day. With most young children in part or full day child care programs, this means that the majority of their awake time spent at home involves TV time. In fact children spend more time watching TV than any other activity except sleeping. Preschoolers spend more time in front of the TV than it takes to get a college degree. By the time our children graduate from high school they will have spent about 15,000 hours watching TV, compared to 11,000 in school!

So why is this so bad? Well, all this TV watching is having adverse effects on our children's development and school performance. In order for young children to develop optimally they need exposure to books, time

for play, and meaningful conversations with parents and peers. TV interferes with all of these things. Children who watch a lot of TV perform worse in school; have shorter attention spans; and more limited language skills.

Watching TV is also affecting our children's health. Children who watch a lot of TV are more likely to be overweight because TV and excessive snacking often go hand-in-hand. They see food in programs and ads that promote unhealthy eating choices. They tend to exercise less.

TV can affect children's behaviors. Children as young as one learn behaviors from what is seen on TV. Most TV programs that

continued on page 2



Limitar el tiempo de ver la TV

Todos hemos oído que los niños de hoy ven demasiada televisión. El Departamento de Educación indica que los niños en los EE.UU. están mirando un promedio de tres a cinco horas de TV por día. La mayoría de los niños pequeños están en programas de cuidado infantil medio día o el día entero lo cual significa que la mayoría del tiempo que el niño esta despierto en casa lo dedica a ver televisión. De hecho los niños pasan más tiempo viendo la TV que cualquier otra actividad excepto dormir. Los niños en edad preescolar pasan más tiempo delante de la TV que el tiempo que se necesita para que consigan un grado de la universidad. ¡Cuando nuestros niños se

continua en la pagina 2

A Publication of Smart Start of Forsyth County



children watch are intended for adults. Children don't have the adult knowledge to understand what is real and what is make believe. They believe what they see on the screen. Children have been known to hurt themselves and other people by imitating what they see on TV. Children who watch a lot of TV often exhibit more aggressive and violent behaviors.

Parents want what's best for their children. Part of being a good parent is setting up a good environment with clear limits and boundaries about TV.

1 The American Academy of Pediatrics recommends NO TV or videos for children under 2.

2 Children over 2 should have a limit of no more than 2 hours per day of screentime (TV, video, or computer).

3 Monitor the shows and commercials your children are watching to ensure that what they're watching is made for children.

4 Be a good role model. Avoid watching programs containing adult content when your child is nearby.

5 Follow up TV time with active experiences.

As the weather gets colder, we tend to stay inside and watch more TV. This winter, avoid this pattern. Find time to interact with your child, provide toys and books that they enjoy and venture out into our area and enjoy all the great things our city has to offer for young children and families.

Find area family events and happenings:

<http://www.piedmontparent.com>

www.triadmommies.com

<http://www.gotriadscene.com>

<http://www.digtriad.com>

<http://www.mocamomsgso.org>

www.dwsp.org

www.eventorama.org

www.kiddingaroundintown.com

www.smittysnotes.com

www.visitwinstonsalem.com

<http://cityofthearts.com/events.php>

continuación de la pagina 1

gradués de la escuela secundaria habrán pasado cerca de 15.000 horas al frente de la TV, comparado con 11.000 horas en la escuela!

¿Entonces, porqué es esto tan malo?

Todo este tiempo al frente de la televisión está teniendo efectos nocivos sobre el desarrollo de nuestros niños y el rendimiento en la escuela. Para que los niños tengan un desarrollo óptimo necesitan estar expuestos a los libros, tiempo para el juego y conversaciones significativas con los padres y los amigos. La TV interfiere con todas estas cosas. Los niños que ven mucha TV no les va bien en la escuela, tienen capacidades de concentración más cortas y conocimientos lingüísticos más limitados.

Ver TV también está afectando la salud de nuestros niños. Los niños que ven mucha TV tienen más probabilidades de ser gordos porque la TV y el estar comiendo excesivamente van mano a mano. Ven alimentos en los programas y anuncios

que promueven opciones malsanas para consumir. Tienden a ejercitarse menos.

La TV puede afectar los comportamientos de los niños. Los niños tan pequeños como de un año de edad aprenden comportamientos que se ven en la TV. La mayoría de los programas de la TV que los niños miran son para adultos. Los niños no tienen el conocimiento adulto para entender que es verdadero y que es imaginario. Ellos creen que es verdad lo que ven en la pantalla. Se han conocido niños que se han lastimado ellos mismos y a otra gente imitando lo que ven en la TV. Niños que ven mucha TV a menudo exhiben comportamientos más agresivos y más violentos.

Los padres quieren lo mejor para sus niños. Parte de ser un buen padre está en ofrecer un buen ambiente con reglas y límites claros sobre la TV.

1. La academia americana de pediatría recomienda NO dejar ver la TV o vídeos a los niños menores de 2 años.

2. Los niños menores de 2 años deben

tener un límite de no más de 2 horas al día al frente de una pantalla (TV, vídeo, o computadora).

3. Supervise las programas y los anuncios publicitarios que sus niños están mirando para asegurarse de qué están mirando algo dirigido a los niños.

4. Sea un buen ejemplo. Evite mirar programas con contenido adulto cuando su niño esta cerca.

5. Después de ver la TV dedique un tiempo para tener experiencias activas con su niño. A medida que las temperaturas bajan afuera, tendemos a permanecer mas adentro y a ver más TV. En este invierno, evite esto. Encuentre tiempo para compartir con su niño, proporcionele juguetes y libros que ellos disfruten y salga y aproveche todas las grandes cosas que nuestra ciudad tiene que ofrecer para los niños y sus familias.

Grab Your Coat and Let's Get Moving

As we enter into the cold months it is crucial that as child care providers your schedule allows for efficient time spent on gross motor activities. The North Carolina Child Care Commission adopted several new rule changes in the areas of children's health and nutrition. The changes became effective in July and August and include an increased focus on time spent on outdoor activities, limitations on screen time (computers, video games and television), and increased focus on planning for gross motor activity. The following list of activities is ones that can be done either inside or outside and focus on getting the body moving.

10 Ways to Move

- 1. Stick With Me:** Have your children follow you as you pretend to walk through snow, sand, and mud. After each one pass the stick to the child behind you and allow them to choose a walking movement.
- 2. Fitness Alphabet:** As you sing the alphabet song with your children have them come up with exercises for each letter such as: J is for jump; S is for stretch, etc.
- 3. Set the Pace:** Discuss with your children how slow some animals move verses how fast others move. Have the children replicate the tempo of animal movement such as a slow turtle and as fast as a cheetah.
- 4. Freeze Dancing:** Play some fast tempo music and get your children dancing around and when the music stops they freeze.
- 5. Musical Hoops:** Spread hula hoops around in an open space and have music playing while the children go from hoop to hoop. When the music stops take a hoop away. The object is to try and get all the children in one hoop.
- 6. Yoga:** Use fun animal poses, actions, sequences and balance positions to help strengthen children's bodies as well as self-awareness.
- 7. Snowball Fling:** Use cotton balls or rolled up socks to use as the snowballs and place them in the middle of the room. Separate the children and on the count of three have them run to the snowballs and begin to fling them around the room. Call time out after several minutes to collect the snowballs and do it all again.
- 8. Dinosaur Dig:** Fill a plastic swimming pool or use your sandbox to bury dinosaurs and various other items in the sand. Allow the children to get in the sand a couple at a time to go on a dinosaur dig.
- 9. Lion, Lion Tiger:** This is a version of Duck, Duck Goose. Sit the children in a circle facing each other. Designate a child to begin the game as the "tiger" and have that child tap the "lions" on the head until they decide one to be it. That child then gets up quickly and chases the tiger back to their seat trying to catch them.
- 10. Blanket Ball:** Place a couple of balls of various sizes and textures on a blanket and have the children hold onto the sides of the blanket moving their arms up and down.



Submitted by:
Cherie A. White
Work Family Resource Center

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

November Trainings (Please call to register for November classes beginning on October 25, 2010)

Understanding How the Preschooler's Brain Works

Date: November 4, 2010; 6:30 - 8:30 pm;
Presenter: Stephanie Sanders

Preschoolers are active learners. Some of the most exciting research over the past decade has been in the area of brain research. So how can we use what we have learned to improve our teaching and preschoolers' learning? Come and join us as we investigate this topic.

Teacheread

Date: November 3, 10, 2010; 6:30-8:30 pm
Presenter: Marjorie Burris

This is a 2-part workshop. This workshop will help teachers share stories with children with enthusiasm that children "can catch and feel". Reading aloud becomes fun & will become a favorite place for children to return to. 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 & classroom enhancement. You must be present for both parts in order to receive your contact hours.

Teaching & Leading Children

Date: November 4, 11, 18, 2010; 6:30-8:30pm
Presenter: Gwen Walter

This is a 3-part workshop. It will foster understanding of children's development and behavior; how to build esteem through encouragement and listening skills; and how to solve problems with young children. This class will be especially helpful to both new and veteran teachers. You must be present for all 3 parts to receive your contact hours.

"Taming the Spirited Child: Strategies of Positive Guidance in Early Learning Environments"

Date: November 6, 2010; 8:30am-12:30 pm
Presenter: Romy Allen

If you want to get a handle on how to keep your children calm while simultaneously protecting your last nerve then this is the training for you. We will discuss issues of behaviors and what strategies are most effective in terms of positive guidance techniques. You will gain practical knowledge that will help you to "Keep the Peace" in your learning environments while teaching meaningful lessons.

Incorporating Culture into the Classroom

Date: November 9, 2010; 6:30-8:30 pm
Presenter: Martine Powell

How can you honor the culture of the children and families in your childcare centers and homes? How can you incorporate culture into the classroom on a daily basis? We will explore the answers to these questions and more. Come out and join us!

Taking Time for Yourself: Refresh, Renew, Revitalize

Date: November 16, 2010; 6:30-8:30 pm
Presenter: Lesha Workman

Are you teetering on the brink of burnout? Are you wondering how to cope? If you answered yes to either of these questions then it is past time for you to learn some self care techniques. Come out and

learn some ways to take better care of yourself.

ITS SIDS

Date: November 18, 2010; 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.

Creative Curriculum

Date: November 20, 2010; 9:00-12:00 noon
Presenter: Patricia Minter

This workshop will provide participants an overview of the Creative Curriculum for preschoolers and infants, toddlers and twos. Participants will learn about the theories and research upon which this curriculum is based. They will also learn about observations, lesson plans and the environment of a classroom where the Creative Curriculum is used.

Positive Classroom Environments Yield Positive Interactions: Classroom Arrangement Matters

Date: November 23, 2010; 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!

Dental Hygiene for Preschoolers = A Great Start for Preschoolers

Date: November 30, 2010; 6:30-8:30 pm
Presenter: Maschica J. 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!

December Trainings (Please call to register for December trainings beginning on November 22, 2010) **"Be Active Kids"**

Date: December 2, 2010; 6:00 - 9:00 pm
Presenters: Amy Queen & Sherri Jones

This workshop is for teachers of 4 and 5 year olds. It's for teachers who are interested in the health and nutrition of the young children that they teach. It was designed by Blue Cross and Blue Shield of NC to promote proper diet and physical activity.

The Spirited Child

Date: December 2, 2010; 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.

"Who Am I Teaching? Preparing the Classroom to Be Successful For You & All Children You Teach"

Date: December 4, 2010; 8:30-12:30 noon
Presenter: Romy Allen

Our changing world brings children from all types

of backgrounds and cultures into our learning environments. Are you prepared to teach children different than you? Can you provide meaningful, relevant experiences that they need to be successful? Does success mean the same for you as it does for that child's family? This session will explore those questions and assist you in preparing to teach children from diverse backgrounds.

Playground Safety

Date: December 6, 2010; 5:00-9:00 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.

What to Expect and When to Expect It!

Date: December 7, 2010; 6:30-8:30 pm
Presenter: Martine Powell

This training is all about ages and stages for young children. What should little Johnny be doing at this age and stage? Are my expectations aligned with his developmental stage and age? This training will help participants know what to expect and when to expect it.

Ring Out the Old and Ring in the New with W.E.E. Music Time

Date: December 8, 2010; 5:00-9:00 pm
Presenter: Dr. Donna Wiggins

Learn how to design music-enhanced literacy experiences for young learners that integrate books and musical activities about winter holidays including Christmas, Kwanzaa, Hanukkah, Martin Luther King, Jr. Day, President's Day, Ground Hog Day, Valentine's Day and African American History Month. Come ready to celebrate.

Fun with Math for Preschoolers

Date: December 9, 2010; 6:30-8:30 pm
Presenter: Stephanie Sanders

Math is very much a part of the lives of young children. They have daily math experiences. Participants in this workshop will learn about the everyday math experiences and how to make them relevant to the young active learners in their classrooms.

Handling Stress during the Holidays

Date: December 9, 2010; 6:30-8:30 pm
Presenter: Gwen Walter

Do the children in your classroom display more aggressive and impulsive behaviors around the holiday season? Do you find yourself using more negative statements? Learn some strategies to help prevent "classroom chaos" prior to the holidays.

Communicating and Looking Like a Professional

Date: December 14, 2010; 6:30-8:30 pm
Presenter: Jennifer Byers

Have you heard the saying, "Those that 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.

Dental Hygiene for Preschoolers= A Great Start for Preschoolers

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Presenter: Maschica J. Tobias

This is a very interesting and informative workshop that all providers should attend. The instructor will show how dental hygiene can play an active part in a child's daily routine and behavior. This information can be applied in the centers or when passed along to parents to use in their

homes. Good oral hygiene plays a major role in a child's well being.

ITS SIDS

Date: December 16, 2010; 6:30-8:30 pm

Presenter: Rodd Smith

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

January Trainings (Please call to register for January 2011 trainings beginning on December 27, 2010)

Starting the New Year with a Bang: Time Management

Date: January 6, 2011; 6:30-8:30 pm

Presenter: Martine Powell

Happy New Year! Want to start the New Year with a bang and keep the good feelings going all year long? Come out and learn strategies and techniques to enhance your time management skills and increase production and support stress free workplace.

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

Date: January 8, 2011; 8:30-12:30 noon

Presenter: Romy Allen

There is a myth that infant/toddler/twos are too young to do any "real learning." Is there more to infant, toddler or twos care than rocking, feeding, and changing diapers? Can you actually do any teaching at all with children this young? We will explore the early 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.

What do Children Learn from Play

Date: January 11, 2011; 6:30-8:30 pm

Presenter: Lesha Workman

We all have made the statement that children learn from play. Participants will learn the true meaning of play and focus on the developmental milestones of each group. Participants will explore ways to discuss children's development with parents and explain what children learn through play and ways to enhance their learning at home.

Positive Discipline Makes All the Difference

Date: January 13, 2011; 6:30-8:30 pm

What do we mean when we refer to positive discipline? Do you know that positive discipline begins with teaching? Do you know that the way your classroom is set up can impact discipline and behaviors in your classroom? Come out and join us for a discussion of positive discipline.

Teacher Portfolios: The Tools of Professionals

Date: January 13, 2011; 6:30-8:30 pm

Presenter: Stephanie Sanders

A portfolio is an intentional compilation of materials and resources, collected over a period of time that provides evidence for others to review. Teachers often think of portfolios for children to share with administrators and parents. What about a portfolio for teachers to showcase their skills and knowledge? Come out and receive a start up kit for creating your own teacher portfolio- a tool of the professional. Seating will be limited. Register early!

Introduction to the Environmental Rating Scales

Date: January 18, 2011; 6:30-8:30 pm

Presenter: SSFC Staff

Want to learn what the ITERS and ECERS are all about? What does quality mean? Is it possible to have quality every day? Does quality make a positive difference for the children in care? Come out and get the answers to these and other questions in this workshop.

ITS SIDS

Date: January 20, 2011; 6:30-8:30 pm

Presenter: Rodd Smith

A professional from Baby Love Plus, a program sponsored by the Forsyth County Health Department, will discuss the importance of being aware of what Sudden Infant Death Syndrome (SIDS) is and some preventive measures that should be taken when care is being provided for very young children.

New Staff Orientation

Date: January 22, 2011; 8:30 – 3:30 pm

Presenters: Varied Presenters

These workshops are designed for child care

providers who are new to the field. This is an all day workshop. You must be present for the entire day to receive your contact hours. Participants will have a continental breakfast and enjoy free lunch as a part of the day.

Kindergarten Readiness

Date: January 25, 2011; 6:30-8:30 pm

Presenter: Gwen Walter

What are some of the skills that young children need to acquire for kindergarten? You might be surprised about what skills are most essential. Come out and join us for a lively discussion about kindergarten readiness and preschoolers.

Work Family Resource Center Trainings

Unless stated otherwise, all classes will be held at WFRC, 313 Indera Mills Ct.

To register, please call 336-761-5100 or email dbell@workfamilyresource.org

Get Ready, Get Set, Go!

November 1, 2010; 6:30-8:30pm; \$5.00

Presenter: Cherie White

Come learn about how to keep children safe during daily routine transportation and on field trips. Guidelines for appropriate supervision, accurate attendance records, vehicle inspections and much more will be covered. This workshop will give you important information about planning a safe and age-appropriate field trip.

Family Child Care Home Pre Licensing Workshop

November 9, 2010; 8:30am-1pm; \$40.00

Presenter: Betty Nelums

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 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 homes. Fee includes Family Child Care Handbook

BSAC

November 10, 2010; 9:00am-2:00pm; \$35.00

Presenter: Tarsha Banister

Location: Northwest Child Development (Basic School Age Care) is a 5-hour introductory level training event for school age care professionals that are new to the field. The training includes the following modules: 1) Health, Safety, & Nutrition, 2) Environmental Design, 3) Child/Youth

Development 4) Developmentally Appropriate Activities, 5) Guiding Child Behavior, and 6) Quality School Age Care. This training is required by the NC Division of Child Development for school age care professionals working in licensed programs but is a great training for new staff in any afterschool program setting.

Creating Teachable Moments in Activity Centers in Family Child Care Programs

November 18, 2010; 6:30-8:30pm; \$5.00

Presenter: Vonya Washington

This training is going to review 11 popular activities that providers can have children participate in on a daily basis. We will talk about each activity in depth and examine what children learn and how they develop from participating. There will be in-depth discussion about each activity and how it contributes to growth and development. Participants will also learn how to set-up the activities to produce a safe and inviting environment so that children can enhance their social and cognitive skills. Lastly there will be a discussion the daily activities as they relate to the Family Child Care Environmental Rating Scale. This will focus on what the assessor will be looking for as far as environment, provider-child interactions and interactions among children.

Family Child Care Environmental Rating Scale Training

November 15, 2010; 6:30pm – 8:30pm; \$5.00

Presenter: Cherie White

Participants will have an opportunity to review the scale and discuss the process for administration in your program. Participants will review the scoring

system, notes for clarification as well as look at sample situations. This training is designed for participants with little knowledge of the rating scale and the role it plays in the start rated licensee system.

Food, Fitness and Fabulous Fun

December 13, 2010; 6:30- 8:30pm; \$5.00

Presenters: Vonya Washington & Cherie White

Location: Northwest Child Development Center
Healthy food equals healthy children. Food provides the building blocks for a strong and healthy body and the energy your child needs to play learn and grow. During this workshop, we will explore topics such as diet, nutrition, exercise and ways that you can set a positive example through the food that you serve and the physical activities that you offer to the children. This workshop will count as your required CACFP Food Program Training if you participate in the Guilford Child Development sponsored Food Program.

CPR / First Aid

Dec 4, 2010 & Jan 15, 2011; 8am-1 pm; \$35.00(CPR);

\$30.00 (First Aid)

Presenter: Dan Ozmak

Location: Northwest Child Development
Cardiopulmonary Resuscitation (CPR) Certification and First Aid Certification are required certifications for every family child care provider and recommended for most child care center staff. After completing this session, participants should be able to conduct both CPR and First Aid techniques on infants, children and adults

Smart Start's 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 organization.

Catholic Social Services
Downtown Health Plaza
Exchange/SCAN
Forsyth County Department of Public Health
Forsyth Technical Community College
Goodwill Industries of NWNC
Imprints
North Carolina Cooperative Extension
The Centers for Exceptional Children
Winston-Salem/Forsyth County Schools
Work Family Resource Center

SIZZLING SATURDAY SESSIONS

Child Care Providers, you are invited to attend an exciting day of training that will take your program to the next level! Representatives from Statewide Initiatives will provide training hours to help you enhance your program.

SATURDAY, January 22, 2011
Pinedale Christian Church
Winston-Salem, NC

\$35.00 per person for early registration

Session I (8:30-10:30) and Session II (10:30-12:30)

For a registration form call Work Family Resource Center at (336) 761-5100.