

Quality Matters

Winter 2007

Child Care Weather Watch

Watching the weather is just part of the job for child care providers. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to attend to the health and safety of children in their care. What clothing, beverages, and sun screen are appropriate? Dress children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). Drinking beverages helps the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high sugar content beverages and soda pop. You can also use sunscreen to block harmful rays from the sun. Look for sunscreen with UVB and UVA ray protection. Sunscreen may be used year around. Use a sunscreen labeled as SPF-15 or higher. Apply sunscreen generously and frequently with parent permission. Read the label of the sunscreen product. and follow directions Have children play in shaded areas or create shade in the play area.

Condition **GREEN** - Most children may play outdoors and be comfortable. Child care providers should watch for the child that becomes uncomfortable while playing outdoors.

- **INFANTS AND TODDLERS** Infants/toddlers are unable to tell the child care provider if they are too hot or cold. The infant/toddler may become fussy when uncomfortable. Infants/toddlers tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by using sunscreen and playing in shaded areas. Give beverages while playing outdoors.



- **YOUNG CHILDREN** Use precautions regarding clothing, sunscreen, and beverages. Young children need to be reminded to stop play and drink a beverage and apply more sunscreen.
- **OLDER CHILDREN** Use precautions for clothing, beverages, and sunscreen. The older child needs a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). Apply sunscreen and give beverages while outdoors.

Condition **YELLOW** means the child care provider must use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

- **INFANTS AND TODDLERS** Child care providers should use the precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

- **YOUNG CHILDREN** Use the precautions regarding clothing, sunscreen, and beverages. Younger children may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child.
- **OLDER CHILDREN** Use precautions for clothing, sunscreen, and beverages. Use a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids remain important while playing outdoors.

During condition **RED** most children should not play outdoors due to the health risk.

- **INFANTS/TODDLERS** should play indoors and have ample space for large motor play.
- **YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions.
- **OLDER CHILDREN** may play outdoors for very short periods of time. Child care providers must be vigilant about proper clothing, beverages, and use of sunscreen.



Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words used by your weather forecaster.

- **Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life-threatening wind chills. Seek shelter immediately.
- **Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.
- **Relative Humidity:** The percent of moisture in the air.
- **Temperature:** The temperature of the air in degrees Fahrenheit.
- **Wind:** The speed of the wind in miles per hour.
- **Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.
- **Winter Weather Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.
- **Winter Storm Warning:** Severe winter conditions have begun in your area.
- **Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Child Care Weather Watch was produced by the Iowa Department of Public Health, Healthy Child Care Iowa. This guide was produced through federal grant (MCJ19T029 & MCJ19KCC7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service. Understand the Weather

Understand the Weather

Wind-Chill



- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- 20° to 0° is **bitter cold** with significant risk of **frostbite**
- 20° to -60° is **extreme cold** and **frostbite** is likely
- 60° is **frigid** and exposed **skin will freeze** in 1 minute

Heat Index



- 80° or below is considered **comfortable**
- 90° beginning to feel **uncomfortable**
- 100° **uncomfortable** and may be **hazardous**
- 110° considered **dangerous**

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)									
Wind Speed in mph									
	CALM	5	10	15	20	25	30	35	40
50	50	48	40	36	32	30	28	27	26
40	40	37	28	22	18	16	13	11	10
30	30	27	16	9	4	0	-2	-4	-6
20	20	16	4	-5	-10	-15	-18	-20	-21
10	10	6	-9	-18	-25	-29	-33	-35	-37
0	0	-5	-21	-36	-39	-44	-48	-49	-53
-10	-10	-15	-33	-45	-53	-59	-63	-67	-69
-20	-20	-26	-46	-58	-67	-74	-79	-82	-85
-30	-30	-36	-58	-72	-82	-87	-94	-98	-102

Comfortable for out door play
 Caution
 Danger

Heat Index Chart (in Fahrenheit)																
Relative Humidity (Percent)																
	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
110	108	112	117	123	130	137	143	150								
105	102	105	109	113	118	123	129	135	142	149						
100	97	99	101	104	107	110	115	120	126	132	138	144				
95	91	93	94	96	98	101	104	107	110	114	119	124	130	136		
90	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122
85	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102
80	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88
75	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79

Why is Hand Washing So Important?

The First Line of Defense Against Germs

Germs - such as bacteria and viruses - can be transmitted several different ways, especially by touching dirty hands or changing dirty diapers. Other ways germs spread include:

- through contaminated water and food
- through droplets released during a cough or a sneeze
- through contaminated surfaces
- through a sick person's body fluids

If kids pick up germs from one of these sources, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

Good hand washing is your first line of defense against the spread of many illnesses - and not just the common cold.

More serious illnesses such as meningitis, bronchiolitis, influenza, hepatitis A, and most types of infectious diarrhea can be stopped with the simple act of washing your hands.

How to Wash Your Hands Correctly

Here are some simple steps for scrubbing those germs away. Demonstrate this routine to your child - or better yet, wash your hands together with your child several times a day so he or she learns how important this good habit is.

1. Wash your hands in warm water. Make sure the water isn't too hot for little hands.
2. Use soap and lather up for about 10 to 15 seconds (antibacterial soap isn't necessary - any soap will do). Make sure you get in between the fingers and under the nails where uninvited germs like to hang out. Don't forget the wrists!

Article Continued on page 5

Provider Spotlight: Kymberli Bush

Kymberli Bush worked with QCC's Northwest Georgia office to open her own childcare business and improve the quality of child care in Floyd County. Kymberli turned to QCC to gain valuable training and information to support children with special needs. Her family child care program, Reach for the Stars, specializes in caring for children with special needs. Currently, seven of the nine children enrolled in the program are diagnosed with disabilities including autism, cerebral palsy and Down Syndrome.



Kym has provided respite care for families in need and is an advocate for children and adults with disabilities. A parent of a child with a diagnosed disability recently contacted QCC to praise Kym for the care she provides to her son. "I am not sure what I would have done if I had not found Kym", the parent said.

Kym continues to enhance her knowledge of best practices in the field of early childhood education. In March of 2007, Kym received Home of Distinction. It is apparent that Kym enjoys what she does from observing her cheerful and willing spirit. She is truly working to see that the children in her care receive high quality early learning experiences. She has a smile for every child and her family child care home truly is a wonderful, fun-filled environment for all children.

100% Compliance



The following providers were recognized at the GAYC Banquet for having full compliance with state rules and regulations for the past year:

Bonnie's Day Care, Friendship House, Huskin's Day Care Home, Kiddie Corral, Kids Express Learning Center, Libby's Daycare, Pennville Head Start, Robin's Nest, Step-By-Step, Stepping Stones CDC, Whitfield Dalton Daycare Center, Whitfield-Murray Early Head Start, Alicia Cox, Brenda Brown, Carolyn Hightower, Cleopatra France, Connie Hawkins, Dana Moore, Debra Estep, Detra Nesbitt, Erica Kennemore, Frances Punkosdy, Goldia Lipsky, Janine Boyd, June Cannon, Karen Thula, Linda Fonseca, Marchelle Mayden, Michelle Barrett, Pamela Blackstock, Patti Pence, Rosanna Antwi, Rose Phillips, Shirley McGuire, Tina Saxby, Tina Searles, and Tonya Aldridge.

If you also received a Certificate of Recognition but your name does not appear above, please let us know so that we can recognize your program.

Why is Hand Washing So Important? (continued from page 3)

3. Rinse and dry well with a clean towel. To minimize the germs passed around your family, make frequent hand washing a rule for everyone, especially:
- before eating and cooking
 - after using the bathroom
 - after cleaning around the house
 - after touching animals, including family pets
 - after visiting or taking care of any sick friends or relatives
 - after blowing one's nose, coughing, or sneezing
 - after being outside (playing, gardening, walking the dog, etc.)

Don't underestimate the power of hand washing! The few seconds you spend at the sink with your child could save you trips to the doctor's office.

Source: www.kidshealth.org



Literacy/Social studies: Encourage children to make a book about winter. Do one page a day. The following titles could be used, depending on the age of your children: What I wear in winter, What I like to do outside in winter, What I like to do inside in winter, My favorite food during winter, My favorite thing about winter.

Art: Thunder painting. Tape record a rain or thunderstorm. Leave this tape, with a tape recorder and earphones, at the easel. Gray, black, and white paint can be provided. Let the children listen to the rainstorm and paint to it. As the children hear how the music makes them feel.

Outside: Rockin' the day away: While sitting in the rocker or glider, hold the infant in your lap so you both are facing the same direction. While rocking, talk about the surrounding environment. You can discuss different objects as well as people that you see. When talking use as many descriptive words as possible. Comments might include, "Look at the little red bird. It is sitting in the green pine tree." Reinforce any vocalizations the infant makes. To illustrate say, "Yes, the bird flew away." "Tell me more about the red bird."

Activities from: *Creative Resources for the Early Childhood Classroom*, 4th Edition. Judy Herr and Yvonne Libby Larson, 2004. Delmar Learning: Clifton Park, NY.

Creative Resources for Infants and Toddlers. Judy Herr and Terri Swim, 2002. Delmar Learning: Clifton Park, NY.

Rainy Day and Winter Activities

Cooking: Hot Chocolate. Add warm water or milk to instant hot chocolate and mix. Heat as needed.

Large Group: Who has the mitten? Ask the children to sit in a circle. One child should sit in the middle. Make a very small mitten out of felt or construction paper. Tell the children to pass the mitten around the circle. All the children should imitate the passing actions even if they do not have the mitten in hand. When the verse starts, the child in the middle tries to guess who has the mitten. Chant the following verse while passing a mitten: I pass the mitten from me to you to you, I pass the mitten is what I do. * This activity is intended for older preschool children.

Music: "Winter Clothes" (Sing to the tune of "Did you ever see a lassie?") Children put your coats on, your coats on, your coats on, Children put your coats on, one, two, three and four. (hats, boots, mittens, etc for next verses.)



Training Calendar 2007-2008

12/1/07 Register by 11/26/07	Fire Safety Shelia Lewis	Brighter Tomorrows 197 Professional Court, Calhoun TBA	\$25.00
12/4/07 Register by 11/27/07	Get Ready to Read Camey Washington	Kids Ahead I Appalachian Trail, Jasper 6:30pm-8:30pm	\$5.00
12/7/07 Register by 11/30/07	NEW TEACHERS' INSTITUTE Infectious Disease , Child Abuse & A Bandaid a Day Keeps the Dr Away	Reflections Learning Academy 4330 Ridge Rd, Douglasville 9:00am-4:00pm	\$15.00

To register for classes, please contact Alice Ceresoli at 678-792-3504. **PLEASE NOTE: SPACES ARE NOT GUARANTEED UNTIL ALL FEES ARE PAID IN FULL.**

CANCELLATION/SUBSTITUTION POLICY: Attendee substitutions can be made at any time. 100% refund for cancellations received 10+ business days prior to course date. 50% refund for cancellations received six to nine business days prior to course date. No refund for no-shows or cancellations made fewer than five business days.

Course Requirement	# Hours	Frequency	Required of	Toward 10 Hours Annual Training Requirement
State Approved Training in Child Development, Early Childhood Education or Job Related Training	10	Every year	All supervisory and caregiver staff	10 hours
NUTRITION Nutrition planning, preparation, serving, proper dish-washing, proper food storage	4	Once, within 1st year at location	Administrator & cook	4 hours
DISEASE CONTROL Cleanliness, basic hygiene, illness detection, illness disposition & childhood injury control	4	Once, within 1st year at location	Administrator & caregiver staff	4 hours
CHILD ABUSE identifying, reporting, and meeting the needs of abused, neglected, or deprived children	2	Once, within 1st year at location	Administrator & caregiver staff	2 hours
***FIRE SAFETY(Accepted as part of the 10 hours of annual training)	5-1st yr	Every 3 yrs	Administrator	5 hours, only 1st time taken
**FIRE SAFETY(Accepted as part of the 10 hours of annual training)	*2.5-1st yr	Every 3 yrs	Caregiver staff	2.5 hours, only 1st time taken
**CPR for infants/children		Every 2 yrs	Administrator, bus staff, 50% staff	None
FIRST AID		Every 3 yrs	Administrator, bus staff, 50% staff	None

TRAINING YEAR – New staff have until their first anniversary hire date to complete first year training requirements.

NACCRRRA's Military Assistance Program

Did you know that you could receive up to \$500 for caring for the children of military families? The National Association of Child Care Resource and Referral Agencies (NACCRRRA) operates child care subsidies for deployed military personnel as well as non-deployed active duty military families.

When a family is eligible to receive the subsidy, they then locate licensed, high quality child care through their local Child Care Resource and Referral Agency (CCR&R). You can become a provider for these families if you meet eligibility requirements. If you are a child care center or group home you must be licensed and be NAEYC or NAC Accredited. If you are a family child care provider you must be registered and either be NAFCC or NAA Accredited OR have your CDA or an Associates or higher degree in Early Childhood Education or Child Development.

If you meet this criteria, you complete the provider portion of the application available at www.naccrra.org/military/assistance.php or by calling and requesting an application by mail. If you do complete the application online, you receive a \$25 bonus. You submit the application along with copies of your Child Care Program license, your Accreditation Certificate OR your CDA Credential or Early Childhood Degree (if FCC provider), and W-9 Form. Your fees will not be reduced as a result of participating in this program.

If you think you are currently caring for a family that may qualify for the military subsidy, encourage them to fill out the application available at the website above or by calling to receive an application by mail.

For more information visit www.naccrra.org and click on the "Child Care for Military Families" link. You can contact NACCRRRA's Military Subsidy Department by mail at 3101 Wilson Blvd, Suite 350, Arlington, VA 22201, by phone at 1-800-793-0324 x341, by fax at 703-341-4104, or email msp@naccrra.org

If you are not currently eligible, but would like information on becoming NAEYC Accredited or on obtaining your CDA, contact Alice Ceresoli at 678-792-3504. For information on becoming NAFCC Accredited, contact Ruby Phillips at 678-792-3512.

Substitute Teacher Program

Does the cold and flu season leave you short-handed with center staff? Are you a family provider without a substitute plan in case of illness? Consider the Smart Start Early Care & Education Substitute Teacher program funded by The United Way.

This program is in its sixth successful year of training child care substitutes and matching them with child care providers that are in need of qualified substitutes. In order for a child care provider to have FREE ACCESS to the trained substitute teacher program, all you have to do is register at www.ecegasubs.org. Providers will negotiate wages with the substitutes.

Smart Start Early Care & Education Substitute Teacher program conducts five-day training courses all over the state. The next training will be in Acworth at North Metro Technical College January 14th-18th, 2008. Graduates receive 18 BFTS credit hours, CPR/First Aid certificates and quality training to prepare them to teach in a classroom environment. During the five-day course, participants take part in four days of state approved training with a practical, on-site experience on the fifth day. Please encourage anyone you know that would like to become a child care substitute to register for this FREE program.

Qualified candidates are 18 or older, have a minimum education of HS diploma or GED, and have a clear criminal background. All serious candidates should be willing and able to attend the full training preparation course and commit to teach a minimum number of days per month in one or multiple DECAL licensed or registered child care programs.

Anyone interested in training to become a substitute child care worker can contact Hollie Pavloff, Director at 404-614-1020 or hpavloff@unitedwayatlanta.org or Andrea Irvin, Administrative Assistant at 404-527-3632 or airvin@unitedwayatlanta.org for more information.

Information acquired from www.smartstartga.org



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Professional Development Registry

What?

The Georgia Early Care and Education Professional Development Registry is a statewide system that guides, tracks, and recognizes the professional growth and development of individuals working in the early care and education field.

Who?

Staff and administrators of child care centers, family child care providers, trainers, consultants, technical assistance providers, after school care providers, and staff members of associations and agencies that support Early Care and Education and School Age programs are all able to participate.

Where?

You can complete an enrollment form online at www.training.decal.state.ga.us or request a form by mail by calling 706-542-1637 or toll free 1-866-425-0220.

Why?

The registry is an efficient system to keep track of your ongoing training, education, and experience in early care and education. Through the website you can create a resume, receive a report of the trainings you've attended, access your information even if you change employment, and receive a certificate documenting your career level. It is free to enroll and you receive one hour of state-approved training when you initially enroll.