



A Child Care Resource and Referral Agency

Chatham Child Care News

Monthly Newsletter

August 2001

The Heat is On!

Summer is officially here, and with each raise of the sun comes the possibility of over-exposure to it. What can be done to ensure that the children in your care enjoy their time outside safely? The answer lies in knowing the do's and don'ts of sun safety and being prepared.

Precaution – Protection

Harmful ultraviolet rays are strongest during the summer months. When the sun is at its highest point (usually from around 10 A.M. until 3 P.M.), the intensity and strength of those rays are at their highest. Children should not be exposed to the sun for prolonged times during this period. If children are out during these hours, protective sunscreen should be applied. Sunscreen should not be applied to babies under six months of age. Therefore, babies should be kept out of the sun wherever possible.

Another way to avoid overexposure to the sun is to keep covered. On hot summer days, this may not seem to realistic. Covering up, however, doesn't have to mean with bundles of clothing. Create shaded areas around your yard or at the park. Use umbrellas or canvases to create a mini oasis for children.

It is also very important to have children wear protective eyewear whenever possible. Ultraviolet rays can damage the cornea. Continued exposure can lead to cataracts later in life. Look for sunglasses that provide 100% UV protection, and get in the habit of wearing them yourself. We all know how much children love to be like grown-ups.

Ways to Treat Overexposure

If a child does become overexposed to the sun, the child may suffer from sunburn or a heat-related illness like fainting, heat exhaustion, or heat stroke.

In case of a sunburn, give the child a cool bath or apply cool compresses. Moisturizing cream or 1% hydrocortisone cream can help reduce swelling and rehydrate the skin. (Avoid using petroleum-based products, as they prevent heat from escaping the body.)

Give water to keep children fully hydrated on hot days. If a child has an unexplained high fever or has trouble keeping consciousness, contact the child's parents and doctor immediately. Always err on the side of safety.

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Air Quality and Children's Health

Another hazard of being outdoors in the summer is that one some days air pollution rises to levels that are hazardous for certain people, including young children. On such days, called "Code Orange" or "Code Red" days, you should avoid having children outside between the hours of 1:00 and 6:00 p.m., instead taking them out in the morning. You can check on the air quality for the next day by watching the weather report on television or by calling N.C. Air Awareness at 1-888-RU4NCAIR.

Here is some information about the air quality standards. Child Care Networks has handouts with more details if you would like to know more.

Code Orange – unhealthy for sensitive groups.

Health Notice – Affects children and adults with asthma, respiratory or coronary disease. Greater likelihood of respiratory symptoms such as cough and breathing discomfort. Affected population should limit vigorous or prolonged moderate outdoor activity.

Code Red – unhealthy and very unhealthy

Health Advisory – Affects sensitive individuals and general population. Avoid vigorous or prolonged moderate outdoor activity.

Health Alert – Sensitive children and adults and people with respiratory disease, such as asthma, should avoid outdoor activity; everyone else, especially children, should limit moderate exertion outdoors.

Be on the Lookout!

The provider services staff at Child Care Networks will be sending out our annual provider survey later in July. We depend on your feedback to help us provide the services you need. Please return this survey promptly when you receive it.

Is it a Grant or a Gift?

When your business is given anything, it is taxable income. It can be cash, a grant from a government agency, a swing set from a nonprofit agency, a used toy from a parent of a child in your care, even food from a church food shelf. Anything given to your business, even if it seems like a gift, is a grant and therefore always taxable.

The dictionary definition of a grant is any monetary aid (including the value of an item) or a subsidy. A subsidy is a grant paid by the government to an enterprise that benefits the public. Certainly, a family child care business benefits the public.

When you receive cash and then spend the money on items for your business, or if you receive a swing set, or anything else, you can deduct the cost of these items as business expenses. Use the regular rules for deducting business expenses. If you received cash and bought items, you can deduct them in one year if they cost less than \$100. If any item costs more than \$100 and is used more than 50% of the time in your business you can use the Section 179 rule and deduct it in one year. Otherwise, you can depreciate the item using normal depreciation rules.

If you are given an item, base your deduction on the fair market value of the item at the time you received it, and depreciate it. If you received a used sofa worth \$200, you can depreciate this amount over seven years.

Sometimes providers are given a grant with a stipulation that they must return the item if they go out of business within a set period of time. If this is the case [*as it is with CCN's grants*], you can treat the item as though you owned it from day one, and you may begin depreciating it (or use Section 179) in the first year. If you go out of business before the stipulated time frame, you can take the rest of the depreciation as a loss in the year you quit.

Sometimes receiving a grant of money can create an extra, unplanned tax burden in the year you receive it. For example, if you received a \$2,000 grant and purchase an egress window, you must depreciate such a home improvement over 39 years. You will be entitled to about a \$50 deduction each year for 39 years, but you must pay tax on all \$2,000 in the first year. If you go out of business after ten years, you will lose the depreciation for the additional 29 years.

When is a gift really a gift? If someone gives you something to you personally, it is a gift and is not reported as income. If it has anything to do with your business, however, it is a grant and must be reported as income.

Grants are a great way to get educational items, play equipment or other resources to help improve the quality of your business. Providers should not pass up such an opportunity. While you may end up paying more in taxes, you and your children will receive the benefit of the grant.

If you have any questions about how to deduct grants or report this income, consult the *Family Child Care Tax Workbook and Organizer* by Tom Copeland, published by Redleaf Press. Or call Redleaf National Institute with your questions at 651-641-6675.

This article is reprinted with permission from the Summer 2001 issue of Family Child Caring, a publication of Redleaf Press. It also appears on their web site, www.redleafinstitute.org, along with much other useful information.

Subsidy News

Parental Choice

We receive a number of calls from child care providers asking us to "send them some children". Federal regulations of child care funds require that parents be allowed to choose their own child care arrangement. Parental choice is an important component of child care services. Parents have the right to select a child care provider for their children and may choose from a variety of providers, including regulated and unregulated arrangements.

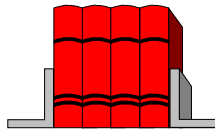
The family service counselors at Child Care Networks make every effort to work with families to help them make informed choices about child care. We discuss any special needs of the child, the hours when child care is needed, based on work or school schedule and including travel time, and convenience of the child care arrangement to home, work or school. If we have information that indicates a provider chosen by a parent is being investigated due to a report of abuse or neglect, this information may be shared with the parent. The information that is shared is the same information that is available to parents who visit the Division of Child Development and read the provider's record which contains copies of the Notification of Investigation and the conclusion. There are times when a parent may need to switch providers. To help limit the number of changes, we encourage parents to carefully consider their options and choose, initially, the program best suited for their family. It will also limit the number of changes children will have to adjust to. If necessary, we may limit the number of times a family may change child care arrangements.

When a parent signs a Voucher, the parent assumes the responsibility of selecting the child care provider. The parent's and provider's signatures on the Voucher indicate that the placement of the child with that particular provider is an arrangement made between the parent and provider.

- Claudette Womble



**CHILD CARE NETWORKS RESOURCE LIBRARY
FEATURE OF THE MONTH**



This month's feature: **"A House For Me" by Fred Penner.**

Enjoy this great CD filled with lots and lots of familiar songs for the children in your care. Great hits such as: *A House is a House For Me, Skip to My Lou, Camptown Races, Everything is Ticketty-Boo, Hold'em Joe, Grandma's Glasses, Hush Little Baby, Jack Was Every Inch a Sailor, The Sailor Hornpipe, There's a Hole in the Bottom of the Sea, This Land is Your Land, The Ugly Duckling, Otto the Hippo, Crawdad, Land of the Silver Birch, My Paddle's Keen and Bright, Cowboy's Lament, Home on the Range, High Hopes and Michael Row the Boat.*

Our Resource Library is available to Chatham County child care providers. To check out items, call Brenda Foxx at 542-6644, extension 16 or Marilyn Grubbs at extension 21. We may be able to deliver items if you have trouble coming to pick them up.

Items in the Resource Library were purchased with funding from the Chatham County Partnership for Children.



CPR AND FIRST AID



CPR or First Aid classes are taught by Sue Morrow, RN, monthly at Child Care Networks. Here is the upcoming schedule:

- August 8 CPR \$22
- September 13 CPR \$22
- October 2 CPR \$22
- November 27 First Aid \$15

All classes begin at 6:00 p.m. at our office, 117 E. Salisbury Street in Pittsboro. **Call Brenda Foxx to register for classes. Register early, since classes fill up quickly.**

YOU COULD WIN ONE OF THESE PRIZES!!!

- \$1500 of Kaplan playground equipment
- \$1000 of early childhood books and supplies
- \$900 personal computer
- NC beach weekend
- Meals, lodging, registration for the NAEYC national conference
- \$200 of early childhood books
- \$100 WalMart gift certificate

Just return the survey you received from Child Care Services Association along with the blue raffle ticket! Family child care providers received a green survey, directors a yellow survey, and teachers a cream colored survey. You may also complete the survey by phone; just call CCSA at (919) 967-3272.

The purpose of this survey is to help Smart Start plan programs to help child care providers and they want to hear from you! Their goal is to get responses from 70% of directors, 50% of teachers and 70% of family child care providers. So far they have only heard from 39% of directors, 20% of teachers and 56% of family child care providers in Chatham County. The homes are in the lead!

CHATHAM CAREGIVERS ASSOCIATION

The Chatham Caregivers Association meets once a month, usually on the third Thursday. They rotate among various locations, with everyone contributing their favorite snacks.

For more information call Linda Elkins at 898-4133 or Karen Martin at 542-1801 (work) or 542-0084 (home).

CACFP Reimbursement Rates

July 1, 2001 through June 30, 2002

Breakfast Lunch Supplement

Tier I	Tier II	Tier I	Tier II	Tier I	Tier II
.96	.36	1.78	1.07	.53	.14

Late Menus

All menus (that means Lee, Chatham and Orange counties) must be in our office by the 4th day of the month. We had several menus coming into the office as late as July 9th. It is not acceptable for menus to be coming in that late. We have a report to complete and prepare so that your checks can go out by the 10th of the month. We cannot have checks ready for mailing if your paper work is late arriving in the office. As of August 1, 2001, if your menu is late, your check will be late. You will be added to an amended report that will go out after the 15th of the month. So I encourage you to get your menu in by the 4th day of each month.

Nutrition Workshops

If you have not attended a workshop for the fiscal year 2000-2001, please make plans to do so as soon as possible. Our fiscal year for the Food Program will end September 30, 2001. We will have the last workshop in Chatham County on September 22, 2001. We will be sending a notice with the check that goes out in August. If you would like to attend, please call Ext. 13 or Ext. 45 to register for the workshop on September 22, 2001 at the Cooperative Extension Building in Pittsboro, NC. If you would like to attend a workshop within your area with another community agency, you are free to do so. You will need to send us a copy of the certificate of credit hours. If you have any questions, please feel free to call me or your Food Program case manager.

Enrollment Forms/Eligibility Application

All providers in Chatham, Lee and Orange counties must complete all enrollment forms for all children participating in the Child Care Food Program. Eligibility Form for July 1, 2001 should be in the office by the 15th of the month. We will accept them until July 25, 2001 for you to be reimbursed for the new rates in July. We must

have the new application if we are to make the changes for the new rates. If you have questions, please call me or your case manager.

Pat Alston
Administrative Manager

The Child and Adult Care Food Program is operated in accordance with the U.S. Department of Agriculture policy. The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW, Washington, DC 2050-9410 or call (202) 720-5964.

CHATHAM CHILD CARE NEWS is a resource publication for caregivers, parents, and other persons interested in child care. It is published monthly by Child Care Networks. Suggestions, information, and articles are welcomed and printed as space permits. Mail information to:

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or call (919) 542-6644, extension 21.

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