

Chatham Child Care News

Monthly Newsletter

June 2001

Transition Time

Parents and Providers Working Together to Fill the Moments Between Activities

Patrick has just finished lunch. Instead of sitting idly while a caregiver prepares the next activities, Patrick and his classmates get to play the mirror game – a game that has them pair up, face each other, and mirror each other's movements. This brief filler activity not only keeps the children busy between the main activities of their day, it keeps them active while giving them a simple understanding of mirroring and keeps them active.

While these types of transitions may be addressed effectively in child care, they are also useful to parents, who are often without the tools to deal with the countless other transitions that exist outside of care.

What Kinds of Transitions?

Just as in child care settings, the moments between planned activities outside of care are valuable often wasted, these moments can become valuable opportunities for building skills and relationships.

Ruth Chvojicek, Nola Larson and Mary Henthorne, authors of *Transition Magician for Families*, list five categories where parents may experience a transition challenge:

- ◆ *Everyday Routines* – routines at home, such as leaving the house in the morning, picking up toys, or getting ready for bed.
- ◆ *Busy Times* – when a parent is busy with household responsibilities, such as preparing a meal, talking on the telephone, or cleaning the house.
- ◆ *Together Times* – the quality activities for parent and child to do together when they are in between the routines of their day.
- ◆ *On the Move* – traveling times, such as everyday trips to school or child care and on longer trips.
- ◆ *While You Wait* – while waiting at places away from home, such as the doctor's office, laundromat or in quiet places such as religious services.

Continuous parent-provider communication has always been important in the healthy development of a child. With so many children in some form of organized care, the exchange of information between the provider and parent(s) has become more than just a helpful tool – it has become essential.

Dealing with transition activities should be no different. The training and experience a teacher or provider gains in their profession make them a prime mentor to parents who face the challenge of guiding their children through the transitions that occur outside of child care.

Create a packet of transition ideas for the parents of the children in your care. Include materials lists, instructions, and appropriate times to use the activity (for example, a quieter game at the doctor's office or a food-related activity during meal preparation).

It is also a good idea to keep in touch with parents about what ideas are working and what ideas aren't. Who knows? You may even find the parents to be a good source of new ideas for your child care.

Transition Ideas

Many of the same ideas that work in child care can work in and outside of the home. At the same time, many of your activities may need to be adapted for families with limited resources or fewer children than you care for.

The key is to give parents some basic ideas and let them use their imaginations and personal connections to the children to create some custom-made transition activities

A couple of wonderful start-up ideas include:

- ◆ Dress-up puppets. Children can dress the puppet up like a doctor when going to the doctor's office or with a bib for a meal.
- ◆ Beat the clock. Use an egg timer or small hourglass to motivate children during a clean-up time.

With some imagination and a little work, both parents and providers can make the most of every moment in a child's life.

This article is reprinted from Family Child Caring, Redleaf Press.

Communication is Key

Child Health and Safety News

Stress Relievers

For all of those adults who think that children have no concept of the stress they encounter everyday – think again. Children suffer from the same stress that adults do, but unlike many adults, they have no idea how to deal with and overcome stress.

Children build up stress from things like divorcing parents, physical ailments, separation from a parent, or simply overhearing parents voicing their own troubles.

Signs of Stress

So, how can you tell if a child is feeling stressed? The signs can be difficult to recognize. Wild mood swings and inconsistent sleep patterns are often very good signs of stress. Other symptoms may include stomachaches, headaches, thumb sucking, and irritability. As children get older, signs of stress may include bully-like behavior or disobedience.

Getting Rid of Stress

The first step in relieving stress is to make sure that the child is eating a healthy diet and getting enough rest. A healthy, rested body is better equipped to take on the challenges of the day than one that isn't.

It is important to reassure a child who show signs of stress. Show her that she is not alone with her worries and that you will do what you can to help her feel better. Also, be sure to communicate with parents about their children's worries.

Communication can be the key to heading off stressful situations before they even occur. If you can foresee a stressful situation – such as dentist or doctor appointments – talk about what will happen and why there isn't any reason to be worried. Let children know that other people have the same types of feelings that they are having and that it is normal.

This article is reprinted from Family Child Caring, Redleaf Press.

TRAINING NOTICE

Recently there have been a large number of people who have registered for our provider workshops and then have not come, without informing us. The staff at Child Care Networks is concerned about this situation and we are discussing the best way to handle it. We are considering such things as charging a fee for our workshops, or keeping the workshops free but charging a fee to people who register then fail to show up without calling.

We try to provide a wide variety of training for the child care workers in our county, and we often collaborate with other agencies and individuals to give you the most expert information we can. The presenters put in hours of preparation time before the workshops, and put together packets based on the number of people who

have registered. When few people show up it is wasteful of materials and frustrating to the presenters and CCN's staff.

We also want to remind you that you are required by the Division of Child Development to attend a certain number of training hours per year, and it is best to plan ahead and schedule workshops on the topics that you need most. We have information about training in other nearby counties, so call Marilyn or Brenda if you would like to know about other available training.



CHATHAM COUNTY PARTNERSHIP FOR CHILDREN WEBSITE

The Chatham County Partnership for Children website is up and running. It has information about all Smart Start funded programs in Chatham County, a calendar of events, and a link to the North Carolina Partnership for Children site. There will be a link to the Child Care Networks website, which is currently being developed (we'll let you know more about that when it's finished). The address for the Partnership's site is <http://www.chathamkids.org>

BRIGHT BEGINNINGS YARD SALE

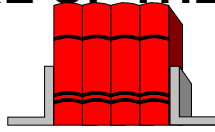
Bright Beginnings Child Care Home is going out of business and we have lots of stuff to pass on. We're having a yard sale on Saturday, June 23rd from 8:00 a.m. to 12:00 noon in the yard at the Magnolia House (CCN Office, 117 E. Salisbury St., Pittsboro, NC).

For more information call Stacye Leaza at 545-0479 or Blanche Morrison at 542-4769.



CHILD CARE NETWORKS RESOURCE LIBRARY

FEATURE OF THE MONTH



This month's feature: **"Baby Beluga" by Raffi with Ken Whitely.**

The beloved children's anthem Baby Beluga joins fun-filled favorites and memorable Raffi originals in this collection of musical riches for the whole family. Raffi is about the most popular children's singer in the English-speaking world, according to the Washington Post.

This CD includes: ***Baby Beluga, Biscuits in the Oven, Oats and Beans and Barley, Day O, Thanks a Lot, To Everyone in All the World, All I Really Need, Over in the Meadow, This Old Man, Water Dance, Kumbaya, Joshua Giraffe and Morningtown Ride.***

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:

- June 12 CPR \$22*
- July 17 First Aid \$15*
- August 8 CPR \$22*
- September 13 CPR \$22*

**Classes are \$3 for programs on contract with CCN to upgrade their quality. (This reduced fee is funded by the Chatham County Partnership for Children).*

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.**

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.

See the enclosed flyer for more information, or call Linda Elkins at 898-4133 or Karen Martin at 542-1801 (work) or 542-0084 (home).



CACFP Facility and Eligibility Application Chatham, Lee and Orange County Providers

It will soon be renewal time for the Facility Application and Eligibility Application.

Rhonda Lee will be doing Chatham and Lee County and Marianne Nicholson will do Orange County. If you want to make changes in your Facility Application in your child care home, this will be the time to make those changes. It will also be time for the Income and Eligibility Application from parents of the children attending your child care home. Please remind parents to return the applications to Child Care Networks in the envelope provided, with attention to Pat Alston. All applications must be returned to me by July 15, 2001. Household Income Eligibility Applications must also be returned to me by July 15, 2001. If you have any questions, please call me at 542-6644, ext. 13 or call your case manager.

Pat Alston
Administrative Manager

Pat's Schedule

As of May 1, 2001, I will be in the office every Monday from 9-4 pm Wednesday, Thursday & Friday my hours will vary between am and pm. If you call in the morning on those days and I'm not in, please leave a voice mail message and I will return your call. As I have stated before, there will be no change in how we manage the food program, or the service that you receive, only a change in face. I will continue to monitor several day care homes. If you would like me to monitor your home, please call me and we can talk about it. I do not want to lose touch with all the wonderful providers I have known, so please continue to call me.

- Pat Alston

URGENT – PLEASE READ

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The **Food checks** will not be mailed out June 11 but **will be mailed out on June 12.**

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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P.O. Box 1531
Pittsboro, NC 27312

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

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