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Family Connections of Lane and Douglas Counties  
4000 East 30th Avenue • Eugene, Oregon 97405

# Child Care Community Newsletter

## Family Connections of Lane and Douglas Counties

SUMMER • 541-463-3954 • 1-800-222-3290



### Get Up Off Of That Thing!

Modern kids have been de-programmed from physical activity. They take the bus or are chauffeured to school, sit at their desks and in the cafeteria, and take the bus or are chauffeured home, where they sit in front of the television, computer or video game. Between home and school, fewer than 1 in 4 children are getting 30 minutes of any physical activity per day, and fewer than 1 in 4 children are getting even 20 minutes of vigorous activity per week.

Physical activity has become voluntary for most of us. More and more, we're passing our days inside, isolated from nature, and from each other. Literally unable to see the trees through the concrete urban forest, our isolation from nature and humanity has led to boredom and depression - a perfect combination for overeating and inactivity. Not only do a growing number of kids have attention deficit disorder, they also have nature deficit disorder.

We've become a population good at sitting still. We've created communities downright hostile to physical activity. Modern community design conspires to deny our children the opportunity to fulfill their need to move. Children living in urban cores find their opportunities for physical activity restricted by heavy street traffic, neglected and deteriorating recreation facilities, and fear of street crime. Children living in suburbia live in neighborhoods often designed excluding playgrounds and green spaces. Residential areas are often separated by considerable distance, and by multi-lane roads, from accessible outdoor activities.

Schools are not helping, to no fault of their own. More and more suburban schools are being built far from the core of the neighborhoods they serve. Only 10-15 percent of children walk or bike to school, down from two-thirds thirty years ago. Budgetary constraints have forced many schools to severely limit physical education, in many cases to once weekly. Some schools have even made the decision to hold recess indoors out of liability concerns, as American parents

#### Increasing Opportunities For Physical Activity

- Reverse the decades-long trend in poor community planning that conspires against physical activity. Create attractive sidewalks, walking trails, and hiking/biking paths between parks and green spaces, and along rivers. Assure safety with adequate lighting. Assure frequent and safe pedestrian and bicycle crossings on neighborhood streets. Design public transit stops to safely connect pedestrians, bicyclists, and people with disabilities to surrounding sidewalks and bike lanes.
- Increase community funding support for parks and recreation facilities, and physical activity programs
- When buying a new home, give consideration to its accessibility to safe outdoor recreational opportunities for kids. Realtors and developers will take notice.
- Limit screen time to less than 2 hours a day for everyone
- Develop physical activity routines that can be enjoyed by the entire family, such as walking, biking, swimming, or martial arts.
- Ensure that children get at least 60 minutes of some physical activity on most or all days of the week
- Get a dog, and walk it at least 30 minutes each day
- Encourage children's participation in developmentally appropriate organized competitive or noncompetitive (eg. dance, ballet, swimming, martial arts, gymnastics) activities
- Buy a step counter (pedometer). Build up to a goal of 5000 steps per day for kids, 10000 steps per day for adults
- Lobby for schools to provide "PE every day for every child". Physical education should emphasize personal fitness rather than team sports
- Lobby for safe walking or bicycling to school through the creation of sidewalks, bike lanes, and bike paths with proper lighting and crossing guards during school hours.
- Lobby for adequate funding of after-school and vacation programs that emphasize physical activity

#### Did You Know?

Students achieve best when physically fit. Hundreds of studies have shown the greatest gains in academic achievement occur when students meet minimum fitness levels. Our society has forgotten the connection between healthy bodies and healthy minds. Physical activity not only improves academic performance, but also mental health and self-esteem. Yet schools are flunking PE. At the same time children are eating more junk foods at school, they're getting fewer opportunities to burn off the additional calories. Only 6-8% of American children are in daily physical education classes. Even when they are, often they're just standing around: the average child is aerobically active for only about 4 minutes during an average PE class. - Dr. Todd Huffman McKenzie Pediatrics

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Visit the LFC website for more information	

[www.lanecc.edu/lfc](http://www.lanecc.edu/lfc)

### Family Connections Staff

LISA BARRAGER  
Provider/ Mentoring Specialist  
(541) 463-3308

NEVA DONALDSON  
Parent/Provider Specialist  
(541) 463-3311

PAMELA DUVALL  
Parent/Provider Specialist  
(541) 463-3314

KATY FULLER  
Parent Consultant  
(541) 463-3305

TERRI HANSEN  
CCEP Network/ FFN Specialist  
(541) 463-3304

MCKENZIE KLUG  
Douglas County Specialist  
1-541-672-7955

WENDY LONGNIGHT  
Provider Specialist  
(541) 463-3300

RITA LOOP  
Multi-Cultural Specialist  
(541) 463-3306

SUE NORTON  
Manager Coordinator  
(541) 463-3301

LYNN REILING  
Provider Training Specialist  
(541) 463-3307

JENNIFER SLATER  
Child Care Provider Network Specialist  
(541) 463-3315

JUDY SPIRO  
Financial Specialist  
(541) 463-3303

Toll Free Phone Number 1-800-222-3290

Fax Number (541) 463-4724

# Read All About It

## Who's Calling Family Connections?

Family Connections of Lane and Douglas Counties assisted 423 parents in their search for quality child care between January 1 and June 1, 2009. We currently take parent calls from all of Lane and Douglas Counties including rural areas. Parents are guided through an intake process to assist our parent consultants in finding the best referrals to meet their needs. Criteria that are considered include where child care is needed, ages of children needing care, times and days care is needed, and schools that children attend. We also look at parent needs such as transportation, languages, and special needs accommodations. Parents are also given information on types of child care, how to find help paying for child care, and indicators of high quality child care. Of the 423 calls received, 326 were from Lane County and 97 were from Douglas County. We hope you will encourage parents to call Family Connections of Lane and Douglas counties for assistance with their child care needs.



**Provider Appreciation Event - May 7**  
110 Child Care Providers showed up for 3 classes, community booths, Hula dancers, desserts and door prizes!

## Welcome New Providers!

We are looking forward to working with the new child care providers enrolled in our database between March and June 2009. We appreciate your work with children!

### Douglas County New Providers:

Rochelle W. Marie P. Amber W.  
Susan L. Norma K.

### Lane County New Providers:

Christine S. Maria G. Farrah M.  
Aimee M. Marisol P. Beatriz C.  
Stephanie W. Nicole J. Tina C.  
Reyna G. Mary G. Debra B.  
Maria V. Cindy G. Adriana R.  
Carmen M. Denise W. Shelley V.  
Penny M. Yolanda D. Leonie S.  
Stephanie S. Adela A. Mariela C.  
Ashley M. Carolyn A.  
Robin W. Lil Blessings Too

## DHS Corner News DEPARTMENT OF HUMAN SERVICES

DHS Specialist Contact:  
Katy Fuller at 463-3305 or  
Fullerk@lanecce.edu

Douglas County Specialist:  
McKenzie Kulg at 541-672-7955  
or Kulgm@lanecce.edu



### Important Notice to Child Care Providers

If you receive payment from the Department of Human Services there will be some changes beginning July 1, 2009. Please look for a letter from the Department Human Services in the mail.



## Summer Fun Activities

### Sunshine Painting

During this preschool art activity, encourage young children to mix colors and to use a variety of different painting items. Materials: Large long paper, yellow, white and orange paint. Painting items such as; brushes, swabs, feathers, fingers, etc. Description: Talk about how summer means many hot days and how the sun provides them.

### Water Fun

Give each child their own tub of water outside. If you only have a few tubs, have children take turns using a kitchen timer. Fill tubs with water toys/kitchen utensils(soup ladles, tongs, measuring spoons). Tub can be put on tables, benches or the ground. Children can wear smocks or in warm weather- clothing that can get wet. Comments: Put in clean paint brushes(variety of sizes) and let children paint items in yard- pavement, fences, sides of building, etc.

### Match Game

Supplies: Paint swatches and objects in nature. Get an assortment of color swatches from the paint department, and head outside. Try to match the colors on the card to something you find outside! Work as a team, or have a competition. It's not so easy as it looks. We never could find anything to match the green swatches we had!

### Zip Lock Garden

Items needed -several sandwich size zip close bags, paper towels, seeds( flower, vegetable, even acorns!), water, clothespins or other hanging device. Fold a paper towel into fourths, and drip just enough water to get the towel almost but not quite entirely wet. Sprinkle your seeds onto the paper towel, then slide the towel into the zip close bag. Smaller seeds will stick to the paper towel. Hang the bag in a window. We clipped ours to the kitchen curtains using a clothespin. We've also hung a long string from the curtain rod and clipped the bags to it.

### Shoe Twister

Each child removes one shoe and places it in a pile. Everyone then picks up someone else's shoe and then links arms or joins hands to form a circle. Each child must then locate the owner of the shoe by using careful observation. Then each child must give the shoe they are holding to its owner without breaking the circle. For younger kids, directions can be given to help them solve the challenge. Older kids can be challenged to work it out.

## Required classes for CCD Registration or Enhanced DHS

### Food Handler Permits

LFC offers the child care version of the Food Handler's manual (blue book) and testing in a self study option ONLY. For a manual and instructions, please contact LFC office. Cost for the self study packets is \$10.00 per permit.

### 1st Aid/CPR Training

Receive a 2 year 1st Aid/CPR Certification. Cost \$30.00 person  
Saturday, July 18, 9:00 am - 2:00 pm, LCC Main, Bldg 26, Rm 314  
Saturday, August 15, 9:00 am - 2:00 pm, LCC Main, Bldg 26, Rm 314  
Saturday, September 19, 9:00 am - 2:00 pm, LCC Main, Bldg 26, Rm 314  
Espanol: Saturday, August 1, 9:00- 4:00pm, LCC Main, Bldg 26 Rm 314

### Recognizing & Reporting Child Abuse and Neglect

**Attend this class once. Cost \$10 person/\$5.00 DHS Listed**

Thursday, July 23, 6:30-8:30pm, LCC Main, Bldg 19 Rm 246  
Thursday, August 13, 6:30-8:30pm, LCC Main, Bldg 19 Rm 250  
Saturday, September 12, 9-11am, LCC Main, Bldg 19 Rm 250  
Espanol: Saturday, July 25, 12:30pm-2:30pm, LCC Main Bldg 26 Rm 314

To register fill out the form below and mail to LFC. We accept Visa/Mastercard or Debit payments over the phone or mail. DO NOT MAIL CASH. You will receive a reminder letter after we receive your registration and payment. If you need to cancel you MUST call at least two days before the class. Refunds are vouchers for classes or library services. Discounts are available for LFC classes, scholarships for other trainings. You will be notified if a class is full. Registrations mailed the week of a class may not be received or processed in time to complete your registration. For more info. call (541) 463-3954/1-800-222-3290.

\*If you need disability accommodations in order to attend or participate in this event, please contact Disability Resources (541) 463-5150 (voice) or 463-3079 (TTY) at least one week in advance.

## FAMILY CONNECTIONS of LANE and DOUGLAS COUNTIES CLASS REGISTRATION/PAYMENT FORM

### Mail completed registrations and payments to:

LFC, 4000 E. 30th Avenue, Eugene, Oregon 97405

Name: \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Home Phone \_\_\_\_\_ Email address \_\_\_\_\_

Permanent (main) Address \_\_\_\_\_ Zip \_\_\_\_\_

Name of Classes (Print PLEASE) Date of Class Cost

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOTAL ENCLOSED PAYMENT \$ \_\_\_\_\_

Type of Child Care you work for:

\_\_\_Family Child Care \_\_\_Certified Family Child Care

\_\_\_Center Staff Employer: \_\_\_\_\_

### Fax completed registrations to: (541) 463-4724

with your credit card number and expiration date

\* My student file is confidential

Lane Student ID # \* L \_\_\_\_\_

### PAYMENT TYPE

Check # \_\_\_\_\_ Money order # \_\_\_\_\_

\_\_\_Debit \_\_\_Visa \_\_\_Master Card

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Card holders name as it APPEARS EXACTLY on Card \_\_\_\_\_

Mailing address of cardholder if different from above: \_\_\_\_\_

Signature of cardholder: \_\_\_\_\_

# Child Care Training Bulletin

## Family Child Care Overview

Required class for registration  
with the  
Oregon Child Care Division

Tuesday, July 14, 9am-Noon  
Location: LCC Main Bldg 26, Rm 314

Saturday, August 8, 9am-Noon,  
Location: LCC Main Bldg 26, Rm 314

Tuesday, September 8, 6:00-9:00pm  
Location: LCC Main Bldg 26 Rm 314

Espanol: July 25, Saturday 9am-12pm  
Location: LCC Main Campus

Bldg 26 Rm 314

## Community Events



### FREE Materials for TEACHERS at MECCA

We have a room full of surplus of supplies that are available to teachers at NO COST! Everything from used cards to yogurt cups and lids to fabric scraps to yarn scraps to plastic straws and much, much more!  
Learn more about M.E.C.C.A., visit us online at: <http://www.materials-exchange.org> or call 541-302-1810

Store and studio open to the public  
Tuesday 9am – 2pm, Thursday 9am – 2pm & 6-9pm and Saturday 11am – 3pm

#### MECCA Rummage Sale:

Fill a bag for a Buck!

It is time once again for our fill-a-bag-for-a-buck sale. As we mentioned we are paring down and need to move some materials out into the community for your creative reuse. So come by June 27 10am-3pm and 28th from 10am-2pm and fill your grocery sized bags to the brim with great recycled art supplies!

#### New Merchandise at MECCA-

Here are some of the excellent donations we've recently received and materials we still have.....

-nice large frames with glass, heavy duty mailing tubes, large marmoleum samples, pee chee style folders, local maps, various metal bottle caps, cotton and poly batting, crushed glass, colorful bottle caps, large foam core panels, craft magazines, binders, large posters and paper, transparency film, various tile, lovely mattboard samples (corner pieces), photography equipment, broken mirror, excellent for mosaics, several large metal frames w/ hardware, several large rolls of unused mylar.

### Kids Eat Free During the Summer!

All children & youth ages 2-18 are invited to come to any one of the 55+ Summer Food Program sites and eat for free, Monday through Friday. Sites in Eugene, Bethel, Mapleton and Florence will open on June 22nd. Sites in Cottage Grove, Creswell, Dexter, Dorena, Lowell, Oakridge, Springfield and Westfir open June 15th. Most sites are open 12:00-1:00 and run through August 21st, 2009. First come, first serve, no registration!

Adults are invited to come and bring their own lunch. See you there!

Please call FOOD for Lane County for updated information 343-2822 or log onto [www.freelunchforallkids.org](http://www.freelunchforallkids.org)



211 Lane is Lane County's one-stop resource for social services and volunteer opportunities.

Visit [www.211lane.org](http://www.211lane.org) for more information.



### Child Care Food Handlers Test to Go Online!

A few years ago, several partners in Oregon's child care and education decided to adapt the standard Food Handlers Tests to be more relevant to child care providers. The original tests had been geared toward food service workers, but providers needed to have a test that was more in line with the valuable work they do in caring for Oregon's children. These tests were first made available in 2004 and were gradually translated into five languages: English, Spanish, Russian, Vietnamese and Chinese. The test booklets were distributed through the local Child Care and Referral Agencies (CCR&Rs).

The paper and pencil world has undergone a number of changes since the first Food Handlers Tests were distributed. Oregon wanted those providers who preferred to take the test online to have the same opportunity to learn food safety information and techniques that were more in line with the day to day needs of care providers than of food service personnel.

The Child Care Division and the Oregon Child Care Resource & Referral Network has recently developed an online version of the child care food handlers tests. Starting July 1, 2009, the Child Care Food Handlers Manual and the tests will be available for providers to take online – they can study the manual, take the test, and, when they pass it, pay for their card online and then print out the card in a few easy steps!

Paper and pencil versions of the tests will still be available from the local CCR&Rs. But it will be nice for providers to have the internet option. Look for it beginning July 1, 2009!

## Professional Development

Thank you to all who have participated in Oregon's statewide mentoring program. Unfortunately this program will be end in June 2009. All child care providers will continue to receive excellent technical assistance by calling Family Connections and speaking to one of our provider consultants. It has been a pleasure coming into your homes and facilities, and working with you to set and achieve your goals. I have enjoyed watching and participating as you have realized dreams and accomplished such feats as Oregon Registry enrollment and step progression, improving business practices, arranging your child care space, increasing your enrollment, and obtaining licensing. We are grateful to the following child care providers for your involvement in Oregon's statewide mentoring program. Thank you for your participation.

Tammy R.	Mickie P.	Ginny M.	Yvonne J.
Angeline P.	Nelita F.	Cheri B.	Sharon J.
Theresa R.	Christy S.	Dawn G.	Jenny M.
Marie Noelle S.	Sharon N.	Renee A.	Bethany S.
Heather C.	Jessica H.	Debra M.	Carol C.
Stacey V.	Shelene D.	Suzanne P.	SHS/ CDC

Opportunity Center

### Receive money for training!

The Oregon Center for Career Development in Childhood Care and Education is now making it profitable to reach milestones within the Oregon Registry! Each provider is eligible for one award per milestone per fiscal year (July 1-June 30). For example:

Milestone 1: \$100.00 at Step 3 through 6  
Milestone 2: \$250 at Step 7 through 8.5  
Milestone 3: \$500 at step 9 or above

If you need assistance with your Oregon Registry application, look for Family Connections "Tool Box" or "Starting Points" classes, or call one of our provider consultants at (541) 463-3954 or 1-800-222-3290. For Oregon registry applications go the OCCD's website at [www.centerline.pdx.edu](http://www.centerline.pdx.edu).



Lane County Chapter of the Oregon Association for the Education of Young Children (OAEYC), needs a representative. If you are interested in starting up this chapter again, please call or e-mail them at:

Phone: (503) 233-0190 or 1-800-452-3610 Email: [oregonaeyc@covad.net](mailto:oregonaeyc@covad.net)

or visit their website at <http://www.oregonaeyc.org/>

### ✦✦✦ Upcoming Trainings ✦✦✦

Oregon AEYC Fall Conference  
October 9 & 10, 2009  
Where: Sheraton Portland Airport Hotel  
Contact Oregon AEYC: [www.oregonaeyc.org](http://www.oregonaeyc.org)  
503-233-0190 or 1-800-452-3610  
Scholarship Information: [www.centerline.pdx.edu](http://www.centerline.pdx.edu)  
1-877-725-8535

NAEYC Annual Conference and Expo  
Nov 18-21, 2009 Washington, DC  
NATIONAL ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (800) 424-2460 [naeyc.org](http://naeyc.org)

ORPA Afterschool Professionals  
Fall Conference  
November 14, 2009  
at the Red Lion in Salem  
Contact: Tammy Marino [tammymarino@yahoo.com](mailto:tammymarino@yahoo.com)

### Multiple Intelligences in Motion: a Teacher Training in Brain-Based

Learning for All Children

With a focus on sequential, comprehensive and integrative curriculum, this workshop bridges the gap between arts and academia. In daily hands-on brain-compatible concept-based dance activities, participants define, explore and create best practices in education for every child. No prior dance experience necessary

Registration Information:  
August 31- September 3, 9AM-4PM  
To Register, log on to [ExpressLane at www.lanec.edu](http://ExpressLane at www.lanec.edu)

and look for ED 225, CRN 10504  
Instructor: Rachael Carnes, founder, Sparkplug Dance  
541-689-3233 [www.sparkplugdance.org](http://www.sparkplugdance.org)

## Resources

### Who's Calling Family Connections?

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**Douglas County Meet and Greet April 18**



Child Care Providers attended a free Tool Box training at the Family Development Center. Providers, Family Connections Staff and Community members shared food, ideas, door prizes, resources and of course chocolate!



### Ask the Provider Specialist

#### How Can I Expand the Children's Diets ?

It is a myth children need to eat only three times a day. Instead, children (and adults) need to eat every two and a half to three hours.

#### TIPS FOR PICKY EATERS:

- 1) There are no time- or meal-specific foods. No breakfast-, lunch- and dinner-specific food. Offer difficult foods at the best time of day.
- 2) Use the same place for meals and snacks and use the same or similar time schedule each day to establish conditioning and routine.
- 3) Meals and snacks should be small and consist of one protein, one starch and one vegetable or fruit. Examples: cracker with nut butter and sliced apples; chicken, tortilla chips and green beans.

#### STRATEGIES TO EXPAND DIETS:

- 1) Always have a familiar food offered when introducing a new food. Every meal can have milk and bread as a choice, and that may be the only food a child eats for that meal. Have several foods on the table for exposure.
  - 2) When introducing a new food, try a food that has similar color, texture or taste to a familiar food. Example: green beans to asparagus —same shape and color, but different taste. Children may need 10 or many more presentations of a food to accept a food. Do not stop offering a previously refused food.
  - 3) Offer a familiar "dip" or "dressing" for new food. First a child may only lick the Ranch dressing off the carrot, but then may lick the carrot, which may progress to biting the carrot.
  - 4) Involve children in meal preparation to the extent their development allows. Examples: stir food with a wooden spoon or tear lettuce for a salad. They may not be eating that food yet, but you are teaching the sensory properties of that food and making a new food into a familiar one.
  - 5) Add small amounts of a new food into a preferred food. Do not "sneak" this in, but allow children to see. Examples: grated carrot or zucchini into hamburger or a few blueberries into a muffin. Start small and gradually increase.
  - 6) For children who are very limited and do not have a wide enough range of foods to change at every meal, then change the shape, color or texture of the preferred food. Example: make one side of a sandwich with wheat bread and the other side with white bread.
- These tips have been provided by a team of occupational therapists and physical therapists from Early Childhood CARES, an agency that provides early intervention and early childhood special education services to children ages birth to five. If you have concerns about a child's speech and language, adaptive skills, motor skills, behavior, socialization, learning, vision or hearing, please encourage the parents to contact Early Childhood CARES for a free developmental screening at 541-346-2578 or 800-925-8694.

### Resources (See our WEB page for more sites) mckenzie-pediatrics.com

- health articles, parent links and staff information eccares.uoregon.edu
- early intervention and early childhood special education services to infants, toddlers and preschool age children everydaytltc.com
- child care articles, songs, circle/table/cooking activities freelunchforallkids.org
- teach.lanecce.edu/naylore/Nut\_Site/familyfood/bibliography.htm
- books for good eating: picture books, reference books & other books for nutrition education for young children

#### Terri Lynne Lokoff/Children's TYLENOL® National Child Care Teacher Awards™

The Terri Lynne Lokoff Child Care Foundation (TLLCCF) created the Terri Lynne Lokoff/Children's TYLENOL® National Child Care Teacher Awards. Child Care teachers from all 50 states are invited to apply. Fifty teachers are selected for their commitment and dedication to the children they serve. Of the top ten recipients, one is selected to receive the Helene Marks Award. The TLLCCF has presented 535 awards, totaling more than \$504,000, honoring child care teachers for their excellence and dedication in the field of child care. (Last year Jennifer McConnell of Children's Choice Montessori, Eugene OR was one of the winners!)

Terri Lynne Lokoff Child Care Foundation - TR  
Ross Corporate Center  
100 Ross Road, Suite 160  
King of Prussia, PA 19406 1-610-992-1140

#### Please Note!

We have been asked by providers to make others aware that allergies are often made worse by strong scents associated with perfumes. Out of courtesy to others, please try not to wear these products when you are taking a class.

#### Promote Your Program at the Willamalane Children's Celebration

Are you looking for a fun, unique way to promote your child care program? Consider being an exhibitor at Willamalane Park and Recreation District's Children's Celebration, Springfield's premier summer event for children and families. This daylong festival draws over 5,000 people to the riverside lawns of Island Park where kids enjoy hands-on fun, demonstrations and live entertainment. This summer's event will be held on Saturday, July 18, 10 a.m.-3 p.m.

Children's Celebration exhibitors provide fun activities for children at their booths. Some examples include arts and crafts, sports, carnival games, face painting, bubbles and storytelling. Most exhibitors hang displays and hand out brochures and fliers to the many families stopping by.

The Children's Celebration is a can't-miss opportunity to showcase your child care program. At the same time you're promoting your mission, you're supporting local children and families. Becoming part of the Celebration is easy and affordable. There is no cost to be an exhibitor, just minimal fees for rental equipment if needed. If you would like to be an exhibitor or to learn more about this wonderful event, please call Kristen Helton, exhibitor coordinator, at 736-4507.

## Resources



#### WHO ARE FAMILY, FRIEND and NEIGHBOR CAREGIVERS?

You are part of a large and important group called Family, Friend and Neighbor caregivers because you regularly care for children who are a part of your extended family, neighborhood, or circle of friends. This includes grandparents, aunts and uncles, other elders, adult siblings, friends and neighbors, who help care for young children. The time you spend with children every day is important to the children you care for, their families and our community as a whole.

Resources are available to help you do this important job, call now 541-463-3954 for more information.

#### Upcoming Classes:

Lane County August 21-22, 2009  
Douglas County August 28-29, 2009

Grandparents Day is September 13, 2009

#### Fun Art Activity –

The children paint their fingers a "flowery" color(s) and their palms green. They then place their hands down on white construction paper creating "handprint flowers." They then glue this to a larger piece of construction paper (their choice of colors) and glue a paper heart to the center. Some may be able to cut out the hearts themselves. This poem is then glued to the "card":

#### A Piece of Me

(written by Kathleen Lademan)

A piece of me I give to you:

I painted this flower to say "I Love You"

The heart is you, the hand is me

To show we are friends, the best there can be

I hope we'll save it and look back someday

At the flower we shared on your special day.

HAPPY GRANDPARENTS DAY!