

Family Connections of Lane and Douglas Counties
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Family Connections of Lane and Douglas Counties

SUMMER 2013 • 541-463-3954 • 1-800-222-3290



On Your Mark, Get Set, Get Ready...

How to Get Prepared for Oregon's Quality Rating and Improvement System (QRIS)

Oregon's QRIS is being field tested in Lane & Douglas Counties. If you're not quite ready to jump on board and need some time to get ready...

Here are five things your program can be doing to prepare:

1. Move up on the Oregon Registry or help your staff advance on the Oregon Registry! Oregon's QRIS Personnel Qualifications standards are based on the Oregon Registry. Creating professional development plans, articulating degrees, CDA's and other certificates, and submitting documentation for your highest step will make meeting these standards much easier!

Suggestion: Check out the OCCD or the QRIS website for access to the newly designed Professional Development Plans!

2. Get your policies and procedures written down and up to date! You know what you do and why you do it, but do your staff? Do the parents? Make sure your program philosophy is written down and posted for both parents and staff to view. Develop and/or update written policies on things like behavior management, meal times, personnel policies, inclusion, parent involvement, etc. Drafting or refining your policies now, to reflect how your program operates, will make meeting all of the QRIS standards much easier.

Suggestion: Attend a workshop on policy development; check the ORO training calendar for dates!

3. Get parents involved in your program! Including families in your program is an important part of quality. Take a look at your program and assess how much parent involvement you have. How do you engage parents? Do you have a newsletter? Do you ask parents to evaluate your program and make changes according to their feedback? Does your program reflect the cultural diversity of your families? Do you have formal and informal methods for two-way communication with your families? Evaluate what you do well and work towards best practice family engagement.

Suggestion: Download the family survey from the QRIS website and begin using it today!

4. Learn about research based screening and assessment tools and how to use them!

Oregon's QRIS mirrors Oregon's Early Learning Council emphasis on screening and assessing children. If you are not already using research based tools to screen and assess your children, attend a training to learn about them and choose the best option for your program. Assessing and screening the children in your program takes time and effort, starting now means you can have much of it done when you begin the QRIS process.

Suggestion: Check the ORO training calendar for dates of trainings and study the standards available on the QRIS website.

5. Make sure your program uses a curriculum that supports all children's learning and development! There are a number of well-respected curriculums used by early childhood programs that satisfy the criteria of Oregon's QRIS. Remember, choosing and implementing a curriculum that is right for you takes time so get started now.

Suggestion: Check the QRIS standards and find a class on the ORO training calendar about implementing curriculum.

Stay connected to your local CCR&R and check www.wou.edu/tri/QRIS for updates!

What's Inside...

New Classes Inserts
QRIS Information..... 2
Required Training/Safety Set..... 3
Visit the FC website for more information
www.lanecc.edu/lfc

Read All About It

Pertussis Prevention

Whooping cough (also called pertussis) is common in the United States, and it is on the rise in Lane County. It spreads easily and can cause violent coughing fits that can last up to 10 weeks or more.

In infants and young children, the disease can be quite severe, even deadly—especially in babies younger than 6 months of age. The DTaP vaccine for babies and young children, and the Tdap vaccine for preteens, teens, and adults — including pregnant women — help prevent this potentially life-threatening illness.

Protect the children in your care, your family, and our whole community against whooping cough. Talk to your health care provider about getting yourself and your children vaccinated as soon as possible.

To learn more about whooping cough and the vaccines to prevent it, visit www.cdc.gov/whoopingcough or speak with your health care professional. If you are an uninsured adult 19 and up, Lane County Public Health can help you obtain an affordable Tdap vaccine.

You can also visit the Health Immunization Program in person M-F 8:00am to 5:00pm (closed 12-1) at 151 W. 7th Ave Room 310, Eugene, by calling 541-682-4041, or online at

http://www.lanecounty.org/departments/hhs/pubhlth/pages/lcph_immunizations.aspx.



**"Children are great imitators. So give them something great to imitate."
~Anonymous**

Have You Been Receiving Update Emails from Family Connections?

Please take the time to respond back to the Family Connection's email updates. This requested information helps us maintain your information in the child care provider data base. We are required to collect this information on a quarterly basis. This allows our Parent Consultant to provide your up to date information to inquiring parents in need of childcare. Thank you



What could you do with \$1000 (or more!) to improve your Child Care program?

OREGON'S Quality Rating Improvement System offers money, tools and support

Family Connections of Lane & Douglas Counties is a part of the field test for Oregon's Quality Rating and Improvement System (QRIS)—a program to raise the quality and consistency of child care. The Quality Rating System will ensure kids in your program are ready for school by connecting you with free tools, financial incentives and professional advice.

Who can participate? Registered Family Providers, Certified Family Providers, AND Centers!

Family Connections will be holding a series of information sessions in the coming months to help you learn more about the QRIS—how the Quality Rating System works, what the benefits are, and answer your questions. Plus, we'll also give you all the materials you need to get started with the application process. We're eager to tell you more about this exciting new program that recognizes, rewards and builds on what you're already doing well to make your program even stronger.

Information sessions are scheduled for the following dates, times and locations:

- *Saturday, July 13th from 9am-noon
at Umpqua Community College, in Roseburg
- *Tuesday, July 16th from 5:30-8:30pm
at Lane Community College, in Eugene
- *Saturday, Aug. 3rd from 9am-noon
at Umpqua Community College, in Roseburg
- *Thursday, Aug. 22nd from 9am-noon
at Lane Community College, in Eugene
- *Saturday, Sept. 28th from 9am-noon
at Lane Community College, in Eugene

For more information or to register for one of the above information sessions, call Family Connections at our new QRIS line (541-) 463-3313 or email QRISconnections@lanecce.edu

****Please remember to dress in layers for Family Connection's classes. Often times the air conditioning comes on very strong or worst yet the heat comes on. Because the controls are for the whole building, we are unable to control a individual room's temperatures.**

Required classes for CCD Registration

Food Handler Permits

FC 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 FC office. Cost for the self study packets is \$10.00 per permit. There is also an online option @ www.childcarefoodhandler.org

First Aid/CPR Training

Receive a 2 year First Aid/CPR Certification. Cost \$40.00 per person

Saturday,	July 20,	9:00 am- 2:00 pm,	LCC Main Campus
Saturday,	August 17,	9:00 am- 2:00 pm,	LCC Main Campus
Saturday,	August 24,	9:00 am- 2:00 pm,	LCC Main Campus
Saturday,	September 7,	9:00 am- 2:00 pm,	LCC Main Campus
Espanol:	Saturday, August 3,	9:00 am- 2:00 pm,	LCC Main Campus

Recognizing & Reporting Child Abuse and Neglect

Attend this class once. Cost \$10 per person

Thursday,	July 18,	6:30pm - 8:30 pm,	LCC Main Campus
Saturday,	August 10,	9:00am - 11:00am,	LCC Main Campus
Thursday,	September 12,	6:30pm - 8:30 pm,	LCC Main Campus
Espanol:	Wednesday, August 14,	6:30pm - 8:30 pm,	LCC Main Campus

Please call Family Connections to register for a class. We only accept Visa/Mastercard or Debit payments over the phone. You will receive a confirmation letter after registering and making a payment with location and time of class. If you need to cancel you MUST call at least 24 hours before the class. Refunds are credit for classes. You will be notified if a class is full. For more information call 1-800-222-3290 or 541-463-3954.

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

Community Café Nights

The second Wednesday of every month
from 6:30-8:30pm

Family Connections is hosting monthly "café" meetings to support child care providers with a variety of topics: ORO, the Oregon Registry, business items like policies & procedures, handbooks, and/or QRIS. This is also a great chance to network with other providers, and be able to work on materials away from your program. Feel free to create your own work group and meet during our Community Cafés!

- ~July 10th (Focus: QRIS Quality Improvement Plans)
Bring your "QIP!"
- ~Aug. 14th (Focus: Oregon Registry)
- ~Sept. 11th (Focus: Child Observation & Assessments)

QRIS Connections!
Questions? Feedback? Need QRIS Support?
Email QRISconnections@lanecce.edu or call
(541) 463-3313
to talk to a Quality Improvement Specialist

Required Training Safety Set

Family Child Care Overview

Required class for
Registration with the Oregon
Child Care Division

Wednesday, July 10 6:00-9:00pm
Location: LCC Main Campus

Saturday, Sept 14 9:00-12:00pm
Location: LCC Main Campus

Espanol: Tuesday, July 30,
6:00-9:00pm,
LCC Main Campus

✦ Upcoming Trainings ✦

OregonAEYC Fall Conference 2013

October 11-12, 2013
Sherton Portland Airport, Portland, OR
Email: OAEYC@oregonaeyc.org
Phone: 503-496-3991 or
1-800-452-3610

Oregon Afterschool Conference

Chemeketa Community College
Nov 8-9, 2013
4000 Lancaster Dr NE
Salem, OR
1-503-689-1656

NAEYC's Annual Conference 2013

Nov 20-23, 2013
Washington, DC
www.naeyc.org 1-800-424-2460

Lane County Child Care Training Bulletin: July- September 2013

All workshops count toward the Child Care Division training requirements. Please note: all categories except PM & PPLD are considered "child development." * See below for CKC abbreviations.

Date/Time	CKC	Title/Description	Trainer	Cost
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Summer Registration Starts July 1 541-463-3954 or 1-800-222-3290 Page 1

July 27 Saturday 9:00-12:00pm Set 2	PM	Everyone Needs a Family Handbook! Written policies and procedures describe how you operate and let parents know the expectations in your program. This is one important way to establish your professionalism and keep parents informed. We will examine the importance of policies and select those that should be included for families. Bring your current handbook to see if you need to make some changes or plan to start one for your program!	Terri Hansen Master Trainer	\$40
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July 31 Wednesday 6:30-8:30pm Set 1	HGD	Moving With the Brain in the Mind This session is all about the structure and function of the brain and how "the body trains the brain." Learn how physical activity helps the brain form connections as children move their bodies. (Preschool)	Lynn Reiling Family Connections Staff	\$15
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August 7 Wednesday 6:30-8:30pm Set 1	HSN	The Art of Balance: Preventing Stress and Burnout for Practitioners in Early Childhood Learn how to creating a sense of calm and wellness in our work with young children. Working with families will also be addressed.	Aoife Magee Early Childhood Education Faculty LCC	\$15
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August 20 Tuesday 6:30-8:30pm Set 1	HSN	Engaging Children in Cooking Come try some new healthy food recipes for the young child to make and eat. You will participate in the creative process same as the child and learn the benefits for the young child in hands-on food preparation. (Preschool, School Age)	Danna Griffith Community Trainer	\$15
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September 14 Saturday 9:00-12:00pm Set 2	O&A	Observing & Assessing Preschool Children How do you observe? What do you do with your observations? Participants will practice observing preschool children by watching video clips, then learn how to make changes in curriculum and environments based on observations. (Preschoolers)	Pamela Duvall, MAT, LCC ECE Faculty Master Trainer	\$40
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September 17 Tuesday 6:30-8:30pm Set 1	LEC	Evaluating Children's Books for Bias Explore using 10 key strategies for evaluating young children's books for bias. Participants will practice using these 10 key strategies in class with a variety of children's books. Share and explore how to use books as a tool for teaching. (All Ages)	Cheryle Meyers Family Connections Staff	\$15
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***CORE KNOWLEDGE CATEGORIES (CKC's):** DIV - Diversity; FCS - Families & Community Systems; HSN Health, Safety & Nutrition; HGD - Human Growth & Development; LEC - Learning Environments & Curriculums; O&A - Observation & Assessment; PPLD - Personal, Professional & Leadership Development; PM - Program Management; SN - Special Needs; UGB - Understanding & Guiding Behavior. **Please note: all categories except PM & PPLD are considered "child development."**

Free Developmental Screenings for Infants, Toddlers & Preschoolers

Free developmental screenings for children birth to age five are available through Early Childhood CARES, an agency that helps young children with developmental delays. Areas of concern may include speech and language, fine and gross motor skills, behavior, socialization, learning, vision and hearing. Childcare providers and preschool teachers may refer a child directly with parent permission. For more information about making a referral, please contact Early Childhood CARES at 541-346-2578 or 800-925-8694. All services are provided at no cost to families and no insurance is required.

Lane County Child Care Information

July- September 2013



Ideas for Field Trips with Children- Preschool to 5th Grade (from Danna Griffith's class)

Fields trips feed the emotional, adventurous side of us. They expose us to new ideas, opportunity for self-expression, expansion, mental growth, physical growth, entertainment, and social development. Pre-school children get a real life connection and multi-sensory exposure on their trips. Older children could take the same trip and get even more sensory exposure due to their development and experience. If we take the same field trip as adults, our experience would be different than either group due to our broader skills and experiences. There is also the individual personal experience that happens just because we are all individuals and see things through our own perspectives and interpretations of the experience.

Here are a few fun field trips in our area.....

- Aqua Serene, Eugene, OR (541) 302-9073
- A.C. Gilbert's Discovery Village, 116 Marion Street NE, Salem, OR (503) 371-3631
- Alvord Farm & Museum, West Eugene Wetlands Area, Eugene, OR Alvord Farm & Museum is a private homestead & working farm with a museum. alvordmuseum.wordpress.com/ (541) 968-1986
- Bob Cat Pets, River Road, Eugene, OR (541) 689-0380
- Cascade Raptor Care Center, Eugene, OR (541) 485-1320
- Dorris Ranch Living History Farm (541) 954-7116, Monday-Friday, 9 a.m.-2:30 p.m.
- Emu Farm-High Cascade (will have Emu birds do a dance for children) 800-814-3687
- Fish Hatchery-Oakridge, OR (has hands on tours, museum and animals) (541) 782-2933
- Greenhill Human Society, Eugene, OR (541) 689-1503
- Harts Reptile World, Canby, OR 503-522-2695
- Lane County Historical Society Museum, 740 W 13h Street, Eugene, OR (541) 682-4242
- Lochmead Dairy Farms, Junction City, OR (541) 998-8544
- Mad Duckling Theater in the Park(Amazon) uoregon.edu/madduckling/
- PetSmart, Eugene, OR (541) 683-3353
- Reindeer Farm, Timberview Farms, Mohawk Valley (541) 933-1832
- Sud 'Em Yourself Tour, Eugene, OR (call for a tour) (541) 484-2239
- The Albany Brass Ring: Historical Carousel and Museum, 503 1st Ave W, Albany, OR (541) 791-3340
- Thistledown Farms, Eugene, OR (541) 689-2019
- Wildlife Safari, Winston, OR (541) 679-6761
- Zany Zoo Pets, Eugene, OR (on West 11th Street) (541) 345-3430



Read & Reflect

Read and Reflect is a training opportunity offered state-wide that allows you to receive additional training when you are unable to easily attend classroom trainings. Each Read and Reflect training packet consists of reading materials based on specific topics with an action activity, reflection component and activity worksheets. The materials are free, but processing the responses and providing a certificate costs \$15. Topics include:

- 1. Infant and Toddler Physical Development** (Infant and Toddlers)
- 2. Integrating Literacy Strategies** (Preschool)
- 3. Parents as Partners** (Infants & Toddlers, Preschool, School Age)
- 4. Using Observation and Assessment in the School Age Setting** (School Age)
- 5. Math: Not Just About Numbers** (Infants & Toddlers, Preschool, School Age)
- 6. Helping Children with Angry Feelings** (Preschool)

These trainings are accepted by the Oregon Registry and count towards the training requirements of the Child Care Division. You can receive a certificate for one clock-hour of training and the cost is only \$15.

For more details, contact Family Connections of Lane and Douglas Co. at
1-800-222-3290 or 541-463-3954.

Douglas County Child Care Training Bulletin: July-September 2013

All workshops count toward the Child Care Division training requirements. Please note: all categories except PM & PPLD are considered "child development." *See below for CKC abbreviations. Please call 541.672.7955 to register.

DATE	CKC	TITLE & DESCRIPTION	TRAINER	COST
July 13 Saturday 9am-12pm	PM & PPLD	OREGON'S QRIS: INCREASING QUALITY TRAINING SESSION Learn more about Oregon's Quality Rating and Improvement System (QRIS)—an exciting new program to raise the quality and consistency of child care and early learning programs across the state. The best part is the Quality Rating System recognizes rewards and builds on what programs like yours are already doing well!	Heather Freilinger Family Connections Staff	Free
July 22 Monday 6:30-8:30pm	LEC	CURRICULUM WEBS: Thematic, Child Centered and Environment Inspired In this set one class we will be exploring curriculum webs and how they can be used to maximize learning environments, explore themes and individualize for children. We will be creating both a thematic web and a child-centered web both of which will be a great addition to family partnerships and tools for communication.	Heather Freilinger Family Connections Staff	\$15
August 3 Saturday 9am-12pm	PM & PPLD	OREGON'S QRIS: INCREASING QUALITY TRAINING SESSION Learn more about Oregon's Quality Rating and Improvement System (QRIS)—an exciting new program to raise the quality and consistency of child care and early learning programs across the state. The best part is the Quality Rating System recognizes rewards and builds on what programs like yours are already doing well!	Heather Freilinger Family Connections Staff	Free
August 6 Tuesday 10-1pm	PM	FAMILY CHILD CARE OVERVIEW This overview is a requirement for becoming a registered family child care provider. Learn about Child Care Division regulations, the process to become licensed and info on other agencies and resources that may benefit you in the child care field.	Anna Aasen Family Connections Staff	Free
August 7 Wednesday 6:30-8:30pm	LEC	SENSORY RICH ACTIVITY TRAYS Learn what an activity tray is and how you can put one together. Explore materials that can be used to set up your own activity trays. Come and learn how to create a fun activity to enhance learning. For Preschoolers & School agers.	Lynn Reiling Family Connections Staff	\$15
August 14 Wednesday 6-8pm	PM	DHS EXEMPT PROVIDER ORIENTATION Do you receive payment from DHS for caring for the children of a family, friend or neighbor? Come learn about the DHS listing and billing process. You will also find out how you can earn a higher reimbursement rate as an exempt provider.	Anna Aasen Family Connections Staff	Free
August 15 Thursday 6-8pm	HSN	RECOGNIZING & REPORTING CHILD ABUSE & NEGLECT Child care and education providers are among those persons who are mandatory reporters of suspected incidents of child abuse and neglect in the state of Oregon. Participants will learn the process for reporting incidents of child abuse or neglect for which they have reasonable cause to believe have occurred.	Susan Potter Community Trainer	\$10
August 17 Saturday 8:30am-3:30pm	HSN	AHA HEARTSAVER FIRST AID/CPR/AED This course teaches how to manage illness and injuries for adults, children and Infants in the first few minutes until professional help arrives. This class also teaches CPR, AED use, relief of choking and use of barrier devices for all ages. Bring a lunch. Book available in the Community Ed Dept., the UCC Bookstore or Amazon.com.	Bonnie Kyle Certified Trainer	\$40

August 20
Tuesday
6:30-8:30pm

HSN

PICKY EATERS

Eating nutritiously is a learned skill. Learn ways to present good food so children will eat.

Jackie Johnston
USDA Food
Program

Free

*CORE KNOWLEDGE CATEGORIES (CKC's): DIV - Diversity; FCS - Families & Community Systems; HSN - Health, Safety & Nutrition; HGD - Human Growth & Development; LEC - Learning Environments & Curriculums; O&A - Observation & Assessment; PPLD - Personal, Professional & Leadership Development; PM - Program Management; SN - Special Needs; UGB - Understanding & Guiding Behavior.

DID YOU KNOW YOU COULD BE MISSING OUT ON FUNDS TO HELP SUPPORT YOUR EARLY CHILDHOOD PROGRAM? CHECK OUT THESE OPPORTUNITIES:

Quality Rating Improvement System

If you have been in business for 2 years, are a licensed provider or are willing to become licensed, you may be eligible to participate in the QRIS pilot program with supports starting at \$1000 and up. The first step is to attend one of our free training sessions: **OREGON'S QRIS: Increasing Quality Training Session**

July 13, 9-12pm UCC Tech Center Rm #119/120

or

August 3, 9-12pm UCC Tech Center Rm #119/120

Please call Heather at 541.672.7955 to sign up.

Oregon Registry

If you have not already applied for a Step increase and financial incentive worth up to \$500 through the Oregon Registry, now's the time!

You automatically achieve a Step 1 when you become a licensed family child care provider or enhanced exempt provider. By submitting additional training related to any of the 10 core knowledge areas (see bottom reverse for list) you can apply for Step increases. In addition to any child related community training certificates you have accumulated over your LIFETIME, you can also submit college credit courses such as Psychology, Anthropology, Business, Sociology and more.

To download an application and get more info visit www.pdx.edu/occd

Oregon Registry Steps for the Oregon Registry: Pathways to Professional Recognition in Childhood Care & Education

STEP	Degree ¹ , Credential, Certificate ² (DCC)	College Course Credit ³ (CCC)	College Course Credit ³ (CCC) AND/OR Community Based Training (CBT)
Requirements: No other credit in the Oregon Registry	Not applicable: See Step 2 and above	Not applicable	Not applicable
Step 1		18 Child Care (Child or Registered), has met DHS enhanced state requirements ⁴ or 32 hours of training in any Core Knowledge Category ⁵	
Step 2		Step 1 with at least 8 additional hours ⁶ OR a total of 20 hours of training in any Core Knowledge Category ⁵	
Step 3		8 quarter College Course Credits (1 quarter credit = 10 clock hours) OR 2 semester College Course Credits (1 semester credit = 15 clock hours) (Credits must be in at least 1 Core Knowledge Category ⁵)	80 hours of training w/ a minimum of 4 hours in Human Growth & Development AND 4 hours in Understanding & Guiding Behavior AND 4 hours in at least 1 additional Core Knowledge Category ⁵
Step 4		8 quarter College Course Credits (1 quarter credit = 10 clock hours) OR 3 semester College Course Credits (1 semester credit = 15 clock hours) (Credits must be in at least 2 Core Knowledge Category ⁵)	80 hours of training w/ a minimum of 6 hours in Human Growth & Development AND 6 hours in Understanding & Guiding Behavior AND 6 hours in at least 2 additional Core Knowledge Category ⁵
Step 5		7 quarter College Course Credits (1 quarter credit = 10 clock hours) OR 5 semester College Course Credits (1 semester credit = 15 clock hours) (Credits must be in at least 2 Core Knowledge Category ⁵)	70 hours of training w/ a minimum of 6 hours in Human Growth & Development AND 6 hours in Understanding & Guiding Behavior AND 6 hours in at least 4 additional Core Knowledge Category ⁵
Step 6		8 quarter College Course Credits (1 quarter credit = 10 clock hours) OR 6 semester College Course Credits (1 semester credit = 15 clock hours) (Credits must be in at least 2 Core Knowledge Category ⁵)	80 hours of training w/ a minimum of 8 hours in Human Growth & Development AND 8 hours in Understanding & Guiding Behavior AND 8 hours in at least 6 additional Core Knowledge Category ⁵

Oregon Center for Career Development in Childhood Care and Education • PO Box 751 • Portland OR 97202-0751
(503) 725-6535 • Toll Free: (877) 725-6535 • FAX: (503) 725-5430 • occd@pdx.edu • www.centerforpdx.edu

Fig. 1 of 4
Revised: March 2009

College Track

Community Training Track

<p>3 quarter College Course Credits (1 quarter credit = 10 clock hours) OR 2 semester College Course Credits (1 semester credit = 15 clock hours) Credits must be in at least 1 Core Knowledge Category⁵</p>	<p>35 hours of training w/ a minimum of 4 hours in Human Growth & Development AND 4 hours in at least 1 additional Core Knowledge Category⁵</p>
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*Example of core knowledge categories (CKC'S) and training hours needed to reach a Step 3 on the Oregon Registry (a \$100 milestone)

WE ARE MOVING!

Our new Douglas County office is located at Umpqua Community College in Tech Center Rm #102. Please continue to call 541.672.7955. We will send a post-card with our new number when we have it.

Additional Training Opportunities:

- www.parenteducation.org
- www.oregonchildcaretraining.org
- www.smarthorizons.org/naccrra/occf/ (online modules)

Community Cafe's

Get the extra one on one help you need from resource and referral staff at a more convenient time. Join us at our community cafe's:

- July 8 6:30 - 8:30pm
 - August 12 6:30 - 8:30pm
 - September 9 6:30 - 8:30pm
- UCC - Tech Center Rm #119/120

Condado de Lane Boletín de Entrenamientos: verano 2013

Los talleres son entrenamientos que cuentan con la División de Cuidado de Niños (Child Care Division). Las categorías son clases de desarrollo de niños (child development), en excepto la orientación y la introducción de cuidado infantil.

***Conocimiento Central para la Profesión de Cuidado y Educación Infantil de Oregón (CKC's):** DIV-Temas de Diversidad; FCS-Familiares y Comunitarios, HSN-Salud, Seguridad y Nutrición; HGD-Salud, Seguridad y Nutrición; Crecimiento y Desarrollo Humano; LEC-Ambientes de Aprendizaje y Plan de Estudios; O&A-Observación y Evaluación; PPLD- Desarrollo Personal, Profesional y de Liderazgo; PM-Administración de Programas; SN-Necesidades Especiales; UGB-Entendimiento y Orientación en Conducta.

Las inscripciones comienzan el 1 de julio. Llame al 541-463-3306.

Fecha/ Hora	Clase	Descripción	Presentador	Lugar	Costo
martes 30 de julio 6:00pm -9:00 pm 3 horas	Orientación para Proveedores de Cuidado Infantil	La Orientación es una clase que brinda información sobre el Programa de Cuidado Infantil de DHS. Ayuda a entender los procesos de listado y facturación. También aprenderá como reunir los requisitos para la cuota mejorada.	Rita Loop Entrenadora de la Comunidad	TBA	Gratis
jueves 1 de agosto 6:00 pm-9:00 pm 3 horas	Introducción al Cuidado Infantil Registrado Familiar	Esta clase es la primera clase para obtener la licencia de cuidado infantil familiar. Explicaremos el proceso para obtener la licencia registrada familiar y también le daremos información sobre el cuidado infantil de alta calidad y como un negocio.	Rita Loop Entrenadora de la Comunidad	TBA	Gratis
sábado 3 de agosto 9:00 am- 2 pm 5 horas	Primeros Auxilios y Respiración Cardiopulmonar Pediátrica	Esta clase es requerida para obtener y renovar la licencia Registrada, o Certificada, o para trabajar en un Centro. También esta licencia le ayuda a obtener la mejor tarifa en el pago que recibe de la Unidad de Pago Directo.	Rita Loop Entrenadora de la Comunidad	TBA	\$40
martes 13 de agosto 6:30 pm-8:30 pm 2 horas	Taller de Como Reconocer y Denunciar el Abuso y Negligencia Infantil	En Oregón el personal escolar y cuidado de niños son informantes obligatorios de reportar sospechas de abuso y negligencia. En este taller los participantes aprenderán el proceso de como reportar estas sospechas.	DHS	TBA	\$10
martes 10 de septiembre 6:30-8:30 2 horas	Comunicación con Familias y la Comunidad	La comunicación es fundamental en cualquier trabajo que hagamos. Cuanto más si cuidamos a los hijos preciosos de otros. La comunicación no solo consiste en las palabras pero en la forma de hablar, los gestos y mas. Además de la comunicación con los padres, estamos comunicando 24/7 con los niños, la comunidad, y otros. Exploraremos juntos formas de comunicar e ideas claves que se debe tomar en cuenta para que su trabajo sea lo más eficaz posible.	Cynthia Schwarm Entrenadora de la Comunidad	TBA	\$15

Clase Gratis de Primeros Auxilios Pediátricos y RCP

¿Usted tiene licencia de CCD para Cuidado Infantil o Certificado de Cuidado Infantil Familiar? Usted puede ser elegible para renovar su licencia de CCD (su nombre tiene que aparecer en la licencia). Para preguntas llame a Family Connections a 541-463-3306.

El cuidado al bebé que se le da de lactar

Escrito por Diana Pickett, Oficina de Salud de la Familia. Muchas mujeres toman la decisión saludable de darle de lactar a sus bebés. Ellas saben que los bebés obtendrán toda la nutrición que necesitan de la leche materna.

La lactancia materna promueve el desarrollo del niño vigorosamente, el aprendizaje temprano, la resistencia, y tiene beneficios para toda la vida de la salud de los bebés y las madres. Los expertos recomiendan sólo leche materna durante los primeros seis (6) meses y amamantarlo si se puede durante un año o más. En Oregón, el 91% de las madres dan de lactar a sus hijos, pero a los 6 meses de edad sólo el 21% continua dando de lactar todavía. Durante este tiempo, las madres suelen volver al trabajo o a la escuela y los bebés entran a un cuidado de niños. Al crear un entorno favorable a la lactancia y mediante el uso de prácticas sencillas para el almacenamiento de la leche materna puede ayudar a las mamás y los bebés a continuar con la lactancia por más tiempo.

Comience por el desarrollo de una póliza clara sobre la alimentación infantil, anúnciela al personal, y programe un entrenamiento anual y revisión de las pólizas. Planes de alimentación infantil debe incluir, la alimentación cuando el bebé muestra señales de hambre, las formas de apoyo a la lactancia materna y la introducción de alimentos después de 6 meses de edad. Reserve un espacio en el refrigerador o un espacio en el congelador para el almacenamiento de la leche materna y entrene a las familias y el personal adecuado para el etiquetado y el almacenamiento de la leche materna.

Crear un ambiente acogedor para las madres lactantes y los bebés, que fomenten y apoyen la lactancia materna para las madres que puedan regresar lo largo de su jornada laboral para amamantar a su hijo. Una "sala de lactancia materna" especial no es esencial para las mamás y los bebés, pero un rincón tranquilo o una área con privacidad puede ser bien recibida por las madres que amamantan. Otras madres sólo necesitan un lugar cómodo para sentarse. Las mujeres que trabajan en Oregón que están amamantando tienen apoyos legales que fomenten la lactancia materna. Se debe tener un espacio limpio y privado para extraer la leche o alimentar a sus bebés que cumplan con los requisitos legales. Esto se aplica a todos los trabajadores hasta que su hijo cumpla 18 meses de edad, independientemente del tamaño de la empresa. Esto incluye el personal que trabaja en una variedad de lugares incluyendo centros de cuidado infantil.

¡Sus esfuerzos para apoyar a las madres lactantes y los bebés harán una diferencia saludable en sus vidas!

Recursos:

- Niños de Oregón: Sano y Seguro E-Referencia
<http://public.health.oregon.gov/HEALTHYPEOPLEFAMILIES/BABIES/HEALTHCHILDRE/Pages/okhs.aspx>

Mensaje de Karla de Family Connections

El 14 de junio es mi último día de trabajo. Como ya saben voy a tener una bebe pronto. Sin embargo, voy a regresar en unas semanas. Durante el tiempo que esté ausente se pueden comunicar con la nueva especialista en el mismo teléfono 541-463-3306. ¡Espero que tengan un buen verano!