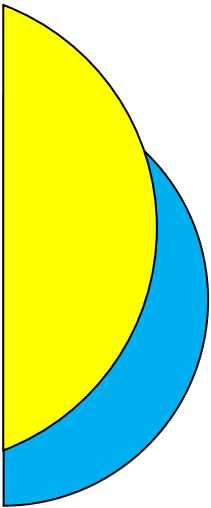


# Childcare Enhancement With A Purpose

VOLUME 9, ISSUE 4

SUMMER, FY 2019



## Coming Soon!

### End of Year Survey



Complete to be in the drawing for a gift for your center!

## September is National Childhood Obesity Month!

Childhood obesity has become an epidemic in United States. About 1 in 5 (19%) children in the United States are obese. Childhood obesity is linked to a higher risk of developing asthma, sleep apnea, bone and joint problems, type 2 diabetes, high blood pressure, high cholesterol, and heart disease. Mental health problems are also closely related to obesity. Children who suffer from obesity are much more likely to experience social isolation and struggle with depression (September is National Childhood Obesity Month, 2018).

The good news is that childhood obesity is preventable and there are simple things educators can do to help. Create an open line of communication with parents. Educate families about nutrition, the negative effects of extended amounts of screen time, the milestones of motor development, the importance of play, and the positive impacts associated with outdoor activities. Educators, you need to incorporate more physical activity into your classroom routine and lesson plans. Learning and play go hand in hand. According to numerous research studies, pairing lessons with motor movement increases academic achievement (Beck, Lind, Greertsen, Ritz, Lundbye-Jenson, & Wienecke, 2016).

So, get those kiddos up and moving continually throughout the day!

## SUMMER FUN!

### Target Practice

Target practice is a fun activity for all, including you! To get started, all you need is a few squirt bottles and plastic cups. Simply attach laminated letters, numbers, and words, etc. to plastic cups using Velcro dots and line 3 cups up in a row. Then, verbally give the students a target to aim their squirt bottle at. Not only are the students learning their letters, numbers, words, but they are also building fine motor muscles, learning how to take turns, and are getting outside and active all in one.



Visit our **Pinterest** page! Search for **Childcare Enhancement With A Purpose** for tons of ideas and activities to help you in the classroom.



**CCEP (Childcare Enhancement with a Purpose)**, funded by Alabama DHR, offers free inclusion training to childcare providers statewide. CCEP utilizes experienced teachers and therapists to share simple, practical ways to work with and include children with special needs in childcare centers and family/group childcare homes.

### This program offers:

- ◆ A curriculum with a multidisciplinary approach which utilizes developmentally appropriate practices.
- ◆ Stipend available to offset expense for substitute teachers during training.
- ◆ Educational kits.
- ◆ Clock-hour credit approved by the Department of Human Resources.
- ◆ Onsite consultation and technical assistance.
- ◆ Workshops.
- ◆ Other resources for assistance.

Check out our website at [www.ucphuntsville.org](http://www.ucphuntsville.org) for a list of all available statewide trainings.

To register, call Stephanie Eger at 256.859.4900 ext.106 or e-mail at [seger@ucphuntsville.org](mailto:seger@ucphuntsville.org)

## Gross Motor Fun in Inclusive Settings

During this FREE two-hour training, participants will explore how movement enhances academic achievement and well-being. We will use strategies to help curb unwanted behaviors using movement, and hands-on activities to take back to your classroom.



Training Level: Basic; DHR: CD, QCCL; CDA: 2, 3, 8; CKA: LEE, DIV; CCDF: 13, 19, 20; Target Age Group: ALL

### Training Opportunities

Date	Time	Location	Level	DHR	CCDF	CKA	CDA	Target Age Group
<b>Cullman County</b>								
<b>Monday July 29</b>	6-8 p.m.	Early Years Preschool 400 Wesley Ave. N Cullman	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL
<b>DeKalb County</b>								
<b>Monday August 12</b>	6:30-8:30 p.m.	Fort Payne CDC 651 Wallace Ave. NE Fort Payne	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL
<b>Jackson County</b>								
<b>Monday September 16</b>	6-8 p.m.	Impact Learning Center 23123 John T. Reid Pkwy. Scottsboro	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL
<b>Limestone County</b>								
<b>Tuesday September 24</b>	6-8 p.m.	Friendship Learning Center 16479 Lucas Ferry Rd. Athens	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL
<b>Madison County</b>								
<b>Wednesday July 17</b>	1-3 p.m.  Call CCC at 256.551.7016 to register for this class	Child Care Central 2006 Franklin St. Huntsville	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL
<b>Monday August 5</b>	6:30-8:30 p.m.	UCP Technology & Training Center 1856 Keats Dr. NW Huntsville	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL
<b>Marshall County</b>								
<b>Monday August 26</b>	6:30-8:30 p.m.	Gilliam Springs Baptist Church 1351 N. Brindlee Pkwy. Arab	B	CD, QCCL	13, 19, 20	LEE, DIV	2, 3, 8	ALL

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## TRAINING LEGEND DHR2019

### Training Levels

**Basic** = Most appropriate for entry-level professionals who are new to early childhood and/or school-age care.

**Basic Level Training** covers a foundational understanding and demonstration of developing skills.

**Intermediate** = Most appropriate for professionals who have at least two (2) years of experience and 120 hours of training in child development, and are moving toward more formal education. **Intermediate Level Training** includes expanding knowledge and application and refining skills.

**Advanced** = Most appropriate for professionals who have at least three (3) years of experience and 30 credit hours in child development. **Advanced Level Training** focuses on a more thorough knowledge and understanding of developmentally appropriate practice and highly effective application and demonstration of skills.

### DHR Minimum Standards Training Areas

CD=Child Development

HSUP=Health, Safety, and Universal Precautions

QCCL=Quality Child Care and Licensing

CCPF=Child Care Professional and the Family

LD=Language Development

PDG=Positive Discipline and Guidance

AM=Administration and Management

### CDA (Child Development Associate) Content Areas

1. Planning a safe, healthy environment to invite learning.
2. Steps to advance children's physical and intellectual development.
3. Positive ways to support children's social and emotional development.
4. Strategies to establish productive relationships with families.
5. Strategies to manage an effective program operation.
6. Maintaining a commitment to professionalism.
7. Observing and recording children's behavior.
8. Principles of growth and development.

### Alabama Pathways Core Knowledge Areas (CKA)

CGD=Child Growth and Development

HSN= Health, Safety and Nutrition

LEE= Learning Experiences and Enrichment

DIV=Diversity

COA=Child Observation and Assessment (Planning for Individual Needs)

ICFC=Interaction with Children, Families, and Communities

PPD=Personal and Professional Development

MA=Management and Administration

### CCDF Training Areas

1. *Prevention and control of infectious diseases (including immunizations)*
2. *Sudden Infant Death Syndrome (SIDS) prevention and use of safe sleep practices*
3. *Administration of medication*
4. *Prevention of and response to emergencies due to food and allergic reactions*
5. *Building and physical premises safety, including identifying electrical hazards, bodies of water, and vehicular traffic*
6. *Prevention of Shaken Baby Syndrome and abusive head trauma*
7. *Emergency preparedness and response planning for natural or man-caused events*
8. *Handling and storage of hazardous materials, including correct disposal of bio-contaminants*
9. *If applicable, appropriate pre-cautions in transporting children*
10. *First-aid and CPR*
11. *Recognizing and reporting child abuse and neglect*
12. *Identifying and serving homeless children and their families*
13. *Promoting the social, emotional, physical, and cognitive development of children, including those related to nutrition and physical activity, using scientifically-based, developmentally appropriate and age appropriate strategies*
14. *Caring for children in geographic areas with significant concentrations of poverty and unemployment*
15. *Implementing behavior strategies, including positive behavior interventions and support models that promote positive social and emotional development and reduce challenging behaviors, including reducing expulsions of preschool-aged children for such behaviors*
16. *Engaging parents and families in culturally and linguistically appropriate ways to expand their knowledge, skills and capacity to be meaningful partners in supporting their children's positive development*
17. *Understanding early neurological development*
18. *Using data to guide program improvement*
19. *Supporting positive development of school-age children*
20. *Improving the quality of programs and services for infants and toddlers*

### Target Age Groups

**Infants** = Birth to 12 months

**Toddlers** = 1 and 2 year olds (13 to 36 months)

**Preschoolers** = 3 and 4 year olds

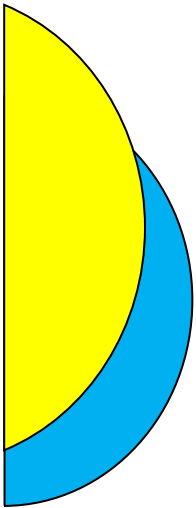
**School-agers** = 5 to 12 year olds

**ALL** = Infants, Toddlers, Preschoolers, and School-agers

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## Childcare Enhancement With A Purpose

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A program of  
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Child Care Enhancement with a Purpose  
funded by DHR



Visit our website at  
[www.ucphuntsville.org](http://www.ucphuntsville.org)

*Be silly, be honest, be kind.  
—Ralph Waldo Emerson*