

# THE RESOURCE NEWS

*A free quarterly publication by the Metro CCR&R Resource Team of Washington County which is partly funded by The Washington County Commission on Children and Families.*

**Community Action Organization  
1001 SW Baseline  
Hillsboro, OR 97123**

**Volume 12, Edition 4**

**March, April, May, 1999**



## **Our Busy Professional Lives**

Beverly A. Briggs

*Before you read this article . . .*

Close your eyes and take a deep deep breath . . .

Do it again . . .

And now again . . .

That little exercise took about 10 seconds, but you probably feel a little bit better now.

As childhood care and education professionals, we have lots of pressures. We want to be sure that our environments and our activities are inspiring for the children. We want to develop warm and positive relationships with the children's families. We want to keep up with our paperwork, our bills, our taxes. We want to develop ourselves professionally by finishing that CDA, taking another workshop, attending another conference, serving on another committee, or taking another college course. And, of course, we want to give our best to our families, our friends, and our communities.

Too much? Sometimes it seems so. Sometimes in our quest to live full professional and personal lives, we give ourselves too much to do. We work harder and longer, and even harder and longer. We manage our responsibilities well, but we don't manage our self-care very well.


If you have ever traveled by air, you have heard the oxygen mask instructions: "If you are traveling with a small child, you should put on your own oxygen mask before helping the child." I recently sustained an injury that had me on crutches. A good piece of advice came from a physical therapist who said, "Take care of your good leg too."

"Put on your own mask first." "Take care of your good leg." If you don't take care of you, how can you effectively give to others? If you don't take care of you, you won't be able to do all the things you want to do.

For each of us this will mean something different--taking time out to do 10-second relaxation exercises, praying or meditating, grabbing a 10-minute "power nap" before dashing off to an evening meeting, working out at the gym, taking a hot bath at the end of a busy day, reserving time on the weekend for something new and different, saying "no", even if it sounds like a fun thing to do. What's yours?

Close your eyes and take a deep deep breath . . . Take 10 seconds.

Bev is a private Early Childhood consultant in Beaverton. She can be reached at 645-4992.



## *How To Tell If You Are Doing It Right*

*By Renée Bruce*

Have you been providing care to children for just a few years or for many years? Do you provide care for children in your home or do you work in a child care program? How do you feel about your child care program? Is it a good program? Is it a great program? The first few questions are easy to answer based on your experience. But, how do you answer the last questions? What do you base your response on? Feedback from parents is helpful, but can they tell you how your program compares to other "like" programs in the Childhood Care and Education field? If you really want to know how your program compares to other programs and to the Childhood Care and Education standards of quality care read on.

Back in the 1980's Thelma Harms, from the Frank Porter Graham Child Development Center in Chapel Hill, North Carolina, with the help of others developed the Early Childhood Environment Rating Scale. It is a simple rating scale that can be used as a tool to help center and in-home providers assess the quality of their program. The original scale was developed for center based programs that served preschool-age children, but now scales have been developed for infant/toddlers and Family Child Care. The scale looks at seven program areas including; space & furnishings, personal care routines, language-reasoning, activities, interaction, program structure and parents & staff. These seven program areas vary slightly within each of the scales.

The rating scales are a good beginning place for looking at child care environments and what happens within that environment. It is a relatively easy process of really looking at the quality of the environment that is currently being provided and for planning improvements. The rating scale will point out areas in the environment that are relatively weak or relatively strong, compared to other areas. Once the environment has been observed and the scales completed, you can then decide what area to work on. The rating scales are very easy to understand, and can be used as a self-assessment by someone in the program or by an outside observer. So, if you really want to know how good your program is, and ways in which it could improve, pick up a copy of one of the following rating scales.

Family Day Care Rating Scale – Thelma Harms and Richard M. Clifford

Early Childhood Environment Rating Scale (Revised Edition) – Thelma Harms, Richard M. Clifford and Debbie Cryer

Infant/Toddler Environment Rating Scale - Thelma Harms, Richard M. Clifford and Debbie Cryer

For more detailed information about the Early Childhood Environment Rating Scale and how to use it to improve your child care program, attend this workshop by **pre-registering at 693-3241.**

**"How to Tell if You are Doing it Right"**

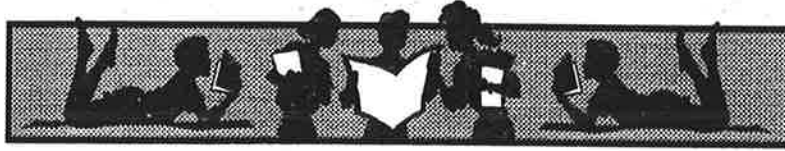
Date: 4/29/99

Time: 7-9 PM

Location: Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha

# *Anytime Activity*

## **Raising Readers**



### **About Books**

It is important for children to know how books “work”.

**What you’ll need:** A storybook

**What to do:** Show the book to your child and talk about what a book is. “I’m going to read this book to you. As you can see, it has words and pictures in it. Some books have make-believe stories in them. Other books tell us about real life.”

Then show how books are read. “When we read a book, we start at the front of the book (point to the front) and we read until we come to the end of the book (thumb through all the pages until you are finished, point to the end of the book).”

Point to the title of the book. “This is the title of the book. The title is the name of the book. It tells you what the book is about. (Now you point to the title of the book). Good”.

Then show your child that books are made up of words. “I can read this book to you because the words (point to them) tell me what to say. When you read, you can say these words out loud or to yourself.”

### **Stories Come to Life**

Reading stories is important, but creating and acting out a story makes it come to life. This activity will keep children interested as they listen to stories.

**What you’ll need:** A book or story that is familiar to your child and room to move about.

**What to do:** Select a story that your child knows. Tell your child that you will read the story out loud. As you read, find one word such as **HOPPED**, and say it in a loud voice. Ask your child to act out the word when he hears it (by hopping).

You may then choose words to say loudly that show emotions (John was **SAD**), or things that are fun to act out like (Bart saw a **DOG**), or words that describe actions (The leaf **FELL** to the ground).



## *Center Accreditation*

The *National Academy of Early Childhood Programs* administers a national, voluntary, and professionally sponsored accreditation system for all types of preschools, kindergartens, child care centers, and school-age child care programs. The Academy is a division of the National Association for the Education of Young Children (NAEYC), the nation's largest organization of early childhood educators. Programs voluntarily apply for accreditation and then begin a self-study based on the Academy's Criteria for High Quality Early Childhood Programs. The accuracy of the self-study is verified during a site visit to the program by a team of trained volunteer validators. A three member national commission composed of recognized experts in childhood care and education reviews the validated self-study, including the program director's responses to the validation visit. If the commission judges the program to be in substantial compliance with the academy's criteria, it is then granted accreditation for a three-year period. The characteristics of high quality are as follows:

- \* Happy, relaxed children
- \* Sufficient numbers of adults with specialized training in early childhood development and education
- \* Developmentally Appropriate expectations of the children in a specific group (infant activities that are appropriate for infants, 3 year old activities are appropriate for 3 years olds)
- \* Areas of development are stressed equally
- \* Regular staff meetings held
- \* Parent input is welcome

### **Why would a Center choose to be Accredited?**

NAEYC-accredited programs have demonstrated a commitment to providing high quality programs for young children and their families. The NAEYC accreditation process examines health, safety, staffing, staff qualifications, physical environment, and administration, but the primary consideration is given to the nature of the child's experience.

For more information about the Academy's accreditation process, contact the Academy at:

**National Academy of Early Childhood Programs**

NAEYC

1509 16th Street NW

Washington, DC 20036-1426

Phone: 1-800-424-2460, ext. 360

Fax: (202)-328-1846

Email: [academy@naeyc.org](mailto:academy@naeyc.org)

*This information was adapted from NAEYC website.*



Washington County Chapter of the Oregon Association for the Education of Young Children

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## News from Your Washington County Chapter of OAEYC

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### **WE HAVE OFFICERS!**

At our October meeting, we elected officers for the year. Our president is Donna Bennington. Our vice president of projects is Mary Brennan, and our vice president of bilingual activities is Norma Hernandez. Our secretary is Beverly Briggs, our treasurer is Sherri McCormick, and our chapter representative is Dina Lopez.

### **WE HAVE PROJECTS!**

- Supporting National Association for the Education of Young Children (NAEYC) and National Association for Family Child Care (NAFCC) accreditation to enhance program quality throughout our county
- Sponsoring a job fair to connect jobs with people and people with jobs
- Supporting Child Development Associate (CDA) training
- Joining the annual Children's Fair at Pacific University

We have other ideas too and are in need of members to help us with these activities. Call Donna Bennington (648-7112) if you want to give us a helping hand.

### **WE NEED YOU!**



#### **Professional:**

of, belonging to, or connected with a profession; skillful; engaged in a specified activity as one's main paid occupation.

#### **Profession:**

work requiring specialized, advanced training.

Taken from The Oxford Desk Dictionary, 1995



## Spring 1999 Workshop Schedule

You must PRE-REGISTER by calling 693-3241.

Workshops are sponsored by the Washington County Resource Team.

**Workshop #1-Title:** Circle Time Activities **Date:** 3/31/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #2  
**Presenter(s):** Cindy von Ofenheim  
**Description:** This workshop will demonstrate fun educational activities that hold children's interests in a circle time setting.  
**Location:** Beaverton Community Center, 12350 SW 5th, Beaverton

**Workshop #2-Title:** Positive Interactions Through Media **Date:** 4/1/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #2  
**Presenter(s):** Slavica Bubic, Adriana Holguin Cañes  
**Description:** Learn how to incorporate creative ideas that promote social and emotional growth as well as physical and intellectual development in children through popular children's television programs.  
**Location:** Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha

**Workshop #3-Title:** Mealtime: Keep It Simple. Keep it fun. **Date:** 4/22/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #1  
**Presenter(s):** ABC Soup  
**Description:** Learn how to plan a meal that is healthy, quick, and fun.  
**Location:** Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha

**Workshop #4-Title:** "How To Tell If You Are Doing It Right" **Date:** 4/29/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #6  
**Presenter(s):** Renée Bruce  
**Description:** Are you interested in assessing your own child care program for quality care? This workshop will train you to use the Thelma Harms Rating Scale to assess you program and yield a plan for future goals.  
**Location:** Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha

**Workshop #5-Title:** Developmental Importance & Learning Activities for Infants/Toddlers  
**Date:** 5/6/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #3  
**Presenter(s):** Julie Miller Ungar  
**Description:** Infant/Toddler caregivers are teachers! Spend an evening learning about the importance of the caregiver's role in the development & learning of this wonderful age group. Take back to your program fun & stimulating activities.  
**Location:** Community Action Organization, 1001 SW Baseline, Hillsboro



## Spring 1999 Workshop Schedule, (Continued...)

You must PRE-REGISTER by calling 693-3241.

Workshops are sponsored by the Washington County Resource Team.

**Workshop #6-Title:** Child Abuse **Date:** 5/12/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #7  
**Presenter(s):** Jean Wucki  
**Description:** Learn how to recognize and report child abuse. Learn prevention and protection for your center or home.  
**Location:** Community Action Organization, 1001 SW Baseline, Hillsboro

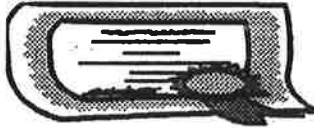
**Workshop #7-Title:** Setting School-Age Children Up for Success **Date:** 5/22/99  
**Time:** 9 - 11am, Saturday **Fee:** \$10 **CDA Competency:** #1,3, 5  
**Presenter(s):** Linette Cowles  
**Description:** Learn techniques for guiding School-Age children's behavior. Motivate and empower School-Age children to be successful.  
**Location:** Community Action Organization, 1001 SW Baseline, Hillsboro

**Workshop #8-Title:** Tools for Guiding Children's Behavior **Date:** 5/22/99  
**Time:** 9 - 11am, Saturday **Fee:** \$10 **CDA Competency:** #3  
**Presenter(s):** Chris Kuran  
**Description:** A practical approach to guiding young children's behavior.  
**Location:** Community Action Organization, 1001 SW Baseline, Hillsboro

**Workshop #9-Title:** Make It and Take It **Date:** 6/3/99  
**Time:** 7-9pm **Fee:** \$10 **CDA Competency:** #2  
**Presenter(s):** Roni Pham, Karen Henkemeyer  
**Description:** Have you always wanted your child care environment to be filled with toy activities that teach children concepts? With this workshop, you can learn to "Make It and Take It".  
**Location:** Community Action Organization

**FEES for workshops must be received at our office PRIOR to the workshop to guarantee your space.** Refunds will be given if you cancel at least two days before the scheduled workshop. Workshops will be canceled in the case of extreme weather conditions. Call 693-3241 and a message will indicate if classes have been canceled. Make checks payable to **Community Action Organization**.  
**WRITE WORKSHOP NUMBER(S) ON YOUR CHECK AND SEND TO:**

Community Action Organization  
CCR&R Resource Team  
1001 SW Baseline  
Hillsboro, OR 97123



## *Family Child Care Accreditation*

### **National Association for Family Child Care (NAFCC) Accreditation**

Accreditation for family child care (FCC) is to recognize providers whose services are representative of the national standards of professional quality child care. FCC accreditation is intended for family child care providers who meet the child care standards required by their state licensing and/or registration agencies and who have demonstrated a commitment to extend beyond these minimum requirements to achieve a professional standard of excellence.

### **The Accreditation Process:**

The accreditation process involves three people who conduct an in depth evaluation of the Family Child Care home. They are:

- \* Family Child Care Provider
- \* Parent
- \* Representative from NAFCC

The provider completes a self-evaluation using the Assessment Profile of Family Child Care. The representative from NAFCC and a parent also evaluate the program. This evaluation is used to assess the characteristics of the family child care home in terms of physical characteristics, child care procedures and policies, and adult/child interactions. These are the seven areas of child care that are evaluated:

- \* Safety
- \* Health
- \* Nutrition
- \* Interaction
- \* Learning Environment
- \* Outdoor Environment
- \* Professional Responsibility

### **The following are reasons why family child care providers like accreditation:**

Increases their self-esteem.

Makes them feel professional.

Gives providers a concrete definition of quality in family child care.

Encourages providers to pursue ongoing training and support.

Promotes higher quality FCC programs.

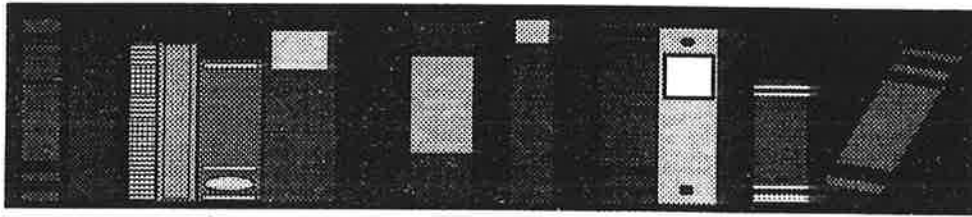
Presently, the only accredited NAFCC provider in Washington County is **Kris Elich** of Forest Grove. Kris states the reason she became an accredited provider was to enhance her professional development.

For more information contact:

**National Association for Family Child Care**  
206 - 6th Avenue, Suite 900  
Des Moines, Iowa 50309-4018  
Phone: (515)-282-8192  
Fax: (515)-282-9117  
Email: [nafcc@nafcc.org](mailto:nafcc@nafcc.org) <http://www.nafcc.org>

*This information was adapted from the NAFCC website.*










## ***Spread the Love for Books***

*Contributed by the Youth Service Librarians of Washington County Cooperative Library Services*





Reading is a holistic process rather than an isolated set of skills. In addition to modeling language and behaviors, adults can mold children's reading habits by letting children see them read, enjoy reading, and reacting to a variety of reading materials. You can help the children in your program become readers by reading to them on a regular basis. There are many ways to provide an environment that encourages children to read independently for knowledge and pleasure. Here are just a few suggestions for spreading the love for books with the children in your life, from the Youth Service Librarians of Washington County Cooperative Library Services:

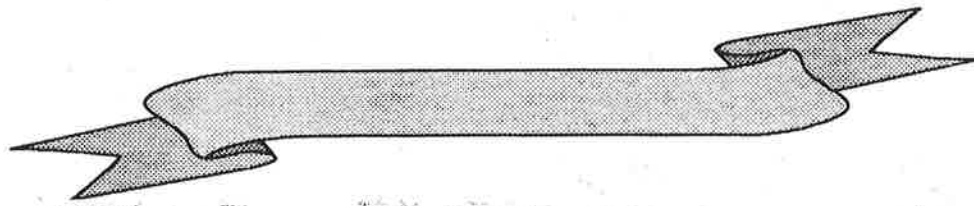


### **Read to the Children**

-  Visit your public library often to find things you and the children in your program will enjoy together.
-  Set aside a regular time each day to read to the children.
-  Select books from different categories to read: fiction and non-fiction, mysteries, animal stories, fairy tales, poems, magazines, comic books and newspapers. Let the children pick out some books of their own.
-  Let the children follow along with you and turn the pages. Don't hurry . . . let them visualize the story. Read only as long as they show an interest.
-  Ask simple questions as you finish a section.

### **Talk with the Children**

-  Start a conversation with the children in your program about daily events or a colorful picture.
-  Start a sentence or story and let the children complete it.
-  Ask questions that require more than a "yes" or "no". Open-ended questions gives children a chance to feel important and it keeps communication open.
-  Help children make a hand puppet or a mask of a favorite animal or character. Have the children make up a story and act it out for you.



# Professional Development Registry

Christyn Dundorf

Oregon Center for Career Development in Childhood Care and Education

## What is the Professional Development Registry?

Oregon's Childhood Care and Education *Professional Development Registry* is a voluntary, statewide system to recognize and document the professional achievements of people who work in childhood care and education settings. People who work in these settings can apply for one of six levels of professional development. Each level represents various combinations of training, education, and experience. Currently, there are over 90 Professionals registered with the *Professional Development Registry* and that number is growing each month.

## Why Should I Apply?

There are a number of reasons to apply to the *Professional Development Registry*. First, applying to the Registry can help motivate you to pursue additional training and to identify specific areas in which you may need more training. Second, attaining a Registry level can provide you or your organization with an additional tool for attracting potential families. Third, some organizations are beginning to modify personnel policies to honor the Registry levels. Attaining a Registry level may make you more attractive to a potential employer. Finally, applying to the Registry demonstrates your commitment to the professionalization of childhood care and education. Applying to the Registry is one step towards improving the status, salaries, working conditions and employment opportunities for all who work in the field.

## What Do I Do To Apply?

In order to apply, you develop and submit a *Professional Portfolio* of your experience, your training and education, and your personal attributes (a statement of how you are committed and suited to working in the field of childhood care and education). The Registry acknowledges training and education from formal settings (workshops, seminars, etc.). Depending on the type of training and education used, you may be required to show the reviewers that you have reflected and/or acted on what you have learned. All requirements are extensively explained in the application packet. Completed Professional Portfolios are reviewed by a committee of childhood care and education professionals. Once all documentation is verified, you are assigned a professional level.

## How Can I Get More Information?

Call the Oregon Center for Career Development in Childhood Care and Education at 1-800-547-8887 x8535 for more information or to request a brochure.

## Keeping You in the Know . . .



### Healthy Child Care Conference

**Date:** 6/5/99

**Time:** 8am - 5pm, Saturday

**Fee:** \$30 (includes lunch)

**Contact:** Laura Zukowski at (503)-731-4021

**Focus:** Health, Safety, and the Inclusion of Children with Special Needs

#### Who attends?

Family Child Care Providers  
Center-Based Staff  
Relative Caregivers  
USDA Food Program Staff  
Licensed-Exempt Caregivers

School-Age Care Providers  
Group Home Providers  
Public Health Staff  
CCR&R Staff  
Licensing Staff

#### Workshops to include:

Health & Safety Policies  
Immunization Record-Keeping  
Special Needs Care  
Brain Development  
Nutrition & Feeding Relationships

Illness Prevention  
HIV/AIDS Awareness  
Behavior Challenges  
Mental Health Concerns

**Registration Deadline is April 19, 1999**



### First by Five Infant-Toddler Training: Financial Support Program for Providers

**First by Five** is a training program for individuals working with infants and toddlers and their families. The program consists of four ten-hour training modules. The modules are I-Social-Emotional Growth and Socialization; II-Group Care; III-Learning and Development; IV-Culture, Family, and Providers.

The Oregon Center for Career Development in Childhood Care and Education has received special funding to offer **financial support** to providers who want to take the First by Five training. The financial support will pay for **up to \$25** for class fees/tuition for **each** First by Five training module, and a provider can receive this support for one, two, three, or all of the four modules. For questions regarding the First by Five Program and the provider support funds, please contact Joann Contini, Training Coordinator, Oregon Center for Career Development in Childhood Care and Education, Portland State University at 725-8527.



## *SPECIAL DIRECTORS WORKSHOP*

**Title:** Tips & Techniques for Successful Interviewing & Orientation of New Staff

**Date:** 4/3/99, Saturday

**Time:** 9am-Noon

**Location:** Community Action Organization, 1001 SW Baseline, Hillsboro

**Description:** Planning and preparing can lead to a better staff selection for you and your center. We will explore interview techniques and ways to develop a plan for the applicants for their continued development and training. After a selection is made, we will explore the creation of a plan to integrate that staff person into the center.

*The Resource News* is published through funds awarded by the Washington County Commission on Children and Families. Please direct any questions or comments to 693-3241.

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