

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 2

October, November, December, 1998



Washington County Child Care Update

by Karen Henkemeyer

Fall is here, and it sure is a busy one! Metro CCR&R has now made the connection between parents and providers for over 1400 families in the Washington County area. I have had many responses from child care providers about my article in the last newsletter which focused on the popular requests of parents in Washington County. This quarter is similar to the last with infant care in high demand and also school age care requests increasing because of the time of year. Parents are increasingly requesting child care providers with a background in child development or on-going education in early childhood education, providers on a USDA food program, and providers who will do extended hour care (care after 6:30pm, Monday through Friday, and weekend care) and even family child care providers who are nationally accredited. This newsletter is filled with information on how to increase your child care knowledge and give you ideas on enhancing your program. For those of you who are active in school age care or would like to know more about it, there is the Oregon School Age Coalition Conference Saturday, November 7, at Linn Benton Community College. This 11th annual conference offers a wide variety of workshops. For more information please contact Colleen Dyrud at 725-8528.

On the provider side of the connection, we have been working with providers & their questions/concerns about Adult and Family Service (AFS) Programs. AFS has several programs that assist low-income families in paying their child care expenses. There is an AFS Subsidy Specialist on staff at Metro CCR&R to assist you with your concerns and questions. You can reach this specialist by calling 693-3233. If you would like to ask questions in person, there will be a free workshop offered soon on how the AFS process works. Please look on the back of this newsletter for additional information about an AFS class titled, "DPU & You", on November 19, 1998. We hope to assist you in working with these programs.



Are Washington County's Children Ready for School Success?

by: Diana Stotz



The Washington County Commission for Children and Families (CCF) recently completed a three year study to help assess the school readiness of children in the county. The Commission desired a complete picture of Washington County's capacity to support early childhood development and thus, ensure school success in the early years. It recognized the importance of including an array of indicators of child, family, school, and community activities affecting children's school adjustment and success in the early years.

The study used a systems approach to assess how entering kindergartners are supported in reaching normal developmental levels, measuring more than 15 separate indicators of readiness including child, family, school and community.

The final report from the school readiness Baseline Study provides the county with a wealth of information about how we are doing in preparing our youngest citizens for school success. We wanted to highlight a few of the key findings in this edition of the Resource News and we plan to provide follow up articles during the course of the year about new initiatives underway to address areas of concerns as well as to provide you with ideas of things you can do to help prepare the children you care for and their families for school success.

Key Findings:




As a whole the children of Washington County are fairing well and families, schools, and the community support their development. Children's physical health and development is within expected levels and their basic cognitive and social skills are within expected levels. Most families perceive that their resource needs are being adequately met and parents are very interested in being involved in and supporting their child's education. Schools are working hard to support children and families as they make the transition to school.

In spite of this, there were several areas of concerns identified in the study which warrant attention from all involved in supporting children and families in preparing for school success. A description of these areas of concerns and possible strategies to address the concerns follow.

1) Children's Emerging Literacy Development

The study found that almost half of the children are lagging in early literacy development. The data suggest that children are not being read to and/or exposed to books enough to support early literacy development.



Possible strategies to support literacy development:

-  Regular reading to children individually and in group settings
-  Setting up reading centers/areas
-  Spend less time watching video tapes and television

2) Family Access to Basic Resources

While most families report having the bulk of their basic needs met; for many families basic needs in four main areas were of concern: access to vision and dental care; mental health (counseling and substance abuse treatment); domestic violence and parent education.





Possible strategies to increase parent awareness:

-  - Posting a resource list of services available in the community
-  Hosting resource fairs (perhaps in coordination with several other providers)

3.) Helping Families/Children Understand What Kindergarten Is and What is Expected in School.

The study found that there is not agreement between families, schools and the community about what we want Kindergarten to be for our children. Finding a match between school and home expectations for Kindergarten programs can help make the transition to school easier.

Possible strategies to bridging the path for school :

-  Talk with parents about what they should expect when their child starts school
-  Explain how children's experiences in your care helps to prepare them for school
-  Talk with local teachers about what you can do to build school readiness in the children you care for
-  Consider sponsoring a parent night and invite a local kindergarten teacher to talk with parents and children about the transition to school

In the coming months the Commission on Children and Families will be working to identify strategies that can be implemented in a variety of settings to respond to some of the areas of concerns identified in the study to continue to support the positive development of our children.

For more information about the study or to learn about how you can get involved contact Roni Pham at Metro CCR&R (693-3241) or Diana Stotz at the CCF office (693-4732).

Here are some resources to incorporate in your literacy program with the children in your care. A big thank you to Becky Reichard for giving us this information. She is the Assistant Children's Librarian at the Cedar Mill Library.

Getting Ready for School

Will I Have a Friend? by Miriam Cohen

Chrysanthemum by Kevin Henkes

The Kissing Hand by Audrey Penn

Family Empowerment

A Chair for my Mother by Vera Williams

A New Coat for Anna by Harriet Ziefert

The Turnip by Pierr Morgan

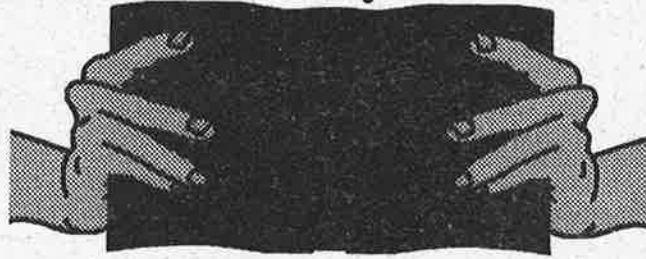
Listening and Talking

No Fighting, No Biting by Else Minarik

The Cow That Went Oink by Bernard Most

Listen, Buddy by Helen Lester

How Do I Teach My Kids To Read?



By Roni Pham

The simple answer is to teach children the love of books! Upon hearing this many child care providers and parents think that this answer is too easy. The task does not sound complicated enough or expensive enough to be a real answer. The truth is: If children develop a love for books and stories then they will grow up including literature as part of their world. The more familiar children are with literature, the more comfortable they will be with books and more successful when they enter school.

You can create that love of literature by making books come alive! Activities that involve children in the story really draw them into understanding the story and relating to the characters. If you read, If You Give a Mouse a Cookie, by Laura Joffe Numeroff while eating warm chocolate chip cookies, you can forever bond children to that little mouse. Watch the children naturally try to make milk mustaches just like the mouse had. The children will relate to the mouse while they eat their cookies and milk and develop compassion for the mouse and the little boy in the story. By the end of the story they will be rooting for the mouse. If you asked them weeks later, if they liked the story they will give you big grins and say, "Yeah, it's cool."

The activities that accompany the stories don't have to be complicated or separate from your other curriculum plans. The making of the chocolate chip cookies can be part of the activity. The children can all participate in the mixing of the ingredients, and the learning of new vocabulary such as blending, combining, and cooking. You can also use math skills while measuring and adding ingredients. Of course the result is not only a snack with milk but a chance to bond with a mouse in a book!

Once, I read, It Looked Like Spilt Milk, by Charles Shaw to a group of preschoolers. After the story we moved to a table where the children were given a piece of sky (blue construction paper), and clouds (white fluffy soap mixture), and were then given the opportunity to make clouds of any shape that they wanted. In the story there were many cloud shapes that looked like real objects. One little girl was kneading her mixture and said, "I love this book". By the time she made that statement, the book had been put away for about ten minutes, she had directly related the activity to the story. Simply put, this activity helped this little girl to develop a love of books. To learn how to make books seem like old familiar friends that children feel comfortable with, come to our workshop. We will share with you some great activities that you can do with books. Your children and their parents will be so pleased! The greatest compliment that I have ever received from a child was from a 2nd grade boy. He was enjoying the story and the activities so much that he put his arm around his buddy and said, "This is better than Sega!" Since video game systems are competing for our children's recreational time, I knew that this boy was really enjoying his time with books!. Come to the workshop and learn to make reading better than Sega!

"If You Give a Mouse a Cookie"
October 29th, (Thursday) 7- 9pm
Community Action Organization
1001 SW Baseline, Hillsboro



FUN FALL ACTIVITIES

Nature Collage

Fall is a beautiful time of year especially when the leaves start changing colors. It is a great time to take a walk outdoors with the children and have them investigate and explore the surroundings. Have the children collect interesting nature items like sticks, rocks, leaves, pine needles, bark, etc. Next, have the children create their own nature collage with the materials they collected. This is a great opportunity to talk with children about the environment and a time for exercise and creativity as well. This activity gives children a chance to enhance their outdoor observational skills while having fun outdoors.

Supplies needed for this activity:

- Construction paper
- Glue
- Brown paper bag for collecting
- Items from nature
- Good Fall walking weather



Pumpkin Seed Snack

As Autumn approaches, Harvest time is just around the corner. Pumpkin seed snacks are fun to enjoy during this time of year. Have the children scoop the pulp and the seeds from the pumpkin. Sort the seeds onto a cookie sheet to dry. When they dry, sprinkle them with salt and bake at 325 degrees until they are light brown. Munch away! Dry seeds can also be placed in zip lock baggies and colored by putting a few drops of food coloring in the bags to turn them into different colors! After adding the food coloring, shake, dry, and sort into an egg carton. Use the colored seeds to create a colorful pumpkin seed collage.

Materials needed are:

- Pumpkins with top taken off
- Spoons
- Cookie sheet
- Salt
- Plastic tarp/newspapers to protect the surface you are using
- Food coloring
- Zip lock bags
- Paper
- Glue



WORKSHOP SCHEDULE

Workshops are sponsored by the Washington County Resource Team

Please call 693-3241 to register

Workshop #1 - Title: "Incorporating Cultural Diversity During the Holiday Season" **Date:** 10/26/98

Time: 7-9pm

Fee: \$10

CDA Competency: #4

Presenter: Jeanne McNasser

Description: Culture and holidays can be a tricky combination. Learn some strategies and guidelines that can help you decide what is right for the children and their families in your child care setting.

Location: Community Action Organization, 1001 SW Baseline, Hillsboro

Workshop #2 - Title: "If You Give a Mouse a Cookie"

Date: 10/29/98

Time: 7-9pm

Fee: \$10

CDA Competency: #2

Presenter: Roni Pham

Description: This workshop will be packed with exciting literacy activities to do with children. We will explore the developmental skills that children build from these activities, and why they are important to literacy.

Location: Beaverton Community Center, 4755 SW Griffin Drive, Beaverton

Workshop #3 - Title: "Understanding A Child's Temperament and Personality"

Date: 11/18/98

Time: 7-9pm

Fee: \$10

CDA Competency: #8

Presenters: Vicky England, Roni Pham

Description: Environment and genetics shape a child's development. Learn how to assess a child's temperament and personality and discover how this knowledge can enhance the care you provide.

Location: Community Action Organization, 1001 SW Baseline, Hillsboro

Workshop #4 - Title: "Building Your Child Care Business"

Date: 12/2/98

Time: 7-9pm

Fee: \$10

CDA Competency: #5

Presenters: Roni Pham, Karen Henkemeyer

Description: Building a successful child care business is easier when you have the right tools. This workshop will give you those tools and information to help build a successful child care business.

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

Workshop #5 - Title: "New Ideas From the Kitchen"

Date: 12/7/98

Time: 7-9pm

Fee: \$10

CDA Competency: #1

Presenters: Roni Pham, Vicky England, Karen Henkemeyer

Description: Learn to feed children nutritionally, inexpensively, and quickly. Would you like to spend less time in the kitchen and more time with the children? Join us and we'll even throw in some fun snack ideas.

Location: Community Action Organization, 1001 SW Baseline, Hillsboro

Workshop #6 - Title: "All Stressed Out and No Where to Go"

Date: 1/14/98

Time: 7-9pm

Fee: \$10

CDA Competency: #6

Presenter: Renée Bruce

Description: Are you feeling stressed? How about the children in your care, are they stressed too? This workshop will focus on how to identify stress in children and ourselves, and how to better cope with stress once it is identified.

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



SPECIAL SATURDAY SEMINAR



Title: *Appreciating Child Development*

Description: We all say that we "love kids", but do we respect childhood? We will learn to appreciate common child behaviors (and misbehaviors) as viewed in the context of typical developmental ages and stages. The focus will be on respect while guiding children as they grow and develop.

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

Date: 11/7/98

Time: 9am- Noon

Fee: \$15



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**

“What Is All This Talk About Getting A CDA?”

by Roni Pham



Q. What Is The CDA Anyway?

The Child Development Associate Credential (CDA) is a program that focuses on the skills of early childhood care and education professionals. This is a national credential that includes center staff, family child care providers, and home visitors. The CDA program is designed to provide quality training to child care professionals that will enable them to demonstrate skills to meet the specific needs of children. Once a person is awarded the CDA Credential, they will have demonstrated the ability to meet the needs of children and work with parents to nurture children's physical, social, emotional, and intellectual growth in a child development framework.

Q. Why Should I Get The CDA?

The CDA is training that is specific to the needs of children and working with families within a child development setting. Regardless of prior training or educational areas, this is a chance to gather intensive training and receive a credential in your field - child care. As with all education, this is a certificate that you can proudly display as an area that you excel in and have achieved through great determination, and focus. Your CDA Credential can also provide leverage for professional and career opportunities.

Q. How do I obtain a CDA?

The Council for Early Childhood Professional Recognition, located in Washington D.C., sets the policies and procedures, and publishes the Competency Standards and materials used for the CDA credential. Therefore, your CDA packet comes from the Council, and you will need to request one once you are sure that you are ready to commit to the process of achieving your CDA.

To see how close you are to achieving your CDA check the boxes that you can answer *yes* to:

- I am 18 years of age or older
- I hold a high school diploma or GED
- I am able to speak, read, and write well enough to fulfill the responsibilities of a CDA Candidate.
- I can be observed working as a lead caregiver in a center of family child care setting.
- I have 480 hours of experience working with children within the past five years.
- I have 120 clock hours of formal child care education within the past five years.

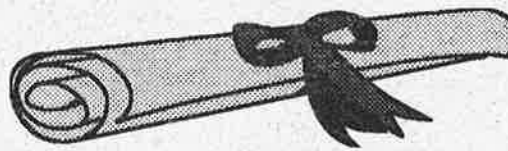
The 120 clock hours of education must be documented, with no fewer than 10 hours in each of the following content areas:

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;
- Principle of child growth and development;

To obtain the CDA, you must submit documentation of competence to the Council for Early Childhood Professional Recognition. This documentation includes:

- ⇒ **A Professional Resource File:** *A collection of reference materials related to Candidate's work.*
 - ⇒ **Parent Opinion Questionnaires:** *Feedback from parents with children in the Candidate's care.*
 - ⇒ **The CDA Assessment Observation Instrument:** *Recorded observations of the Candidate's skills while working with children and families as primary caregiver.*
 - ⇒ **An Oral Interview:** *An interview with a Representative to evaluate the Candidate's skills and knowledge.*
 - ⇒ **A Written Assessment:** *A two-hour, multiple-choice examination administered by the Representative.*
- While this may sound overwhelming, we have a wonderful solution for you.

We proudly present to you:
The Second Annual CAO - CDA Program



Community Action Organization (CAO), through the efforts of Head Start and The Child Care Resource & Referral (CCR&R) Resource Team of Washington County has developed a system for Washington County child care professionals to accomplish the CDA process with a peer group of other child care professionals who share the same goal. Often the child care provider is on their own trying to wade through choosing the right classes to meet their CDA requirements. CAO viewed this as a professional challenge for child care professionals and worked to find a solution that could help providers reach their goal of obtaining a CDA Credential. Thus, the CAO-CDA Program was created!

	Session 1	Session 2	Community Based Programs
Location:	CAO	CAO	At various locations
Day of the Week:	Tuesdays	Tuesdays	Various
Time:	6:45pm - 8:45pm	6:45pm - 8:45pm	Various times
Dates:	10/6/98 - 1/19/99	1/26/99 - 5/25/99	Various dates throughout the year
Presenters:	Variety	Variety	Variety
CDA clock hours:	Total 28 hrs.	Total 32 hrs.	Hours will vary
Fees:	\$35.00	\$35.00	Fees will vary

While you are working on your 120 clock hours of training, the CAO Sessions will give you opportunities to talk with members from the CAO - CDA Committee to help you assess where you are in the CDA process, and to give you advice and guidance about your options. By registering with the CAO - CDA program you will have peers and feedback from instructors to help you through the process. It won't get any easier, friendlier, or more fun than this.

The first session is already full. The good news is that you don't have to wait to get started on your CDA! Give us a call and we'll send you information with many options for you to begin fulfilling by attending community based trainings. This newsletter list classes scheduled in Washington County that will satisfy CDA requirements. We will also be happy to hold you a seat in the next session. Give us a call, and we'll get you started toward obtaining your CDA. You can call the CCR&R Resource Team to get a packet of information about the CAO- CDA Program. Call us at, (503) 693-3241.



RESOURCE OPPORTUNITIES

I am sure many of you have heard Hillary Clinton's famous phrase, "It takes a village to raise a child." Child care providers play a crucial part in helping to raise the children from the "villages." Parents rely on providers for more than caring for their children on a daily basis. Parents also look for information from their provider on other aspects of the community. Community Action Organization (CAO) provides a variety of resources in Washington County. CAO programs are centered around Early Childhood Education, Child and Family Support and Community Resources. The following is a brief description of these programs and how they can assist families in Washington County. For further information, please call CAO at 648-6646, or the numbers below for specific programs.



EARLY CHILDHOOD EDUCATION

Head Start Program: Phone: 693-3242

- ◆ Provides comprehensive pre-kindergarten service
- ◆ Provides access to community health and social services
- ◆ Home visits to support the skills of parents as the primary educator of their children opportunities to participate in classroom activities

Even Start: Phone: 357-4964

- ◆ Provides literacy services to adults and children



CHILD AND FAMILY SUPPORT

◆ **A Kid's Domain:** Phone: 357-4994

School-age child care in Forest Grove/Banks School Districts

◆ **Metro CCR&R:** Phone: 253-5000 ext. 4

Assists parents in locating child care.

◆ **The Resource Team:** Phone: 693-3241

The Learning Circle Mobile Training Program for family child care providers and centers
Workshop trainings for child care providers, preschool teachers, and all center staff.

◆ **ABC Soup:** Phone: 648-6646

USDA Child Care Reimbursement Program for in-home child care providers

◆ **Opening Doors:** Tualatin: 691-8552 Hillsboro: 681-1760

Provides outreach, advocacy, support and education to low-income, pregnant women.



COMMUNITY RESOURCES

Call 648-0829 for information on any of the following resources.

- ◆ **Information & Referral:** 24 hour service for community resources
- ◆ **Family Homeless Shelter**
- ◆ **Housing Services:** Tenant Education classes, Fair Housing Information, Case Management for formerly homeless families, and Transitional Housing Information
- ◆ **Energy Conservation Education/Information**
- ◆ **Emergency Basic Needs**



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

Washington County Chapter News

The new school year is upon us with good beginnings, a fresh outlook, and new goals. Perhaps your goal is to become more involved in your Washington County chapter. Here's what has been happening.

Chapter Supports Accreditation

Center directors gathered together on April 17th in Hillsboro to learn about NAEYC accreditation. The 25 people in attendance heard about the accreditation benefits and process and made plans for their own work toward accreditation.

The meeting was supported by the chapter for its goal to increase the number of nationally accredited centers in Washington County. Presently two county centers are accredited. Sequent Learning Center in Beaverton and A Child's Way in Portland. A total of 37 programs are accredited in Oregon.

NAEYC through its National Academy of Early Childhood Programs, accredits programs which meet standards of quality that are higher than state mandated standards. Directors who are interested in learning more about accreditation or who have questions about the completing the self-study are invited to call Beverly Briggs, the chapter accreditation chair. Her number is 645-4992.

Congatulations to KinderCare at Legacy meridian Park Hospital!

Washington County now has three NAEYC accredited centers. The newest one, KinderCare Learning Center at Legacy Meridian Park Hospital in Tualatin, learned in July of their new accreditation status.

Circle October 9th and 10th on your calendar for the Fall OAEYC conference. Scholarships are available throughout the Washington County Chapter for your OAEYC membership and /or to attend the Fall Conference. Don't let lack of funds keep you from your professional growth. Call Carlyne Westlake at 693-3228 to discuss.

There will be a meeting to elect new officers on Thursday, October 1st - 7:00 p.m. at Community Action Organization Building. Next newsletter will let you know the names of our new officers for Washington County Chapter .

You Are Invited

to explore the Adult & Family Services (AFS) Subsidy Programs with representatives from

Adult & Family Services:

Direct Pay Unit (DPU) and Child Care Unit (CCU) and

Metro Child Care Resource and Referral

• **Topics will include:**

The roles of AFS departments (DPU & CCU) and the CCR&R

Working with the AFS system

**Parent eligibility*

**Listing forms*

**Billing forms*

**Copay*

**Attendance logs*

TITLE: DPU and You
DATE: November 19, 1998
TIME: 7pm-9pm
LOCATION: Northeast Portland AFS Office
4425 NE Broadway, Portland

There will be an opportunity to discuss issues or ask questions that you may have about Employment Related Day Care (ERDC) or the JOBS subsidy programs. Please call Mary Kay Bean at 257-4118 if you have any questions. Hope to see you there.

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. ***The Resource News*** does not endorse or recommend any paid advertisements, products, or services.

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