

# Tender Times

Quarterly Newsletter

October, November, December 2023

## Carrie's Corner

It is that time again! We are in the middle of planning the 23rd annual Southern Utah Early Childhood Conference. We are excited to announce our theme:

"Imagine a Universe

Where Every Child is a STAR"

Save the date: Saturday, April 20, 2024 and

"Leaders Create Rising Stars" for all leaders Friday, April 19, 2024

The conference will take place at the Utah Tech University. We will focus on children's behavior, inclusion and special needs.

Registration is coming SOON!



## CAC Five County St George

1070 W. 1600 S. Bldg B  
St George, Utah 84770  
435-628-4843

Carrie Sigler	Director
Pam Reclosado	EC Specialist
Melissa Brown	CDA Specialist
Tiffany Raban	EC Specialist
Emily Todd	EC Specialist

## CAC Five County Cedar City

1585 N. Main Suite I  
Cedar City, Utah 84720  
435-586-8722

Carlene Hanson	CCQS Specialist
Nathan Reeves	Data Specialist

## CAC Five County Richfield

60 E. 100 N. #1  
Richfield, Utah 84701  
435-201-3737

Stephanie Mikesell	Training Supervisor
Megan Westenskow	Family CC Specialist
Sharmi Crowther	Training Support



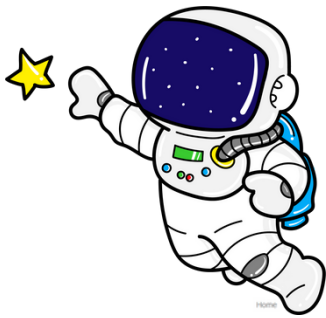
Meet our "corny" staff at the pumpkin festival in Cedar City on October 7th! We are bringing crafts and fun for your kids!







I SHOULD UPDATE MY CAC PROFILE TODAY...



**Follow us on Facebook!**  
for licensing & training updates, classroom activities, and more!

The Children's Center Utah provides the following services for child care providers in Utah:

- Consultation Services- to your program, with our own contact for Southern Utah.
- Free Webinars on Early Childhood Topics relating to mental health.
- Utah Early Childhood Mental Health Summit every November.

Southern Utah's Contact: Seini Namuaira  
[snamuaira@tccutah.org](mailto:snamuaira@tccutah.org)  
 435-216-6842



**NEW CAREER LADDER COURSE!**  
**Positive Behavior Support (PBS)**

Are you looking for strategies to reduce challenging behavior and help children develop social and emotional skills?

Interested?



Cost = \$5.00

Scan the QR code or click the link below to go to the Care About Childcare website and register.

<https://jobs.utah.gov/occc/cac.html>

This 7-hour course will be taught virtually, over Zoom. In this class, you will:

- Gain a foundational knowledge of the evidence-based Pyramid Model
- Learn about children's social-emotional development what you can do to support it
- Explore the PBS components:
  - relationships
  - supportive environments
  - emotional literacy
  - problem-solving and friendship skills
  - challenging behavior
  - early intervention

This class counts towards PD hours for: Career Ladder levels 2, 3, or 5-8 & CDA areas ACD-3, SP-EB

**DATES & TIMES:**  
 October 24<sup>th</sup> 7-8:30 pm  
 October 26<sup>th</sup> 7-8:30 pm  
 October 30<sup>th</sup> 7-9 pm  
 November 1<sup>st</sup> 7-9 pm



**Fingerprinting Grant Now Available**

We are excited to announce that we have now offer a grant in support of fingerprint costs for licensed child care centers and licensed family child care programs.

This grant will cover any additional costs the location charges to process the fingerprints. This grant does not include background screening costs incurred, such as fees charged by Child Care Licensing.

The grant application can be found on our website [www.childcarehelp.org](http://www.childcarehelp.org)

Payments should be received by mail within 2 to 6 weeks from completion of the grant form.

All documentation must be mailed to:  
 Care About Childcare-Five County  
 585 North main Suite 1 Cedar City, UT 84721  
 or email to [areeves@fivecounty.utah.gov](mailto:areeves@fivecounty.utah.gov).



## Child Care Licensing Updates: [childcarelicensing.utah.gov](http://childcarelicensing.utah.gov)

- New video that explains how to navigate your provider portal
- CCL Website is newly designed! Check it out now!
- As the result of a federal audit and to ensure the consistency of inspections, licensors are assessing compliance with all rules and requirements at all inspections.
- The Office of Background Processing (OBP) is seeing significant delays in fingerprinting information being released due to complications the Department of Public Safety (DPS) is currently experiencing.
- The fingerprint form is now generated through the provider's Child Care Licensing Portal. A "Download Fingerprint Form" button will appear after a background check form is authorized.



### HANDS-ON CPR REQUIREMENT IS BACK!

Starting July 1st, 2023, all individuals required to have First Aid and CPR certification will need to have the hands-on portion of the CPR training. Providers may wait until current certification needs to be renewed before looking for classes that offer the hands-on component, but new individuals will be required to have the First Aid and CPR certification showing the hands-on component. Please contact CCL if you have questions.

A partir del 1 de julio de 2023, la formación en RCP y primeros auxilios deberá incluir el componente práctico como parte de los requisitos de formación. Proveedores o empleados que están entrenando por primera vez, serán requeridos a tener el componente práctico. Los proveedores y empleados que renueven su formación o certificación después del 1 de julio de 2023 deberán tener el componente práctico.  
(June 21, 2023)



Providing child care for unemployed parents  
engaging in formal job search activities.



The goal of the Kids in Care Job Search Fund is to ensure that recently unemployed parents have access to regulated childcare at no cost while they engage in formal job search activities. Do you have a parent in your program that could use some help?

Kids In Care is available to pay up to 150 hours of childcare per family.

**FREE** child care for qualifying families!

For eligibility requirements and an application please contact Abby Jarman at Care About Childcare (A program of Children's Service Society)

Phone: 801-326-4399 [KIC@cssutah.org](mailto:KIC@cssutah.org)

Kids in Care



# Carlene's CCQS Corner

What BEAUTIFUL weather we have been enjoying!

**Congratulations** to all our Family and Center programs that have received your Quality Rating since our last newsletter!

Little Harvard Academy	St George	Certified Building Quality
Shawna Brobst Daycare	Enoch	Certified High Quality
Discovery Clubhouse St George	St George	Certified Foundation of Quality
Home Away from Home St George	St George	Certified Foundation of Quality
The Treehouse Childcare	Cedar City	Certified High Quality
The Learning Tree	Cedar City	Certified High Quality

**Our Center CCQS cohort is underway!**  
I am excited to work with our 10 Center programs & the 16 management staff that are participating.

And, as always, if you have any questions, send me an email: [chanson@fivecounty.utah.gov](mailto:chanson@fivecounty.utah.gov) or call me at 435-632-2195

## Welcome Emily Early Childhood Specialist

Hey there! I'm Emily! I am originally from the Sunshine State, Florida, but have recently relocated to St. George and am excited to start exploring my new home. I graduated from Young Harris College with my Bachelor's in Religious Studies in 2018. After graduation I worked as an Assistant Director, fun fact, I was actually the third generation of my family to work at the school. I then moved on to the education and learning field where I ran a Mathnasium for the past three years. I got to see all ages of students have fun and fall in love with Math, how awesome is that?

When I'm not at home reading a book or trying to buy my next record and concert ticket, you can find me out on the hiking trails or on the water. I am so excited to be joining this team!



**Certified  
Classrooms**



**Here is your opportunity to qualify for the Nature Explore/Health & Safety points in CCQS**

Care About Childcare ~ Five County ~  
Is making it possible for you to attend the  
Nature Explore 2-Hour Workshop  
**AT NO COST to you!!**

**\*\*Up to 50 Participants\*\***

Thursday, October 26th, 2023  
Virtual – 6:30 – 8:30pm

**What are Certified Nature Explore Classrooms?**

Certified Nature Explore Classrooms are dynamic, nature-based play and learning spaces. Nature Explore Outdoor Classroom Design Services apply research-based, field-tested design principles to create these nature-rich outdoor spaces that can be located anywhere a school, childcare center, park, or other community site might have a traditional playground.



To register call the CAC office at 435-628-4843 or Email

Melissa @ [mbrown@fivecounty.utah.gov](mailto:mbrown@fivecounty.utah.gov)

Carlene @ [chanson@fivecounty.utah.gov](mailto:chanson@fivecounty.utah.gov)

A ZOOM link will be sent to you the day before the workshop.

Funding provided by the Department of Workforce Services, Office of Child Care through CRRSAA



# Fall Fun



## WHAT DO CHILDREN LEARN WHEN PLAYING WITH BLOCKS

HOMERESOURCES / PUBLICATIONS / YOUNG CHILDREN / MARCH 2015 /  
TEN THINGS CHILDREN LEARN FROM BLOCK PLAY

- PROBLEM SOLVING
- IMAGINATION
- SELF-EXPRESSION
- MATHEMATICS
- CONTINUITY AND PERMANENCE
- CREATIVITY
- SCIENCE
- SELF-ESTEEM
- SOCIAL AND EMOTIONAL GROWTH
- DEVELOPMENT IN ALL AREAS



## HALLOWEEN TREATS



These Halloween Songs & Dance Videos for toddlers are perfect for at home, in classrooms, or for a fun Halloween party!



## JOIN THE OCTOBER APPLE CRUNCH





**NEW THIS MONTH!**



# Care About Childcare's Parent Page!

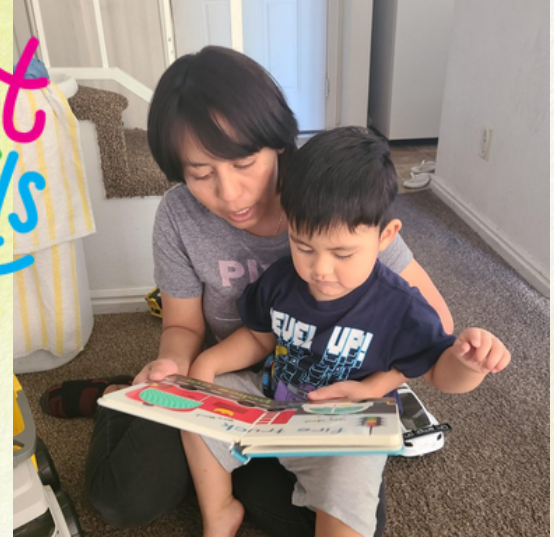
Print and tear this page to display in your program. Help us help parents stay in the know about resources, seasonal tips, and more!

## READING WITH YOUR 0-12 MONTH OLD CHILD

Brought to you by our partner:



Reading is an important step in your child's developmental process. From motor skills (pointing with finger, turning pages, flipping book over) to cognitive and language learning, reading with your child is a great activity, starting at any age.



### How do children react with books from 0-3 years old?

- 0-6 months: May calm down while a familiar story or rhyme is read.
- 6-8 months: May begin to explore books by looking, touching, and mouthing. May seem fascinated by a particularly bright picture.
- 9-11 months: May have a favorite picture—for example of a smiling baby or a familiar-looking object.
- 12-18 months: May begin turning pages or holding a book as if she is "reading." May begin saying the word "book" and/or showing a preference for a specific book at bedtime.
- 24-36 months: May begin anticipating the story. For example, while reading Goldilocks and the Three Bears, your toddler may say, "Just right!" as soon as he sees the picture of Goldilocks spooning up her porridge. She may also request the same story over and over and may pretend to read books on her own or tell you simple stories.\*\*

### How soon should I start reading with my child?

"...children who are read to consistently when they are young end up doing better in school."

-Elizabeth Moore, MD pediatrics

It's never too early to start. Research has shown that reading to your baby in the womb is linked to early literacy and language skills. Even without the ability to talk, your child is learning about the world around them. Find board books and soft cloth books that your child loves, and can safely play with, chew on, and read with you. With these sturdy books, your child is safe to play with them as they please. No need to worry or say "no". Let them explore in their own little way.

### What if my child isn't interested when I read to them?

Start building a routine in your everyday life. Use a story, song, or rhyme at bedtime. Make up songs and rhymes when playing or driving in the car. Your kid will begin to love the power of words and sounds. Always be on the lookout for signs and words you can point to and say aloud. Make sure you have books accessible for your child to play and interact with. Don't force them to read, let them learn on their own terms. You don't want negative feelings towards reading at their young age.

### What if my baby just wants to play with the book?

Their chewing and mouthing are showing you how much they like books. That is how babies explore, with their senses. Chewing and mouthing is normal and is teaching your baby the shape of the book. Books are bright and colorful and are very interesting to a young mind. Your baby is learning all about these square things, full of pictures and sounds.

Address: 2044 Mesa Palms Dr, St. George, UT 84770  
Phone: (435) 673-5353

<https://rootforkids.org/>







# Disaster Preparedness Tip: Important Documents and money

## The Point

It is important to have printed copies of documents for identification and reference during an emergency and to help in post-emergency recovery. At the same time, during disasters, ATM machines, banks, and credit card readers may be inoperable. Having cash on hand will help cover costs until normal services resume.

It is important to have your important documents in order and have some finances set aside to "be ready" for emergencies and hard times.

## Do This

- Gather and make copies of your **important documents** and put the originals in a fire/water proof safe or safe deposit box.
- Put COPIES of important documents in **disaster supply kits**.
- Secure digital copies of important documents in a secure cloud account.
- Put together an ICE (In Case of Emergency) finance book.
- BONUS: Include in your budget a percentage of each check until you have at least a \$1000.00 emergency fund. Keep the cash in small bills and store it with your important documents in the safe.



## Did You Know...

**Utah has a website for disaster preparedness and emergency management!** <https://dem.utah.gov/>



**Sign up for emergency alerts in your County to be prepared!**

- Beaver County** - <https://public.alertsense.com/SignUp/public.aspx?regionid=1399>
- Garfield County** - <https://public.alertsense.com/SignUp/public.aspx?regionid=1388>
- Iron County** - <https://www.ironcounty.net/government/departments/emergency-management/citizen-alert>
- Kane County** - <https://member.everbridge.net/892807736721500/login>
- Millard County** - <https://public.alertsense.com/signup/?regionID=1568>
- Sanpete County** - <https://public.alertsense.com/SignUp/public.aspx?regionid=1248>
- Sevier County** - <https://public.coderedweb.com/CNE/en-US/7CCFOBD4F97B>
- Washington County** - <https://member.everbridge.net/892807736722285/login>



# YOUR ROAD TO CDA

Child Development Associate Credential

**Work in a Cohort or at your own pace!**

## *In a cohort:*

- Work with peers, make new friends and collaborate
- With a set schedule you can be confident you get all the training hours you need
- Homework assignments are designed to go right into your professional portfolio, so by the time cohort classes are complete, your portfolio is also!
- We will guide you through the application, scholarship, and payment process

## *Work at your own pace:*

- You will receive a training plan tailored to your needs and support in finding classes
- Upon completion of 60 hours you will receive your CDA book and professional portfolio at no cost
- We will guide you through the application, scholarship, and payment process

**THIS YEARS  
COHORT**



**July/August 2023 to**

**April/May 2024**

**Contact:**

**Melissa Brown 435-628-4843**

**mbrown@fivecounty.utah.gov**

**Stephanie Mikesell 435-201-3737**

This Document is produced with funding from the Department of Workforce Services, Office of Child Care through the Child Care and Development Block Grant

# Congratulations



Jordyn Peacock  
Kaysea Banks  
Krista Adams  
Cheryl Masinelli  
Joncie Bradshaw  
Kaylee Killpack  
Kessley Olsen  
Amy Huggard

**DO NOT  
LET  
YOUR  
CDA  
EXPIRE**



**Upcoming webinar: Continuing Your Professional Journey:  
Renewing Your CDA® Credential**

Need to renew your CDA? Don't know where to start? This session is a great introduction to the CDA renewal process and will provide you with detailed information on the requirements, steps, and expectations. Reinforce your commitment to the Early Childhood profession by renewing your CDA and ensuring the quality of care and education you provide to our youngest children.

Register here: <https://ow.ly/zkQY50PLHgm>





## Signing up for Professional Development Classes:

Log into your Care About Childcare profile and click on "Professional Development", then select the "Course Calendar"

You can search by date, county, the organization doing the training, or other options here:

2 Add classes to your cart like before... if there's no cart, class is full.

You can choose "Self Pay" or "Program Pays" if your program is funding your classes.

4 Proceed to payment or wait for your program to approve. You're done!

# CPR/First Aid Training



Statewide/Online: American Red Cross  
[redcross.org/local/utah/take-a-class/cpr](http://redcross.org/local/utah/take-a-class/cpr)  
 435-674-4440

Beaver County: Milford Valley Hospital  
 435-387-2411 ext. 4

Garfield County: Garfield Memorial Hospital  
 435-676-5496

Iron County: Valley View Medical Center  
 435-868-5496

Millard County: Brandon Woods  
 801-920-5548

Sanpete County: Gunnison Valley Fire Dept  
 435-813-2572  
 Gunnison Valley Hospital  
 435-528-2156

Sevier County:

Washington County: Dixie Applied Tech College  
 435-674-8641  
 Claudia Zundel  
 435-467-9556

Ridgeview CPR Patty Hanson  
 435-862-8965  
 EMS Safety Cheryl Ashcraft  
 435-229-5086

Wayne County Health Dept.  
 435-836-1316

Wayne County:

If you are aware of other agencies that do CPR and First Aid, please contact us so we can get them on our list.



## Community Resources

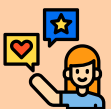


**Food Handlers Permit-** Receive your food handlers permit ONLINE by going to:  
<https://swuhealth.org/utah-approved-online-food-handler-courses/>



**New Licensee Classes-** For new provider (Online) training, center rules, and home rules trainings

- go to: <https://childcarelicensing.utah.gov/>
- Click "Child Care Providers", then "Trainings"
- Pre-registration is required



### Center Director Endorsements-

- NCCA-National Administrator's Credential:  
<https://www.upcca.info/nac-training.html>
- Other Credentials and Certificates can be found at:  
<https://jobs.utah.gov/occ/urpd/credentials.html>



# Class Calendar

## October, November, December 2023

Levels	Title/Description	Location	Dates	Cost	Hours
2-3	<u>Explore More-</u> Are you looking for creative ways to use the materials and interest centers in your program? Join this course to get fresh ideas for how to deeply engage children in art, music and science play as well as learn how to incorporate new materials in ways that are sure to pique children's interest and creativity.	Virtual/Online Platform	October 3, 5, 10, 12	\$5	10
5-8	<u>Family Child Care Course 2-</u> In this family child care course participants learn practical aspects of setting up a quality home child care program. Instruction will focus on: arrangement of indoor and outdoor space; health, safety, and supervision; schedules, routines, and how to support child-directed activities.	Virtual/Online Platform	October 4, 11, 18, 25	\$5	10
2-3 5-8	<u>Foundational Theories of Child Development-</u> In this course participants learn about the theories of child development that became the foundation for modern day principles of early childhood development and learning. Participants will be introduced to the theories of Maslow, Erikson, Bowlby and Ainsworth, Montessori, Piaget, Vygotsky and Bronfenbrenner.	Virtual/Online Platform	October 10, 12, 17, 19	\$5	10
1 2-3 5-8	<u>CCQS: From Application to Award Family Based-</u> This course supports home-based child care programs in obtaining a certified quality rating in Utah's Child Care Quality System (CCQS)	Virtual/Online Platform	October 12	\$5	2.5
5-8	<u>Director's Toolbox Course 3-</u> In this course, participants will learn how to shape the quality of work life for staff and build teacher competence, strengthen staff commitment, and expand opportunities for collaboration.	Virtual/Online Platform	October 16, 18, 23, 25	\$5	10
5-8	<u>School Readiness Course 4-</u> This course covers two content areas: Physical Education and Health Education. These content areas include developmentally appropriate skills for three- and four-year-olds in the areas of gross and fine motor skills, self-care skills, positive relationships and developing friendships, mental and emotional health and nutrition.	Virtual/Online Platform	October 21, 28	\$5	10



Levels	Title/Description	Location	Dates	Cost	Hours
2-3	<u>A Great Place for Kids: Creating Positive Learning Environments</u> -In this course participants will learn key components of quality early childhood environments, with a focus on creating ample opportunities for children to learn through play both indoors and outdoors.	Virtual/Online Platform	October 25 November 1, 8, 15	\$5	10
5-8	<u>Goal Setting for Lasting Change</u> -Have you ever wondered why some changes stick and others don't last? Learn how to leverage intrinsic motivations to avoid change management pitfalls and create meaningful, lasting change in your program.	Virtual/Online Platform	November 2, 6, 7, 13	\$5	4
1 2-3	<u>Emergency Preparedness in Childcare Settings</u> -Learn how to prepare for, survive during, and recover after an emergency situation to keep your child care thriving. Please bring a copy of your program's Child Care Licensing Health and Safety Plan for reference throughout the course.	Virtual/Online Platform	November 4	\$5	5
5-8	<u>Infant/Toddler Course 3: Learning in Infancy &amp; Toddlerhood</u> - In this course participants explore how infants and toddlers learn. Areas of focus include: cognitive discoveries of infancy, the role of the caregiver in supporting learning, stages of infancy, and language development	Virtual/Online Platform	November 6, 8, 13, 15	\$5	10
5-8	<u>Family Childcare Course 4: Professional &amp; Business Practices</u> - In this course participants learn how to set up and maintain a professional home child care business. Emphasis will be placed on ethical behavior, contract development, record keeping, taxes and marketing a home child care program.	Virtual/Online Platform	November 7, 9, 14, 16	\$5	10
2-3	<u>Working Together: Productive Relationships with Families</u> - In this course participants learn effective strategies for establishing and maintaining open and positive relationships with each child's family, encouraging family involvement in the child care program, and supporting each child's relationship with his or her family.	Virtual/Online Platform	November 7, 9, 14, 16	\$5	10



## Professional Development System Participant Code of Conduct for Career Ladder Approved Live Virtual Care About Childcare Courses

**Punctuality/Attendance:** I understand that my face must be visible in the virtual classroom by sharing my webcam at or before the time scheduled for class to begin in order to obtain Career Ladder credit for the class. I recognize that arriving at least five minutes early to ensure technology is working is helpful to prevent a delay in starting class on time. If I arrive after the time class is scheduled to begin, I may be able to use the time I was in attendance for other training credit, but I will have to repeat the full session to receive Career Ladder credit for the course. This includes returning on time from breaks and lunch. Class will begin when the instructor determines it is time to start. I understand that if I am not present during the entire class session, I will not receive Career Ladder credit for the session and will have to repeat the session in order to receive Career Ladder credit.

**Attending in Groups:** In order to ensure a high-quality learning experience for all enrolled, I understand that only one participant is allowed to join per smart phone device, and only two participants are allowed to join per tablet, laptop or desktop computer.

**Disruptive Behavior:** I recognize that expectations of appropriate attire and appropriate behavior in live, virtual courses mirror the expectations of in-person courses. I will be respectful to all personnel that support the Professional Development System including Care About Childcare (CAC) staff, Utah Registry for Professional Development (URPD) staff and Office of Child Care (OCC) staff. I will not use obscene, profane, threatening, discriminatory, harassing or abusive language. During class, I will remain in a stationary location, will be respectful to the instructor and others in attendance during each class session, and will refrain from disruptive behavior. I will leave my microphone on mute when I am not speaking to prevent potential background noise from disrupting the class. During breaks I will mute my microphone and turn off my camera. I will attentively participate in class. I will not text message, engage in social media or make cell phone calls during class time. I will not allow food, drink or the presence of pets to become disruptive or distracting to the instructor or other class participants. I understand that consuming alcohol during the live, virtual course is prohibited.

**Illegal Activity/Health & Safety:** I understand that any illegal activity, including behavior that threatens the health or safety of the instructor or other participants before, during or after class will be cause for my immediate expulsion from class, and my privilege to participate in CAC courses and receive financial support and incentives from URPD may be permanently revoked. I understand that such behavior may be cause for intervention by law enforcement and/or other legal action. This includes using technology while operating a motor vehicle. I understand that I may be excluded from the virtual classroom if my condition prevents me from participating or is disruptive to the class environment.

**Children:** In order to ensure a productive adult learning environment and minimize distractions, I understand that children are not permitted to be in the same room while I participate in the live, virtual course. I understand that due to certain host agencies' regulations regarding breastfeeding, the instructor may make exceptions for mothers who need to quickly nurse during a course, as long as the infant is not disruptive.

**Class Roll:** I understand that in order to receive Career Ladder credit for each class session, it is my responsibility to keep my webcam on at all times that the class is in session, other than during breaks. I understand that failure to do so will result in my not receiving Career Ladder credit for the class session.

**Confidentiality:** I understand that confidentiality is extremely important. I understand that I must keep all names and other identifying information confidential when I am relating a story during class or asking for guidance regarding certain issues. I also understand that it is my responsibility to keep sensitive issues discussed during class in confidence and not discuss it with family or friends outside of the classroom setting. Due to confidentiality these classes will not be recorded.

**Refunds:** I understand that class registration fees are non-refundable. I understand that if I notify the host training agency a minimum of three days in advance that I am unable to attend a course for which I am registered, my registration fee may be able to be credited toward another CAC class. I understand that it is my responsibility to contact the host training agency to make these arrangements.

**Accommodations:** I understand that if I would like to request an accommodation, I should contact the host agency of the class I plan to attend directly. The host agency is listed on the CAC training calendar in the course details, under "Organization/Institution."

**Non-Compliance:** I understand that if the rules outlined within this Code of Conduct are not followed, a violation may be officially recorded with CAC and URPD. I will be allowed one officially recorded violation as a warning. I understand that upon the second such violation, I will be suspended from participation in CAC courses and receiving financial support and incentives from URPD for one year from the violation date. I understand that upon the third such violation or the first incident of illegal activity (including threatening or intimidating behavior), my privilege to participate in CAC courses and receive financial support and incentives from URPD may be permanently revoked.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_