

# Tender Times

Quarterly Newsletter

April, May, June 2025



Care About Childcare  
Five and Six Counties

**Don't  
Worry  
Darling...**



**You didn't miss registration for the**

**24th Annual  
Southern Utah  
Early Childhood  
Conference**

**In  
Early  
Childhood**

**Happy  
Days**

**May 9th & 10th, 2025  
Utah Tech University  
St. George, Utah**



**Care About Childcare**  
Five and Six Counties



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

## **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





## Care About Childcare - Five County

532 followers • 114 following

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### Intro

Serving Southern Utah, providing childcare referrals to parents & resources to Childcare Providers.

Edit bio



What's on your mind?

Photo/video

Reel

Live video

We post licensing updates, activity ideas, and information for parents!



12TH ANNUAL  
CARE ABOUT CHILDCARE – USU EASTERN

## CONFERENCE ON STRENGTHENING EARLY CHILDHOOD PROGRAMS

**SAVE THE DATE**  
**SEPTEMBER 19 and 20, 2025**

As we get closer, registration and conference information will be posted. We look forward to connecting with you.

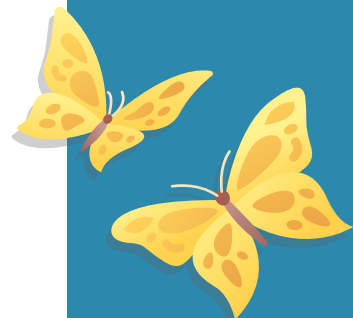


### COLORFUL CONVERSATIONS: Behavior, Communication, & Listening

#### About this Conference

Join us for our 2nd annual NUECC in Logan, Utah. We will explore the intersectionality of behavior, communication, and listening and how these elements impact children, families, teams, and early childhood professionals.

Early bird pricing will be available until April 30, 2025.





# Things That Will Help Me Stay Calm

## Infants

Try to understand what my behavior is **communicating**.



Provide a consistent **routine** for feeding, nap time, and diaper changes.



**Connect** with me throughout the day:

- Talking
- Smiling
- Hugging
- Singing
- Holding
- Pausing to let me respond with a smile, action, or a sound.



**Interact** and play with me where I can see you.



Carry me (in arms or carrier) or let me sit **safely** at a level where I can interact with you.



Teach me about **emotions** by labeling them.



The bunny in the book is smiling. He looks happy.

**Stay close** in new places and with new people.



**Help me** prepare for new or challenging situations (e.g., talk about what will happen, give me a comfort item).



Learn more family resources at [ChallengingBehavior.org/Implementation/Family.html](http://ChallengingBehavior.org/Implementation/Family.html)



perfection only exists in babies and pastries  
-Gayle Wray

# Have you been to our new website?



We have resources for you and for parents!



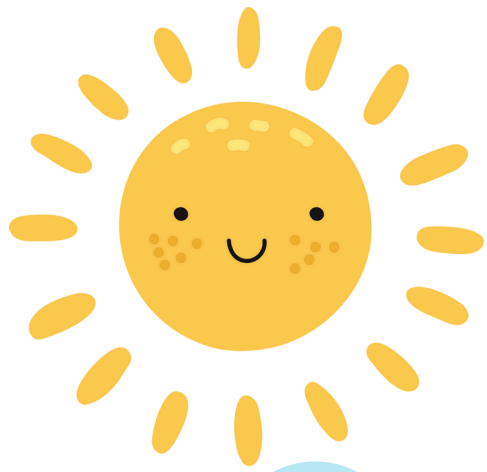
## Connect With Our Childcare Service Providers in St. George, UT

Care About Childcare Five and Six County Serving the needs in Beaver, Iron, Kane, Garfield, Millard, Piute, Sevier, Sanpete, Washington, and Wayne Counties



HOME PARENTS PROVIDERS CONFERENCE OUR TEAM NEWSLETTER CONTACT US





# LET'S GO OUTSIDE!



It's the perfect time to get into nature! Here are some ways to get outside with your kiddos and make learning meaningful!

Go for a nature Scavenger Hunt. You can search for:

- colors, smells, or textures
- weather
- bugs or birds
- nature objects

Press flowers or leaves, and make leaf rubbings

Take pictures of trees and observe them through the seasons

Explore seed and plants, and grow your own seeds!



Follow an ant trail, learn about bees, or look under rocks for roly polys!

Set up a mud kitchen

Have an outside art center. Use nature items in collages!



Source: <https://www.naeyc.org/our-work/families/ideas-exploring-outdoors>





As part of the 50th anniversary celebration of the CDA, the Council is again offering a [CDA Renewal Amnesty Program](#). This limited-time opportunity begins on February 1, 2025, and allows anyone with a CDA credential expiration date as far back as **January 1, 2020**, to complete the renewal process and make their credential active again.

To be eligible, you must meet all current renewal requirements and apply online, using YourCouncil. [Click here](#) to learn how to access your account.

The program starts on February 1, 2025, and ends on July 31, 2025, at 11:59 PM EST. All applications and payments (\$125) must be submitted online by July 31, 2025 (11:59 PM EST). No exceptions or extensions will be granted. Visit the [Renewal Amnesty page](#) to learn more and get answers to frequently asked questions.

## The CDA® Renewal Amnesty Program is BACK for a Limited Time!

## FOOD FACTS

### Food Allergies: What You Need to Know



Millions of Americans have food allergies and may experience adverse reactions to products that have food allergens. Most reactions cause mild symptoms, but some are severe and may even be life-threatening.

Although new treatments are being [developed](#), there is no cure for food allergies. Medical diagnosis to find out which foods cause an individual to have an allergic reaction and strictly avoiding those foods are important ways to prevent serious adverse health effects.

#### What Are the Major Food Allergens?

While many different foods can cause allergic reactions, the [Food Allergen Labeling and Consumer Protection Act of 2004](#) (FALCPA) identified eight foods as major food allergens: milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

On April 23, 2021, the [Food Allergy Safety, Treatment, Education, and Research \(FASTER\) Act](#) was signed into law, declaring sesame as the 9th major food allergen recognized by the United States. The change was effective on January 1, 2023. Even though the requirement that sesame be listed on the label as an allergen is in effect as of January 1, 2023, you still may find food products for sale that don't list sesame as an allergen on the label. Read more about the transition phase at [Allergic to Sesame? Food Labels Now Must List Sesame as an allergen](#).

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g., crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans
9. Sesame

So you mean  
to tell me  
my toes are  
not piggies?



## Utah has a website for disaster preparedness and emergency management!

- 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/7CCF0BD4F97B>  
**Washington County**- <https://member.everbridge.net/892807736722285/login>

Subscribe to your  
counties emergency alert  
system!



# HAVE YOU TAKEN CLASSES FROM CARE ABOUT CHILDCARE?

OUR CLASSES COVER A RANGE OF SUBJECTS, COUNT FOR CDA AND CAREER LADDER CREDIT, AND ARE MOSTLY ONLINE! THAT MEANS YOU CAN TAKE CLASSES WITH ANY CAC AGENCY ACROSS THE STATE!

## 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.

3

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

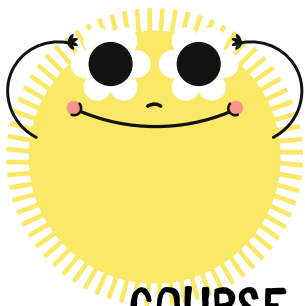
## Credit Card Payment

Item	Quantity	Item Amount	Total
Course Registration Care About Childcare	1	\$5.00	\$5.00
Total Amount:			\$5.00

## Credit Card Information

Card Number\*

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



## HERE'S WHAT'S COMING UP IN APRIL:

COURSE	CL LEVEL	CDA SUBJECT AREA	DESCRIPTION
A Powerful Profession 1, 3, 8, & 10 <sup>th</sup>	2-3	Professionalism	What does it mean to be a professional? What challenges and opportunities are facing the early childhood field? How can we advocate for others to recognize the importance of the work we do? Join this course to discuss these topics and more with fellow early childhood professionals.
Guidance & Emotional Wellness Course 1 1, 8, 15, & 22 <sup>nd</sup>	5-8	Social & Emotional Development	In this course participants will be introduced to the Guidance and Emotional Wellness Pyramid and the Circle of Security. They will learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning).
Emergency Preparedness 2 <sup>nd</sup> , 9 <sup>th</sup>	1 2-3 5-8	Health & Safety Program Management	In this course participants learn effective strategies for establishing and maintaining open and positive relationships with each child's family.
Theory & Best Practices course 2 7, 8, 9, & 10 <sup>th</sup>	5-8	Social & Emotional Development	In this course participants will learn about Erickson's life's work and gain an understanding of his Psychosocial Development Theory. Participants will also learn about levels of Bronfenbrenner's Ecological Systems Theory and how to apply them to the child care profession.

## HERE'S WHAT'S COMING UP IN MAY:



COURSE	CL LEVEL	CDA SUBJECT AREA	DESCRIPTION
Special Needs course 1 5, 7, 12, & 14 <sup>th</sup>	5-8	Social & Emotional Development	In this course participants will learn about Erickson's life's work and gain an understanding of his Psychosocial Development Theory. Participants will also learn about levels of Bronfenbrenner's Ecological Systems Theory and how to apply them to the child care profession.

## MAY CONTINUED...

COURSE	CL LEVEL	CDA SUBJECT AREA	DESCRIPTION
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Creating a Preschool Curriculum 7th & 14 <sup>th</sup>	1 2-3 5-8	Child Development Physical & Intellectual	In this course participants will learn how to plan and implement a developmentally appropriate curriculum. They will learn about child domains, room arrangement, how to do a curriculum web and a lesson plan, and what a story stretcher is. They will also learn activities that support whole child learning in the areas of art, music and science.
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Creating Good Childcare 12, 13, 14, & 15 <sup>th</sup>	2-3	Program Management	In this course participants learn strategies for ensuring effective program operation, including program planning, organization, record keeping, and legal issues such as licensing, liability and insurance, custody issues, the Americans with Disabilities Act, and dealing with suspected abuse and neglect.
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## HERE'S WHAT'S COMING UP IN JUNE:

COURSE	CL LEVEL	CDA SUBJECT AREA	DESCRIPTION
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Explore More Series: Art (2 <sup>nd</sup> )	2-3	Physical & Intellectual Development	Are you looking for artistic inspiration? This course is for you! Join to learn about the difference between process art and product art and how to create art provocations for children.
Explore More Series: Music (10 <sup>th</sup> )	2-3	Physical & Intellectual Development	Go beyond circle time songs and join this class to explore more ways to incorporate music throughout the day. In this course participants will learn how to engage children in informal and formal music experiences, music games and musical play.
Explore More Series: STEM (18 <sup>th</sup> )	2-3	Physical & Intellectual Development	Are you looking for ways to increase the STEM learning in your program? Join this course to explore more ways to bring STEM to your sand and water table and science interest center.
Explore More Series: Enriching Activities (26 <sup>th</sup> )	2-3	Physical & Intellectual Development	When you're looking to try a new activity at your program, how do you know what ideas are worth trying and what ideas aren't worth your (or your children's) time? Join this course to learn how to sift through the multitudes of ideas online to pinpoint enriching activities that spark children's learning and creativity.



# CPR/First Aid Training

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
Wayne County	Ridgeview CPR Patty Hanson 435-862-8965 EMS Safety Cheryl Ashcraft 435-229-5086 The Pulse CPR Training 435-632-5066
Wayne County:	Wayne County Health Dept. 435-836-1316

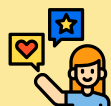


## Other Resources



### 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/credential.s.html>



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

- go to: <https://dlbc.utah.gov/home/office-of-licensing/child-care/>
- Click "Child Care Providers", then "Trainings"
- Pre-registration is required



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

## Fingerprinting locations by county

Beaver County	Beaver County School District 435-438-2291
Iron County	Iron County Sheriffs office - 435-867-7500
Kane County	Kane County Sheriff's office- 435-644-4916
Sanpete	North Sanpete School District- 435-462-2485 South Sanpete School District- 435-835-2261
Sevier County	Central Utah Educational Services- 435-896-4469
Washington County	Utah Tech University EMS Dept- 435-879-4951 YUP Fingerprinting- 435-359-3151
Wayne County	Wayne County School District- 435-425-3813

## 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 [nreeves@fivecounty.utah.gov](mailto:nreeves@fivecounty.utah.gov).



## 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 \_\_\_\_\_