



NEWSLETTER OCT, NOV, DEC

Your Source for News, Resources, Tips and Tricks, Everything Early Childhood!

CONNECTED IN CARE

CONNECT WITH US AND EACH OTHER!

Child Care Resource Agency is here FOR YOU!

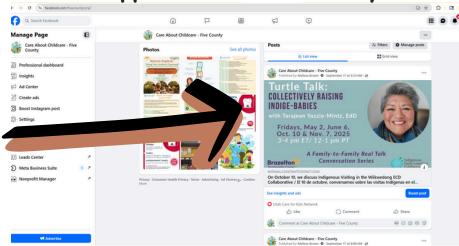
On our NEW Facebook page...

We post everything from licensing updates to classroom ideas and professional development opportunities!



Families can follow for information on developmental milestones and links to support in the community.

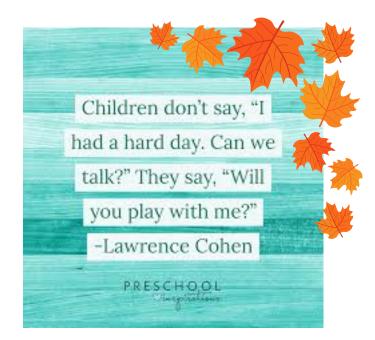
From early intervention services to autism diagnosis and family counseling, we try to keep parents and providers plugged into the community!



CONNECT WITH US

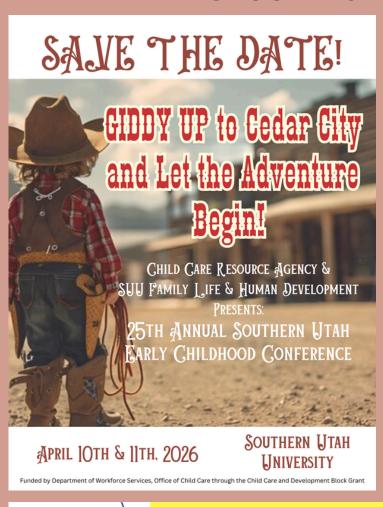






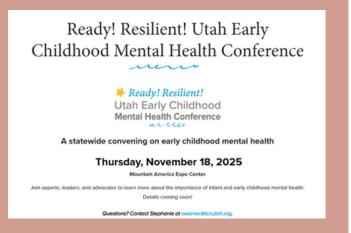
When you want updates from Licensing, need activity ideas, or the latest child development info!

UPCOMING EVENTS:



Jump Start

Educate, Advocate, Activate







Utah Afterschool Network 21st Annual Afterschool Conference Ogden Eccles Conference Center October 24-25, 2025

BE READY UTAH: HYGEINE & SANITATION

Do This

- Gather emergency sanitation supplies including at least one month or more of toilet paper, feminine hygiene as needed, hand sanitizer, paper towels, garbage bags, and cleaning supplies.
- · Add hygiene and sanitation supplies to your disaster supply kit.
- Create a hand washing station and add it to your emergency supplies.
- Create a "port-a-potty" kit (second page) and add it to your emergency supplies.
- Gather supplies for doing laundry and dishes by hand. Teach household members how.
- Add hygiene and sanitation supplies to work and school emergency kits.
- Check with your local municipality on what local plans and regulations are in place for local disposal of garbage and human waste in the event of an emergency.
- BONUS: Practice proper outdoor hygiene and sanitation by going camping. Learn how to safely create and use a latrine.





TO GET ON THE
LIST FOR
EMERGENCY
ALERTS IN YOUR
COUNTY!



TIPS FROM THE SPECIALISTS:

Nurturing Growth in the Fall

As the leaves change and the days grow cooler, fall reminds us of the beauty of growth and transformation. Just like the season, our children are learning, discovering, and developing in new ways every day! Here are some ways to support children's social and emotional growth, along with fun activities to try in the indoor and outdoor classroom:

Interactions

• Fall Breathing Exercise: Pretend to smell a pumpkin pie (deep breath in) and blow the leaves off a tree (deep breath out). This simple routine helps children practice calming strategies and self-regulation.

Activities

• Go on a nature scavenger hunt. Collect leaves, acorns, pinecones, or other natural objects, then bring them back to the classroom for sorting, counting, or art projects.

Language

• Use indoor and outdoor materials to spark conversations. Ask open-ended questions about nature, introduce new seasonal vocabulary, and expand on what the changes in the season mean for children and their world.

CCQS COHORT NEWSLETTER



CCQS FAMILY CHILD CARE COHORT IS UNDER WAY!

We are so EXCITED to begin another CCQS journey with our Family Child Care Programs!

We meet ONCE a month - Virtually - in the evening.

About 6:30-8:30pm.

CCQS is a Journey, not a final Destination.

Anything worth doing, is worth doing well!



COHORTS ARE A PERFECT WAY TO LEARN
AND WALK THROUGH THE
STEPS/TRAININGS/ PROCESSES
IN ACHIEVING YOUR QUALITY RATING.
LEARN ABOUT ALL THE BENEFITS THAT
THIS WILL BRINGS TO YOUR PROGRAM
& THE CHILDREN YOU CARE FOR.

I WOULD LOVE TO TALK WITH YOU ABOUT CCQS!

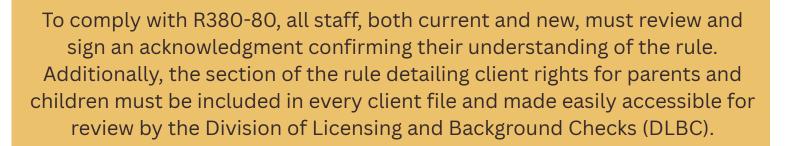
CHANSON@FIVECOUNTY.UTAH.GOV 435-632-2195



UPDATES







The R380-80 rule will be formally incorporated into inspection checklists for both announced and unannounced visits beginning July 1, 2026.

Thank you for your dedication to the children and families in your care.

We're here to support you in this important work. If you have any questions, please don't hesitate to reach out.



FINGERPRINTING GRANT AVAILABLE

CHILD CARE RESOURCE AGENCY OFFERS A GRANT TO SUPPORT FINGERPRINT COSTS FOR LICENSED CHILD CARE CENTERS AND 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 AT WWW.CHILDCAREHELP.ORG PAYMENTS SHOULD BE RECEIVED BY MAIL WITHIN 2-6 WEEKS FROM COMPLETION OF THE GRANT FORM

ALL DOCUMENTATION MUST BE MAILED TO
CHILD CARE RESOURCE AGENCY 585 NORTH MAIN ST. SUITE 1 CEDAR CITY, UT 84721

6 TIPS FOR A Healthy Autumn



PREVENT THE FLU

Get vaccinated each year in the fall. Stay home if you get sick.



4 HAVE A SAFE AND HEALTHY HALLOWEEN

Make festivities fun, safe, and healthy for trick-or-treaters and party guests.



2 GET SMART ABOUT

The common cold and the flu are viral infections, so avoid using antibiotics.



WASH YOUR HANDS

Avoid getting sick and spreading germs - wash your hands with soap for at least 20 seconds.



TEST AND REPLACE BATTERIES

Check or replace carbon monoxide batteries twice a year, smoke detectors once a year.



6 KEEP SEASONAL FOOD SAFE

Separate foods to avoid crosscontamination. Cook to proper temperatures.







HHS.gov



Five County can support you _ through the entire CDA process, from training to finishing! Email me to find out more!

Congratulations!

Alexis Hutchings - Preschool

Alyssa Sherwood - Preschool

Gabriella Cottam - Infant/Toddler

Sonya Martinez - Family

CONTACT:

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435-628-4843



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: Central Utah Public Health

EMS/Emergency Management

435-893-9166

Washington County: <u>Dixie Applied Tech College</u>

435-674-8641

<u>Claudia Zundel</u>

435-467-9556

Ridgeview CPR Patty Hanson

435-862-8965

EMS Safety Cheryl Ashcraft

435-229-5086

The Pulse CPR Training

435-632-5066

Southern Utah CPR

435-619-1931

Wayne County: Wayne County Health Dept. 435–836–1316



swuhealth.gov/topstar/

Fingerprinting locations by county

Beaver County School District 435-438-2291

Iron County Sheriffs office - 435-867-7500

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





Center Benefits

- Providers benefit from this program by knowing the changes that are implemented in their facility will have lifelong impact on the children in their care.
- Becoming TOP Star endorsed can also increase the facility's marketability by promoting their endorsement to parents and the community.
- TOP Star provides free online continuing education training (approved uses: Career Ladder Credit, Licensing, CCQS points, staff CDA), policy development assistance, \$50-\$100 gift card for new or renewing facilities, quarterly newsletters, menus, lesson plans, posters, tools and many other resources.



Family Benefits

- Parents benefit from the TOP Star program by knowing their child is thriving in a healthy environment.
- The early years are the best time for children to develop lifelong habits that reduce the risk of obesity and chronic diseases and make the healthy choice the easy choice.
- Find a TOP Star provider in Southern Utah.

Upcoming Courses

Healthy Care

6, 8, 13, 15th



ERS Overview

8th

Guidance & Emotional Wellness 2

20, 21, 22, 23rd

All About Twos

20, 21, 22, 23rd



A Great Place for Kids

3, 5, 10, 12th



Working Together

1, 3, 8, 10th

Strong & Smart

2, 4, 9, 11th



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 CCRA AGENCY ACROSS THE STATE!

Course Cancellation Policy

All classes will be held as advertised unless canceled for the following three reasons:

- 1) Low enrollment, if enrollment is below 10 participants the class will be cancelled, and vouchers/refunds will be given to all participants who have enrolled in the class.
- 2) Instructor is unable to attend the class, we will make every effort to replace the instructor with an equally qualified replacement instructor in a timely manner. If no instructor is available, we will reschedule that portion of the class.
- 3) If inclement weather causes a dangerous travel situation for providers to attend a face-to-face class, we will reschedule the class on the next available

In all the above-mentioned situations Care About Childcare-Five County staff will notify providers by text, email, and phone calls that the class has been rescheduled and/or canceled. Additionally, a sign will be posted for face-to-face classes at the location where the class was to be held.