



Early Education Newsletter February 2019

The CASY office will be closed
Monday, February 18th
President's Day

WE ARE LIVE!!!

The Office of Early Childhood and Out of School Learning has launched a new online tool, designed to make licensing, background checks and professional development easier to access and update.

Indiana Licensing and Education Access Depot, I-LEAD, has gone live in our region! Check your email inbox for more information. We are excited to support you as you create your account and learn how to keep your information accurate and up to date.

I-LEAD - CREATED FOR PROVIDERS LIKE YOU

Your New One-Stop Shop

LICENSING • BACKGROUND CHECKS • ON DEMAND

I-LEAD
Indiana Licensing & Education Access Depot



Advancements to Level 3

Morgan County
Heather's Home Daycare

Monroe County
SCCAP Head Start Broadview

Enrollments

Monroe County
SCCAP Head Start Fairview

Safe Sleep Saturday

Safe Sleep training is now required for ALL staff in child care homes. For licensed child care centers and registered ministries, any staff that enter the infant room for any amount of time, even to cover a break, are also required to have this training. This law went into effect July 1, 2018. You will be cited for non compliance by your licensing consultant if staff have not completed this training.

Multiple Safe Sleep classes will be offered, as needed, on Saturday, March 2nd, at our office in Terre Haute. The first class will be from 9:00 to 11:30am. If that class is full, a second class will be opened from noon to 2:30pm and a third class will be added if necessary. Registrations are required. Please call Jill at (812)232-3952 ext 34 to register to help you complete this requirement before your next licensing visit.

Developmental Milestones Resources

As an early childhood educator, you are a valuable resource to parents! They look to you for information about their child, and they trust you. CDC's "Learn the Signs. Act Early." (LTSAE) has FREE research-based, parent-friendly resources on child development to help you boost family engagement and your own professional development.

Click [here](#) for more information.

4 Sensory Snow Activities to Try

As providers and caregivers, it's important that we offer opportunities for preschoolers to discover the environment

around them. One of the best ways to do this is through sensory activities that combine playful fun and constructive learning.

[Click here](#) for fun snow projects that are sure to get your students excited about winter weather!



Exploring the benefits of sensory play

From birth to early childhood, children use their five senses to explore and try to make sense of the world around them. It's an important part of early childhood development, and providing opportunities for children to actively use their senses as they explore their world through 'sensory play' is crucial to brain development.

Picking things up and feeling their texture is what people often associate with sensory play, but it's about much more than touch.



[Learn More](#)

5 Myths About Preschool Teachers (and What You Can Do About It)

A career in early childhood education can be really misunderstood by other professionals, friends and even family. It is a profession that is also grossly undervalued by society given the net social benefit that comes of it.

Read 5 misconceptions about preschool teachers and learn what you can do to change the perception [here](#).

Building Connections with Families Three Strategies to Strengthen Relationships between Families,

Teachers, and Childcare Programs

Imagine if each child in your class would bring the five most important people in their lives into your classroom. Each would offer their influence on the child's day. Some would be positive and supportive, others may be less so. Your classroom quickly becomes very full! "While this is an exercise of the imagination," writes Jennifer Fiechtner, "the influence of all these people is real." Each child has an "invisible crowd" impacting their schedules, interactions, eating and sleeping patterns, and their ability to manage their emotions. "One way we can manage this Invisible Crowd is by mindfully cultivating positive, welcoming relationships with families—the most important people in children's lives."

Find out how



Kids Need Recess, Even In Wet And Cold Weather

The research is incontrovertible. Kids need recess. Kids need recess for any number of reasons. We can use the good old American arguments: a 2010 report by the Centers for Disease Control showed that recess correlated with higher concentration. Other studies the paper examined "found a positive relationship between recess and on-task behavior." Another quoted study "observed that children were less fidgety, less listless, more focused, and more on task when they had recess compared with when they did not have recess."



We know kids need recess.
[Click here](#)
to learn how it can be done and
take the leap to make it a priority!

Parents: Take a timeout before you force your child to apologize

Parents who force unremorseful kids to apologize to others before they're truly sorry may do more harm than good. That's because the main point of an apology—to express remorse and repair relationships—is lost because children may dislike the apologizer even more after the insincere apology than before. Children know when you mean you're truly sorry.

The new study from the University of Michigan looked at whether children distinguish between willingly given and coerced expressions of remorse—and they do. The findings suggest that exploring ways to help your child learn to have empathy for the victim, thus ensuring a sincere apology, is more constructive than immediately coercing a reluctant "I'm

sorry.” [Click here](#) to learn more.

Coffee Filter Snowflakes



[Details Here!](#)

The best activity in winter is to get outside and enjoy the snow. But for the times when the weather doesn't cooperate, try this snowflake-making project with your kids to bring the beauty of the season indoors.

Why Do Kids Have Trouble With Transitions?

Humans are creatures of habit. Even when we welcome it, change takes more energy. So perhaps it's not surprising that children often find it difficult to make transitions between activities, places and objects of attention. Being asked to stop one thing and start another is a very common trigger for problem behavior, especially for kids who have emotional or developmental challenges.

[Read the full article](#)

Additional articles to help you with transitions:

[Strategies to reduce challenging behaviors during transitions](#)

[Supporting Transitions](#)

February is National Children's Dental Health Month!

The American Dental Association is pleased to announce February is National Children's Dental Health Month. This month-long national health observance brings together thousands of dedicated dental professionals, health care providers and others to promote the benefits of good oral health to children and adults, caregivers, teachers and many others.

The NCDHM Program Planning Guide is available to offer resources to promote the benefits of good oral health to children. The guide includes easy-to-do activities, program planning timetable tips, a sample NCDHM proclamation and

much, much more.



This year's NCDHM campaign slogan, "Brush and clean in between to build a healthy smile" is displayed in English on one side of the poster and in Spanish on the reverse side.

These versatile materials will help speakers, teachers, and others who want to address both age groups. To order the FREE posters and download materials, visit the NCDHM website at ADA.org/ncdhm.

National Children's Dental Health observances began with a one-day event in Cleveland, Ohio and a one-week event in Akron, Ohio during February 1941.

Since then, the concept has grown from a two-city event into a nationwide program. The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. The single day observance became a weeklong event in 1955. And in 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

Attitudes and habits established at an early age are critical in maintaining good oral health throughout life. By participating in the annual celebration of National Children's Dental Health Month, members of the dental team, parents, teachers, caregivers and others can help keep children's smiles beautiful now and for years to come.

Sipping, Snacking and Tooth Decay

Many parents across the country will issue a common refrain at dinnertime tonight: "You'd better eat that--it's good for you!" There's another old favorite in the parental arsenal of dietary admonitions: "Don't eat that—it'll rot your teeth!" Now more than ever, kids are faced with a bewildering array of food choices -- from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.



[Read the full article here](#)

Sippy Cups and Your Child's Teeth

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.



Learn more about proper sipping here

Still looking for more information for Dental Health Month?

<https://www.nidcr.nih.gov/news-events/february-national-childrens-dental-health-month>

<http://www.nea.org/grants/National-Childrens-Dental-Health-Month.htm>

<https://www.colgate.com/en-us/oral-health/life-stages/childrens-oral-care/ada-02-february-is-national-children-s-dental-health-month>



What one loves in childhood
stays in the heart forever.
~ Mary Jo Putney