There is a strong focus these days on nutrition and fitness for your children. The things we teach children in their early years are tips and techniques that children will bring home to families and use for the rest of their life. As providers look at Care About Childcare criteria they will see that there are a few that relate to physical development and nutrition. So what is a provider to do to help children learn how to grow and develop with optimal resources for choices in the food they eat and the physical activity they get?

Providers can start by planning physical development activities that are fun and engaging, and focus on developmental goals as needed. Intentional teacher led activities indoors and outdoors help to teach and promote physical activity in children. Just scheduling time in your day for outdoor physical activity does not help children to be physically active, they need teacher led activities to learn and develop skills to increase their desire to be physical. We have to remember to add both gross and fine motor activities to our daily planning. These can be items that are added for children during child directed play and at least one teacher directed activity a week.

When we look at nutrition, we want to make sure we are offering children healthy choices and providing them with opportunities to try new foods. One way to encourage children to participate in eating more fruits and vegetables is to add a garden to your outside environment and then have the children help you in planning what types of vegetables they would like to plant and then encourage them to help care for the garden. When the time comes for harvest, what fun the children will have in harvesting and eating the wonderful foods they have helped.

Having interactions with the children during meal times is a great way to encourage children to be adventurous and try new foods themselves. Encourage them to taste something before making a decision about like or dislike. Be a role model and try new foods with them. These types of interactions with children teach them the importance of making wise food choices and choosing to live a healthy life. Always remember, when working with children, what you do today can have lasting implications in the child’s life.
Here are the slots and vacancies currently listed in our database:

<table>
<thead>
<tr>
<th>City</th>
<th>Slots</th>
<th>Vacancies</th>
<th>City</th>
<th>Slots</th>
<th>Vacancies</th>
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</thead>
<tbody>
<tr>
<td>Bountiful</td>
<td>778</td>
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<td>Ogden</td>
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<td>112</td>
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<td>Clinton</td>
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<tr>
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<td>Syracuse</td>
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<td>Hooper</td>
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<td>Washington Terrace</td>
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<tr>
<td>Morgan</td>
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<td>7</td>
<td>West Bountiful</td>
<td>151</td>
<td>35</td>
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<tr>
<td>North Ogden</td>
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<td>West Haven</td>
<td>64</td>
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<tr>
<td>North Salt Lake</td>
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<td>West Point</td>
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<td>Woods Cross</td>
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Average Monthly Rates in Roy

Center:

<table>
<thead>
<tr>
<th>Under 2</th>
<th>2 years</th>
<th>3 years</th>
<th>4-5 years</th>
<th>Kindergarten</th>
<th>School Age</th>
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<tbody>
<tr>
<td>$627</td>
<td>$553</td>
<td>$526</td>
<td>$505</td>
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Family Child Care:

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<thead>
<tr>
<th>Under 2</th>
<th>2 years</th>
<th>3 years</th>
<th>4-5 years</th>
<th>Kindergarten</th>
<th>School Age</th>
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</thead>
<tbody>
<tr>
<td>$483</td>
<td>$451</td>
<td>$442</td>
<td>$439</td>
<td>$418</td>
<td>$417</td>
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</table>

If you are interested in the average rates for your city, call us at 801-626-7784 or email bmontgomery@weber.edu.
Thank you to all those who called, emailed or used our online web update form!

Here are the latest winners of our monthly update prize drawings

November: Kids Zone
December: Paula Mullis
January: Children’s Classic #2

Keeping your record up-to-date means parents will have the latest information about your care. It will also ensure that you will only be sent referrals to fill the needs you have. You can update by calling our office at 801-626-7837 or go to our website at http://programs.weber.edu/ccrr/provreferrals.htm

If you are familiar with the Care About Childcare website, you can update information while logged in to that website. Just be sure to update your vacancies in addition to whatever else you wish to change and your name will be entered into the monthly drawing.

There are 4 ways you can be entered in our monthly update prize drawing!

1. You can call our office at 801-626-7837 and tell us how many vacancies you have.
2. You can email us at kpolson@weber.edu or bmontgomery@weber.edu
3. You can use the online update form at http://programs.weber.edu/ccrr/provreferrals.htm just scroll down to the bottom of the screen.
4. Finally, you can update directly through the careaboutchildcare.utah.gov website.

We would like to thank all of you for understanding and helping us collect your rate information this past quarter. There are some exciting new changes coming down from the state and we are happy to be able to assist both them and you.

If you have any questions about how subsidy payments are being processed you can email the state at occ@utah.gov.

If you find you need to update your rates at any time, please don’t hesitate to call our office at 801-626-7837.
Friday May 8th is Provider Appreciation Day

It is a special day to recognize child care providers, teachers and other educators of young children everywhere. Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother’s Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents.

Join us on this special day for Care About Childcare @ Weber State’s Annual Child Care Provider Recognition Celebration!

May 8, 2015       6pm – 8pm

We hope you can join us for some conversation, treats, fun, and something special to enhance your child care.

This is a special evening just for child care providers.

Please RSVP by May 1st, 801-626-7837 or email kpolson@weber.edu

We will let you know the location once you RSVP.
We’d like to congratulate the following providers on their accomplishments within the Professional Development Program

### Career Ladder Recipients

<table>
<thead>
<tr>
<th>Provider</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harley Boyles</td>
<td>Level 7</td>
</tr>
<tr>
<td>Bonnie Jo Clippinger</td>
<td>Level 2</td>
</tr>
<tr>
<td>Haylee Davis</td>
<td>Level 4 &amp; 5</td>
</tr>
<tr>
<td>Michele Evans</td>
<td>Level 7</td>
</tr>
<tr>
<td>Valerie Ferguson</td>
<td>Level 4, 5, 6, &amp; 7</td>
</tr>
<tr>
<td>Patricia Jachim</td>
<td>Level 4</td>
</tr>
<tr>
<td>Amanda Nichols</td>
<td>Level 5</td>
</tr>
<tr>
<td>Kristie Nuttall</td>
<td>Level 4</td>
</tr>
<tr>
<td>Ivette Perdomo</td>
<td>Level 8</td>
</tr>
<tr>
<td>Melissa Westbroek</td>
<td>Level 4, 5, &amp; 6</td>
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### Career Ladder Endorsement Recipients

<table>
<thead>
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<th>Provider</th>
<th>Endorsement</th>
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<tbody>
<tr>
<td>Harley Boyles</td>
<td>Guidance &amp; Emotional</td>
</tr>
<tr>
<td></td>
<td>Wellness</td>
</tr>
<tr>
<td>Donna Maupin</td>
<td>Guidance &amp; Emotional</td>
</tr>
<tr>
<td></td>
<td>Wellness</td>
</tr>
<tr>
<td>Angela Robison</td>
<td>Infant Toddler</td>
</tr>
<tr>
<td>Carol Thompson</td>
<td>Guidance &amp; Emotional</td>
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<td></td>
<td>Wellness</td>
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</table>

### Professional Development Award Recipients

<table>
<thead>
<tr>
<th>Provider</th>
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</thead>
<tbody>
<tr>
<td>Judy Bergen</td>
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<tr>
<td>Heather Bills</td>
</tr>
<tr>
<td>Harley Boyles</td>
</tr>
<tr>
<td>Alisha Cameron</td>
</tr>
<tr>
<td>Bonnie Jo Clippinger</td>
</tr>
<tr>
<td>Debra Crow</td>
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<tr>
<td>Haylee Davis</td>
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<tr>
<td>Jessica Daybell</td>
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<tr>
<td>Nicole Dicus</td>
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<tr>
<td>Amy Evans</td>
</tr>
<tr>
<td>Michelle Evans</td>
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<tr>
<td>Laura Evans-Stewart</td>
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<tr>
<td>Valerie Ferguson</td>
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<tr>
<td>Abbey George</td>
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<tr>
<td>Merianne George</td>
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<tr>
<td>Vicki Haltom</td>
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<tr>
<td>Patricia Jachim</td>
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<tr>
<td>Holly Jo Jackson</td>
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<tr>
<td>Gloria Martinez</td>
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<tr>
<td>Melissa Monsivais</td>
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<tr>
<td>Amanda Nichols</td>
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<tr>
<td>Michelle Nielsen</td>
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<tr>
<td>Stephanie Osorno</td>
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<tr>
<td>Phak Patzer</td>
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<tr>
<td>Ivette Perdomo</td>
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<tr>
<td>Robin Perez</td>
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<tr>
<td>Jay Pevey</td>
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<tr>
<td>Angela Platz</td>
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<tr>
<td>Alejandra Ramirez</td>
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<tr>
<td>Gabriela Ramirez</td>
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<tr>
<td>Crystal Ricketts</td>
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<tr>
<td>Angela Robison</td>
</tr>
<tr>
<td>Cassandra Stoddard</td>
</tr>
<tr>
<td>Shantelle Talbot</td>
</tr>
<tr>
<td>Kambria Turner</td>
</tr>
<tr>
<td>Hermelinda Venable</td>
</tr>
<tr>
<td>Melissa Westbroek</td>
</tr>
</tbody>
</table>

If you have any questions about the Professional Development Award program, you can call our office at 801-626-7837.
# CAC @ Weber State’s 2015 Spring Schedule

If you need directions or want to check to see if a class is full, you can call us at 801-626-7837 or look at our training schedule online at [http://programs.weber.edu/ccrr/schedule.htm](http://programs.weber.edu/ccrr/schedule.htm).

WSU ED13 is Weber State University Campus in South Ogden, McKay Education Building, Rm 13 (WSU ED10 is Rm 10).

For information on obtaining CEU credit, visit the CCPDI website at [ccpdi.usu.edu](http://ccpdi.usu.edu).

<table>
<thead>
<tr>
<th>Class Title &amp; Description</th>
<th>Date, Time &amp; Place</th>
<th>Cost</th>
<th>Credit</th>
<th>Career Ladder</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child Development: Healthy Care</strong>&lt;br&gt;Instructor: Verlina Adame&lt;br&gt;(10 hours) In this course participants will learn about child care health and safety issues. Topics include: communicable diseases, SIDS, shaken baby syndrome, child abuse and neglect, injury prevention, emergency procedures, nutrition, sick children, and medication administration.</td>
<td>Apr 6, 8, 13, &amp; 15&lt;br&gt;6:30 – 9pm&lt;br&gt;WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA NAC</td>
<td>Level 1</td>
</tr>
<tr>
<td><strong>Child Development: Ages &amp; Stages</strong>&lt;br&gt;Instructor: Autumn Ure&lt;br&gt;(10 hours) In this course participants learn about typical developmental milestones for infants, toddlers, preschoolers, and school age children. Participants also learn basic strategies for working with each of these age groups of children.</td>
<td>Apr 11 &amp; 18&lt;br&gt;9am – 2:30pm&lt;br&gt;WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA NAC</td>
<td>Level 1</td>
</tr>
<tr>
<td><strong>Guidance &amp; Emotional Wellness Course 4: Social Emotional Teaching Strategies</strong>&lt;br&gt;<strong>Instructor: Megan Jolley</strong>&lt;br&gt;(10 hours) In this course participants will continue to learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn about techniques, called Positive Behavior Supports, to help children with behavior issues. They will discuss the meaning of children’s challenging behavior, and learn how to develop a support plan. They will also learn about the caregiver’s role in supporting children with serious emotional disorders.</td>
<td>Apr 14, 16, 21, &amp; 23&lt;br&gt;6:30 – 9pm&lt;br&gt;WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA 1 CEU</td>
<td>Level 5 – 8 Guidance &amp; Emotional Wellness Endorsement</td>
</tr>
<tr>
<td><strong>Special Needs Course 4: Teaching Techniques</strong>&lt;br&gt;<strong>Instructor: Autumn Ure</strong>&lt;br&gt;(10 hours) In this course participants will learn the best teaching techniques to use when working with children who have special needs. Topics include: individualizing lesson plans/activities, proactive techniques, guiding behavior/interventions, and implementation of successful inclusive programming.</td>
<td>Apr 20, 22, 27, &amp; 29&lt;br&gt;6:30 – 9pm&lt;br&gt;WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA 1 CEU</td>
<td>Level 5 – 8 Special Needs Endorsement</td>
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<tr>
<td>Class Title &amp; Description</td>
<td>Date, Time &amp; Place</td>
<td>Cost</td>
<td>Credit</td>
<td>Career Ladder</td>
</tr>
<tr>
<td>------------------------------------------------------------------------------------------</td>
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<td>---------------------</td>
</tr>
<tr>
<td>Creating Good Child Care  &lt;br&gt; <em>Instructor: Verlina Adame</em>  &lt;br&gt; (10 hours) In this course participants learn strategies for ensuring effective program operation, including program planning, organization, recordkeeping, and legal issues such as licensing, liability and insurance, custody issues, the Americans with Disabilities Act, and dealing with suspected abuse and neglect.</td>
<td>Apr 25 &amp; May 2 9am – 2:30pm  &lt;br&gt; WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA</td>
<td>Level 2 – 3</td>
</tr>
<tr>
<td>Learning to Get Along  &lt;br&gt; <em>Instructor: Verlina Adame</em>  &lt;br&gt; (10 hours) In this course participants learn effective strategies for supporting young children’s social and emotional development. Areas of focus include: fostering self-esteem and independence, learning to get along in a group, and behavioral guidance.</td>
<td>May 4, 6, 11, &amp; 13 6:30 – 9pm  &lt;br&gt; WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA</td>
<td>Level 2 – 3</td>
</tr>
<tr>
<td>Infant &amp; Toddler Care Course 2: Social-Emotional Growth &amp; Development  &lt;br&gt; <em>Instructor: Gina O’Driscoll</em>  &lt;br&gt; (10 hours) In this course participants learn about the emotional and social development of infants and toddlers. Areas of focus include: temperaments, responsive caregiving and the caregiver’s role in fostering emotional development, socialization, and guidance.</td>
<td>May 5, 7, 12, &amp; 14 6:30 – 9pm  &lt;br&gt; WSU ED13</td>
<td>$16</td>
<td>10 Lic 10 CDA 1 CEU</td>
<td>Level 5 – 8 Infant &amp; Toddler Endorsement</td>
</tr>
<tr>
<td>CDA Orientation  &lt;br&gt; <em>Instructor: Megan Jolley</em>  &lt;br&gt; This 1 hour workshop will cover the steps to earning a CDA.</td>
<td>May 7 6:30 – 7:30pm  &lt;br&gt; WSU ED13</td>
<td>none</td>
<td>1 Lic 1 CDA</td>
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<tr>
<td>Basics of Child Care  &lt;br&gt; <em>Instructor: Vivian Hardy</em>  &lt;br&gt; (5 hours) This class covers all of the topics required by licensing. It is recommended especially for those just entering the child care field.</td>
<td>May 16 9am – 2:30pm  &lt;br&gt; WSU ED13</td>
<td>$10</td>
<td>5 Lic</td>
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<tr>
<td>What Do You Do With The Mad You Feel?  &lt;br&gt; <em>Instructor: Crystal Knippers</em>  &lt;br&gt; (5 hours) In this course participants will learn that controlling anger is a skill that children learn from their caregivers. They will develop an understanding of how to develop their own self-control, and examine ways to help children develop self-control. Lastly, they will learn strategies for intervention when children are overwhelmed with anger and frustration.</td>
<td>May 18 &amp; 20 6:30 – 9pm  &lt;br&gt; WSU ED13</td>
<td>$10</td>
<td>5 Lic 5 CDA</td>
<td>Levels 6 - 8</td>
</tr>
<tr>
<td>School Age, Course 4: Expanded Learning Opportunities  &lt;br&gt; <em>Instructor: Autumn Ure</em>  &lt;br&gt; (10 hours) In this course participants will learn about creating an emergent curriculum for school age children. They will also learn about the role of evaluations and core standards in afterschool programs, as well as leadership and community outreach.</td>
<td>May 19, 21, 26, &amp; 28 6:30 – 9pm  &lt;br&gt; WSU ED13</td>
<td>$16</td>
<td>10 Lic 1 CEU</td>
<td>Level 5 – 8 School Age Endorsement</td>
</tr>
<tr>
<td>Class Title &amp; Description</td>
<td>Date, Time &amp; Place</td>
<td>Cost</td>
<td>Credit</td>
<td>Career Ladder</td>
</tr>
<tr>
<td>---------------------------</td>
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</tr>
<tr>
<td>Director’s Support Group</td>
<td>May 27 6:30 – 7:30pm WSU ED13</td>
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<tr>
<td><em>Instructor: Crystal Knippers</em></td>
<td></td>
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<tr>
<td>This is an evening for directors to talk about issues they would like help dealing with.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>A Great Place For Kids</td>
<td>Jun 1, 3, 8, &amp; 10 6:30 – 9pm WSU ED13</td>
<td>$16  10 Lic 10 CDA</td>
<td>Level 2 – 3</td>
<td></td>
</tr>
<tr>
<td><em>Instructor: Autumn Ure</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(10 hours) In this course participants learn how to set up center and home-based child care programs to encourage play, exploration, and learning. Information is included on spaces and materials for block play, dramatic play, puzzles, games, books and literacy activities, art, sensory play, and outdoor play.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child Development: Learning in the Early Years</td>
<td>Jun 2, 4, 9, &amp; 11 6:30 – 9pm WSU ED13</td>
<td>$16  10 Lic 10 CDA</td>
<td>Level 1</td>
<td></td>
</tr>
<tr>
<td><em>Instructor: Verlina Adame</em></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>(10 hours) In this course participants explore how young children learn and develop. Areas of focus include: brain development, learning through play, supporting social and emotional development, and positive guidance.</td>
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<td></td>
<td></td>
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<tr>
<td>Family Child Care Course 4: Professional &amp; Business Practices</td>
<td>Jun 6 &amp; 13 9am – 2:30pm WSU ED13</td>
<td>$16  10 Lic 10 CDA 1 CEU</td>
<td>Level 5 – 8 Family Child Care Endorsement</td>
<td></td>
</tr>
<tr>
<td><em>Instructor: Vivian Hardy</em></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(10 hours) In this family child care 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.</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Infant &amp; Toddler, Course 1: Infants &amp; Toddlers in Child Care Settings</td>
<td>Jun 15, 17, 22, &amp; 24 6:30 – 9pm WSU ED13</td>
<td>$16  10 Lic 10 CDA 1 CEU</td>
<td>Level 5 – 8 Infant &amp; Toddler Endorsement</td>
<td></td>
</tr>
<tr>
<td><em>Instructor: Gina O’Driscoll</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(10 hours) In this course participants explore issues to be considered when setting up for infant and toddler care. Areas of focus include: primary caregiving, group size, continuity of care, the physical environment, daily routines, and respectful caregiving.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Readiness Standards Course 4: Additional Core Standards</td>
<td>June 16, 18, 23 &amp; 25 6:30 – 9pm WSU ED13</td>
<td>$16  10 Lic 10 CDA 1 CEU</td>
<td>Level 5 – 8 School Readiness Endorsement</td>
<td></td>
</tr>
<tr>
<td><em>Instructor: Megan Jolley</em></td>
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<tr>
<td>(10 hours) In this course, based on Utah’s Early Learning Guidelines, participants will learn how to effectively and appropriately foster preschooler’s development in four additional core areas: Approaches to Learning, Science, Creative Arts, and Physical Development.</td>
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</tbody>
</table>
You must pre-register. You will not be considered registered in our classes until we receive the registration form and your payment. We require that you pre-register for our classes for a couple of reasons: 1- Due to the amount of materials we distribute in class, we need to have an accurate count of how many providers will be attending each one and enough time to prepare them. 2- Weber State University has set strict guidelines for us to follow when handling money. They will not allow any money to remain in the office unsecured, overnight. We also do not want to put your information at risk by having it sit on a desk overnight. It is for your privacy and safety that we request you send in your money. Registration forms must be sent through the mail. Money cannot be accepted at the training. Each registration form will let you know where to send it. Please check the training schedule page on our website (weber.edu/ccrr) to see if a class is full or has been rescheduled or cancelled.

All training participants must review and sign the Statewide Professional Development System Code of Conduct each time you register. If there is no signature, your registration form will be sent back for you to sign. We will not be able to hold your spot in any class and you may miss out on the class that you want to register for. We are not able to register anyone for a class without the signed copy of the Code of Conduct.

The registration form has the information we need for the Utah State Training Registry and must be filled out in full. An incomplete registration form will delay your registration and you may miss the class you are trying to register if it fills before we can collect the information we need. If you have any questions about the information we collect, you can contact our office at 801-626-7784.

If you are sending registrations for more than one person, you must include a registration form for each person and each person must sign the Training Participant Code of Conduct. The form has the information we need for the Utah State Training Registry, without it we cannot register you for any of our classes. Also, each person must sign a copy of the Utah State Professional Development System Code of Conduct. Without that signature, no one will be able to attend classes.

Registration for each class will close 7 days prior to the start of class. No registrations will be accepted within a week of the class' start date. This will give us time to prepare the right amount of materials.

The first 5 providers to email the word “policies” to bmontgomey@weber.edu will receive a free scholaric book. Be sure to include your mailing address.

We register for classes one quarter at a time. You may register only for the classes listed in our current newsletter. Each quarter's class schedule and registration form can be found in our quarterly newsletter, the Child Care Connector. The newsletter is published every September, December, March and June. The schedule and registration form will also be posted on our website shortly after it has been sent in the mail.

Sorry, we are not able to issue a refund. If we receive money from you for a class that is already full, we can give you the option of sending the check back to you or sending you a credit voucher. When a class is full, it will be posted on the training schedule page on our website at weber.edu/ccrr. You can always call our office at 801-626-7837 to check if the class is full before sending in the registration form or check our online schedule.

If you are unable to attend a class and you call at least three days before the first session starts, we can send you a credit voucher. Sorry, we are not able to refund money. Please be sure to call during office hours 8am-4:00pm. You can reach us either at 801-626-7837, 801-626-7784, or toll free at 1-888-970-0101. We cannot issue a credit voucher if you fail to notify us before the first session of a class.

Each 10 hour class is broken down into four sessions. If you miss one or two session(s) in a class, no money can be refunded. However, you can make it up when that session is taught again, without repaying. You also have the option of making-up the session you missed with another CAC agency without having to pay again. We have an agreement with our sister agencies that allows you to make up one or two sessions with them. Just contact them for their times and registration policies.

To register for a make-up session with us, simply fill out the registration form and circle the dates you need to make up, write “make-up” in the amount enclosed section and send it in. Be sure to include the signed Code of Conduct with the form. We have a limited number of make-up slots available for each night so please let us know if you are registered for a make-up session and are unable to attend.

We need to have a minimum number of providers enrolled to conduct the class. Classes, which don’t meet these minimum numbers five days before the class, will be either cancelled or rescheduled. We will notify you and send you a credit voucher for another class.

Classes may be canceled due to weather. We follow Weber State University’s policies regarding this issue. If the campus is closed, our classes will be canceled. If not, classes will be held. You can call Weber State at 801-626-6000 to find out if the campus has been closed. We will also leave a message on our main phone line 801-626-7837. All classes canceled due to weather will be rescheduled.

Certificates are given to participants on the last day of class. If you are making up a session, let the trainer know, they can get the certificate to you sooner. If you do not receive a certificate within two weeks of the final session, contact our office at 801-626-7784. There will be a $5 charge for a replacement certificate.
The tuition we collect from participants is only a registration fee and does not cover the full cost of the training. Funding comes from the Utah Office of Child Care, from Federal Block Grant monies, set aside for enhancing quality in child care. By following the training policies, you are helping us provide excellent training at a reduced cost to you.

No refunds are available, but you may receive a credit voucher if you cancel at least three days before the class.

<table>
<thead>
<tr>
<th>Class Title</th>
<th>Date</th>
<th>Class Fee</th>
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<tbody>
<tr>
<td>Child Development: Healthy Care</td>
<td>Apr 6, 8, 13, &amp; 15</td>
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<td>Child Development: Ages &amp; Stages</td>
<td>Apr 11 &amp; 18</td>
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<td>Guidance &amp; Emotional Wellness, Course 4</td>
<td>Apr 14, 16, 21, &amp; 23</td>
<td>$16</td>
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<td>Special Needs, Course 4</td>
<td>Apr 20, 22, 27, &amp; 29</td>
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<td>Creating Good Child Care</td>
<td>Apr 25 &amp; May 2</td>
<td>$16</td>
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<tr>
<td>Learning to Get Along</td>
<td>May 4, 6, 11, &amp; 13</td>
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<tr>
<td>Infant &amp; Toddler Care, Course 2</td>
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<td>CDA Orientation</td>
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<td>Basics of Child Care</td>
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<td>What Do You Do With The Mad You Feel?</td>
<td>May 18 &amp; 20</td>
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<td>School Age, Course 4</td>
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<td>Director’s Support Group</td>
<td>May 27</td>
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<tr>
<td>A Great Place for Kids</td>
<td>Jun 1, 3, 8, &amp; 10</td>
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<td>Jun 2, 4, 9, &amp; 11</td>
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<td>Family Child Care, Course 4</td>
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<td>Infant &amp; Toddler Care, Course 1</td>
<td>Jun 15, 17, 22, &amp; 24</td>
<td>$16</td>
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<td>School Readiness, Course 4</td>
<td>Jun 16, 18, 23, &amp; 25</td>
<td>$16</td>
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</table>
PROFESSIONAL DEVELOPMENT SYSTEM PARTICIPANT CODE OF CONDUCT

• **Punctuality / Attendance:** I understand that I must be in class at or before the time scheduled for class to begin in order to obtain credit for the class. If I arrive after the time that class is scheduled to begin, I can use the time that I was actually in attendance for licensing credit, but I will have to repeat the full 2 1/2 hour session to get Career Ladder credit for the course. This includes returning on time from breaks and lunch. Class will begin when the trainer determines that it is time to start. I understand that if I am not present during the entire class period, I will not receive Career Ladder credit for the session, and will have to repeat the full 2 1/2 hour session in order to receive credit for the course.

• **Disruptive Behavior:** I will be respectful to all personnel that support the Professional Development System (ie: Care About Childcare, CCPDI staff, OCC staff, etc.). I will not use obscene, profane, threatening, discriminatory, harassing or abusive language. During class, I will be respectful to the trainer and others in attendance during each class session. I will not engage in any conversation or behavior that is disruptive or disrespectful to the trainer or other participants in the class. I will attentively participate in class. I will not text message or make cell phone calls during class time. I understand that I am required to turn my cell phone and/or other electronic devices off or turn them to vibrate during class time. I will limit all cell phone calls to break time or after class time. I will not engage in disruptive private conversations during class time. If I must bring food or drink to class, I will eat quietly and will not allow food or drink to become disruptive or distracting to the trainer or other class participants.

• **Illegal Activity I Health & Safety:** I understand that any illegal activity, including behavior that threatens the health or safety of the trainer or another class participant before, during or after class will be cause for my immediate expulsion from class and permanent suspension from participation in the Career Ladder and the Professional Development Award, and that such behavior may be reported to law enforcement. I understand that I may be asked to leave a training if my condition prevents me from participating or is disruptive to the class environment.

• **Children:** I understand that adult training classes are not a developmentally appropriate environment for children of any age. I will not bring children to class.

• **Class Roll:** I understand that in order to receive credit for each class session, I must sign the roll before class begins. I understand that failure to do so will result in my not receiving credit for the class session. I understand that I may not sign the roll for someone else.

• **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 that classroom setting.

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

• **Non-Compliance:** I understand that, in cases of infractions of a minor severity (behavior that has been determined to be disruptive but not illegal), that I will be allowed one issued verbal warning upon the first violation of the above listed rules. I understand that upon the second such infraction, I will be suspended from participation in the Career Ladder and Training and Professional Development Award for one year from that infraction date. I understand that upon the third such infraction I will be permanently barred from participation in the Career Ladder and Professional Development Award System. I understand that upon the first incident of any violation in which I engage in illegal activity (including threatening or intimidating behavior), that I will be permanently banned from participation in the Career Ladder and Training and the Professional Development Award System, and that such action may be cause for intervention by law enforcement and/or other legal action.

Print Name: ______________________________________________

Signature__________________________ Date____________________________

Effective Date: July 1, 2007 Amended Date: July 1, 2010, July 1, 2012, July 1, 2014
Child Care Licensing Rules Training

These classes are to help you better understand the Child Care Licensing rules and their enforcement. **Pre-registration is required.** Please register for the class of your choice by calling the Salt Lake Region office at 801-273-6617 or Kathleen Sanders at 801-698-3244.

**Classes are taught according to the Care About Childcare specifications.** In order to receive Career Ladder credit, you must be there for the entire class. If you do not attend the entire class, you will get a certificate that includes the numbers of hours you did attend.

**Classes include hands-on activities.**

If no one is registered within 48 hours, the class will be cancelled

**Child Care Center Licensing Rules Training**
March 12th – Supervision and Ratios, Child Health, Nutrition, and Discipline
   Layton Children’s Center, 1636 N 1200 W, Layton
April 9th – Diapering, Infant & Toddler Care, Infection Control
   Bravo Arts Academy, 620 E Antelope Dr

**Licensed Family and Residential Certificate Licensing Rules Training**
March 26th – Activities, Child Discipline, Transportation, Napping
   Weber State University, David O McKay Education Building, Room 10
April 30th – Infant & Toddler Care, Nutrition, Animals
   Weber State University, David O McKay Education Building, Room 10

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If you need to renew your CPR and/or First Aid certifications, here are a few numbers you can call:

Red Cross: (Weber/Morgan/North Davis) 801-627-0000
(South Davis) 801-323-7000
American Heart Association: 1-877-242-4277
US Training Council: 801-776-6431
Lakeview Hospital: 801-299-2246
McKay Dee Hospital: 801-387-7800
Bountiful City Fire Department: 801-298-6230
Kinder Academy: 801-458-4032
The Playroom: 801-774-0074
Steve Thorlakson: 801-201-0699
Becky Erkkila: 801-678-4233
Save-A-Heart: 801-582-7144
Davis Hospital (CPR only): 801-807-7023
Ogden Regional Hospital (CPR only): 801-479-2017
The Professional Family Childcare Association of Utah (PFCCA) had a banner year in 2014 and is continuing the momentum into 2015 with many exciting events and projects in the works! We’d love to have you join us!

🎉 MARK YOUR CALENDAR! We are so excited to announce Jim Gill as our keynote speaker for our Provider Appreciation Event and Spring Conference! The event will be held on Saturday, May 16 at the Waterford School in Sandy, UT. Registration information will be mailed soon. The event will be FREE for PFCCA Members!

❤️ PFCCA is proud to announce a partnership with the National Association for Family Child Care (NAFCC), our national affiliate, on an exciting fundraiser to raise awareness for quality child care and scholarship funds for participants. The event will take place during the Week of the Young Child, April 12-18, 2015. Watch our website and Facebook page for more information!

❤️ New PFCCA Benefit Announced – PFCCA Board recently voted to reimubrse providers the $179 Early Bird Registration Fee for those who attend the NAFCC Conference in Minneapolis, MN in July 2015. After you attend the conference submit a certificate of attendance and $179 will be refunded back to you by the PFCCA!

❤️ PFCCA Book Club Pick – Our most recent book club choice was Einstein Never Used Flashcards by Roberta Michnick Golinkoff and Kathy Hirsh-Pasek. This book discusses how our children really learn – and why they need to play more and memorize less! Watch our monthly PFCCA member newsletter for our most recent pick!

❤️ Chapter Meetings - We continue to provide quality and fun trainings every month at chapters throughout Utah. These trainings count as face-to-face trainings for licensing purposes. There are currently no chapters meeting in this region. If you are interested in starting one please contact Amy Christensen for additional information at amy@pfcca.org!

Contact us: PO Box 57931 SLC, UT 84157, 1-800-430-6026
Attention Child Care Providers:
A FREE TOP Star Training is coming up in your area!

Join us for a FREE two-part provider training and learn about:

- Childhood Obesity
- Child Nutrition
- Physical Activity for Children
- Personal Health and Wellness
- Working with Families
- Supporting Breastfeeding Mothers

The next training will be held:

Saturday, April 11th
& Saturday, April 18th
9:00 AM – 3:00 PM

North Davis Senior Activity Center
42 S State St, UT
Clearfield

Registration will begin at 8:30.
Participants are welcome to bring a sack lunch for 12:20 to 1:00 pm lunch break.
A total of 10 continuing education hours will be available for levels 1 and 5-8.
You must attend BOTH dates for career ladder credit. Licensing credit is also available.

No children will be allowed in class.

Training will only be open to centers who are TOP Star Endorsed, or who are interested/in the process of becoming TOP Star Endorsed.

Registration is required and class size is limited.
To register or ask questions about TOP Star Endorsement call Andrea at 801-525-5181 or e-mail ahood@co.davis.ut.us
We would like to recognize and congratulate the following providers for their participation in the Care About Childcare Quality Indicator program!

### 1 – 20 Approved Criteria

<table>
<thead>
<tr>
<th>Provider</th>
<th>Contact Person</th>
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<tbody>
<tr>
<td>Alliance Group Development Center</td>
<td>Erica Ashby</td>
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<tr>
<td>Apple Developmental Daycare</td>
<td>Brittany Bendigo</td>
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<tr>
<td>Bryden Academy Learning &amp; Daycare</td>
<td>Sonya Brown</td>
</tr>
<tr>
<td>Creative Times Academy</td>
<td>Wendy Byington</td>
</tr>
<tr>
<td>Discovery Clubhouse - Ogden</td>
<td>Brittany Chamberlain</td>
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<tr>
<td>Discovery Clubhouse - Riverdale</td>
<td>LuAnn Cooper</td>
</tr>
<tr>
<td>Kay’s Kiddie Care Preschool</td>
<td>Jane Curfew</td>
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<tr>
<td>Kid Care Co. NSL</td>
<td>Cheri Dauteil</td>
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<tr>
<td>Kid’s First Inc.</td>
<td>Alisha Griffin</td>
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<tr>
<td>Kiddie Academy</td>
<td>Jennifer Heath</td>
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<tr>
<td>Kidz Town - North</td>
<td>Kari Holiday</td>
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<tr>
<td>Kinder Academy</td>
<td>Cecilia Juarez</td>
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<tr>
<td>Little Munchkins Childcare &amp; Preschool</td>
<td>Shirley Morrison</td>
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<tr>
<td>Little Rascals Preschool &amp; Daycare</td>
<td>Paula Mullis</td>
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<tr>
<td>Little Seed Evolution Child Care Center</td>
<td>Cindy Neville</td>
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<tr>
<td>Play 2 Learn Academy</td>
<td>Darcie Newbold</td>
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<td>Play 2 Learn Academy on Main St</td>
<td>Amy Nicholson</td>
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<td>SDCH Child Care</td>
<td>Hilary Perez</td>
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<tr>
<td>Tender Years Child Care &amp; Learning Center</td>
<td>Dana Pevey</td>
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<tr>
<td>Time for Families</td>
<td>Esther Singley</td>
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<td>Amy Sperandeo</td>
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<td>Jeni Taylor</td>
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### 21 - 40 Approved Criteria

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<td>Serena Dunn</td>
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<tr>
<td>Children’s Classic #1</td>
<td>Amanda Fackrell</td>
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<tr>
<td>Children’s Classic #2</td>
<td>Heidi Furgeson</td>
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<tr>
<td>Depot Daycare</td>
<td>Jeanette Groves</td>
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<tr>
<td>Kidz Town - Ogden</td>
<td>Holly Jo Jackson</td>
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<tr>
<td>Layton Children’s Center</td>
<td>Teresa Larsen</td>
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<tr>
<td>Let Them Be Kids!</td>
<td>Natalie Levi</td>
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<tr>
<td>Wasatch Christian Early Learning Center</td>
<td>Santina Linke</td>
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<tr>
<td>Marta Alyk</td>
<td>Sharyn McDermaid</td>
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<tr>
<td>Jamie Craythorn</td>
<td>Ivette Perdomo</td>
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<tr>
<td>Rachelle Dillingham</td>
<td>Wendy Thomas</td>
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<td>Monalisa Wald</td>
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### 41 - 60 Approved Criteria

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<tr>
<td>New Hope Children’s Center</td>
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<td>Progressive Preschool &amp; Child Care</td>
<td>Valerie Ferguson</td>
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<td>Ready Set Grow Preschool &amp; Childcare</td>
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### 60 + Approved Criteria

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<td>Edu-Care Early Learning Center</td>
<td>Merianne George</td>
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<tr>
<td>St Paul Lutheran Child Care</td>
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</table>
First Crayons

Give your child a crayon and paper and talk about any marks he makes. Playing with crayons and paper introduces your baby to using tools for drawing and writing. Your words let him know that this activity is important.

Why this is important?
Crayons provide an easy introduction to writing tools. The simple act of putting a crayon to paper gives your baby a chance to freely explore some of the elements of drawing and writing. He will enjoy moving his arm and hand and seeing the result. Later he will learn to use crayons to express himself creatively.

What you do

- Tape a large piece of paper on the table. Seat your baby at the table and offer him one crayon. He may taste it, feel it, or show it to you. Talk about the crayon. This is a red crayon. It is smooth and round.
- Wait for him to make an accidental mark on the paper, or choose another crayon and make a small mark yourself.
- Offer positive encouragement when he makes a mark. You made red lines with your crayon! He may make long strokes or just poke at the paper.
- Give him a crayon only when he is seated in front of paper and can freely explore. Do not leave your child alone with crayons or any other small objects that could be swallowed. Let him explore with crayons only while you are watching to make sure he uses them safely.

Ready to move on?
When he has practiced with a crayon many times, offer him a choice between two crayons. Eventually, he will be able to choose a crayon from a variety placed before him.

The first 5 providers to email the code word “games” to bmontgomery@weber.edu will receive a free scholastic book! Be sure to include your mailing address.
Move Up Five

Create an easy board game that lets your child move a marker as he counts from one to five. Your child will remember and understand these basic numbers if he has a lot of enjoyable practice using them.

Why is this important?
Your child may already know how to count to five, but he may not understand that each number from one to five stands for a definite quantity. He will practice using the words for numbers up to five as he verbally and physically counts out five spaces on the game board. Numbers are used every day by your child, and he will continue to practice counting skills as he grows older.

What you do

- Make five cards that either have one, two, three, four, or five dots on them. Make the dots large enough for your child to point to and count them.
- Find or make a simple path game board with spaces large enough for a game marker to touch each square as your child advances the piece.
- Invite your child to join you in a counting game. Using your path game and cards with dots to determine the count, the two of you will take turns moving your markers. Explain the game to him: We’ll take turns choosing a card. The dots on the card will tell us how many spaces to move our marker.
- Practice choosing a card and counting the dots.
- Encourage your child to move the marker in a hopping motion as you play so that each space can be counted as it is touched.
- Emphasize differences in numbers by saying: Five! That’s a lot. Or, Two is a quick hop.
- Stop the game when your child’s interest ends, which may be before the game is over.

Another idea
Throughout your day together, invite your child to count out five objects when he sees them.
We are here to help YOU!

Care About Childcare Assistance
We are ready to help you earn CAC quality criteria and give you input on your marketing page. Give Crystal a call at 801-626-8083 or make an appointment for one-on-one help with Care About Childcare.

Technical Assistance
Call our office at 801-626-7837 to receive help with an issue you are having whether it is a business, parent or child issue, we can provide you with the resources you need to solve it.

Referrals
Every day parents searching for child care contact our agency either online or by phone. Update your information with us and we can add your business to our referral list. It’s the easiest way to advertise!
Call us at 801-626-7837 or toll free at 1-888-970-0101 to make sure your name is on the list.

CDA Consultant
Are you interested in obtaining your Child Development Associate Credential? Our Program Coach, Megan is available to answer all your questions and be your partner through the process. Call 801-626-8047 to get started!

PC Kits
Grants are available to licensed Family Child Care providers when they complete the Family Consultation Program. Call Vivian at 801-626-7815.

Training
Earn hours for licensing, CDA & the Career Ladder. Training is a great way to increase your knowledge and network with other providers. Call 801-626-7837 with your questions about training.

Program Coaching
The Family Consultation Program is designed for family providers. It is free, one-on-one assistance done in your home. Weekly visits where the consultant brings new ideas, activities and thoughts on ways to use things you already have to provide learning opportunities. Give Vivian a call at 801-626-7815.

Professional Development Award
Everyone can receive awards for your level on the Career Ladder and years of service. Grants are also available to licensed Family Child Care providers when they complete an endorsement on the Career Ladder. Call 801-626-7837 for more information.