It has been such a great pleasure for the staff of the Care About Childcare – Weber State University to reach out and talk with so many programs and hear successes and struggles. What a wonderful community of early childhood professionals we have. A few things this newsletter brings to you is many opportunities for professional development. While the way we live and interact in our community has changed, we want our professionals to make sure they are taking every opportunity to keep working and moving the dial further towards quality programs for children. Please look at the many resources there are for education and now is the time to participate in the professional development system. By taking classes, you help create a toolbox of support for young children in ways of supporting their social and emotional development, maintaining safe and healthy environments, planning for their gross motor and fine motor development along with their cognitive development. You learn ways to strengthen and build positive relationships with the children and with their families. The reward for participating in professional development is the ability to participate or move further on the Career Ladder. We thank you for all you do and the care you provide for children.

-Care About Childcare
Weber State
Congratulations!

Cheri Dautel is the update drawing winner for the month of March!
Lorivers Castro is the update drawing winner for the month of April!
Discovery Clubhouse - Ogden is the winner of the Whole Record Update drawing!

You can update by calling our office at 801-626-7784 or go to our agency’s website at http://programs.weber.edu/cac/receiving-referrals.html

You can also update your information while logged into your profile on the Care About Childcare 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.

More and more families are visiting the Care About Childcare website to find child care. We encourage you to go to careaboutchildcare.utah.gov and view your own record as a parent would. This way you can review what your profile looks like to parents and see what they see.

Keeping your record up-to-date means parents will have the latest information about your care. It will help ensure that you will receive referrals that will help fill the openings you have.

Two other things can help as well: uploading information to your marketing page and participation in the Child Care Quality System (CCQS).

To upload information to your marketing page, log into careaboutchildcare.utah.gov, select my marketing page on the menu from the left. There will be a box where you can type in a message to families and a way for you to upload photos.
Recent social and political changes have brought up feelings of fear and anxiety in many communities. In some communities, protests or even violent conflicts may be happening near children. It is not surprising, then, that these communities’ children may be exhibiting signs of anxiety. Child care providers can take steps to help children cope with worry and the uncertainty that change brings. First and foremost, it’s important to reaffirm to children that when they are in child care, they are with people who care for them and will support them. Small and large signs that your program is committed to diversity, inclusion, and support for each and every child may lessen anxiety. In addition, please take a moment to read the following information about stress in young children, and strategies providers can take to reduce children’s stress levels.

- **Infants and toddlers (ages 0-2)** cannot understand that difficult changes are underway, but if their parent or other caregiver is upset, children will sense it. They may start to show the same emotions as their caregivers, or they may act differently than usual, like crying for no reason, withdrawing from people, or not playing with their toys.

- **Children 3-5 years old** can understand the effects of a major shift in the world around them. They may have trouble adjusting to change and loss and, if they witness violence, may become traumatized. They depend on the adults around them to help them feel better and to explain what is happening, and why.

### What Stress May Look Like and How to Respond - Infants

<table>
<thead>
<tr>
<th>Age Group/Behaviors</th>
<th>What You Can Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crying more than usual</td>
<td>Keep routines in care normal and consistent</td>
</tr>
<tr>
<td>More clinginess</td>
<td>Hold and rock more, be affectionate</td>
</tr>
<tr>
<td>Difficulty sleeping or sleeping more than usual</td>
<td>Keep a positive attitude</td>
</tr>
<tr>
<td>Changes in eating or bowel movements</td>
<td>Reassure as needed</td>
</tr>
<tr>
<td></td>
<td>Be patient</td>
</tr>
</tbody>
</table>

Small and large signs that your program is committed to diversity, inclusion, and support for each and every child may lessen anxiety.
What Stress May Look Like and How to Respond - Toddlers

Age Group/Behaviors
- Loss of appetite
- May regress to acting younger, for example, wanting a bottle AND using “baby talk”
- Clinginess
- Cries or screams a lot
- Being more aggressive — hitting or pushing

What You Can Do
- Play with them
- Continue to hug and give affection
- Pay attention to how they play

Supporting Children
- Keep routines normal and continue favorite rituals or activities
- Maintain a “peaceful” atmosphere
- Make sure children are eating regular, healthy meals
- Always reassure children that you will do whatever you can to keep them safe
- Limit exposure to the media and adult conversations about the change that’s underway
- Answer any questions children have. Be honest without giving a lot of detail
- Talk about the event when children bring it up – don’t try to change the subject. Correct any “false” ideas young children may have about what happened. The language you use and information you give should always be age-appropriate.

Help children feel in control by allowing them to have choices. Choices give them a voice and allow them to feel in charge of a situation, no matter how small. Example: Giving a 4 year old a choice of playing with blocks or doing an art activity.

Teach children ways to calm themselves like dancing to music, breathing deeply, or doing art activities.

Give opportunities for emotional expression through activities like playing with Play Dough, drawing, building, and dramatic play.
About the ASQ®-3 and ASQ®: SE-2

The ASQ tools are developmental screening tools designed to track a child’s developmental progress. It is most effective when completed by the parent, in partnership with someone who can convey results and connect the parent to further information and resources.

ASQ Training

Are you interested in using and implementing the ASQ tools into your early childhood program?

Help Me Grow Utah is partnering with Early Childhood Utah (ECU) to offer:

- Access to the Ages & Stages Questionnaire- 3 (ASQ-3) and ASQ: Social-Emotional- 2 (ASQ:SE-2)
- Access to an online ASQ account for electronic access to the ASQ tools and ease of timely results
- Technical assistance and support to ensure successful integration and sustainability of the tools into program practice

For more information, visit www.helpmegrowutah.org/in-your-community/asq-training or contact Kali Ottesen kalio@unitedwayuc.org
Child Care Licensing Offers Free Training

Completion of Center Rules Trainings and Home Rule Trainings count towards required training hours and topics.

A current schedule of their training opportunities can be found on their website: childcarelicensing.utah.gov.

An online training series is also available to watch on your own time.

Kat Martinez is the trainer for the northern part of the state. You can contact her at 801-698-3244 or katmartinez@utah.gov.

CPR & First Aid Training Sources

CAC-WSU does not offer CPR & First Aid training. Listed below are some organizations and individuals that do. For more information, please call the number provided.

   American Red Cross: (Weber/Morgan/N Davis) 801-627-0000
                  (S Davis) 801-323-7000
   American Heart Association: 1-877-242-4277
   US Training Council: 1-877-554-8500, extension 2
   Lakeview Hospital: 801-299-2249
   McKay Dee Hospital: 801-387-7800
   Bountiful City Fire Department 801-298-6230
   Steve Thorlakson: 801-201-0699
   Becky Erkkila: 801-678-4233
   Save-A-Heart: 801-582-7144
   Davis Hospital & Medical Center: 801-807-7023
   Ogden Regional Medical Center (CPR only): 801-479-2017
Special Announcement from the Utah Office of Child Care Concerning Training

The Office of Child Care (OCC) is committed to supporting youth and early learning professionals during this time when finances may be less stable. OCC has received money through the federal CARES Act, which can be used to assist with professional development during the pandemic.

Because of this, OCC and Care About Childcare (CAC) will be offering all CAC courses free of charge from July through September 2020!

You can find the CAC calendar [HERE](#) to register for these free courses. To increase accessibility during this time, all courses are offered as live, virtual training. If you change the drop down options to “statewide” you will be able to register for any of these virtual courses throughout the entire state of Utah.

Space is limited, so please only sign up for classes you will attend. If you find that you are unable to attend a course you registered for, notify the host CAC as soon as possible so that another person may receive the opportunity to participate.

Time to get some professional development hours!
CAC - Weber State’s Training Policies

- **You must pre-register.** You can register for Care About Childcare - Weber State’s classes online at cac.utah.gov.

- **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.

- **We register for classes one quarter at a time.** You may register only for the classes listed in our current schedule. Each quarter’s class schedule can be found on our website (weber.edu/cac). Training announcements are sent every September, December, March and June via email.

- **Sorry, we are not able to issue refunds.**

- **If you are unable to attend a class** and you **call at least three business days before** the first session starts, we can send you a credit voucher. Please be sure to call during office hours Mon – Thu 7am-4:00pm, Fri 7pm - 1pm. You can reach us at 801-626-7837. We cannot issue a credit voucher if you fail to notify us before the first session of a class. If you have an emergency, please call us and we will discuss your options.

- 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.

- **To register for a make-up session with us,** contact us for a mail-in registration form. (801-626-7837 or careaboutchildcare@weber.edu)

- **To register using a credit voucher,** contact us for a mail-in registration form. (801-626-7837 or careaboutchildcare@weber.edu)

- We need to have a minimum number of providers enrolled to conduct the class. **Classes, which don’t meet these minimum numbers one week before the class is scheduled to start, 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 emailed to participants within one week after the class ends.** If you do not receive a certificate within two weeks of the final session, contact our office at 801-626-7837. If you lose or delete your certificate, there will be a $5 charge for a replacement.
CAC - WSU’s 2020 Summer Professional Development Calendar

Registration for classes takes place online through the Care About Childcare website (cac.utah.gov). You will need to log into your account in order to register. For step by step instructions on how to register online, go to the following webpage: https://careaboutchildcare.utah.gov/pub/OnlineRegistrationSteps.pdf. If you are not sure whether or not you have an account, try the reset password option or call our agency at 801-626-7837.

**Schedule**

**School Readiness Standards Course 2: Mathematics**
Tuesdays & Thursdays: July 7, 9, 14, & 16     Time: 6:30pm - 9:00pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours
Career Ladder: Levels 5 – 8, School Readiness Endorsement
Instructor: Mary Ogan
In this course, based on Utah’s Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler’s early math and science skills for school readiness. Areas of focus include: concepts of number and counting, shapes, spatial relations, patterning, sorting, comparing, and measurement.

**Child Development: Ages & Stages**
Saturdays: July 11 & 18       Time: 9:00am - 2:30pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours
Career Ladder: Level 1
Instructor: Verlina Adame
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.

**Advanced Child Development**
Mondays & Wednesdays: July 13, 15, 20, & 22       Time: 6:30pm - 9:00pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours
Career Ladder: Levels 2 - 3 Instructor: Tressie Kearl
In this course participants learn basic principles and theories of child development, and how this knowledge can influence their day-to-day work with children. Participants will be introduced to the theories of Maslow, Erikson, Montessori, Piaget, Vygotsky, Kohlberg, Gilligan, and behaviorism.

**LOCATION:**
Classes this quarter will be taught virtually using Zoom. You will receive an email the day before, or the day of the course with instructions and a link to join the class.
Guidance & Emotional Wellness Course 2: Foundations of Emotional Wellness
Tuesdays & Thursdays: July 21, 23, 28, & 30  Time: 6:30pm - 9:00pm  
This class will be taught online via Zoom  
Cost: None  
Credit: 10 Licensing hours, 10 CDA hours  
Career Ladder: Level 5 - 8, Guidance & Emotional Wellness Endorsement  
Instructor: Kaia Ortega  
In this course participants will learn about the importance of developmental theory to guidance and emotional wellness. They will learn about additional concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn that building healthy relationships and creating supportive environments are the cornerstones of helping children succeed socially and emotionally.

Theory and Best Practices, Course 2: Erikson & Bronfenbrenner
Tuesdays & Thursdays:  August 4, 6, 11, & 13  Time: 6:30pm - 9:00pm  
This class will be taught online via Zoom  
Cost: None  
Credit: 10 Licensing hours, 10 CDA hours  
Career Ladder: Level 5 - 8, Theory & Best Practice Endorsement  
Instructor: Crystal Knippers  
In this course participants will learn about Erickson’s life 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.

Looking to Learn: Observing & Recording Young Children’s Behavior - Revised 2008
Saturdays: August 8 & 15  Time: 9:00am - 2:30pm  
This class will be taught online via Zoom  
Cost: None  
Credit: 10 Licensing hours, 10 CDA hours  
Career Ladder: Levels 2 - 3  
Instructor: Ty Singleton  
In this course participants learn effective tools and strategies for gathering and using observational information about children. Areas of focus include: learning to observe children accurately and objectively, observation tools and goals, overcoming obstacles to observation, and interpreting and using observation data.

Child Development: Learning in the Early Years
Mondays & Wednesdays: August 10, 12, 17, & 19  Time: 6:30pm - 9:00pm  
This class will be taught online via Zoom  
Cost: None  
Credit: 10 Licensing hours, 10 CDA hours  
Career Ladder: Level 1  
Instructor: Tressie Kearl  
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.
Infant & Toddler Care Course 2: Social Emotional Growth & Development
Tuesdays & Thursdays: August 18, 20, 25, & 27   Time: 6:30pm - 9:00pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours, 1 CEU
Career Ladder: Level 5 - 8, Infant Toddler Endorsement
Instructor: Kaia Ortega
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.

Director’s Toolbox, Course 2: From the Inside Out & Making the Most of Meetings
Wednesdays: September 2, 9, 16, & 23    Time: 6:30pm to 9pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours
Career Ladder: Levels 5 – 8, Center Director’s Endorsement
Instructor: Janet Wahlquist
This course covers the power of reflection and self-awareness as it applies to setting direction for your center, as well as how to facilitate effective meetings.

Strong & Smart: Physical & Intellectual Development
Mondays & Wednesdays: September 8, 10, 15, & 17     Time: 6:30pm - 9:00pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours
Career Ladder: Levels 2 - 3
Instructor: Ty Singleton
In this course participants learn practical ways to promote young children’s physical, cognitive, language, and creative development in age-appropriate play and learning activities.

Special Needs, 2: Communication
Tuesday & Thursday: September 22, 24      AND Saturday: September 26    Time: 6:30pm - 9:00pm
This class will be taught online via Zoom
Cost: None
Credit: 10 Licensing hours, 10 CDA hours
Career Ladder: Level 5 - 8, Special Needs Endorsement
Instructor: Kaia Ortega
In this course participants will learn about communicating in regards to children with special needs. Topics include building partnerships with families, community resources and supports, facilitating communication with children and families, encouraging speech and basic sign language.