

The Childhood Scene



A regional newsletter for early childhood professionals, parents and the community provided by Child Care Resource & Referral Region 13 serving Chatham, Harnett, Johnston, Lee and Wayne Counties

Changes in Subsidy Payments

By now, most child care programs are well aware of the subsidy requirement changes in effect as of January 15, 2012. Legislative changes in the law now stipulate that star-rated programs will need to be at least 3 stars in order to continue with their subsidy.

Here is an excerpt from the letter from the North Carolina Department of Health and Human Services Division of Child Development and Early Education (DCDEE) on November 14, 2011, notifying 1 and 2 star programs of the changes in subsidy payments:

“If you are interested in continuing to receive subsidy payments in the future, the following apply:

- You must indicate your intent to increase your star license level by submitting an application for a Three to Five Star License to your child care consultant by January 15, 2012. Please contact the DCDEE Customer Service Unit at 1.800.859.0829 to obtain an application for a Three to Five Star Rated License.

- Once notified of your intent to increase your star license level, your child care consultant will work with you to develop a plan of action to determine your

next steps for achieving a Three to Five Star Rated License.

- If you have applied for a Three to Five Star License by January 15, 2012, and are making progress to increase your star license level, subsidy payments will continue to be paid for children already enrolled and receiving care in your facility at your current subsidy rate. Children newly approved to receive subsidy can be accepted and served by your facility provided you continue making progress to increase your star license level.
- If you stop making progress to increase your star license level, you will no longer be eligible to participate in the Subsidized Child Care Services Program.

If you are not interested in pursuing a Three to Five Star Rated License, the following applies:

- Effective January 16, 2012, you will no longer be eligible to enroll new children approved for subsidized child care.
- Subsidy payments will continue to be paid for children already enrolled and receiving care in your facility until June 30, 2012.
- After June 30, 2012, all children approved for subsidized child care will be removed from your One or Two Star child care facility and you will no longer be eligible to participate in the Subsidized Child Care Services Program.



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Region 13 Partners



license level, your child care consultant will work with you to develop a plan of action to determine your



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Please contact the Division at 1.800.859.0829 or your child care consultant with questions or concerns. "

What does this mean for you?

If you have a star-rated licensed of less than 3 stars, by January 15, 2012, you will need to have filed an application to increase your stars. This will allow the children already enrolled as well as any new children to receive subsidy reimbursement, *as long as you are progressing towards increased stars*. While your local consultant processes your application, helps you formulate a plan and confirms your progress, your larger "team" will be partnering with your Resource and Referral Agency or Partnership whose staff are trained in the Environment Rating Scales (ERS) process and can help every step of the way towards reaching your program goals. They can explain and help you understand what to expect from the entire scales process, from the beginning up to the time of your assessment. After the assessment is completed, the supportive relationship continues as you maintain all of the positive changes made.

Environment Rating Scale Resources

You can learn more about the Environment Rating Scales on-line at the following websites: ers.fpg.unc.edu and also ncrlap.org. Having a copy of the appropriate Environment Rating Scale book (for school age programs it is the School Age Care Environment Rating Scale, or SACERS) is key.

The SACERS book along with the ERS books for Infants and Toddlers, Early Childhood, and Family Child Care can be borrowed from the resource library at your local Resource & Referral or Partnership offices or purchased from Teacher's College Press at 800-575-6566.

There are **many auxiliary resources** available that support the best practice model of the ERS which takes the guesswork out by describing:

- how the environment should be arranged
- what should be stocked in the centers
- optimal interactions
- how the outdoor program should look
- review of your health and safety procedures
- what to expect from the interview portion and more.

With the various resources, technical assistance and some good old-fashioned rolling up of the sleeves, changes that will breathe new life into your program are just around the corner, for the asking.

Professional Development

You may also ask, "Is there a way to achieve higher stars without having to go through the Environment Rating Scales?" Yes, if you wish to increase your stars through the education component of the star rated license which most likely will require additional education.

For more information on professional educational opportunities, you can contact the Early Childhood Professional Development Institute at www.ncicdp.org or your local Resource & Referral Agency or Partnership.

Benefits



For all of your efforts, what are some of the benefits you can expect? Yes, higher stars do mean higher reimbursement rates, but there is much more to consider.

When a program increases its quality, everyone benefits – your entire program family as well as the larger community. The ripple effect of creating the very best kind of program has immeasurably positive effects on the lives of the children and families you serve.

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Changes in Subsidy Payments ...Continued from Page 2

You may even begin to see this as the perfect opportunity to seriously consider the rating scales for the first time. While it might seem a daunting endeavor, it is much more achievable than you might think.

We Are Here For You

By now you should be feeling more confident and supported, and you may not have realized just how many people are behind the scenes just for you and your program goals. As the School Age Specialist for our region, I am available to help you increase both the stars and overall quality of your after school program. I have resources, including the SACERS book, support and technical assistance to help you reach your star goals. You can reach me directly at 919-542-6644, ext. 27 or jan@childcarenetworks.org. I am part of a team through your Resource and Referral and Partnership offices. We welcome the opportunity to help you through this important and exciting transition – **we are here for you!**

*Submitted by Jan Waugh
Region 13 School Age Specialist*



FYI

The North Carolina Rated License Assessment Project (NCRLAP) has NOT adapted the new additional notes that were updated by the Frank Porter Graham Child Development Institute this past July. The NCRLAP provides the most current additional notes that they use on their website at www.ncrlap.org. Please refer to this website periodically to see if they have made any updates.



Infant & Toddler Time

“Weather” or “not” to go outside?

Current regulations require that all children in child care go outdoors on a daily basis. Research shows that children of all ages and adults benefit from daily outside time. Although child care providers have good intentions about taking infants and toddlers outside, certain barriers often surface, resulting in infants and toddlers not going outdoors. It is crucial to overcome these barriers and to get children and adults outside more in child care settings in order to gain the benefits of outdoor experiences.

Why is it important to get outdoor experiences daily? Research shows that there are health benefits, social/emotional benefits, and cognitive gains.

Health benefits of outdoor play:

- ✧ Outdoor exposure keeps children and staff healthier since germs are less concentrated outdoors.
- ✧ Exposure to sunlight produces Vitamin D, which helps to strengthen bones.
- ✧ Large outside play areas encourage gross motor activity.

Social/emotional benefits of outdoor play:

- ✧ Children have the opportunity to work on their social skills, to help their peers, and to learn to problem solve.
- ✧ Free play outdoors helps to foster friendships and supports positive-peer relations.

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Infant and Toddler Time ... Continued from Page 3

Cognitive benefits of outdoor play:

- ✧ Children have different sense experiences to investigate.
- ✧ Children experience a larger world.



Weather-related barriers

Teachers often have their own set of guidelines for determining “weather” or “not” they take the infants and toddlers in their care outdoors on a routine basis. Some personal beliefs can influence understanding of “appropriate” weather. For example, often people say that spending too much time outside in the cold is not healthy and can result in catching a cold. This is a myth. According to the American Academy of Pediatrics, “cold weather is not the cause of either the flu or colds.”¹ To the contrary, exposing children in childcare settings to winter weather outdoors can keep them healthier.

Staff also will say they cannot take children outside because the weather is:

- ✧ “too wet”
- ✧ “too cold”
- ✧ “too hot”



The NCDCDEE licensing regulations require that:

- **children 2 years of age and older be given the opportunity for one hour of outdoor time daily weather permitting.**
- **children under 2 years of age are required to have the opportunity for 30 minutes of outdoor time daily, weather permitting.**

What does “weather permitting” mean?

According to the ITERS-R (page 8), weather permitting means that children, including infants and toddlers, need to have the opportunity for outdoor play “almost every day, unless there is active precipitation or public announcements that advise people to remain indoors due to weather conditions such as high levels of

pollution and extreme cold or heat that might cause health problems.”²

Who determines pollution levels and extreme hot and cold conditions?

The National Weather Service (NWS) website provides up to date information for the public for extreme hot and cold conditions. Their website is www.weather.gov.

How do you know what weather conditions are comfortable, what weather requires caution, and what weather is dangerous?

The color-coded child care weather chart helps determine these weather conditions. This guide can be downloaded from the NCDCDEE website or can be found at: www.idph.state.ia.us/hcci/common/pdf/weatherwatch.pdf.

Providers can access the NWS website daily on-line. Directors can update their staff as necessary. It is important to remember that “best practice” as found in the ITERS-R requires that unless there is active inclement weather outside (raining, storming, snowing) or unless there is a weather advisory announced by NWS (such as high pollution levels/ozon alert, cold advisory or heat advisory), children are required to be dressed properly and to go outside for one hour daily. Outdoor time can be broken up into more than one outside playtime daily. That means that these young children can be taken outside for active play for 30 minutes in the morning and 30 minutes in the afternoon.

Routine-care related barriers

Staff often say they cannot take children outside because:

- ✧ Individual schedules for feeding and napping interfere
- ✧ Parents do not provide appropriate clothing for their children
- ✧ Moving groups of young children outside (especially infants) is too difficult

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Infant and Toddler Time ... Continued from Page 4

How can staff support the individual schedules that each child in this age group requires and go outside daily?

- ✧ Directors and staff need to plan ahead and work collaboratively.
- ✧ Directors or float staff need to be available to step in to supervise sleeping infants or to help with feeding a child while the rest of the group goes outside.

How can staff overcome the challenge of dressing children appropriately?

- ✧ Directors can communicate their weather policy to parents.
- ✧ Directors can ask parents to provide the proper clothing.
- ✧ A center or home can have a spare box of extra clothing which includes extra hats, gloves, and coats for layering. Parents can be asked to provide outgrown items for this box.

Dr. Thelma Harms, one of the authors of the Environment Rating Scales, has been known to say "There is no bad weather; only bad clothes."³ In other words, when dressed appropriately for the weather children of all ages can be taken outside.

How can staff overcome the awkwardness of maneuvering young children outside?

- ✧ Be flexible with your outdoor schedule. The outdoor time may need to vary daily since the young children in your care may not eat or sleep at the same time day to day.
- ✧ Use a stroller to move the children outside or
- ✧ Place infants in the evacuation crib to move them outside.

When directors and staff begin to look at barriers as challenges and when they work together with parents it is possible to get young children

outside in every season so they can reap the benefits of outdoor experiences.

¹North Carolina Child Care Health & Safety Resource Center. Health and Safety Bulletin. Winter 2011. <www.healthychildcarenc.org/PDFs/ccnews_2011_se_winter.pdf>.

²Harms, T. Cryer, D. and R.M. Clifford, *Infant and Toddler Environment Rating Scale-Revised Edition*, New York: Teachers College Press, 2006. Print.

³Same as above.



Additional Resources:

Caring for Our Children and the National Resource Center for Health and Safety in Child Care and Early Education. <nrckids.org/CFOC3/HTMLVersion/Chapter03.html#3.1>.

North Carolina Child Care Health & Safety Resource Center. Health and Safety Bulletin. Winter 2005. <www.healthychildcarenc.org/PDFs/ccnews_2005-se_winter.pdf>.

*Submitted by Kris Lee
Region 13 Infant/Toddler Specialist*





Updates on Subsidized Early Education for Kids (SEEK)



Thanks to all child care providers for your support during the transition to SEEK, the new electronic attendance and payment system for child care subsidy. All counties have now entered Phase 1 of SEEK, meaning that parents are swiping their cards. On March 1, 2012, a few counties will enter Phase 2, meaning that child care providers' payments will be based on the card transactions. Lee County is the only county in our region which will be in this pilot group.

Some hints to help you have success with SEEK transactions:

1. **Families without cards:** If any family receiving subsidized child care has not received a SEEK card or has lost the card, they should notify their local subsidy agency as soon as possible.
2. **Alternate cardholders:** Families can request an additional card for a friend or relative who often picks up or drops off the children. They should call their local subsidy agency.
3. **Before AND after school care:** A child should only be **checked in ONE TIME each day and checked out ONE TIME each day**. If a child's plan of care is for both before and after school, they should be checked in upon arrival in the morning. When the child leaves to go to school, no check out is necessary. When the child returns to your facility after school, no check in is necessary. The child will be checked out when he/she goes home in the evening.
4. **After school care only:** If a child arrives by school bus for after school care, the parent must check the child in AND out when they arrive in the evening to pick up

the child. First, the parent completes a "previous check in" for earlier that day. Then, they complete a normal "check out" for that day.

5. **Use the SEEK provider web portal.** It is a website where you can view information about your facility, authorizations, transactions, and cardholder information. It will help you discover the reasons for denied transactions. Please refer to the manual that came with your POS machine for instructions on how to access the web portal.

Important reminders:

- **No one should use a SEEK card with another person's name on it.**
- **Child care providers are not allowed to store the parents' cards at the child care facility. Parents who do not come to the facility regularly must swipe their card at least once a week to report attendance for the previous week using the "previous check in" and "previous check out" features.**

Thank you again for your patience. We know that the SEEK system has caused big changes for families and providers, and we really appreciate your support.

*Submitted by Erin Suwattana
Family Services Manager
Child Care Networks*

Attention Readers!

Region 13 Training Calendar is available on-line at

[Region 13 Training Calendar](#)

or

https://www.google.com/calendar/embed?src=6578c2345i274te560vmmt6deg%40group.calendar.google.com&ctz=America/New_York

Click on the training date in which you are interested. Other training details will appear. So that we can keep you better posted on important items, please contact your CCR&R and give them your email address.



The Healthy Child Care Provider

Taking Care of Yourself So You Can Take Care of Others

Become More Healthy...Exercise

Why should you exercise?

Exercise keeps you strong, active and healthy. It is fun and should be a part of your life. Exercise can lower your blood cholesterol number. Exercise also helps control high blood pressure, diabetes and your weight.



What activities are good for your heart?

Be active whenever you can:

- ☀ Take the stairs rather than the elevator.
- ☀ Park farther away and walk.
- ☀ Get up and move around if you work at a desk.
- ☀ Walk during lunch.
- ☀ Exercise — walk, run, play sports, dance.

During winter months:

- ☀ Try walking in place inside your home.
- ☀ Stepping to the beat of music can make it more fun.
- ☀ There are some walking in place webcasts or CD's that can be fun to watch and walk to also.

Heart healthy exercises must:

- ☀ Make your heart beat faster and make you breathe faster.
- ☀ Be done for 30 to 60 minutes without stopping.

- ☀ Be done on most days of the week.

Walking is one of the best and easiest heart healthy exercises. Playing sports, dancing, running, bicycling, aerobics, and swimming are good, too.

Walking for a healthy heart.

- ☀ Begin slowly. Begin by walking 10 or 15 minutes three or four times the first week. Set a goal and walk a little more each week. You may want to work up to a 30 minute walk 6 days a week.
- ☀ Or maybe you want to walk 30 minutes every day of the week. Always check with your doctor before starting any exercise program.
- ☀ Stretch and walk slowly for the first and last five minutes. Stretching and walking slowly help your heart to warm up and cool down.
- ☀ Listen to your body. If you have any health problems, talk to you doctor about walking for a healthy heart. If you get breathless, dizzy, or have unusual pains when you are walking, slow down or stop. If the problem does not go away, see your doctor.
- ☀ Begin your walking program. If you begin and then miss a few weeks, it's okay. Start again. You are healthier than before you started your walking.

Share

Why not set up a share board, a share time at staff meetings, or email favorite winter exercise activities to fellow staff members each employee has tried and really liked! Make it a competition.

Source: North Carolina Cooperative Extension Service
6/05—Web—JMG/DB (Revised) FCS-384-8
E04-44508

One site for free indoor mini walks and a mini desk work out is the Leslie Sansone site at:
<http://www.walkathome.com/>
If you find other sites, please let us know so we can share!!

Child Care Networks, Inc. CCR&R of Chatham County

P.O. Box 1531
Pittsboro, NC 27312
(919) 542-6644



Harnett County Child Care Resource & Referral

126 Alexander Dr., Suite 300
Lillington, NC 27546
(919) 893-7530



Partnership for Children of Johnston County Child Care Resource & Referral

1406-A S. Pollock Street
Selma, NC 27576
(919) 202-4893



Coalition for Families CCR&R Lee County

507 N. Steele Street, Box 3
Sanford, NC 27330
(919) 776-7157



Partnership for Children of Wayne County Child Care Resource & Referral

800 N. William Street
Goldsboro, NC 27530



Sliding into a New Year



**National Thank You Month
National Book Month**

- 1 New Year's Day
- 16 Martin Luther King, Jr. Day
- 18 Winnie the Pooh Day
- 21 National Hugging Day
- 28 Fun at Work Day



**Black History Month
Dental Health Month
American Heart Month**

- 2 Ground Hog Day
- 14 Valentine's Day
- 21 Presidents Day
- 29 Leap Day



**National Nutrition Month
National Women's History Month**

- 2 Read Across America Day
- 11 Daylight Savings Time Begins
- 17 St. Patrick's Day
- 20 First Day of Spring
- 31 Love Our Children Day

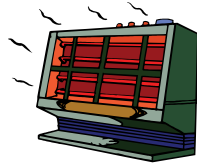




Winter Safety

Many people are looking for alternate sources to heat their homes due to the high cost of heating fuels and utilities. Many more people are using wood burning stoves and purchasing electric heaters or bringing electric heaters out of storage. People are using fireplaces which use wood and manmade logs. Although all of these methods of heating are acceptable, they can cause fires. It is important that fireplaces and woodstoves are installed properly.

Using Portable Electric Heaters



- Read the manufacturer's instructions and warning labels before using any portable electric heater.
- Keep flammable materials away from the heater. Keep the heater at least 3 feet away from curtains, bedspreads, furniture, and walls.
- Do not block the heater's air intake or exhaust source.
- Heaters should be kept away from children and not placed in a child's room without supervision. If a heater is used where children are present, remind them that they could get burned if they touch the heater.
- Electric heaters should not be used in bathrooms or other areas where they may come in contact with water. Parts in the heater may be damaged by moisture. A fire or electric shock may result.
- Only place a heater on a level surface. Do not place heaters on furniture.
- Plug cords only into outlets with sufficient capacity and never into an extension cord.
- String out cords on top of rugs or floors. Do not

place anything on top of the cord.

- Check periodically for secure plug/outlet fit. The outlet may need to be replaced if the plug does not fit snugly into the outlet or if the plug becomes very hot. Only a qualified repair person should replace the outlet.
- Always turn off electric heaters when you leave the room or go to bed.
- Unplug the heater when it is not being used. Pull the plug straight out from the outlet. The cord needs to be inspected periodically. Never use a heater with a damaged cord. Only a qualified repair person should replace the cord.

Other Safety Tips:

- Never use a cooking appliance such as a range or an oven for heating purposes.
- If using a kerosene heater, use extreme caution, especially during refueling. Always use the proper grade of kerosene, never gasoline or other fuels and refuel in a well-ventilated area-preferably outside-and only when the heater is cool.
- Keep wood-burning stoves and fireplaces clean and in good working order. Never burn trash or paper in wood-burning stoves or fireplaces. Chimneys need to be inspected at least once a year and cleaned and repaired as often as needed.

Sources:

Winter Fires-Safety Tips for the Home. Emmitsburg, MD: Department of Homeland Security, US Fire Administration, March 2008. Print.

10 Tips for Use and Care of Your Portable Air Heater. Washington, DC: Association of Home Appliance Manufacturers, Print.

Fire in Your Home. National Fire Protection Association, Quincy, MA, Print.

*Submitted by Nancy Lee
Harnett County CCR&R
Resources provided by Harold Flowers,
Deputy Fire Marshal, Harnett County*



Harnett County CCR&R Happenings

Child Care News For Harnett County January-March 2012



Training Classes

A list of classes for Harnett County may be found on the reverse side of this insert. As a reminder, please call the Harnett County CCR&R office at 910-893-7530 to **pre-register for all classes**. We try to have enough handouts for everyone. We would also **appreciate a call** to let us know if you find out you will not be attending a class after you have already pre-registered to help us reduce the cost of printing materials that are not needed, or in the case of a meal, to cancel your reservation. Thank you.

DCDEE Region 13 Specialists

If you have any questions for the specialists in our region, please feel free to contact them by phone or email.

Jan Waugh—School Age
919-542-6644 ext 27
jan@childcarenetworks.org

Ann Carter—Behavior
919-542-6644 ext 28
ann@childcarenetworks.org

Kris Lee—Infant Toddler
919-542-6644 ext 26
kris@childcarenetworks.org

Very Special Thanks to Our Trainers:

- ✂ Mashekia Raines, Jessica Herring, & Leigh McKenzie-Lee, DCDEE Consultants
- ✂ Chrissy Johnson, Harnett County DSS & Jeff Armstrong, Harnett County Sheriff's Department
- ✂ Harold Flowers, Harnett County Fire Marshal's Office
- ✂ Nancy Stevens, Penn State Cooperative Extension & Leanne Manning, University of Nebraska-L Cooperative Extension
- ✂ Lennie Hamilton & Annie Arnold, CPR/First Aid Instructors
- ✂ Wanda Hardison, Harnett County Cooperative Extension
- ✂ Shelly Humphrey, Harnett County Parents as Teachers
- ✂ Cindy Pierce, Harnett County Environmental Health

Do We Have Your Email Address?

We are trying to obtain as many email addresses for our correspondence as possible. If you have not given your email address to our office recently and would like to receive the newsletter by email, please contact Nancy Lee at 910-893-7530 or email her at nlee@harnett.org.

Find us on Facebook!



Search for:

"Harnett County Child Care Resource and Referral"

Go to our website at

www.harnett.org/coop

to view announcements, past issues of: *HC CCR&R Happenings*, our most recent *Training Calendar*, and past issues of *The Childhood Scene!*



Harnett County

Child Care

Resource & Referral

126 Alexander Drive • Suite 300

Lillington, NC 27546

(910) 893-7530 Fax: (910) 893-3195

Monday—Friday 8:00 am - 5:00 pm

Our Mission Statement: To improve the quality and availability of child care through services to families, technical assistance and training to child care providers, working with community organizations which serve children and families, the involvement of business and industry in child care issues, and the education of community with an emphasis to parents and other relevant groups on those issues important to promoting better child care and quality of life for our children and families.

This insert for HC CCR&R is funded by the Division of Child Development. Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age, or disability.

Harnett County Child Care Resource & Referral Training Classes*

January - March 2012

Jan. 30 **6:30-8:00 p.m.** **Using 4-H Science in Your Afterschool Program** **Patricia McKoy and Lynn Lambert
Harnett County 4-H**

Looking for ways to enhance your after school and/or child care program? Try Harnett County 4-H S.T.E.M (science, technology, engineering, math). 4-H is a fun and free resource that is available to school-aged children K-5. In this hands-on, interactive workshop, 4-H staff will use 4-H curriculum and resources to develop skills useful for implementing S.T.E.M. education in child care and after school programs. 1.5 hours credit

Feb. 6 **6:30-8:00 p.m.** **Fire Safety** **Harold Flowers, Harnett County Deputy Fire Marshal**

The Deputy Fire Marshal will review fire safety regulations for child care centers in addition to other information regarding fire safety. 1.5 hours credit

Feb. 13 **6:30-8:00 p.m.** **ITS-SIDS** **Nancy Lee, Harnett County CCR&R**

Infant safe sleep rules and regulations will be addressed in addition to best practices for infant safe sleep in child care centers and family child care homes for the DCDEE mandated training for child care providers. 1.5 hours credit

Feb. 27 **6:30-8:00 p.m.** **The Magic of Music and Physical Activity** **Kit Sanders, HC Cooperative Extension**

Music is an important component of any preschool program. This workshop addresses some of the concepts that children learn through music, physical activity, and how to teach music. It will also give you ideas on how to make up your own songs. 1.5 hours credit

March 8 **6:30-8:00 p.m.** **Recognizing Developmental Red Flags** **Tracy Jones and Patricia Freeland
Sandhills Children's Developmental Services Agency**

When working with children, providers have the responsibility to alert parents and/or caregivers when concerns arise regarding a child's development. Common developmental red flags for children ages 0 to 3 years will be discussed along with when and how to refer children to the CDSA. A brief description will also be given for the appropriate referral sources for children with concerns but do not qualify for the NC Infant Toddler Program or who are between the ages of 3 to 5 years. 1.5 hours credit

March 19 **6:30-9:00 p.m.** **Obese Kids: They Are What They Eat** **Megan Ray, HC Cooperative Extension**

Childhood obesity is a national problem. What children eat is critically important. It doesn't matter if you care for children in a center or a home, every adult that works with young children needs to be aware of what children are eating. This workshop will have lots of ideas to get children to eat healthy snacks and lunches and tips to share with parents. **MUST PRE-REGISTER TO ATTEND.** Harnett County and Wake County Child Care Providers attend **FREE** of charge. All other counties will pay fee of \$10.00. Light supper will be provided. 2.5 hours credit. Also, .5 CEU credit at cost of \$8.00 if both classes on March 19 & 26 are completed.

March 26 **6:30-9:00 p.m.** **Fighting Children's Obesity
Through Active Play** **Wanda Hardison, HC Cooperative Extension
Nancy Lee, HC CCR&R**

The percentage of children in this country who are overweight has doubled in the last ten years. Keeping children active is one way to help fight childhood obesity. How much active play time do children need each day? Learn great active play ideas for keeping children moving indoors and out. **MUST PRE-REGISTER TO ATTEND.** Harnett County and Wake County Child Care Providers attend **FREE** of charge. All other counties will pay fee of \$10.00. Light supper will be provided. 2.5 hours credit. Also, .5 CEU credit at cost of \$8.00 if both classes on March 19 & 26 are completed.

April 2 **6:30-8:00 p.m.** **Fire Safety** **Harold Flowers, Harnett County Deputy Fire Marshal**

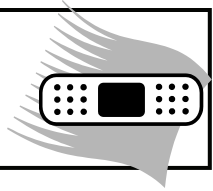
The Deputy Fire Marshal will review fire safety regulations for child care centers in addition to other information regarding fire safety. 1.5 hours credit

***REMINDER:** All classes will be held at the Harnett County Agriculture Center at 126 Alexander Drive in Lillington. Please contact Nancy Lee at Harnett County Child Care Resource & Referral at 910-893-7530 to **PRE-REGISTER FOR ALL CLASSES.** For accommodations for persons with disabilities, please call Nancy Lee at 910-893-7530 no later than five business days before the class.



CPR and FIRST AID Classes for 2012 (Jan-May)

In cooperation with the Harnett County Day Care Association



June, July, Aug. & Dec.: NO Classes

January	12 (Thurs.)	CPR
	14 (Sat.)	First Aid/CPR*
February	9 (Thurs.)	CPR
	11 (Sat.)	First Aid/CPR*
March	8 (Thurs.)	CPR
	10 (Sat.)	First Aid/CPR*
April	12 (Thurs.)	CPR
	14 (Sat.)	First Aid/CPR*
May	10 (Thurs.)	CPR
	12 (Sat.)	First Aid/CPR*

*Saturday classes — bring a bag lunch.

Class Times — note new Thursday time!

CPR (Thurs.):	4 pm - 8:30 pm
CPR/First Aid (Sat.):	8 am - 2 pm

All classes are held at
Coats-Grove Fire & Rescue
HWY 55 in Coats, NC

Class fees are \$30
(this fee includes the non-optional
increased fee of \$5 for the card.)

Mail payment* and registration form to:
Brenda Lucas
310 East "F" Street
Erwin, NC 28339

*Make **money order or cashiers check** payable to: HCDCA. Payment must be received at least two weeks prior to class due to lower class/instructor ratio.

(Personal and Business Checks will NOT be accepted)

CPR & First Aid Classes offered through the Harnett County Day Care Association are for members only. To join the Association, send a \$35 membership fee and \$3 per staff member yearly dues to Brenda Lucas, HCDCA Secretary/Treasurer.

- **The \$35 membership fee is a one-time fee** which enables all employees of the facility to enroll in classes.
- **The \$3 per staff member dues are due every January** and must be paid before a person can take CPR or CPR/First Aid.

Due to the mandated increase of instruction time and increase in fee for the cards, the class fees have been increased accordingly.

Call HC CCR&R at 910-893-7530 to pre-register, make **money order or cashiers check** payable to HCDCA, and **mail** it with the registration form. Registration must be received *at least two weeks prior* to the class and mailed to: Brenda Lucas, 310 East "F" Street, Erwin, NC 28339. *No hand deliveries will be accepted.*

As of July 1, 2008:

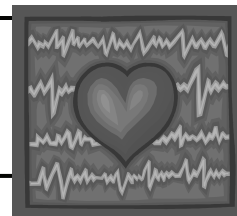
CPR certification must be renewed on or before the expiration date of the certification or every two years, whichever date falls first on the calendar.

First Aid certification must be renewed on or before the expiration date or every three years, whichever falls first on the calendar.





CPR and FIRST AID Registration Form



Please list each person who plans to attend the CPR or First Aid/CPR class on a form below. The class fee is \$30 per person. Please also include the *yearly* membership dues of \$3 per person PLUS, if the child care program is not a member of the Harnett County Day Care Association, a one-time facility membership fee of \$35. Personal and business checks will **not** be accepted—**only a Money order or Cashiers Check** should be made payable to: **Harnett County Day Care Association**. Please send registration form(s) and payment to: **Brenda Lucas • 310 East “F” St. • Erwin, NC 28339 at least two weeks prior to the date of the class.** Please direct any questions to HC CCR&R: 910-893-7530.

✂ -----

Please check one: CPR First Aid/CPR Date of class: _____

Facility: _____ Phone Number: _____

Address: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

✂ -----

Please check one: CPR First Aid/CPR Date of class: _____

Facility: _____ Phone Number: _____

Address: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

✂ -----

Please check one: CPR First Aid/CPR Date of class: _____

Facility: _____ Phone Number: _____

Address: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____