Have you heard about Building Bridges? It’s a cooperative effort between community colleges, child care resource & referral agencies and the Department of Early Learning to help child care providers in Washington complete their 10-hour continuing education requirements while earning college credits that may apply toward a degree in early childhood education.

At WWCC we have offered the Infant and Toddler Caregiving course, 3 ten-hour modules and the Child, Family & Community Relationships course, Modules 1 & 2. The courses were offered in both English and Spanish. Textbooks and tuition for the students were paid for by DEL.

Approximately 45 Spanish speaking students and 15 English speaking students have signed up for each module.

Providers have been very excited about this opportunity to further their formal education. One participant stated: “I love these classes. Every day I learn something I can use. It’s energizing.”

Watch for more Building Bridges courses to come this fall. We’re hoping to offer Module 3 of the Child, Family & Community Relationships course and then offer Guiding Behavior of Young Children in winter and spring.

If you have questions, contact Michelle Meyer at 529-5744.

Onsite Consultations Available

Do you ever wish you had a chance to talk with someone about your program; time to get new ideas and refresh your energy? Tina Lopez can help. She can come to your child care site and help you improve your business. This service is free of charge.


"Children are natural Zen masters; their world is brand new in each and every moment."

John Bradshaw
Safe Sparklers

Your child will love making these shiny sparklers. The best part: they won’t burn little hands and will never go out!

What You Need
- 12” wooden dowel
- White acrylic craft paint
- Gold glitter glue or paint
- 2 gold chenille stems
- Gold foil-type garland
- Scissors
- White craft glue

What You Do
- Paint the dowel with white paint and let dry.
- When paint is dry, add a coat of gold glitter glue or paint. Let dry.
- Cut garland into six inch pieces. Gather all the pieces of garland together like a bouquet, with the wooden dowel at the center. Use both hands. (You may have to help your kids with this part.)
- Wrap a chenille stem around the “bouquet” to secure it. Then add a few dabs of glue to help keep it in place.
- Continue wrapping chenille stem tightly around the garland and the dowel. Repeat with second chenille stem.
- Put a few dabs of glue in between crevices of the chenille stems to help secure them. Allow the glue to dry.
- Position the garland pieces so that it looks like a sparkler.

Helpful Hints
- Check your local craft supply store and discount department store for garland. If you can’t find it, shiny foil wrapping paper works well also. Just fringe it with scissors.
- Garlands come in other colors as well. Make one with red, white and blue garland for a patriotic effect! Buy large packages of chenille stems in variety packs to save money.

New Early Learning Advisory Council

The Early Learning Advisory Council (ELAC) was established through legislation during the 2007 session. Under Washington law, the ELAC’s purpose is to advise the Department of Early Learning on “statewide early learning community needs and progress.” This exciting new advisory council is distinct from the Early Learning Council (ELC) that had been established during the 2005 session of the Washington State Legislature; the ELC sunsets June 30, 2007. The purpose of the ELC was to provide vision, leadership, and direction to statewide early learning programs prior to the establishment of the Department of Early Learning (DEL).

Survey and ELAC Membership Application

To build a new advisory council with as broad input possible, DEL will:

- Conduct a survey that gathers vital information to support the new ELAC. The survey will honor the work of the ELC and provide former members and other interested parties an opportunity to give feedback on the ELC’s past work. We want to learn what ELC members and public participants are most proud of, and what, if any, areas they would have liked to have made more progress in. DEL plans to have the survey posted online no later than June 12, 2007. Respondents will have until June 26 to complete it.
- Provide information for potential applicants on how to apply for membership on ELAC. The ELAC will consist of not more than 25 members, as follows:
  - At least seven leaders in early childhood education will be appointed by the Governor.
  - Two parents will be appointed by the Governor.
  - One member will represent the Office of Superintendent of Public Instruction.
  - Two members will come from the House of Representatives and two from the Senate, one each from the Democratic and Republican caucuses of both House and Senate. These will be appointed by the Speaker of the House and President of the Senate, respectively.
  - Two will represent Thrive-by-Five Washington.
  - One representative will be appointed by sovereign tribal governments.
  - One will be appointed by the Washington Federation of Independent Schools.
  - Representatives from DEL, the Office of Financial Management, the Department of Social and Health Services, the Department of Health, the Higher Education Coordinating Board, and the State Board of Community and Technical Colleges will all be appointed by the Governor.
STARS Seminars for Fall 2007

Saving Our Children From Nature Deficit Disorder
With Andrea Unck
Dates: Mondays, October 22 & 29, 2007
Times: 6:30-9:00 pm
Item: FCS 144, #1083
1/2 college credit, 5 STARS hours

The great delights and adventures in learning that await our children in the great outdoors must be preserved. Come learn about creating magical playgrounds and fun outdoor activities.

The Multimedia Generation: Understanding Children & Technology
With Marcie Garrison
Dates: Tuesday, October 2 & Thursday, October 4, 2007
Times: 6:30-9:00 pm
Item: FCS 144, #1087
1/2 college credit, 5 STARS hours

Kids love the gadgets of technology: computers, cd’s, mp3 players, video game systems. What’s important for educators to know about how these devices impact learning and how to make the most of them.

REGISTRATION NOW OPEN!

- Call 527-4443, Monday-Friday, during business hours.
- A VISA or MasterCard will be required to pay tuition.
- Tuition reimbursement scholarships are available through WAEYC at www.waeyc.org or 1-800-727-3107 x16

Upcoming Events

For information about training and events related to early childhood in our community, visit www.wwcc.edu/parent/ccr&r and click on “Upcoming Events.”

- WAEYC’s Annual Looking Through the Kaleidoscope Early Childhood Conference will be held October 25-27, 2007 in Yakima. See www.waeyc.org for information.
- Be sure to visit Blue Mountain Association for the Education of Young Children’s new website for local AEYC information: www.bmaeyc.org
- The Bridge from School to Afterschool and Back Conference, sponsored by School’s Out Washington will be held in Vancouver, WA on October 22 & 23, 2007. For information visit www.schoolsoutwashington.org
- ESD 123 is sponsoring a two-day conference: Shaping the Future of Successful Early Childhood Education in Pasco on July 20 & 21, 2007. See the CCR&R website under “Upcoming Events” for registration form.
Children always seem to be on the move. They're wiggling, crawling, jumping, running, hopping, or skipping. It's hard to believe that even with all their moving and playing, many children do not get enough physical activity.

The Institute of Medicine says that over the past 30 years, the number of overweight preschool children, ages 2 to 5, has more than doubled, and for children 6 to 11 years, that number has tripled. Nine million children over age 6 are obese or overweight. Children's obesity is now a major national medical concern.

There can be many reasons for children being overweight. The two biggest reasons are "what they are eating" and "what they are doing." Not being active enough is one reason young children are overweight. So, how much physical activity do children really need?

How Much Movement Do Children Need?
The National Association for Sport and Physical Education has guidelines for children to be at their best fitness level. There are guidelines for infants and toddlers, preschoolers, and school-age children as to how much physical activity is best for their health and development.

How Much Activity for Infants?
You may wonder, what kinds of physical activities do babies need? Every kind of activity with babies is important to their overall development. Every movement encourages brain activity, which, in turn, plays a part in cognitive, emotional, and social development.

For example, babies or toddlers who spend too much time in strollers, play pens, car seats, or other confined spaces, are not having the opportunities they need to explore, learn, and develop. Too much time spent not moving as a baby or toddler can lead to the habit of not being physically active.

At this age, infants need to be rolling over, crawling, walking, pulling themselves up, exploring their surroundings, interacting with parents and others. Remember activity just means doing something, not lying down or being still.

It is recommended that every day, infants should:

- Spend time with a caregiver (parent, grandparent, child care provider) who will provide activities that involve some movement. This includes holding, rocking, and carrying the baby around.
- Be taken to new environments, such as being able to explore different rooms, go outside, be taken on a stroll, and see what other children or people are doing.
- Be able to move as much as possible. Spend as little time as needed in a car seat, stroller, play pen, or anything else that stops them from being able to stretch their legs, kick, roll over, and so on.

How Much Activity for Toddlers/Preschoolers?
Toddlers and preschoolers are already active, right? They run, jump, throw, and kick. This is true, but, they have to have the chance to do all this. These skills develop because they are given time and opportunity. Too many children are not getting enough time to be physically active in child care and in school. The younger children usually want to be active - getting them to be active is usually not a problem.

It is recommended that every day, toddlers and preschoolers should:

- Have structured or planned physical activity - for toddlers, at least 30 minutes; for preschoolers, at least one hour. Of course, more is better. And it doesn't have to be continuous. It could be throughout the day, but as long as it adds up to 30 minutes or
an hour, it's okay.

- Be engaged in some sort of movement or physical activity, structured or on their own, throughout the day. Except when they are sleeping, no more than 60 minutes at a time should go by without them being active.
- Have both indoor and outdoor time to move around and use their large muscles. This includes kicking and throwing a ball, climbing on playground equipment, riding a bicycle, skipping and jumping.

It is important to note that children in child care need to be in settings where the child care program plans enough appropriate physical activity throughout the day. Parents should ask about what kinds of daily physical activities are planned when looking for child care.

How Much Activity for Young School-Age?
School-age children need even more physical activity than toddlers and preschoolers. As their bodies are growing, they need more food, more energy, and more activity. Physical activity should be a part of their ordinary, everyday activities. Whether activities are structured such as gym class, or unstructured, such as raking leaves, it's all a part of what these young school-age children need to be healthy and fit. Although there is a structured physical education program in every school system, it isn't enough. Some schools only have physical education classes twice a week. Playground time is usually limited to 15 or 20 minutes at a time. It is recommended that every day, school-age children should:

- Get at least 30 minutes to one hour of physical activity, with 15 minutes of ongoing vigorous activity (gym class, recess, organized sport, or playing outside.)
- Get at least another additional hour of physical activity that is not structured and hopefully "fun," such as building towers, taking a hike, going on treasure hunt, or playing tag.
- Be encouraged to be active through whatever it takes to encourage them. Do lots of activities with them.

Adults and Children Active Together
Parents (and other primary caregivers in children's lives) are the most influential people in children's lives. Being active and staying active is a prime example of where as a parent you will greatly influence your child's fitness habits. When trying to make sure your child is getting enough activity, make sure you make it a family effort. Fitness is not just doing formal exercises, it's moving and stay moving for a period of time. We can all find something we like to do that involves movement, and that's the key to being active for a lifetime.

Make family time a regular part of your day or week, and include something physically active as part of it. Try these family fun activities to keep everyone moving:

- Go bowling
- Play volleyball, catch, kickball, tennis or whatever activity is fun for you and your family; take lessons together to learn a new sport
- Have water day in your backyard (when is the last time you ran through a sprinkler?)
- Walk around the mall, a carnival or park
- Take a nature hike
- Have hula hoop contests
- Learn a new dance and put on some music
- Take a ball outside and just play

You already know that as a parent, it is not easy to find time for beneficial physical activity in your own now very busy lives. But it has never been more important because your children need to see that you see it as important (but fun). The habits children start early in life will show up later in life. The more active a child is early in life, the more likely he will be active as an adult.

Being more active does take more planning, but stick with it and you'll find that your children are in better health, will learn to like at least one activity, and you may find that you enjoy it more than you thought. From: www.nacerra.org
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