Music is an important and natural part of children’s growth and development. It enhances the learning process by encouraging language development, emotional, intellectual, and social development. This process is most seen through creative expression, coordination, rhythmic movement, and interactions with others. Early childhood educators can create an interest for music in children of all ages by providing an appropriate program that includes music education on a daily basis integrated into children’s play.

A music program for children should include many opportunities to explore sounds through singing, listening, body movements, playing instruments and introducing rhythm throughout various activities in the curriculum. Since children come from many diverse backgrounds, they should be allowed to bring their own unique music abilities and experiences to the learning environment. They can do this through song, dance, and musical instruments that are reflective of their culture. Respect of all cultures through music is significant to the learning process.

Music can contribute to a soothing environment for infants as soon as they begin to recognize sounds. Singing, chanting, and imitating sounds are a few ways to introduce babies to music. In addition, they will learn rhythmic movement through rocking, patting, and movement from the adult interacting with them. When infants start standing and clapping their hands, they learn to move their bodies and “dance.” Older toddlers begin to learn words to go along with the body movements. As children’s language develops, so does their creativity in their expression and interpretation of music. Since music is a form of communication, children also learn critical thinking skills and how to express feelings and ideas.

Children will have successful learning experiences as long as they are given opportunities to learn music. Daily programs that include music opportunities for children, as well as effective adult role models who provide music to their children, will empower these children with success in this very important art.

Note: Local libraries are a great resource for children’s music.
News from the WA Scholarships for Child Care Professionals Program

The new school year has officially started, and the scholarship program has received a large number of applications this term from child care providers eager to continue their education. The program has started fall quarter with the introduction of Colette Adams as our new Scholarship Counselor and Mandy Aaberg as Scholarship Specialist. Colette was previously working with the Network as the Program Assistant. Mandy comes to us with a background in Education and Development, with experience in the U.S. and Latin America.

We currently have 142 active scholars registered for fall quarter, 319 active scholars statewide and 60 pending. Outreach efforts have been aimed at giving presentations at both centers and colleges. A result of this was the successful initiation of a new Spanish and English CDA program at Wenatchee Valley College.

The scholarship program is continuing to develop our BA Pilot Program and hope to begin recruiting candidates this winter. The pilot program will consist of 3-5 scholarships offered to qualified candidates pursuing a BA Degree in ECE in King, Snohomish and Pierce Counties. Funding for the BA pilot program only extends to these counties at this time, although may increase with successful completion of this pilot.

Peanut Butter Pinwheels

Try this easy treat with milk for a healthy breakfast!

Peanut butter
Honey
1 flour tortilla
Granola

Spread peanut butter and honey on tortilla. Sprinkle with granola.
Roll up the tortilla, then slice it into bite-size pinwheels.

Go to www.healthy-kids-snacks.com for more ideas and recipes.

Copyright © 2006 www.Healthy-Kids-Snacks.com

No-Bake Cinnamon Dough Ornaments

1 cup ground cinnamon
3/4 cup applesauce
2 Tablespoons white glue (i.e. Elmer’s)

Mix ingredients together in a bowl.
Mixture will be a stiff dough.
Knead dough for 5-10 minutes, place in bowl, cover with plastic wrap so it doesn't dry out, and let sit for 30-45 min.
Knead dough again until smooth.
Roll out dough between waxed paper until thickness is 1/8” to 1/4”. Use cinnamon to keep it from sticking.
Use cookie cutters to create teddy bears, gingerbread people, and holiday shapes. Use a straw to make a hole so you can hang the ornament with ribbon or yarn.
Place ornaments on wire racks for drying. Drying will take 3-5 days, turn ornaments over a few times a day in order for them to lay flat and prevent curling of the edges.
Ornaments will shrink a little while drying. (A food dehydrator may be used)

Please remind children these ornaments are not edible!

Window Blind Safety Is Important!

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), the Window Covering Safety Council (WCSC) announced recalls to repair horizontal window blinds to prevent the risk of strangulation to young children. The recalls involved millions of window blinds with pull cords and inner cords that can form a loop and cause strangulation.
Announced several years ago, this notice is still relevant today. To find out more details, visit their web site at:
http://www.cpsc.gov/cpscpub/pubs/cords.html
Immunization & Child Care Spotlight

Greetings to Child Care Providers from the Washington State Department of Health’s Immunization Program CHILD Profile!

Please find below some information we’d like to highlight for you about immunizations.

**Who Should Get the Chickenpox Vaccine?**

**Children:** It is recommended that children receive the varicella (chickenpox) vaccine on or after their 1st birthday. Documentation of chickenpox status (vaccine, disease, or exempt) is required by the child’s 19th month in order to enter child care or preschool.

**Staff:** Child Care staff members who do not have a history of chickenpox disease or vaccine, need to consult with their health care provider before getting the vaccine.

Child Care Immunization Mailing

Licensed Child Care Centers should have received (or should be receiving soon, October 2006) an Immunization Update mailing with current information related to immunizations in child care and preschool. If you did not receive this mailing and would like a copy or e-copy, please write or call Molly Robertson at the WA State Department of Health at 360-236-3549 or e-mail molly.robertson@doh.wa.gov.

Laughter and Play Keep the Doctor Away

By Cynthia Pearson, M.S., Child Care Health Consultant

As a child care provider, you know the importance of laughter and play for children; but as an adult, you may forget what laughter and play do for your own well being. As Norman Cousins once said, “Laughter is inner jogging.”

Just as it is important to get physical exercise for your body, it is equally important to get your “inner” exercise. Laughter and play relieve stress. Laughter entitles you to look younger and takes less muscle and strength in your face to smile rather than frown. Research has shown that laughter is antidote for many illnesses and acts as a natural painkiller! Studies show that putting a smile on your face or “faking it” can improve your mood, which in turn can make a difference in your attitude on life and your health.

Medical research shows that laughter can be helpful in preventing and healing stress. Some studies show that laughter can help the immune system, fights upper respiratory tract infections and decreases blood pressure. Laughter also increases the body’s ability to use oxygen.

There are many ways to bring laughter and play into daily life. Do something spontaneous and silly! Make up words to a song and sing it out loud; break out in a dance even if you have no rhythm; watch a comedy movie; make an off the wall comment to somebody and watch their expression; day dream and reflect on funny memories; emulate your children as you watch how good they are at laughter and play!

This condensed article used by permission from Healthy Child Care http://www.healthychild.net

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Please save this conference date!

May 25, 2007 at the Marcus Whitman Hotel in Walla Walla

St. Mary Medical Center [and other community sponsors to be announced] will be presenting a full day workshop on preventing child abuse, school violence, and gang violence.

Speakers include David Pelzer, national leader on child abuse prevention and Dr. James Shaw who was the keynote speaker at the Columbine High School Memorial Service and is an expert on school violence.

For more information please contact Jan Gray,
Smart Marketing Part 2  
Henry Burton, Business Consultant, Cascadia Revolving Fund

Some child care businesses spend no money on marketing, relying solely on their R&R for referrals. However, you can’t always depend on outside sources to do your marketing for you. You need to be proactive in attracting children to your childcare business.

The first step of a successful marketing strategy is to understand that everything you do is marketing. From the educational activities you offer, to how you talk to people about your business—all of this is marketing. If you can master this idea then the next step, removing the barriers that prevent parents choosing you, will be quite easy and will cost little or no money.

The biggest barrier is how you present yourself and your business to the public and to parents. Here is a list of specific problem areas, and suggestions for how to increase the likelihood that parents will select you to care for their children.

- **Phone Manner** — A parent’s first contact with you is usually by telephone. A professional and courteous manner will encourage parents to take a closer look at your program.

- **Curb Appeal** — Your house or center needs to give a great first impression. Parents will be turned off by a poorly maintained yard or facility. Once a negative impression sets in, you will have a tough time overcoming it.

- **How you present yourself in person** — You are a professional. Dress and act professionally at all times. Remember, the parent standing in front of you in the grocery line could become your next client!

Changing the presentation of your business can have a dramatic effect. If you approach everything you do as a marketing opportunity, it doesn’t become a big burden that has to be done after you’ve worked a 12-hour day. Marketing can actually be an enjoyable process.

*If you have questions regarding this article please contact Henry Burton at 206-447-9226 ext. 111. If you would like to speak to a loan officer at Cascadia Revolving Fund about a business loan, call 206-447-9226, ext.102. Cascadia is a nonprofit financial institution that provides loans to child care providers and other businesses.*

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**Washington Administrative Code**

The SSHB2964 legislation that created the Department of Early Learning has now been converted to RCW and posted on the DEL website at http://www.del.wa.gov/. All of the child care WACs have been renumbered from 388 to 170 as a result. No content was changed. The renumbered WACs will be posted on the Child Care and Early Learning portion of the DEL website http://www.del.wa.gov/ccel/ when they are available.

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**Licensed Child Care Information System (LCCIS) Gets More User-Friendly Web Address**

Since the new Licensed Child Care Information System was rolled out last month, the Dept. of Early Learning received feedback that its web address was difficult to remember. In response, they have rolled out a more user-friendly web address that points to the original. Try it yourself at: http://www.del.wa.gov/lccis
ANNOUNCEMENTS

Voucher Scholarships
No Longer Available

STARS Reimbursement Scholarships will continue to be available on a first come, first served basis while funds last. Effective January 1, 2007, voucher scholarships will be discontinued. Applications for voucher scholarships will only be accepted in the WAEYC office up to November 30, 2006 for trainings in 2006. After November 30, 2006, providers will be encouraged to apply for a reimbursement scholarship once they have successfully completed the training.

Call WAEYC at 253-854-2565 (Kent area) or 800-727-3107 with scholarship questions.

Meet Our New Staff Member!

Jodi Ferguson is the new Child Care Consultant at Walla Walla Community College for the Child Care Resource and Referral Program.

Jodi has lived in our community for the past 10 years. During that time she was enrolled with her two sons (now ages 6 & 8), in the Parent/Toddler Relations Class and the Parent Preschool Coop. They have gone on to public school and she is thrilled to remain on campus assisting other families.

She graduated from Eastern Oregon University in Liberal Studies, with an emphasis in early childhood education, geography and anthropology. She hopes to use all these past experiences to assist our providers to start and maintain the licensing process.

Please contact her for any reason at 509-579-5744 or at jodi.ferguson@wwcc.edu.

FREE On-Site Consultations Available!

If you’ve ever wished for a helping hand in managing your child care business then your dreams have come true. Jodi is available to come to your child care home or center and work with you on a variety of issues. Some ideas:

- Creative curriculum ideas: circle time, science, art, math, literacy, story time and more.
- Positive guidance an solutions to discipline problems.
- Setting up a safe, healthy learning environment and secure routines.
- Increasing parent involvement and communication effectively with parents.
- Business practices including recordkeeping, taxes, marketing, decreasing liability and setting policies.
- Professional development and defining a career pathway.
- Accessing community resources.
- Setting up your child care to meet licensing requirements and help through the licensing or re-licensing process.
Por Cammey Rocco, Especialista en recursos para el encargado del cuidado del niño
Washington State Child Care Resource & Referral Network

La música es una parte importante y natural del crecimiento y desarrollo de los niños. Mejora el proceso de aprendizaje mediante el fomento del desarrollo del lenguaje y el desarrollo emocional, intelectual y social. Esto proceso se ve más a través de la expresión creativa, coordinación, movimiento rítmico y las interacciones con otras personas. Los educadores de niños de la temprana edad pueden crear un interés por la música en los niños de todas las edades al ofrecer un programa adecuado que incluye educación musical diariamente integrada en el juego de los niños.

Un programa de música para los niños debe incluir muchas oportunidades para explorar sonidos por medio del canto, movimientos del cuerpo, escuchar música, tocar instrumentos e introducir ritmo como parte de varias actividades en el plan de estudio. Debido a que los niños vienen de procedencias culturales diferentes, se les debe permitir que traigan sus propias habilidades y experiencias únicas de la música al entorno del aprendizaje. Lo pueden hacer a través de canciones, bailes e instrumentos musicales que reflejan su cultura. El respeto de todas las culturas por medio de la música es importante para el proceso de aprendizaje.

La música puede contribuir a un entorno calmo para los bebés tan pronto como comiencen a reconocer los sonidos. El canto, la melodía y la imitación de sonidos son pocas maneras de introducir a los bebés al mundo de la música. Además, aprenderán los movimientos rítmicos a través del mecer o acunar, palmaditas y movimiento de la interactuación de los adultos con ellos. Cuando los bebés comienzan a estar de pie por sí solos y a aplaudir con las manitas, ellos aprenden a mover sus cuerpos y a “bailar”. Los niños pequeños un poquito mayores comienzan a aprender palabras que van con los movimientos del cuerpo. A medida que los niños desarrollan el lenguaje, también desarrollan su creatividad en su expresión e interpretación de la música. Como la música es una forma de comunicación, los niños también aprenden destrezas de pensamiento crítico y cómo expresar sentimientos e ideas.

Los niños tendrán experiencias de aprendizaje exitosas siempre y cuando se les den la oportunidad de aprender música. Los programas diarios que incluyen oportunidades de música para los niños, así como también modelos de conducta del adulto eficaces que ofrecen música a los niños, potenciarán a estos niños con éxito en este arte tan importante.

Nota: Las bibliotecas locales son una fuente ideal para la música de niños.
**Mercadeo inteligente Parte 2**

*Henry Burton, Asesor de negocios, Cascadia Revolving Fund*

Algunos negocios de cuidado del niño no gastan dinero en mercadeo, dependiendo únicamente de sus recursos y referencias para las referencias (remisiones). Sin embargo, no siempre puede depender de las fuentes externas para que hagan el mercadeo para usted. Tiene que ser proactivo en atraer a los niños a su negocio de cuidado del niño.

El primer paso de una estrategia exitosa de mercadeo es entender que todo lo que hace es mercadeo. De las actividades educativas que ofrece a cómo habla con las personas sobre su negocio: todo esto es mercadeo. Si puede dominar esta idea, entonces el próximo paso es retirar las barreras que previenen a los padres de seleccionarlo, será muy fácil y le costará muy poco o casi nada.

La barrera más grande es cómo se presenta usted y su negocio al público y a los padres. A continuación se presenta una lista de áreas específicas problemáticas para cómo aumentar la posibilidad de que los padres lo seleccionen a usted para el cuidado de sus niños.

**Modales telefónicos:** El primer contacto de un padre con usted es por lo general por teléfono. Un modal profesional y de cortesía alentará a los padres a que decidan investigar sobre su programa.

**Impresión:** Su casa o centro tiene que ofrecer una buena primera impresión. Los padres se desalentarán al ver un jardín o lugar sin mantenimiento. Una vez que se obtiene esa impresión negativa, tendrá dificultad de superarla.

**Cómo se presenta usted en persona:** Usted es un profesional. Vístase y actúe profesionalmente en todo momento. Recuerde, el padre que está enfrente de usted en el supermercado puede ser su próximo cliente.

Cambiar la presentación de su negocio puede tener un efecto dramático. Si usted enfoca todo lo que hace como una oportunidad de mercadeo, no es una carga grande que tiene que realizar después de trabajar un día de 12 horas. El mercadeo puede ser, de hecho, un proceso agradable.

*Si tiene preguntas sobre este artículo, comuníquese con Henry Burton al 206-447-9226 extensión 111. Si desea hablar con un representante de créditos en Cascadia Revolving Fund sobre un préstamo de negocios, llame al 206-447-9226, extensión 102. Cascadia Revolving Fund es una institución financiera sin fines de lucro que ofrece servicios de préstamos para proveedores de cuidado del niño y para otros negocios.*

**La risa y el juego son la fuente de salud**

*Por Cynthia Pearson, M.S., Asesora para la salud del cuidado del niño*

Como encargado del cuidado del niño, usted sabe la importancia que tiene la risa y el juego para los niños; pero como adulto, puede que olvide lo que hace la risa y el juego para su propio bienestar. Como Norman Cousins dijo una vez, “La risa mantiene el espíritu en forma”.

Es tan importante el ejercicio “interno” como el hacer ejercicio físico para su cuerpo. La risa y el juego alivian la tensión y estrés. La risa lo autoriza a verse más joven y la sonrisa en su cara hace uso de menos músculos y esfuerzo que el fruncir el ceño. La investigación ha demostrado que la risa es un antidoto para muchas enfermedades y actúa como un calmante natural para el dolor. Los estudios demuestran que el sonreír o el pretender que está sonriendo puede mejorar su humor, lo cual a su vez puede tener un efecto positivo en su actitud sobre la vida y su salud.

La investigación médica demuestra que la risa puede ser útil en la prevención y cura del estrés. Algunos estudios demuestran que la risa puede ayudar al sistema inmunológico, combatir infecciones del tracto respiratorio superior y reducir la presión arterial. La risa también aumenta la capacidad del cuerpo de usar oxígeno.

Existen muchas formas de incorporar risa y juego a su vida diaria. Haga algo espontáneo y tonto. Invente palabras para una canción y cante en voz alta; baile aun cuando no tenga ritmo; vea una película cómica; haga un comentario loco a alguien y vea su expresión; sueñe de día y haga reflexión en memorias cómicas; imite a sus niños al ver lo bueno que son para reír y jugar.

Este artículo resumido fue usado con el permiso de Healthy Child Care http://www.healthychild.net
Governor’s Early Learning Summit

The team from Walla Walla, Columbia & Garfield counties joined 17 other teams from across the state for the Governor’s Early Learning Summit. Donna Painter gave a five minute presentation on local collaboration efforts. Her presentation was accompanied by a slide with pictures from the Dinner & Dialogue event, featuring early learning settings in our area. There will be a community meeting on December 8, 2006 at the YWCA from 1:30-3:00 pm to determine the next steps at the local level. For more information, visit these sites:
http://www.washingtonlearns.wa.gov
http://www.governor.wa.gov/earlylearning
http://www.thrivebyfivewa.org

Mark your calendars for the next Provider Night Out!

Tuesday, January 23, 2007
6:30-8:30 pm

- Meet our new staff member, Jodi.
- Hear updates from the Governor’s Early Learning Summit.
- Learn about the Quality Rating and Improvement System (QRIS).
- Share some soup, bread and interesting conversation with other providers.

Location: Department of Transportation Board Room on G Street

The Blue Mountain Association for the Education of Young Children will hold their annual “How Does Your Garden Grow?” early childhood education conference Saturday, April 21, 2007. Christine Roberts of Nurturing Pathways will be the keynote speaker. Her website is www.nurturingpathways.com For information about BMAEYC membership, contact Valerie Vicari at 529-6105.

AROUND THE COUNTRY OPPORTUNITIES

Infant & Early Childhood Conference
May 3 & 4, 2007
Meydenbauer Center Bellevue, WA
Tracy Ulrich at 1-360-629-8181 or tracyulrich@verizon.net

NAEYC’s 16th National Institute for Early Childhood Professional Development
June 10-13, 2007
Pittsburgh, PA
http://www.naeyc.org

Zero To Three 21st National Training Institute
Sharing a Vision for Babies and Families
December 1-3, 2006
Albuquerque, NM
http://www.zerotothree.org

Autism Society of America 38th Annual Conference
Together A Brighter Tomorrow
July 11-14, 2007
Phoenix, AZ
http://www.autism-society.org
**Winter 2007**

**Walla Walla Community College**

**Early Childhood Education Seminars**

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**Art Exploration on a Budget**

Kate Hockersmith  
Saturday, January 6, 2007  
9:00 am—2:30 pm  
WWCC Parent-Child Center  
Tuition $53.15 ECE 144 #1079  
0.5 credits and 5 STARS hours

Come learn creative new art activities for children. Kate will share lots of ideas that won’t break the bank. Discover new ways to use materials you already have on hand. Bring a sack lunch.

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**Hands-on Science**

Desiree Cibart  
Mondays, February 26 and March 5, 2007  
6:30-9:00 pm  
WWCC Parent-Child Center  
Tuition $53.15 ECE 144 #1101  
0.5 credits and 5 STARS hours

Young children are natural scientists, full of curiosity and wonder. This seminar will help the early childhood teacher create a developmentally appropriate science curriculum that is fun, fascinating and exciting.

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- To register by telephone, call 527-4443 between 8:00 am and 4:30 pm, Monday-Friday. A VISA or MasterCard will be required to pay tuition.

- For more information about ECE classes and the Washington Scholarship program, call 527-4237 or 527-4333 or toll-free 1-877-527-4333 or visit www.wwcc.edu/parent/ccr&r

- For information about WAEYC reimbursement scholarships for licensed child care providers, call 1-800-727-3107 x 16 or visit www.waeyc.org

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**COMING SPRING 2007!**

**Holidays the Anti-Bias Way**—Saturday April 14, 2007, 9:00 am-2:30 pm

**Tumbling Over the Edge: A Rant for Children’s Play**—Saturday May 5, 2007 9:00 am-2:30 pm

Building Bridges: **Child, Family & Community Relationships**, Modules 1 & 2, English and Spanish, dates and times to be arranged.
This is an exciting opportunity for licensed child care providers to earn college credit and complete their STARS requirements at the same time. This course will offer meaningful, relevant content and practical help with implementing course concepts in the workplace, and an opportunity to further professional development.

Benefits include:

- 10 STARS hours
- 1 college credit
- Tuition and fees paid by DEL grant ($84.30 value)
- Text books provided for student use ($60.00 value)
- 3 hours of individualized on-site coaching

DATES:

English (Item #1098)
Instructor: Sandy Snook
Mondays, January 22, February 12 & 26, March 5, 2007, 6:30-9:00 pm at WWCC.

Spanish Morning (Item #1097)
Instructor: Andrea Valencia
Saturdays, February 10 & 24, March 3 & 17, 2007, 8:00-10:30 am, at Green Park Elementary.

Spanish Afternoon (Item #1100)
Instructor: Andrea Valencia
Saturdays, February 10 & 24, March 3 & 17, 2007, 11:30 am—2:00 pm, at Green Park Elementary.

Topics for Module 3 include: how the physical environment supports relationships, healthy relationships and the brain, problem-solving and development of cognition, and supporting language development.
Esta es una fascinante oportunidad para que las proveedoras de cuidado de niños obtengan crédito universitario, y al mismo tiempo, completen sus horas de requerimiento anual de STARS. Este curso le ofrecerá una gran ayuda relevante al contenido y práctica del lugar de su trabajo. Proveedoras podrán implementar los conceptos del curso para su crecimiento y desarrollo profesional.

Los beneficios son los siguientes:

- 10 horas de STARS
- 1 crédito universitario
- El pago y las tarifas son pagadas por DEL (por un valor de $84.30)
- Los libros son proporcionados para el uso del estudiante (por un valor de $60.00)
- Entrenamiento individual en su hogar.

**Fechas para los cursos en Ingles:** (artículo #1098)
Instructor: Sandy Snook
Los lunes, enero 22, febrero 12 & 26, marzo 5, 2007, 6:30-9:0 pm en WWCC.

**Fechas para los cursos en Español en las mananas:** (artículo #1097)
Instructor: Andrea Valencia
Los sabados, febrero 10 & 24, marzo 3 & 17, 2007, 8:00-10:30 am, en Green Park Elementary.

**Fechas para los cursos en Español en los tardes:**(artículo #1100)
Instructor: Andrea Valencia
Los sabados, febrero 10 & 24, marzo 3 & 17, 2007, 11:30 am—2:00 pm, en Green Park Elementary.

Los asuntos incluidos son: como el abiente físico apoya relaciones, las relaciones sanas y el cerebro, soluciones de problemas y desarrollo de cognición, y soporte desarrollo de la lengua.
Walla Walla Community College
Child Care Resource & Referral
500 Tausick Way
Walla Walla, WA 99362

Child Care Resource & Referral Staff

Toll-free 1-877-527-4333
Fax: 1-509-527-1861
Website: www.wwcc.edu/parent/ccr&r

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- Jodi Ferguson, Child Care Consultant
  jodi.ferguson@wwcc.edu, 529-5744

Access information online at:
http://www.del.wa.gov

To find out more about:
- Forms & publications
- Frequently asked questions
- New policy
- And more

Washington State
CHILDCARE
Resource & Referral Network
Building Momentum for Children's Success