

2007



Healthy
Child Care
America



CHILD CARE HEALTH AND SAFETY CALENDAR

Missouri Child Care Resource and Referral Network

Area 1

YWCA – St. Joseph CCR&R

304 N. 8th Street
 St. Joseph, MO 64501
 816-232-4481
 800-404-9922
 Fax: 816-232-4494
www.ywcaccrr.org

Area 3

The Family Conservancy

3217 Broadway
 Kansas City, MO 64111
 913-342-1110
 800-755-0838
 Fax: 913-342-3632
www.thefamilyconservancy.org

Area 4

University of Central Missouri Workshop on Wheels CCR&R

117 Hunt Street
 Warrensburg, MO 64093
 660-543-8321
 800-666-1461
 Fax: 660-543-8393
www.cmsu.edu/workshop

Area 7 & 8

Council of Churches of the Ozarks CCR&R

1910 E. Meadowmere
 Springfield, MO 65804
 417-887-3545
 800-743-8497
 Fax: 417-823-9459
www.ccochildcare.org

Area 2

ChildCare Connection

319 N. Rollins
 Macon, MO 63552
 660-385-1378
 800-201-7745
www.childcareconnectionmo.info

Area 6

Child Day Care Association (CDCA)

4236 Lindell Blvd., Suite 300
 St. Louis, MO 63108
 314-531-1412
 800-467-2322
 Fax: 314-531-4184
www.childcarestl.org

Area 5

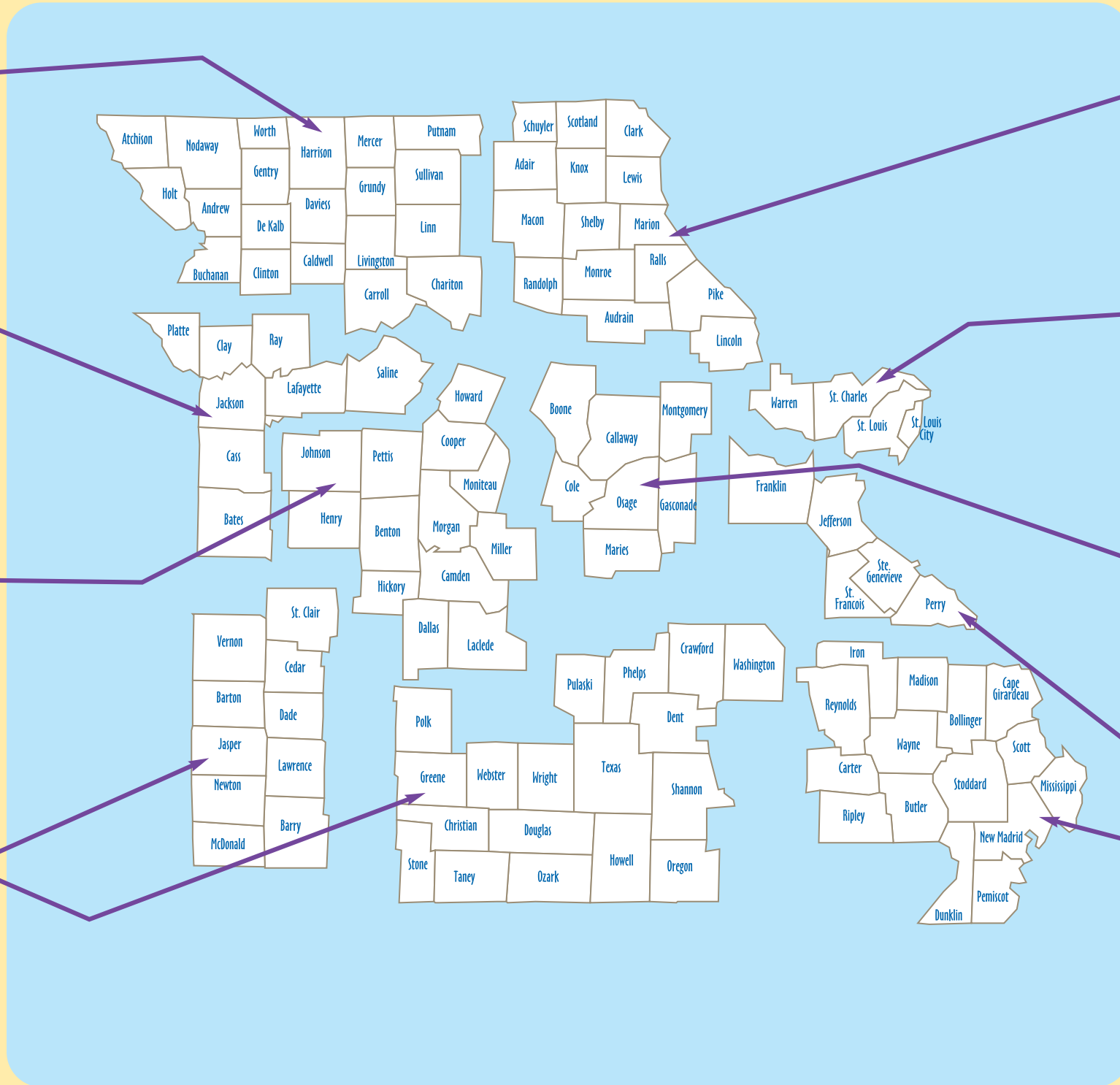
ChildCare Connection

310 Tiger Lane, Suite 100
 Columbia, MO 65203
 573-445-5627
 800-243-9685
 Fax: 573-446-0342
www.childcareconnection.info

Area 9 & 10

Southeast Missouri State Workshop on Wheels CCR&R

1 University Plaza, MS 9425
 Cape Girardeau, MO 63701
 573-290-5571
 800-811-1127
 Fax: 573-290-5599
www5.semo.edu/ccr



TRAINING COORDINATION

Every Missouri Child Care Resource and Referral Agency (CCR&R) has a designated Training Coordinator who assists child care providers by doing the following:

- Maintaining a list of training opportunities available in each region. Providers may access on-line training calendars by visiting their local CCR&R agency's web address;
- Coordinating a variety of training opportunities including the Child Care Orientation Training and Providers Advance through Continuing Education series;
- Identifying educational supports such as grants, scholarships, and recognition programs available in each region of the state; and
- Coordinating Regional Trainer's Meetings.

CHILD CARE ORIENTATION TRAINING (CCOT)

CCOT provides an opportunity for directors to ensure their staff members have access to the basic information needed to keep children safe and healthy. The nine-hour training devotes three hours to each of the following topics:

- CCOT : Developmentally Appropriate Practices I: Child Development,
- CCOT: Recognizing and Reporting Child Abuse and Neglect, and
- Health, Environmental Safety, and Sanitation.

In addition, MOCRRN coordinates **Infant/ Toddler Child Care Orientation Training** (IT CCOT), **School-Age Care Orientation Training** (SACOT), and **Family Child Care Orientation Training** (Family CCOT). IT CCOT, SACOT, and Family CCOT are each six-hour training sessions that build upon the knowledge base provided in basic CCOT — enhancing providers' abilities to nurture the children in their care.

PROVIDERS ADVANCE THROUGH CONTINUING EDUCATION TRAINING (PACE)

PACE is an advanced training series designed to expand upon the information acquired in CCOT. PACE consists of the following three-hour modules:

- PACE: Developmentally Appropriate Practices II: From Theory to Practice,
- PACE: Preventing Child Abuse by Strengthening Families, and
- PACE: Safety Issues for Group Care.

CHILD CARE PLUS (CC+)

Child Care Plus is a twelve-module series designed to enhance child care providers' abilities to meet young children's individual needs. Throughout the course, providers have opportunities to brainstorm ideas and problem-solve solutions to challenges. The entire series totals 18 clock hours:

- Module I: Introduction to Inclusion (1.5 hours)
- Module II: Recognizing Young Children's Strengths and Needs (1.5 hours)
- Module III: Creating an Accessible Environment (1.5 hours)
- Module IV: Building Partnerships with Parents and Families (1.5 hours)
- Module V: Being Part of a Team (2 hours)
- Module VI: Maintaining a Safe and Healthy Environment (1 hour)
- Module VII: Arranging the Environment for Learning (1.5 hours)
- Module VIII: Increasing the Playability of Toys and Play Materials (1.5 hours)

Modules IX, X, XI, XII will be available in 2007/2008.

HEALTHY CHILD CARE

The Missouri Department of Health and Senior Services (DHSS) supports Child Care Health Consultants (CCHC's) at local Health Departments across the state. The Consultants deliver training and technical assistance regarding health issues in child care. MOCRRN supports Healthy Child Care through participation in the Missouri Training Institute for Child Care Health Consultants and promotion of CCHC activities. For information regarding CCHC training opportunities, refer to the local CCR&R's training calendar or contact DHSS for more information.

INCLUSION SERVICES

Local Child Care Resource and Referral Agencies in Missouri have staff designated to promote inclusive services. Each agency has an Inclusion Specialist on staff to answer questions and provide technical assistance regarding inclusion. CCR&R inclusion-related services include:

- Child care referrals for families seeking care for children with special needs,
- Technical assistance for providers and families,
- Training for providers, and
- Community public awareness activities.

ACCREDITATION PROJECT

The Missouri Child Care Resource and Referral Network has developed a program to help Centers and Family Child Care Providers begin their journey toward accreditation.

The Accreditation Project and its State partners have identified 3 accreditation systems approved for this project:

- Missouri Accreditation
- National Association for the Education of Young Children
- National Association for Family Child Care

To achieve a quality benchmark, Missouri child care programs can apply to receive materials, training and technical assistance. For more information about accreditation or this project, contact the local Child Care Resource and Referral Agency.

T.E.A.C.H. EARLY CHILDHOOD[®] MISSOURI

T.E.A.C.H. MISSOURI is a scholarship and compensation opportunity for teachers, directors, and assistants in licensed child care centers and family and group child care homes. The project provides funds for tuition and books and offers a travel stipend and weekly paid release time at certain scholarship levels. T.E.A.C.H. MISSOURI links education, compensation and retention to improve the quality of early childhood care and education programs for young children.

T.E.A.C.H. MISSOURI is now available in all 115 counties. There are three scholarship levels to best meet the diverse educational needs of Missouri child care providers. For more information and to have an application mailed, contact T.E.A.C.H. MISSOURI at the Missouri Child Care Resource and Referral Network

FIRST STEPS

The Missouri Child Care Resource and Referral Network provides Regional Consulting services statewide for Missouri's First Steps Early Intervention program. First Steps offers coordinated services and assistance to children birth to three with special needs and their families. The First Steps goal is to ensure that families have the necessary supports, services, and resources that they need to raise healthy, happy and successful children. Participation in First Steps is voluntary and is offered through the Department of Elementary and Secondary Education, Division of Special Education.

The First Steps Regional Consultants provide consultation services, technical assistance, and administrative support to System Points of Entry (SPOE) contractors and the network of First Steps service providers within the Missouri First Steps program. For more information, please visit the First Steps Website at www.dese.state.mo.us/divspeced/FirstSteps/index.html.



www.mocrrn.org
info@mocrrn.org



4236 Lindell Blvd., Suite 202
St. Louis, MO 63108



Hours:
8:30 am - 4:30 pm M-F



1.800.200.9017
Fax: 314.754.0330



THE BRAIN...THE BODY'S CHIEF EXECUTIVE OFFICER!

The brain is the most complex structure in the world, capable of having more ideas than the number of atoms in the known universe. It is made up of 100 billion brain cells, each cell connecting to thousands of others. Connections are made each time a baby or child experiences something new. As experiences are repeated over and over again, a highway of connections is built. There are as many brain cell connections as the number of seconds that have passed since the dinosaurs were alive!

This amazing structure is the body's "command central". It tells the body what to do and allows people to see, read, hear, speak, feel and touch, taste, move, solve problems and experience emotions. Each part of the brain has a different task.

- Cerebrum**
- The thinking part of the brain solves problems and stores memories.
 - It controls the muscles that move when people want them to move.
 - Its right half controls abstract thought like that involved in music, shapes and colors.
 - Its left half controls analytic thinking, the kind used in math and language.
 - The left half of the cerebrum controls the right side of the body.
 - The right half of the cerebrum controls the left half of the body.



- Cerebellum**
- controls balance, movement and coordination
 - makes it possible to stand up without falling over

- Brain stem**
- connects the brain to the spinal column
 - takes care of automatic functions like breathing, digesting food and circulating blood
 - controls the muscles in the heart and stomach

- Pituitary gland**
- controls the body's hormones

- Hypothalamus**
- controls body temperature
 - makes people sweat when it is too hot and shiver when it is too cold



- Amygdala**
- controls emotions

The brain allows people to play music, appreciate art, solve problems, be guided by their conscience, and learn about the world. These abilities give meaning to life and inspiration to follow dreams.



January 2007



Literary Corner

- **Baby Brains**
by Simon James, 2004
- **From Head to Toe**
by Eric Carle, 1997
- **Look Inside Your Brain**
Heather Alexander, 1998
- **My Somebody Special**
by Sarah Weeks, 2002
- **One Little Spoonful**
by Alike, 2001



Boosting Budding Brains

- **Brain food** includes meat, poultry, and fish. They are high in iron, which is essential to mental and psychomotor development. The omega 3 fatty acids found in fish and olive oil help brain cells communicate.
- **Emotional health** is the foundation of healthy brain development. Cuddling, comforting and cooing establish trust. When children feel safe, they can more easily learn new skills.
- **Cognitive skills** develop when the environment is stimulating. Singing, reading, verbal and non-verbal interactions promote language skills. Making puzzles and building with blocks support visual and spatial skills.



Websites

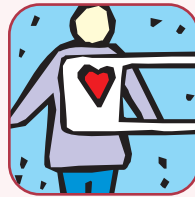
- Brain and Nervous System
www.kidshealth.org/parent/general/body_basics/brain_nervous_system.html
- Brain Wonders
www.zerotothree.org/brain-wonders/caregivers.html

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Birth Defects Prevention Month National Radon Action Month Family Fit Lifestyle Month Oatmeal Month Jump Out of Bed Month	 1 New Year's Day	2	3	4 Basic CCOT - Recognizing Child Abuse & Neglect Joplin Kim Gillman 417-887-3545	5	6 Child Care Plus CDCA Jennifer Rouse 314-531-1412 x 0 Basic CCOT - DAP & Health, Safety, and Sanitation Joplin Kim Gillman 417-887-3545
7	8 PACE: Developmentally Appropriate Practice Columbia Joanne Nelson 573-445-5627 8 - 14 National Folic Acid Awareness Week	9	10 CCOT Basic Module 3 Florissant Valley Jennifer Rouse 314-531-1412 x 0	11 Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0 Healthy Families Taskforce Stone County Annette FitzGerald 417-546-4431	12	13 PLAY (Professionals Learning About Youngsters) Conference LaMarch Colleen Ratcliff (417) 682-2043 CCOT Basic Modules 1 & 2 Florissant Valley Jennifer Rouse 314-531-1412 x 0
14	 15 15-19 National Fresh Squeezed Juice Week MLK, Jr. Day	16	17	18 P.A.C.E.: Child Abuse and Neglect Jefferson Memorial Hospital, Crystal City Heather Fisher 573-290-5644 Winnie The Pooh Day	19	20 Discipline and Guidance St. Louis Community College at Forest Park 314-513-4391 P.A.C.E.: D.A.P. II & Safety Jefferson Memorial Hospital, Crystal City Heather Fisher 573-290-5644
21 21-27 Healthy Weight Week	22	23 Child Care Plus Modules 1-2 Columbia Barb Vigil 573-445-5627	24 PACE Module 3 Florissant Valley Jennifer Rouse 314-531-1412 x 0	25 Child Care Plus Modules 3-4 Columbia Barb Vigil, 573-445-5627 Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0 Women's Healthy Weight Day	26	27 Creative Corner St. Louis Community College South County Education and University Center 314-513-4391 PACE Module 1&2 Florissant Valley Jennifer Rouse 314-531-1412 x 0
28	29	30 Child Advocacy Day Jefferson City, MO Donna Veatch 660-679-6074	 31 Inspire Your Heart with Art Day		ITCCOT Warsaw Janet Fort 660-543-4218 TBA	
DECEMBER 2006 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				 MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK 1-800-200-9017 • www.mocccrrn.org		FEBRUARY 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

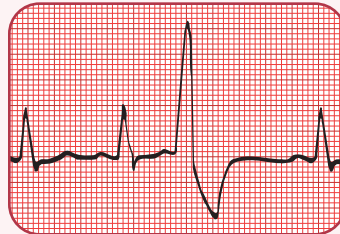


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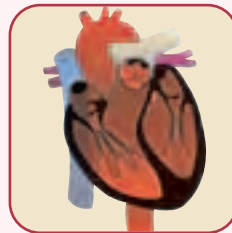
Each day the human heart beats 100,000 times. It pumps 2,000 gallons of blood through a vast network of blood vessels known as the **cardiovascular system**. As blood circulates, it fights infections and removes waste products. Blood delivers life giving oxygen, nutrients, and hormones to every cell in the body.



The heart is located just left of the middle of the chest. The heart's pumping, or beating, can be heard with a **stethoscope** - Lub Dub, Lub Dub... This is called the **pulse**, or heart rate. It is measured by counting the number of beats per minute. It can be easily felt by pressing the first two fingers between a person's wrist bones, below the thumb. The heart beats faster to meet the body's need for oxygen during exercise and in times of stress. It slows down during rest, when oxygen needs are low.




The heart is a muscle about the size of a person's fist. It contains **4 chambers**. The left and right **atria** are on top. They receive blood entering the heart from the lungs and body. **Ventricles** are the chambers on the bottom of the heart that pump blood to the lungs and body. The right atrium receives blood from the body. It sends it on to the right ventricle, which pumps the blood to the lungs to pick up oxygen. The lungs send the blood with oxygen to the left atrium, which passes it along to the left ventricle. The left ventricle then pumps the blood via the **arteries** to the body. Tiny



capillaries carry nutrients and oxygen from the blood to all the body's cells. The **veins** carry the blood from the body back to the heart's right atrium. The heart keeps pumping to circulate life giving oxygen!



February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>JANUARY 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>American Heart Month</p> <p>National Children's Dental Health Month</p> <p>Kids E.N.T. (Ears Nose & Throat) Health Month</p>	<p>PACE Versailles Janet Fort 660-543-4218 TBA</p> <p>Directors and Owners Formation Group Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644 TBA</p>	<p>Mid-America AEYC Director's Conf. Mid-America AEYC Curriculum Conf. KCMO Nancy Heathman 913-342-1110 TBA</p> <p>I-Care Conference Excelsior Springs Shelly Radley 816-630-8727 TBA</p>	<p>1</p> <p>Basic CCOT - Recognizing Child Abuse & Neglect Bolivar Kim Gillman 417-887-3545</p>	<p>2</p> <p></p> <p>Give Kids a Smile Day National Wear Red Day</p> <p>National Awareness Campaign for Women About Heart Disease</p>	<p>3*</p> <p>Basic CCOT - DAP & Health, Safety, and Sanitation Bolivar Kim Gillman, 417-887-3545</p> <p>Child Care Plus CDCA Jennifer Rouse, 314-531-1412 x 0</p>
4	5	6	7	<p>8</p> <p>5th Annual Directors Symposium Fort Leavenworth, KS Regina Shelton 800-404-9922</p> <p>Healthy Families Taskforce Taney County Annette FitzGerald 417-546-4431</p>	9	<p>10*</p> <p>Child Care Plus+: Curriculum on Inclusion, Joplin Sarah Camp, 417-887-3545</p> <p>CCOT Family, Florissant Valley Jennifer Rouse, 314-531-1412 x 0</p> <p>Family Child Care Orientation Training Macon County, 800-201-7745</p>
11	<p>12</p> <p></p> <p>Lincoln's Birthday</p>	<p>13</p> <p>PACE - Preventing Child Abuse by Strengthening Families Trenton, MO Regina Shelton 800-404-9922</p>	<p>14</p> <p></p> <p>Valentine's Day</p>	15	<p>16</p> <p>Moberly Early Childhood Conference 16th - 17th Moberly, MO 800-201-7745</p>	<p>17</p> <p>PACE - DAP II and Safety Issues for Group Care Trenton, MO Regina Shelton 800-404-9922</p> <p>Grow & Learn CDCA Jennifer Rouse, 314-531-1412 x 0</p>
<p>18</p> <p>11-17 National Child Passenger Safety Week</p>	<p>19</p> <p>President's Day</p>	<p>20</p> <p></p> <p>International Pancake Day</p>	<p>21</p> <p>Regional Trainers Meeting Regina Shelton, 800-404-9922</p> <p>CCOT Basic Module 3 Jennifer Rouse 314-531-1412 x 0</p> <p>DAP Infant/Toddler & Pre-School CDCA Jennifer Rouse, 314-531-1412 x 0</p> <p>Ash Wednesday</p>	<p>22</p> <p>PACE - Recognizing Child Abuse & Neglect Anderson Kim Gillman 417-887-3545</p> <p>Washington's Birthday</p>	23	<p>24</p> <p>CCOT Basic Modules 1 & 2 St. Charles, MO Jennifer Rouse 314-531-1412 x 0</p> <p>Family Fun Fair, Joplin Pat Bartlett, 417-624-0153</p> <p>PACE - DAP II & Safety Issues in Group Care, Anderson Kim Gillman, 417-887-3545</p> <p>Family Child Care Seminar & Creative Corner St. Louis Community College at Meramec, 314-513-4391</p>
<p>25</p> <p>12-18 Random Acts of Kindness Week</p>	26	<p>27</p> <p>NACRRRA Annual Policy Symposium 27th - 3rd Washington, D.C. Melisa Mowry 703-341-4100 ext 146</p>	<p>28</p> <p>DAP Infant/Toddler & Pre-School CDCA Jennifer Rouse 314-531-1412 x 0</p> <p></p> <p>National Tooth Fairy Day</p>			
	<p>*Feb 3rd Just for Infant and Toddlers Seminar St. Louis Community College at Florissant Valley, 314-513-4391</p> <p>*Feb 3rd Family Child Care Orientation Training Jefferson City Joanne Nelson, 573-445-5627</p>	<p>*Feb 10th Infant Toddler Child Care Orientation Training, Crystal City, MO Heather Fisher, 573-290-5644</p> <p>*Feb 10th Missouri Southern State University Early Childhood Conference, Joplin Amber Tankersley, 417-625-3178</p>		<p></p> <p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocccrn.org</p>	<p>MARCH 2007</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	

- **A Drop of Blood** by Paul Showers, 2004
- **Hear Your Heart** by Paul Showers, 2001
- **How Does Your Heart Work?** by Don L. Curry, 2004
- **Thump - Thump** by Pamela Hill Nettles, 2004
- **Toddlersobics** by Zita Newcome, 1996



- **Support the heart** with a healthful diet and plenty of exercise.
- **Breast milk is the best food for infants.** Once they become adults, it reduces their rate of diabetes, obesity, and high cholesterol, all of which contribute to heart disease.
- **During the first two years** of life, children need fat to develop properly. Wait until they are two years of age before offering low fat foods.
- **Serve fresh** fruits and vegetables, and whole grains and cereals.
- **Offer foods that are low in sugar.** Never use candy as a reward.
- **Control portion sizes** and help children understand food labels.
- **Engage in active play** for at least an hour a day.



- American Heart Association for Kids www.americanheart.org/presenter.jhtml?identifier=3028650
- Eat Smart Play Hard www.fns.usda.gov/eatsmart-playhard/



NOW THAT'S A MOUTHFUL!

What could be more important than the mouth—speaking and singing, smiling and frowning, eating and kissing!

Maintaining healthy teeth, gums, tongue and salivary glands helps keep the whole body healthy. An unhealthy mouth may increase the risk of serious health conditions such as heart disease.

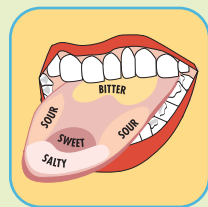
Teeth are needed for biting and chewing food.

- Each tooth consists of a crown, the visible portion, and the root, hidden below the gum line.
- Connective tissue binds the tooth's root to the bone.
- Dentin surrounds the hollow tooth core, called the pulp or root canal. Nerve endings and blood vessels sensitize and nourish the tooth in the root canal.
- The hardest substance in the body is the enamel, or calcified material, that covers the outer teeth.



Gums surround teeth and keep them in place. Gums help prevent bacteria in the mouth from getting into the body. Healthy gums:

- are not tender or swollen.
- do not bleed when brushed or flossed.
- are firm and light to dark pink in color, depending on the person's complexion.

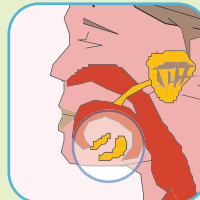


The tongue moves food around to aid with chewing and swallowing. It helps form words. The tongue is:

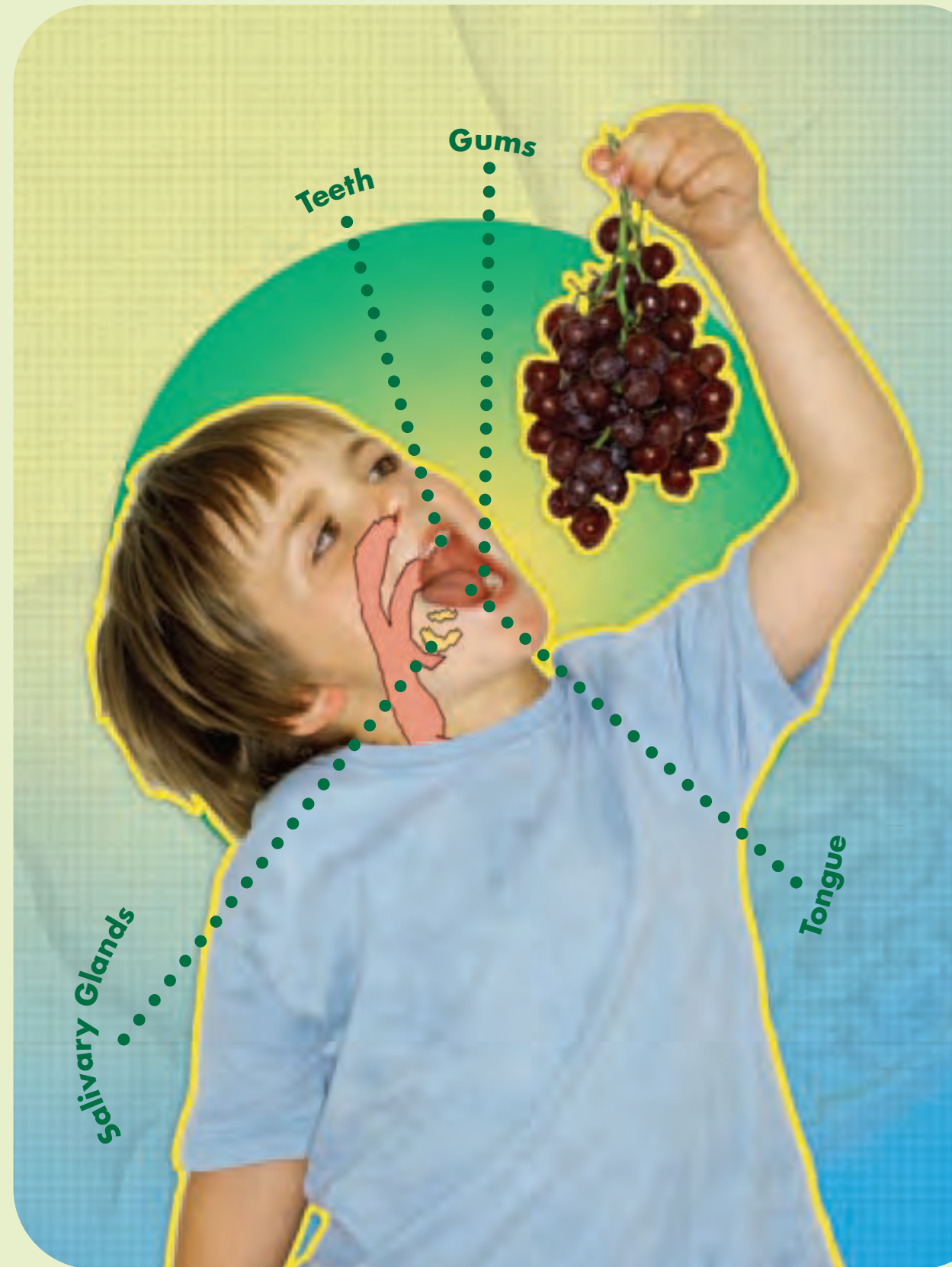
- an organ made up of muscle and connective tissue.
- covered by a mucous membrane.
- covered on the top by small bumps called papillae. The taste buds for sweet, salty, sour and bitter are between the papillae.

Salivary glands aid digestion and protect against viruses and bacteria. They secrete saliva which:

- aids in swallowing.
- helps to heal wounds.
- contains enzymes that help with digestion.
- contains enzymes that destroy disease-causing bacteria.
- contains antibodies that attack viruses.
- helps neutralize acids that eat away at teeth.
- replenishes minerals in tooth enamel.
- flushes food away.



Tooth brushing and flossing can prevent infections throughout the body. So take good care of your mouth. *Bite* an apple, *Speak* your mind and *Smile!*



March 2007



Literary Corner

- **A Look at Teeth**
by Alan Fowler, 2000
- **My Mouth My Body**
by Lloyd Douglas, 2004
- **Taste**
by Maria Rius and J. M. Parramon, 1985
- **The Tooth Book**
by Dr. Seuss, 2000
- **Whose Mouth is This?**
A Look at Bills, Suckers, and Tubes
by Lisa Morris Kee, 2002
- **Your Tongue Can Tell**
by Vicki Cobb, 2003




Taking care of the mouth

- **Oral hygiene** is more than just good grooming – it supports overall health.
- **Maintain healthy** teeth, gums, tongue and salivary glands.
- **Brush teeth** at least twice a day for 3 minutes each time.
- **Be sure** to brush the tongue.
- **Use fluoride** toothpaste.
- **Use a soft bristled** toothbrush to avoid injuring the gums.
- **Replace toothbrush** every 3-4 months.
- **Floss** at least once a day.
- **Eat a healthy** balanced diet.
- **Visit a dentist** at least twice a year.
- **Do not smoke** or use chewing tobacco.
- **Avoid sugary** snacks and drinks.



Websites

- KidsHealth
www.kidshealth.org/kid/stay_healthy/body/teeth.html
- The Mayo Clinic
www.mayoclinic.com/health/dental/DE0002

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
<p>FEBRUARY 2007</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28</p>	<p>National Nutrition Month</p> <p>Mental Retardation Awareness Month</p> <p>Poison Prevention Awareness Month</p> <p>Save Your Vision Month</p>	<p>New Madrid Seminar New Madrid Heather Fisher 573-290-5644 TBA</p> <p>Ozarks Association for the Education of Young Children Springfield Susan Lamy 417-862-4314 TBA</p>		<p>1</p> <p>Regional Training Meeting Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644</p>	<p>2</p> <p>Read Across America Day Dr. Seuss's Birthday</p>	<p>CCOT School-Age, CDCA Jennifer Rouse, 314-531-1412 x 0 3*</p> <p>School Age CCOT, Joplin Kim Gillman, 417-887-3545</p> <p>Cox Hospital Baby Affair Springfield Linda Huckaby, 417-269-5087</p> <p>Holi</p>			
<p>4</p> <p>Purim</p>	<p>5-8 41st National Immunization Conference Kansas City, Missouri</p> <p>5-9 National School Breakfast Week</p> <p>5-11 National Sleep Awareness Week</p>	<p>5</p>	<p>6</p>	<p>PACE Module 3 St. Charles, MO Jennifer Rouse 314-531-1412 x 0</p> <p>DAP Infant/Toddler & Pre-School CDCA Jennifer Rouse 314-531-1412 x 0</p>	<p>7</p>	<p>8</p> <p>Healthy Families Taskforce Stone County Annette FitzGerald 417-546-4431</p> <p>CCOT: D.A.P Cape Girardeau CCR&R Conference Room Heather Fisher, 573-290-5644</p> <p>Conference on the Young Years 8th - 10th Osage Beach, MO, 573-751-2095</p>	<p>9</p>	<p>PACE Modules 1 & 2 St. Charles, MO Jennifer Rouse 314-531-1412 x 0</p> <p>Northwest Missouri Early Childhood Education Conference Saint Joseph, MO Regina Shelton, 800-404-9922</p>	<p>10</p>
<p>11</p> <p>Daylight Savings Time Begins</p>	<p>12-18 Brain Awareness Week</p> <p>PACE: Safety Jefferson City Joanne Nelson 573-445-5627</p>	<p>12</p>	<p>13</p> <p>Webster County Child Care Quarterly Training Marshfield Louise Bigley 417-859-2532</p>	<p>14*</p> <p>Regional Trainer's Meeting Columbia, Joanne Nelson, 573-445-5627</p> <p>Southwest Missouri Regional Training Meeting Springfield Kim Gillman, 417-887-3545</p>	<p>15</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>CCOT:CAN Cape Girardeau CCR&R Conference Room Heather Fisher, 573-290-5644</p>	<p>16</p> <p>St. Patrick's Day</p>	<p>School Age CCOT Springfield Kim Gillman 417-887-3545</p>	<p>17</p>	
<p>18</p> <p>National Poison Prevention Week</p>	<p>19</p>	<p>20-26 National Bubble Blowers Week</p> <p>Child Care Plus Modules 5-6 Jefferson City Barb Vigil 573-445-5627</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Basic CCOT - DAP & Health, Safety, and Sanitation Monroe City 800-201-7745</p> <p>Child Care Plus Modules 7-8 Jefferson City Barb Vigil 573-445-5627</p> <p>CCOT:HE/S Cape Girardeau CCR&R Conference Room Heather Fisher, 573-290-5644</p>	<p>23-25 National Child Care Association (NCCA) 18th Annual Leadership Conference Las Vegas, NV</p> <p>Workshop on Wheels College Credit Class University of Central Missouri, Warrensburg Jacki Turner 660-543-4218</p>	<p>23</p>	<p>Family CCOT Chillicothe, MO Regina Shelton, 800-404-9922</p> <p>Basic CCOT - Recognizing Child Abuse & Neglect Monroe City, 800-201-7745</p> <p>Workshop on Wheels Spring Seminar, University of Central Missouri, Warrensburg, Jacki Turner, 660-543-4218</p>	<p>24*</p>
<p>25</p>	<p>26</p>	<p>27</p> <p>Arbor Day</p>	<p>28</p> <p>DAP Infant/Toddler & Pre-School CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>Kick Butts Day</p> <p>Campaign for Tobacco Free Kids</p>	<p>29</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p>	<p>30</p> <p>Take Your Parents to the Playground Day</p>	<p>31</p> <p>CCOT Family St. Charles, MO Jennifer Rouse 314-531-1412 x 0</p> <p>Quality Infant/Toddler Care St. Louis Community College at Florissant Valley 314-513-4391</p>			
	<p>* March 3rd Quality Infant/Toddler Care St. Louis Community College South County Education and University Center, 314-513-4391</p> <p>* March 3rd Pediatric First Aid Conference St. Louis Community College at Meramec 314-513-4391</p>	<p>* March 14th Directors and Owners Formation Group Cape Girardeau CCR&R Conference Room Heather Fisher, 573-290-5644</p> <p>* March 14th DAP Infant/Toddler & Pre-School, CDCA Jennifer Rouse, 314-531-1412 x 0</p>	<p>* March 24th Messy Morning, Osage Community Center, Cape Girardeau, MO Heather Fisher, 573-290-5644</p> <p>* March 24th Big World of Science St. Louis Community College at Forest Park, 314-513-4391</p> <p>* March 24th Child Care Plus St. Charles, MO Jennifer Rouse, 314-531-1412</p>	<p></p> <p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocrrn.org</p>	<p>APRIL 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>				



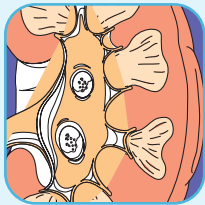
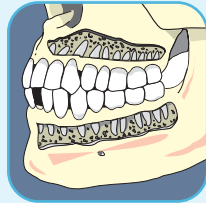
THE MIGHTY MUSCLES!

Like strong machines, muscles are the body's power house. Each person has over 600 muscles, making up about 40% of their body weight. Muscles help people eat, talk, walk, blink, and breathe. Some muscles can be seen and felt while others work tirelessly behind the scenes.



Muscle tissue is elastic, contracting and relaxing as it bends knees, pumps blood, and puckers up for a good night kiss. People sit on the body's largest muscle, the gluteus maximus! The body's smallest muscle, the stapedius, is in the middle ear, helping the body's smallest bone conduct sound vibrations through the ear. Let's hear it for the stapedius!

Which muscle is the strongest? Experts disagree. Contenders include the gluteus maximus, the heart, the tongue, and the masseters, the muscles in the jaw that bite. Ouch!



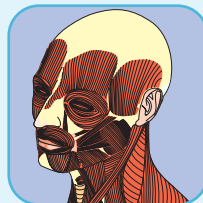
Smooth muscles work automatically. They are found in the digestive system, blood vessels, bladder, airways, and the uterus. For instance, they line the walls of blood vessels and work hard to deliver blood throughout the body. Airways are smooth muscles that inhale and exhale automatically. Imagine what it would be like to have to tell the lungs to breathe 16 times a minute!

Cardiac muscle is thick and strong, lining the inside of the heart. As the heart muscle rhythmically contracts and relaxes, life giving blood is pumped into the circulatory system. It does this automatically, without ever having to be asked!



Skeletal muscles work with the bones to give the body its shape, power and strength. They work hard to lift a preschooler, but not so hard to lift a baby. Bend the arm at the elbow, make a fist and proudly watch the biceps form a huge bulge, or maybe just a little lump!

Facial muscles allow people to express joy, sadness, and fear. It takes a whole group of muscles to keep the tongue moving as it "tells" people which foods to taste!



April 2007



Literary Corner

- **Can You Move Like an Elephant?**
by Judy Hindley, 2003
- **How Do You Move?**
by Hands-On Crafts for Kids, 2002
- **What's Inside Me? My Bones and Muscles**
by Dana Meachen Rau, 2004






Lean Mean Muscles!

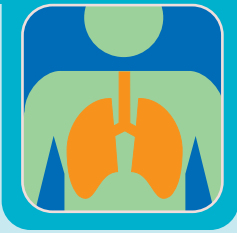
- **Playing makes muscles stronger.** Running, jumping and climbing are just as good for muscles as push-ups, sit-ups, and chin-ups. More play time means stronger muscles. Now that's something to get pumped up about!
- **Eat a variety of nutritious foods** such as proteins, fats and carbohydrates to help build muscles. Foods are converted into glucose which combines with oxygen to fuel the muscles.
- **Keep muscles pain free.** Warm up and do simple stretches before exercising to keep muscles limber and to avoid straining muscles during exercise. Be sure to drink plenty of water when exercising to prevent muscle spasms.



Website

- Your Multitalented Muscles
www.kidshealth.org/kid/body/muscles_noSW.html

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>National Child Abuse Prevention Month</p> <p>National Autism Awareness Month</p> <p>National Humor Month</p> <p>Palm Sunday</p> <p>1</p>	<p>2-8 National Public Health Week</p> <p>2</p>	<p>Parents As Teachers Born to Learn Conference 3rd - 5th Renaissance Grand Hotel; St. Louis, MO 314-432-4330</p> <p>Passover</p> <p>3</p>	<p>DAP Infant/Toddler & Pre-School CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>4</p>	<p>National Fun at Work Day</p> <p>5</p>	<p>Good Friday</p> <p>6</p>	<p>Infant/Toddler CCOT Springfield Kim Gillman 417-887-3545</p> <p>7</p>
<p>World Health Day</p>  <p>Easter Sunday</p> <p>8</p>	<p>PACE: Developmentally Appropriate Practice Jefferson City Joanne Nelson 573-445-5627</p> <p>9</p>	<p>10</p>	<p>DAP Infant/Toddler & Pre-School CDCA Jennifer Rouse 314-531-1412 x 07</p> <p>Directors and Owners Formation Group Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644</p> <p>11</p>	<p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>Healthy Families Taskforce Taney County Annette FitzGerald 417-546-4431</p> <p>12</p>	<p>13</p>	<p>Missouri State University Learning Connection Spring Seminar Springfield Kim Room 417-836-4151</p> <p>Family CCOT East Central College, MP203, Union, MO Heather Fisher 573-290-5644</p> <p>YMCA Healthy Kids Day</p> <p>14*</p>
<p>15-21 National Library Week</p> <p>15</p>	<p>National Head Start Association Conference 16th - 18th San Antonio, TX 703-739-0875</p> <p>16</p>	<p>National Wear Your Pajamas to Work Day</p> <p>17</p>	<p>DAP School Age CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>18</p>	<p>P.A.C.E.: CAN Mineral Area College, North College Center, Room A Heather Fisher 573-290-5644</p> <p>BASIC CCOT: Health, Safety, Environmental Sanitation Columbia Joanne Nelson 573-445-5627</p> <p>19</p>	<p>20</p>	<p>SACOT Bootheel Education Center Heather Fisher 573-290-5644</p> <p>BASIC CCOT: Recognizing and Reporting Child Abuse and Neglect and Child Development Jefferson City Joanne Nelson, 573-445-5627</p> <p>P.A.C.E.: D.A.P. II & Safety Mineral Area College, North College Center, Room A Heather Fisher, 573-290-5644</p> <p>21</p>
<p>22-28 Week of the Young Child</p> <p>22-28 National Window Safety Week</p> <p>22-28 National Playground Safety Week</p>  <p>Earth Day</p> <p>22</p>	<p>23-29 Cover the Uninsured Week</p> <p>23</p>	<p>Children's Fair at Civic Arena St. Joseph, MO Linda Midyett 866-262-0050</p> <p>24</p>	<p>DAP School Age CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>Administrative Professionals Day</p> <p>25</p>	<p>26</p>	<p>27</p>	<p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>PACE - DAP II & Safety Issues in Group Care, Mexico, MO 800-201-7745</p> <p>Joplin Child Care Provider Appreciation Banquet, Joplin Pat Barlett, 417-624-0153</p> <p>28*</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>Quality Celebration KCMO Coco McAtee 913-342-1110 TBA</p> <p>31</p>	<p>Family CCOT Boonville Janet Fort, 660-543-4218 TBA</p> <p>Early Childhood Half-Day Seminar, Poplar Bluff Heather Fisher, 573-290-5644 TBA</p> <p>31</p>	<p>31</p>	<p>31</p>
<p>MARCH 2007</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>* April 14th Rivers Bend AEYC Spring Curriculum Conference St. Charles, MO 315-513-4593</p>	<p>* April 28th Play Day, Springfield Dana Carroll, 417-888-2020</p> <p>* April 28th Creative Art Activities St. Louis Community College South County Education & University Center 314-513-4391</p>	 <p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocrrrn.org</p>	<p>MAY 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>		



TAKE A DEEP BREATH!

Each minute the body takes in 12-20 oxygen-rich breaths. How does the body use oxygen? Think about an automobile engine. Oxygen mixes with fuel to produce energy. The lungs (carburetor) and heart (fuel pump) deliver oxygen to the body's cells. They combine with fuels (fats, carbohydrates) to produce energy. One of the waste products (exhaust) of this energy creation is carbon dioxide. In the body, oxygen is inhaled and carbon dioxide is exhaled – breathing in and breathing out.



Breathing in: Taking oxygen to the cells

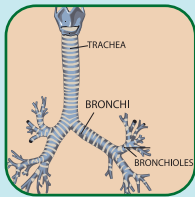
Air comes in through the nose or the mouth. It travels down the throat through the **larynx** (voice box) and **trachea** (windpipe). **Mucus** and **cilia** (tiny hairs inside the **nostrils** and **trachea**) trap small particles.

Air is warmed, moistened and cleaned before it reaches the lungs. The ribcage lifts and air goes through the **bronchi** and **bronchioles** (tiny branches in the lungs) to fill up the **alveoli** (air sacs). Oxygen goes through the walls of the **alveoli** and into the **capillaries** (the



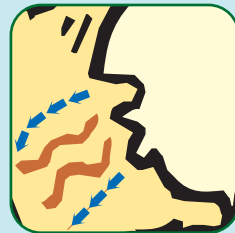
Larynx/Voice Box

smallest **blood vessels**) where oxygen enters the red blood cells. The cells are carried in the blood towards the heart. The heart pumps the oxygen-rich blood to every cell. There the oxygen combines with the body's fats or carbohydrates to form energy.



Breathing out: Removing carbon dioxide from the blood

Carbon dioxide is the waste product that is formed when energy is produced. Too much carbon dioxide in the body can be toxic. Its removal is essential to maintain health. Carbon dioxide is carried by red blood cells through the lungs' capillaries and alveoli, and emptied into the lungs. To exhale, the air is pushed out through the bronchi and bronchioles, up the trachea and out through the nose or mouth.



Without people even thinking about it, the circular motion of breathing removes toxins and provides life-giving oxygen to cells. Breathe easy!





- **Each Breath a Smile** by Thich Nhat Hanh, 2002
- **What's Inside Me? My Lungs** by Dana Meachen Rau, 2004
- **The Nose Book** by Al Perkins, 2003



Long Live the Lungs!

- **Do not smoke** – it is the most effective way to ensure healthy lungs. The lungs' airways are lined with cilia that trap dirt and other pollutants. Smoke damages cilia and enables toxins to enter the lungs. Smoke also destroys the healthy cells of the lungs, which may be replaced with cancerous cells.
- **Get vaccines** for the flu and pneumonia. The vaccines offer protection from serious complications due to respiratory infections. The Centers for Disease Control and Prevention provide vaccine guidelines.
- **Get moving.** Exercise helps improve lung capacity.
- **Drink plenty of fluids.** Better hydration thins the lungs' secretions, making it easier to breathe.



Website

- Brain Pop Respiratory System
www.brainpop.com/health/respiratorysystem/respiration

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>APRIL 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	<p>National Asthma & Allergy Awareness Month</p> <p>Better Hearing & Speech Month</p> <p>Mental Health Month</p>	<p>Clean Air Month</p> <p>National Melanoma Awareness Month</p> <p>National Physical Fitness and Sports Month</p> <p>National Egg Month</p> <p>High/Scope International Conference</p> <p>Ypsilanti, MI</p>	<p>DAP School Age CDCA</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p>	<p></p> <p>National Day of Prayer</p>	<p>Child Care Plus Modules 5-8, Columbia Barb Vigil, 573-445-5627</p> <p>CCOT Family CDCA</p> <p>Jennifer Rouse, 314-531-1412 x 0</p> <p>Family CCOT Nixa</p> <p>Kim Gillman, 417-887-3545</p> <p>Fire Safety</p> <p>St. Louis Community College at Meremec, 314-513-4391</p> <p>Cinco de Mayo</p>	<p>Child Care Plus</p> <p>St. Charles, MO</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p> <p>PACE - DAP II & Safety Issues in Group Care</p> <p>Mt. Vernon</p> <p>Kim Gillman</p> <p>417-887-3545</p> <p>Creative Art - Painting</p> <p>St. Louis Community College South County Education and University Center, 314-513-4391</p>
<p>6</p> <p>6-12</p> <p>National Nurse Week</p>	<p>7</p> <p>7-11</p> <p>Teacher Appreciation Week</p> <p>Melanoma Monday</p> <p>Worthy Wage Day</p>	<p>8</p>	<p>9</p> <p>National School Nurse Day</p> <p>DAP School Age CDCA</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p> <p>Directors and Owners Formation Group</p> <p>Cape Girardeau CCR&R</p> <p>Conference Room</p> <p>Heather Fisher</p> <p>573-290-5644</p>	<p>10</p> <p>Grow & Learn CDCA</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p> <p>Healthy Families Taskforce</p> <p>Stone County</p> <p>Annette FitzGerald</p> <p>417-546-4431</p>	<p>11</p> <p>National Child Care Provider Appreciation Day</p>	<p>12</p> <p>Pediatric First Aid</p> <p>St. Louis Community College at Florissant Valley</p> <p>314-513-4391</p>
<p>13</p> <p></p> <p>National Women's Health Week</p> <p>Mother's Day</p>	<p>14</p> <p>PACE: Child Abuse and Neglect</p> <p>Jefferson City</p> <p>Joanne Nelson</p> <p>573-445-5627</p>	<p>15</p> <p></p> <p>International Day of Families</p>	<p>16</p> <p>DAP School Age CDCA</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p> <p>Regional Trainers Meeting</p> <p>Regina Shelton</p> <p>800-404-9922</p>	<p>17</p> <p>PACE - Recognizing Child Abuse & Neglect</p> <p>Mt. Vernon</p> <p>Kim Gillman</p> <p>417-887-3545</p>	<p>18</p> <p>18-19</p> <p>Western Regional Early Childhood Conference</p> <p>Asheville-Buncombe</p> <p>Technical Community College</p> <p>For more information call: 828-250-6700</p> <p>18-21</p> <p>34th National Head Start Annual Training Conference</p> <p>San Antonio, TX</p>	<p>19</p> <p>Child Care Plus</p> <p>St. Charles, MO</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p> <p>PACE - DAP II & Safety Issues in Group Care</p> <p>Mt. Vernon</p> <p>Kim Gillman</p> <p>417-887-3545</p> <p>Creative Art - Painting</p> <p>St. Louis Community College South County Education and University Center, 314-513-4391</p>
<p>20</p>	<p>21</p> <p>21-28</p> <p>Buckle Up America Week</p>	<p>22</p>	<p>23</p> <p>DAP School Age CDCA</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p> <p></p> <p>Shavuot</p>	<p>24</p> <p>CCOT:HES/S</p> <p>Mineral Area College, North College Center, Room A</p> <p>Heather Fisher</p> <p>573-290-5644</p>	<p>25</p> <p>Missing Children's Day</p>	<p>26</p> <p>Family CCOT</p> <p>Perryville Higher Education Center</p> <p>Heather Fisher</p> <p>573-290-5644</p> <p>CCOT: DAP I & CAN</p> <p>Mineral Area College, North College Center, Room A</p> <p>Heather Fisher</p> <p>573-290-5644</p>
<p>27</p> <p>Whitsunday (Pentecost)</p>	<p>28</p> <p></p> <p>Memorial Day</p>	<p>29</p>	<p>30</p>	<p>31</p>		
	<p>Springfield Child Care Provider Appreciation Banquet</p> <p>Springfield</p> <p>Marchy Stone</p> <p>417-888-2020</p> <p>TBA</p>	<p>PACE</p> <p>Warrensburg</p> <p>Janet Fort</p> <p>660-543-4218</p> <p>TBA</p>		<p></p> <p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocrrn.org</p>	<p>JUNE 2007</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>	



SKIN – THE GREAT PROTECTOR

What is the body's largest organ, weighing 6-9 pounds in an adult? Skin! It is a powerful protector – an entire body barrier against heat, light, injury and infection. One square inch of skin has thousands of cells, sweat and oil glands, nerve endings, and blood vessels.



- The skin:
- regulates body temperature through perspiration.
 - stores water, fat, and vitamin D.
 - enables the sense of touch through its nerve cells.
 - regenerates itself about every 27 days.

The skin consists of three layers, each made up of specific elements designed to protect the body.

● Epidermis: The outer layer

The thin epidermis protects the body from the harsh environment. The protein keratin makes up most of the epidermis. Melanin cells are also found here. They determine the skin's pigment (coloring). Melanin produces the darker tones of skin, serving as a filter against too much ultraviolet (UV) light. Strong UV rays can cause damage under the skin.



● Dermis: The middle layer

The dermis contains blood vessels, hair follicles, and sebaceous (oil) glands. This is the layer that bleeds when the skin is scraped! The proteins collagen and elastin offer support and elasticity to the skin. As people get older and these proteins decrease, skin becomes wrinkled. Nerve endings in the dermis work with the brain and nervous system for the sense of touch, another huge body protector – Hot! Don't touch!



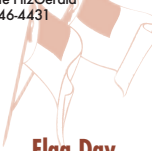



● Hypodermis: The fatty layer

The hypodermis or subcutis hosts sweat glands, fat and collagen cells. A reduction of fatty tissue causes the skin to sag. The hypodermis is responsible for conserving and releasing the body's heat. Blood vessels, hair, and sweat glands cooperate to keep the body at just the right temperature. Lastly, the hypodermis absorbs shock and provides a protective barrier for the body's vital inner organs.

Appreciate the skin. It really holds it all together!





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MAY 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>Basic CCOT Sedalia Janet Fort 660-543-4218 TBA</p>	<p>Dunklin County Seminar Malden Heather Fisher 573-290-5644 TBA</p>	<p>Ozarks Association for the Education of Young Children Springfield Susan Lamy 417-862-4314 TBA</p>	<p>National Safety Month</p> <p>Fireworks Safety Month (June - July 4th)</p> <p>Cancer From the Sun Month</p> <p>Dairy Month</p> <p>Home Safety Month</p>	<p>1</p> <p>Stand for Children Day</p>	<p>2</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>Family CCOT Monett Kim Gillman 417-887-3545</p>
3	4	5	6	7	8	9
<p>10</p> <p>National Institute for Early Childhood Professional Development 10th-13th Pittsburgh, PA 801-269-9338</p>	<p>11</p> <p>11-17 National Men's Health Week</p>	<p>12</p> <p>Webster County Child Care Quarterly Training Marshfield Louise Bigley 417-859-2532</p>	<p>13</p> <p>Regional Trainers' Meeting Columbia Joanne Nelson 573-445-5627</p> <p>Southwest Missouri Regional Training Meeting Springfield Kim Gillman, 417-887-3545</p>	<p>14</p> <p>Healthy Families Taskforce Taney County Annette FitzGerald 417-546-4431</p> <p>Flag Day</p> 	15	<p>16</p> <p>World Juggling Day</p> <p>Child Care Plus St. Charles, MO Jennifer Rouse 314-531-1412 x 0</p>
<p>17</p> <p>Family Awareness Day</p> <p>Father's Day</p> 	18	19	20	<p>21</p> <p>Watermelon Seed Spitting Day</p> 	22	23
<p>24</p> <p>Perfect Play Day St. Louis, MO 314-531-1412 x 0</p>	<p>25</p> <p>11th Annual Early Head Start Birth to Three Institute Washington, DC</p>	26	<p>27</p> <p>27-July 5 Eye Safety Awareness Week</p>	<p>28</p> <p>28-July 1 National Association of School Nurses (NASN) 39th Annual Conference Nashville, TN</p>	29	30
				<p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p>  <p>1-800-200-9017 • www.mocccrn.org</p>		<p>JULY 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>

- **Skin Again**
by Bell Hooks, 2004
- **Sunshine On My Shoulders**
by John Denver, 2006
- **The Saggy Baggy Elephant**
by Kathryn Jackson and Byron Jackson, 2003
- **The Skin You Live In**
by Michael Tyler, 2005
- **What Can You Do in the Sun?**
by Anna Grossnickle Hines, 1999



Maintain Healthy Skin

- **Keep skin clean.** Dead cells, dust and secretions encourage infections and block the release of antibacterial compounds through the pores.
- **Drink plenty of water** to keep the skin hydrated.
- **Protect the skin from too much exposure to the sun.** Seek shade, use sunscreen with 15 SPF or higher, cover the skin with light clothing and a hat.
- **Eat healthy, nutritious food** containing Omega-3 fatty acids: salmon, walnuts and tuna.
- **Examine the skin** from head-to-toe every month. Early detection is the best defense against all types of skin cancers.



Websites

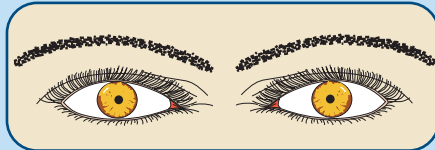
- Dermatology Anatomy of the Skin
www.umm.edu/dermatology-info/anatomy.htm



TAKE A GOOD LOOK AT THE EYE!

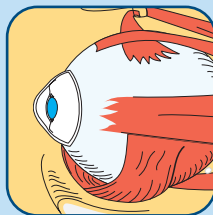
Do you see what I see? How does vision work?

Examine the eyes. Eyeballs, about as big as ping-pong balls, are housed in the eye socket. Eyelids, eye lashes and eye brows protect the eyes from infections and injuries. The eyelids blink every 5 seconds to keep the eyes moist. They snap shut when the light is too bright or something comes at the eye. Those fluttering eyelashes keep out unwanted particles and the bones of the brows defend against impact.



Look more closely. The white part, the **sclera**, covers most of the visible eye. Its tiny pink threads are blood vessels that provide nutrients and oxygen. In the center of the sclera is the **cornea**, which is transparent so light can pass through. Behind the cornea are the colorful **iris** and black **pupil**. The muscles in the iris control the amount of light that passes through the pupil.

What happens inside the eye? As the body's camera, the eye takes pictures as long as there is light. Its lens sits just behind the iris and in front of the vitreous humor. The **vitreous humor**, filled with a jelly-like substance, shapes the eyeball. The lens focuses the light rays as they pass through the vitreous humor to the retina. Located at the back of the eyeball the **retina** has 130 million light-sensitive cells. They change the images into millions of nerve messages that are transported to the brain by the **optic nerve**. They arrive upside down and the brain interprets the information, turning the images right-side up and giving vision its meaning - all in the blink of an eye!



If the eyeball is too short or long, images look fuzzy. Glasses and contact lenses help the eyes focus images. If the visual system does not function people cannot see. They use their other senses to give them information.

Their hands can feel someone's cheeks rise into a smile or their ears can hear someone walk across a room.





- **Brown Bear, Brown Bear, What Do You See?**
by Bill Martin, Jr., 1996
- **The Eye Book**
by Theodore LeSieg, 1999
- **My Eyes**
by Lloyd G. Douglas, 2004



See To It - Protect the Eyes

- **Pad or cushion** sharp corners.
- **Lock all cabinets** and drawers that contain chemicals and sharp objects.
- **Keep a close eye** when children use scissors. Children should use blunt tipped scissors.
- **Provide** toys that are developmentally appropriate.
- **Avoid** toys with sharp edges, hard points, spikes, rods.
- **Do not offer** toys that fly or shoot.
- **Remove items** that are hazards indoors or outdoors.
- **Have children wear** sunglasses in bright sunlight.
- **Store loose items** in the trunk, or secured on the floor of a vehicle. Loose objects can become dangerous projectiles when brakes are applied fast and hard.



Website

- A Big Look at the Eye
www.kidshealth.org/kid/body/eye_SW.html

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fireworks Safety Month UV (Ultra Violet Rays) Safety Month Blueberries Month	2	3 Stay Out of the Sun Day	4 Independence Day	5	6	7
8	9	10 Don't Step on a Bee Day	11	12	13	14 Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0
15 Ice Cream Day	16	17	18	19 20-23 La Leche International 50th Anniversary Conference Celebrating the Power of Breastfeeding Chicago, IL	20	21
22 Parents' Day	23	24	25	26	27	28
29	30	31				
<p>JUNE 2007</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>				<p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p></p> <p>1-800-200-9017 • www.mocrrn.org</p>		<p>AUGUST 2007</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>

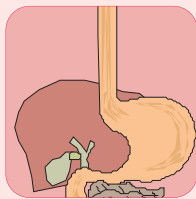


DOWN THE HATCH – DIGESTION BASICS

Most people find eating to be one of life's more enjoyable activities. In child care, meals are a time when children can refuel and chat with their provider and friends. As food is brought to the table and children are served, the digestive process begins. Digestive juices are released in the mouth in preparation for the food about to be eaten.

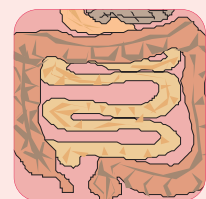
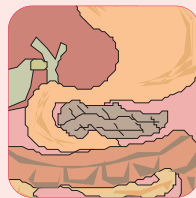


As food is chewed and savored it mixes with these juices and then – down the hatch – the food is swallowed. That hungry feeling in the pit of the stomach goes away. Now children are ready for their naps. While they are sleeping, the food makes its way through the digestive system.



But what is digestion? What happens to food once it is eaten? When food is swallowed, it is squeezed through the **esophagus**. This long hollow tube delivers the food to the **stomach**. In the stomach food mixes with more digestive fluids and is then emptied into the **small intestine**. This is where the process of digestion is completed.

Here the food is broken down into molecules of nutrients that are so small they can be absorbed into the walls of the small intestine. The molecules pass through the intestinal walls into the blood stream. As the blood circulates, it delivers these nourishing, energy producing molecules throughout the body.



Digestion is completed, but there is still a little tail end to the story of food's journey through the digestive tract. Fiber is the part of food that is not digestible. This fiber combines with old cells from the digestive tract and then passes from the small intestine into the colon, a part of the

large intestine. Here it forms a small compact mass – poop! Poop leaves the body through the anus. What a long journey food takes through this complex and efficient system.



August 2007



Literary Corner

- **Everyone Poops**
by Taro Gorie, 1993
- **Gurgles and Growls**
by Pamela Hill Nettleton, 2004
- **Where Does Your Food Go?**
by Wiley Blevins, 2004



Aids to Digestion

- **When something goes wrong** with the digestive system it can make a person miserable. Stomach viruses and other illnesses can not always be prevented, but some problems with the digestive track can be avoided.
- **Exercising, drinking plenty of water, and eating high fiber** foods such as whole grain breads, fruits, and vegetables, keeps the food moving through the system.
- **Chew food thoroughly** and swallow slowly, without gulping! This and staying away from greasy foods like French fries and hamburgers, reduces gas which can be uncomfortable and sometimes painful.
- **Relaxing** and slowing down before eating reduces stress, aids in digestion, and makes mealtime enjoyable!



Website

- The Digestive System
www.kidshhealth.org/parent/food/general/digestive.html

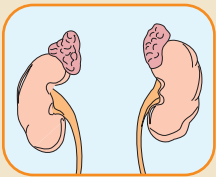
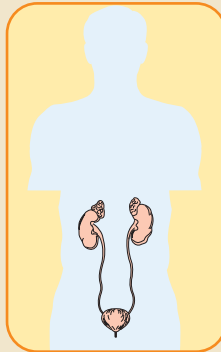
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>JULY 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>Children's Eye Health and Safety Month</p> <p>National Immunization Awareness Month</p>	<p>Christian Preschool Assoc. Summer Seminar</p> <p>KCMO</p> <p>Peggie Swartz</p> <p>816.373.4904</p> <p>TBA</p>	<p>1</p> <p>1-7</p> <p>World Breastfeeding Week</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p> <p>Friendship Day</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Healthy Families Taskforce</p> <p>Stone County</p> <p>Annette FitzGerald</p> <p>417-546-4431</p>	<p>10</p>	<p>11</p> <p>Grow & Learn</p> <p>CDCA</p> <p>Jennifer Rouse</p> <p>314-531-1412 x 0</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>National Association For Family Child Care Annual Conference</p> <p>15th, 17th</p> <p>Anaheim, CA</p> <p>801-269-9338</p>	<p>16</p>	<p>17</p> <p>Sandcastle Day</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>More Herbs, Less Salt Day</p>	<p>30</p>	<p>31</p>	
				<p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocccrn.org</p>		<p>SEPTEMBER 2007</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p>



WATERWORKS – THE URINARY SYSTEM

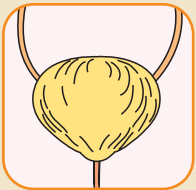
What has your urinary system done for you lately? It filters out excess fluid and other substances from the bloodstream. The body reabsorbs some of the fluid, but most of it is expelled as urine. If the urinary system did not get rid of this waste water a person could get sick!

How does the system work? The kidneys, the bladder, their tubes and muscles make up the urinary system. Here is how they work together.



- **The kidneys** work as a filter to take the waste out of the blood. The waste combines with water to make urine or pee. Kidneys are bean-shaped organs about the size of the person's fists. They are near the middle of the back, just below the rib cage on both sides.

- Urine leaves the kidneys and travels down two thin tubes called the **ureters**. These muscular tubes propel urine down to the bladder.



- **The bladder** is like a bag. It collects and stores urine until it needs to be emptied. Nerves in the bladder tell a person when it is time to urinate. This sensation to urinate becomes stronger as the bladder fills and reaches its limit – time to find a bathroom!

- When the bladder is emptied, urine is carried out of the body through a tube called the **urethra**. The brain orders the muscles around the bladder to start squeezing and tells the circle of muscles at the bottom of the bladder to open. Pee squirts out through the urethral opening in the body. Aaahhhh!



A child's bladder can hold about 1 to 1½ ounces of urine for each year of the child's age. A 2-year-old child may hold about 2 to 3 ounces; a 4-year-old about 4 to 6 ounces. The ability to control bladder functions is individual to each child. A child who can recognize and manage the muscles that control urination is ready for toilet learning.



September 2007



Literary Corner

- **Going to the Potty**
by Fred Rogers, 1997
- **I Have to Go**
by Robert N. Munsch, 1989
- **Little Monkey's Big Peeing Circus**
by Tjibbe Veldkamp, 2006
- **Time to Pee!**
by Mo Willems, 2003



Urinary System Support

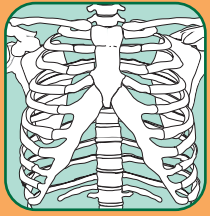
- **Drink plenty of water** to produce enough urine to flush the urinary system.
- **Eat nutritious foods.** Carbonated soft drinks (soda), beverages that contain caffeine, chocolate, citrus foods and drinks such as orange juice may irritate the bladder. Yogurt may help keep bacteria from growing in the bladder.
- **Wipe front to back** when changing diapers of girls. This helps prevent bacteria from the anus entering the urethra. Encourage girls that are just learning toileting skills to wipe front to back.
- **Make sure children are completely wiped** and have washed their hands well after a bowel movement. Poor hygiene has been linked to increased frequency of urinary tract infections.



Website

- Your Urinary System and How it Works
www.kidney.niddk.nih.gov/kudiseases/pubs/yoururinary/index.htm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>AUGUST 2007</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>Workshop on Wheels Fall Seminar University of Central Missouri, Warrensburg Jacki Turner 660-543-4218 TBA</p>	<p>Saturday Seminar St. Louis Community College at Florissant Valley 314-513-4391 TBA</p>	<p>Baby Safety Month</p> <p>National 5-A-Day Month</p> <p>National Food Safety Education Month</p>	<p>Head Lice (Pediculosis) Prevention Month</p> <p>National Sickle Cell Month</p> <p>National Literacy Month</p>		<p>1</p> <p>1-7 Childhood Injury Prevention Week</p>
2	<p>3</p> <p>Labor Day</p>	4	5	6	7	<p>8</p> <p>8 - 14 National 5 A Day Week</p> <p>St. John's Hospital Baby Expo Springfield Joann Daigh 417-820-2677</p>
<p>9</p> <p>Grandparent's Day</p>	10	<p>11-17 National Emergency Preparedness Week</p> <p>Webster County Child Care Quarterly Training Marshfield Louise Bigley 417-859-2532</p>	<p>12</p> <p>Southwest Missouri Regional Training Meeting Springfield Kim Gillman 417-887-3545</p>	<p>13</p> <p>Healthy Families Taskforce Taney County Annette FitzGerald 417-546-4431</p> <p>Rosh Hashanah</p>	14	<p>15</p> <p>International Eat an Apple Day</p>
<p>16-22 National Clean Hands Week</p> <p>16-27 National Farm Safety & Health Week</p>	17	18	<p>19</p> <p>DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314-531-1412 x 0</p>	20	21	<p>22</p> <p>R.E.A.D. in America Day</p>
<p>23</p> <p>National Adult Immunization Awareness Week</p>	24	25	<p>26</p> <p>DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314-531-1412 x 0</p>	<p>27</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p> <p>Sukkot</p>	28	29
30				<p> MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocrrn.org</p>		<p>OCTOBER 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>



BONES – DEM BONES

Bones make up the human skeleton, the frame that supports the body, anchors muscle, and protects organs and the softer parts of the body. It is living, growing tissue made up of the protein collagen and the mineral calcium phosphate. Together they form a lattice work structure that can support large amounts of weight.

Bone marrow is found at the center of bones. It provides the body with red blood cells. These red cells carry oxygen to all parts of the body including the body's white blood cells. White blood cells help the body fight disease.



Bones are continually changing through a process called remodeling. The body makes new bone and breaks down old bone. In younger people, the body makes new bone faster than it breaks down old bone. After a person is in their mid 30s the body tends to break down more bone than it makes. Adequate supplies of **vitamin D** and calcium help maintain bone mass and reduce bone loss. Building dense strong bones early in life is like building a "bone bank", a rich "deposit" of bone to support the body's needs throughout life.

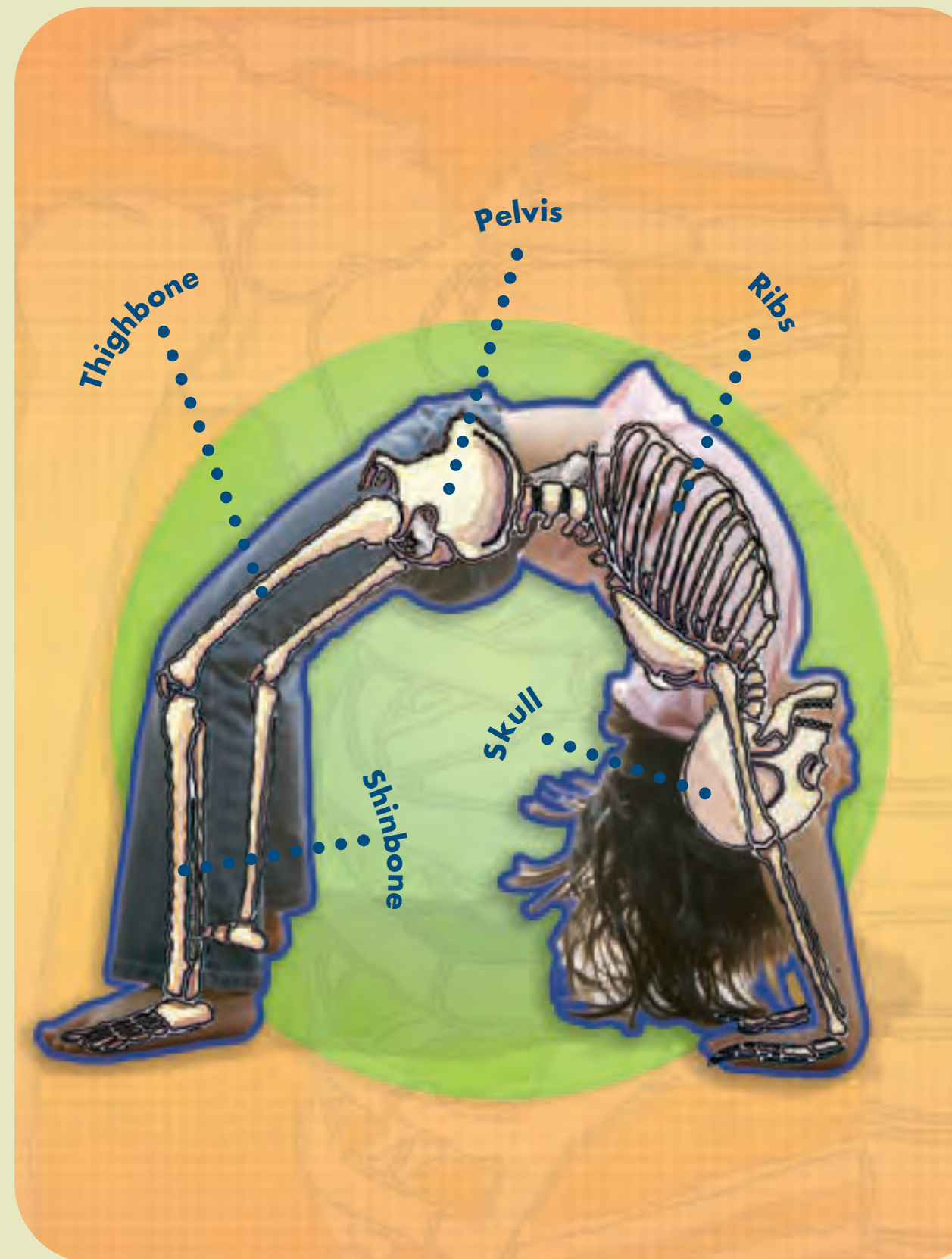
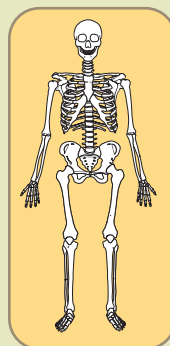
Bones supply the calcium needed to maintain the heart, muscles and nerves. Eating a diet rich in calcium and vitamin D helps replenish necessary minerals and maintain bone density.

Weight bearing exercises like running, walking, and dancing make bones strong and flexible and less likely to break.



Fun Facts About Bones






- A baby's body starts life with about 300 "soft" bones. Some of their bones grow together over time.
- An adult skeleton has 206 bones.
- The smallest bone in your body is the stirrup bone. It is less than one inch long and is behind the eardrum.
- The longest bone is the femur. It extends from the pelvis to the knee.
- The funny bone is not really a bone. It is a nerve near the elbow. It runs along the long bone that starts at the elbow and goes up to the shoulder. Banging it gives a tingling or funny feeling!



October 2007



Literary Corner

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Down Syndrome Awareness Month National RSV Awareness Month Sudden Infant Death Syndrome (SIDS) Awareness Month Spinach Lovers Month	Children's Health Month 1 Health Literacy Month Learning Disabilities Awareness Month 1-5 Drive Safely Work Week Child Health Day	2	3	4	 World Smile Day	6
7	 Columbus Day	9	International Top Spinning Day DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314 - 531-1412 x 0	11	12	13
National Fire Prevention Week			DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314 - 531-1412 x 0	Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0 Healthy Families Taskforce Taney County Annette FitzGerald, 417-546-4431 Directors and Owners Formation Group Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644		Eid-al-Fitr
14	15	 National Boss Day	17	18	19	20
14-20 National Radon Action Week			DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314 - 531-1412 x 0			
21-27 National School Bus Safety Week National Childhood Lead Poisoning Prevention Week 21-23 National Black Child Development Institute (NBCDI) 37th Annual Conference Chicago, IL	21	22	23	24	25	26
	Yom Kippur		DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314 - 531-1412 x 0	25-31 International Magic Week		27
28	29	30	 National Knock - Knock Jokes Day Halloween Safety National UNICEF Day Halloween			
SEPTEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Southwest Child Care Provider Health Conference Springfield Tammy Vestal TBA Northland Early Education Council Fall Conference KCMO Diana Milne 816.407.3490 TBA	Ozarks Association for the Education of Young Children Springfield Susan Lamy 417-862-4314 TBA Saturday Seminar St. Louis Community College at Meremec 314-513-4391 TBA		 MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK 1-800-200-9017 • www.mocccrrn.org		NOVEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



Build Strong Bones

- **Serve foods rich in calcium:** Milk, yogurt, cheese, green leafy vegetables, tofu and fish.
- **Provide plenty of vitamin D:** Fifteen minutes in the sun, egg yolks and liver, and dairy products supplemented with vitamin D.
- **Provide time for active play** that is weight bearing: running, dancing, walking, lifting, and climbing.
- **Prevent injuries to bones:** have age appropriate playground equipment, use absorbing surfaces under playground equipment and provide bike helmets with riding toys.



Websites

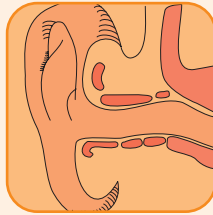
- The Big Story on Bones Kids Health website:
www.kidshealth.org/kid/body/bones_noSW.html
- The Skeletal System
www.mnsu.edu/emuseum/biology/humananatomy/skeletal/skeletalssystem.html



I CAN'T BELIEVE MY EARS!

Ears hear marvelous melodies, silly baby giggles, whispered secrets, and ear splitting thunderclaps! Ears hear sounds that soothe, inspire, and warn of approaching danger. The ears collect sounds, process them and send sound signals to the brain for interpretation, completing the process of hearing.

The ear has three sections: the outer ear, the middle ear and the inner ear. The outer ear collects sound at the **pinna** or auricle, the visible part of the ear. Sound travels through the **ear canal**, the part of the outer ear that is not visible. The ear is protected by ear wax which contains chemicals that fight infections and collects dirt to keep the canal clean.



The **eardrum**, a thin piece of skin stretched tight like a drum, separates the outer ear from the middle ear. Sound causes the eardrum to vibrate. In the middle ear the vibrations move 3 tiny bones, the **ossicles**, which send the sound to the inner ear.

Here the sound vibrations enter the **cochlea**, a small curled tube filled with liquid. Inside the cochlea are tiny hair-covered cells which move from the vibration. This movement creates electrical nerve impulses that travel along the **auditory nerve** to the brain. The brain interprets the sound – ahh, music!



Three **semicircular canals** are also found in the inner ear. They help maintain the body's balance. These small loops are filled with liquid and microscopic hairs, much like the cochlea. Movement of the head causes movement in the fluid. The liquid moves the hairs, which triggers nerves to send messages to the brain about the position of the head. The brain tells specific muscles to move to maintain balance. When the fluid in the canals is moved too much or when an inner ear problem exists, dizziness may occur.

About 28 million Americans are hearing impaired. Hearing loss may be caused by genetic factors, infections, injury, or exposure to loud sounds over a long period of time. Be kind to the ears – after all they are EARreplaceable!



November 2007



Literary Corner

- **Ears are for Hearing**
by Paul Showers, 1993
- **The Ear Book**
by Al Perkins, 1968
- **The Listening Walk**
by David Kirk, 2005




They're EARreplaceable!

- **Protect the ears from sunburn.** Apply sunscreen and wear a hat that shades the ears.
- **Prevent against hearing loss** from exposure to loud noises. Turn down the volume! Wear ear plugs or muffs when around loud sounds such as fire crackers and leaf blowers.
- **Screen for hearing loss.** Language and communication skills first develop through hearing. Signs of possible hearing loss in children include difficulty locating sounds or no reaction to loud sounds. The ability to understand and produce spoken sounds or words may be delayed. A child may withdraw in social situations. Frequent ear infections suggest a need to screen for hearing loss.



Websites

- Anatomy of the Ear
www.wisc-online.com/objects/index_tj.asp?objid=AP1502
- Fact Sheet: Better Ear Health
www.entnet.org/healthinfo/hearing/ear_health.cfm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>OCTOBER 2007</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>American Diabetes Month</p> <p>Family Stories Month</p> <p>National Epilepsy Awareness Month</p>	<p>Family Achievement Night KCMO The Family Conservancy 913.342.1110 TBA</p>	<p>Saturday Seminar St. Louis Community College at Forest Park 314-513-4391 TBA</p>	<p>1</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p>	<p>2</p>  <p>Sandwich Day</p>	<p>3</p>
<p>4</p>  <p>Daylight Savings Time Ends</p>	<p>5</p>	<p>6</p>	<p>7-10 NAEYC Annual Conference Chicago, IL</p> <p>DAP Pre-School At CDCA and Warren Co. location TBA Jennifer Rouse 314 - 531-1412 x 0</p>	<p>8</p> <p>Healthy Families Taskforce Taney County Annette FitzGerald, 417-546-4431</p> <p>Directors and Owners Formation Group Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644</p>	<p>9</p>	<p>10</p>
<p>11</p>  <p>Veteran's Day</p>	<p>12</p> <p>12-18 Children's Book Week</p>	<p>13</p> <p>World Kindness Day</p>	<p>DAP Pre-School CDCA & Warren County Jennifer Rouse 314-531-1412 x 0</p> <p>National Association for the Education of Young Children Conference 14th, 17th Chicago, IL 800-424-2460</p>	<p>15</p> <p>Great American Smokeout</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>  <p>Thanksgiving Day</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p>	<p>30</p> <p>30 - Dec 2 Zero to Three National Training Institute Orlando, FL</p>	
				 <p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocrrn.org</p>	<p>DECEMBER 2007</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	



HOORAY FOR THE HANDS AND FEET!

Handy Hands The human hand is remarkably strong. It is so strong that a newborn baby can carry his or her entire weight by grasping onto an adult's fingers. Each hand has 27 bones, numerous nerves, muscles and tendons all working together to help people get a grip! The movement of the hand is so complex that it uses 25 % of the brain's motor cortex.



The hands perform tasks each day that range from the sublime to the mundane. Hands grasp, caress, and clap. They wash dishes, knit, and hammer nails. They play the piano, paint, and dribble a basketball.



Often, as much is said with a hand gesture as with words. People with hearing impairments use sign language to talk with their hands. An open hand can comfort, while a pointed finger can wag and scold. Like an extension of the brain, the hand is a tool that expresses thoughts, and carries out the ideas of the human mind.



Fabulous Feet Whether it is a grand adventure or a stroll in the park, feet take people where they want to go. They bear all the weight of the body, all day long, day after day. With the average person walking the equivalent of 3¹/₂ times around the earth in a lifetime, feet get a lot of use!



The structure of the foot is similar to that of the hand. Each foot has 26 bones, nerves, and ligaments and muscles that hold it all together. Each foot has 3 strong arches, 2 length-wise and one across the foot. They give the foot the strength, flexibility, and springiness that cushion each step.

Fabulous feet kick in excitement and tap out rhythms to music. A child's first step on those little feet marks the beginning of a lifetime of faithful service. Whether it is dancing, running or pedaling – feet are at the bottom of it all!



December 2007



Literary Corner

- **Hands Can**
by Cheryl Willis Hudson,
2003
- **Mommy's Hands**
by Kathryn Lasky,
2002
- **My Two Hands,
My Two Feet**
by Rick Walton,
2000



Get a Grip and Keep Moving

- **Assistive Technology to the Rescue!** Some people use technology to perform functions that might otherwise be difficult or impossible for them. They might use a walker or crutches to improve their mobility. Others might use a scoop dish and curved spoon to help them eat.
- **Use those hands.** As children use their hands they develop cognitive and fine motor skills. Play peek-a-boo and pat-a-cake. Offer opportunities to draw, build with blocks, dig in the sand, and measure and pour water.
- **Move those feet.** Keep infants kicking playfully - they are practicing for walking. Let children go barefoot indoors. Encourage children to stand, walk, and run when they feel confident.



Website

- Orthogate: Internet Society of Orthopaedic Surgery and Trauma
www.orthogate.com/patient-education/

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NOVEMBER 2007</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>Bingo's Birthday Month</p> <p>Safe Toys and Gifts Month</p>	<p>Ozarks Association for the Education of Young Children Springfield Susan Lamy 417-862-4314 TBA</p>				<p>1</p> <p>World AIDS Day</p>
<p>2-8 National Handwashing Awareness Week</p> <p>2</p> <p>Coats for Kids Day</p> <p>Southcentral Early Childhood Association Fall Training West Plains Brenda Bell 417-256-2391</p>	<p>3</p> <p>International Day of Disabled Persons</p>	<p>4</p>	<p>5</p> <p>Hanukkah</p>	<p>6</p>	<p>7</p> <p>Regional Training Meeting Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644</p>	<p>8</p> <p>Grow & Learn CDCA Jennifer Rouse 314-531-1412 x 0</p>
<p>9</p>	<p>10</p>	<p>11</p> <p>Webster County Child Care Quarterly Training Marshfield Louise Bigley 417-859-2532</p>	<p>12</p> <p>Southwest Missouri Regional Training Meeting Springfield Kim Gillman 417-887-3545</p> <p>Gingerbread House Day</p> <p>Our Lady of Guadalupe Day</p>	<p>13</p> <p>Directors and Owners Formation Group Cape Girardeau CCR&R Conference Room Heather Fisher 573-290-5644</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Eid-al-Adha</p>	<p>21</p>	<p>22</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Christmas Day</p>	<p>26</p> <p>Kwanzaa</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>31</p>			<p>MISSOURI CHILD CARE RESOURCE AND REFERRAL NETWORK</p> <p>1-800-200-9017 • www.mocrrn.org</p>		<p>JANUARY 2008</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>

MISSOURI

Department of Health and Senior Services – Bureau of Child Care

The Bureau's mission is to assure healthy, safe environments for children who are cared for in out-of-home child care settings. Bureau representatives are located throughout the state and are responsible for the licensure or approval of child care facilities based on compliance with Department of Health and Senior Services rules.



The Bureau issues licenses to Family Child Care Homes, Group Child Care Homes, and Child Care Centers. Other types of facilities, called license-exempt, are not required to be licensed, but receive annual health and safety, fire safety, and sanitation inspections. These include Nursery Schools and Child Care Programs operated by Religious Organizations.

The Bureau of Child Care supports high quality child care programs by regulating staffing requirements, health rules, background screening and criminal record checks, injury prevention, fire safety and environmental health, and staff training for providers.

The Bureau directly supports professional preparation for providers through the following statewide trainings; Child Care Orientation, Child Care Plus+ and Providers Advance Through Continuing Education. The Department also collaborates with local health agencies to offer Healthy Child Care consultation, training and health promotion to providers.

Contact the Bureau at the main office in Jefferson City at 573-751-2450 or through the web site at www.dhss.mo.gov/ChildCare/.

MISSOURI

Department of Social Services – Office of Early Childhood

The Missouri Department of Social Services (DSS) works with families that are faced with an array of life challenges. DSS is committed to assisting families in accessing resources to nurture their children. Assistance is provided in finding quality early learning opportunities for their children in or out of the home.

The DSS, Children's Division, Early Childhood and Prevention Services section provides an array of early care and education services and supports with a commitment to preventing child abuse and neglect. The goal is for every child whose family interacts with DSS to enter school ready to succeed. To that end, the Early Childhood and Prevention Services section is strengthening policy and targeting investment to improve this important outcome for Missouri's youngest citizens. The Early Childhood and Prevention Services section is committed to ongoing collaboration with key stakeholders and state agency partners.

DSS is involved in numerous programs and services for children and families in Missouri. Areas included are Health Care, Children's Services, Family Support, and Juvenile Justice. For more information on each of these programs, please visit the website at www.dss.mo.gov.



TOLL FREE INFORMATION NUMBERS

Child Abuse/Neglect Hotline (MO only)	1-800-392-3738
Foster Adoptline	1-800-554-2222
Parentlink Warmline	1-800-552-8522
Missouri School Violence Hotline	1-866-748-7047
Child Support General Information	1-800-859-7999
Child Support Payment Information (IVR)	1-800-225-0530
Food Stamp Hunger-Line	1-800-392-1261
Rehabilitation Services For The Blind	1-800-592-6004
MC+	1-888-275-5908
Elderly Abuse/Neglect Hotline	1-800-392-0210



HealthCare USA helps you and your family stay healthy



HealthCare USA

offers the following benefits:

- Paid membership to Boys & Girls Clubs (including Herbert Hoover, Mathews-Dickey), Girls Incorporated or the Scouts.
- Regular wellness check-ups to keep children healthy
- No-cost Over-the-Counter medicines such as cough syrup, head lice medication, children's pain relievers and vitamins with prescription.
- Prescription coverage
- Mental health coverage
- Vision and dental coverage
- AND MORE!



HEALTHCARE USA (HCUSA) is a managed care health care company for Missouri's MC+ medical assistance program for children and pregnant women from low income families. Our benefits include Over-the-Counter* medicines, prescription, mental health, vision and dental coverage and more!

HCUSA proudly offers the **Doc Bear Club for Kids**, which promotes health, safety, self-development and wellness through education and recreation. HCUSA will pay for our members* to join one of the participating **Boys & Girls Clubs** (including Herbert Hoover or Mathews-Dickey), **Girls Inc.** or the **Scouts**. Members can learn leadership skills, take on new challenges and make new friends in safe, fun environments.

*Restrictions apply.

Well Child Check-Ups

Early Periodic Screening Diagnosis and Treatment (EPSDT) or Healthy Children and Youth (HCY) is an MC+ program to provide children medically necessary care. Primary Care Providers (PCP) can provide EPSDT/HCY services. These services help children stay healthy or find problems that may need medical help. Children need to get regular check-ups per the chart below.

Shots and lead testing are provided through the EPSDT/HCY program. All children need shots and all children between 6 months and 6 years need to get checked for lead poisoning. A simple blood lead test can tell if a child has lead poisoning. Use the chart below to see when lead testing is needed.

Newborn 2-3 days		3 years	Your child needs a blood lead level every year until age 6 if in a high risk area.
By one month		4 years	
2-3 months		5 years	
4-5 months		6-7 years	
6-8 months		8-9 years	
9-11 months		10-11 years	
12-14 months	Your child needs a blood lead level at 12 & 24 months.	12-13 years	A blood lead level is recommended for women of child-bearing age.
15-17 months		14-15 years	
18-23 months		16-17 years	
24 months		18-19 years	
	20 years		

Lead Testing

There are a number of ways that children can be poisoned by lead. High levels of lead can cause brain damage or even death. Lead in children is a common concern. All children between the ages of six months and six years should be screened for lead poisoning and all children must be tested for lead at one and again at two year olds. Children also need a blood lead level test if he/she is less than six years old and has never been tested. Children must be tested yearly between six months and six years for lead poisoning if the child lives in a high-risk area. Parents should ask their child's PCP if he/she needs a blood lead level test at the next well child check-up.



Important HealthCare USA Numbers

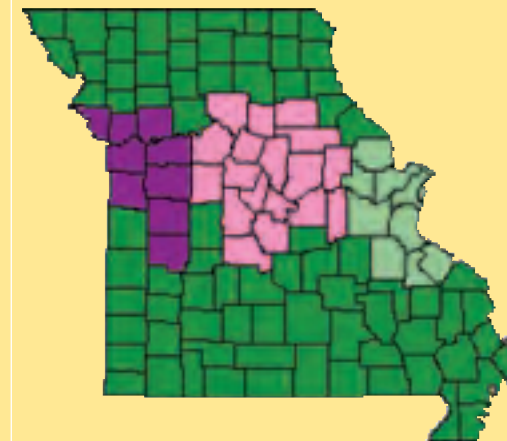
Member Services
800.566.6444

Dental Network
800.566.6444

Transportation
800.688.3752

24 Hr. Nurse Hotline
800.475.1142

Mental Health Network
800.377.9096



10 South Broadway, Suite 1200
St. Louis, Missouri 63102

Call 1-800-566-6444 for more information about HealthCare USA and our unique benefits.

ALIKE AND DIFFERENT



- By the age of two, children are learning gender labels – whether a child is a girl or boy. They are learning the names of colors and apply these to skin and hair color. Children recognize and explore physical differences.

- By the age of three, children begin to notice gender and racial differences. They are influenced by what others in their environment value. They may exhibit biases or

pre-prejudice toward others on the basis of gender, race or being differently-abled.

- Between the ages of three and five, children wonder about themselves and what makes them unique. Many preschool-age children will comment on others' size, hair texture, eye shape and physical characteristics. They may wonder if they will always be a girl or boy, what gives a person a certain skin or eye color, whether skin color can change, and whether they could "catch" a disability from playing with a physically disabled child.

Preschool-age children notice how the adults in their lives feel about people who are different from them. The attitudes of adults influence how children feel about diversity. Children mimic the behavior of the adults. They do what the adults do, which is not always what the adults tell them to do!

An environment in which children learn about similarities and differences promotes awareness and acceptance of self and others. When treating all children "alike under the skin," remember that children are naturally curious about their differences – and should be recognized for their own uniqueness.

Imagine a world where everyone looks the same: brown eyes, curly hair, and short.

Boring, isn't it? Differences in people make the world an interesting place. Although people appear different, they are very alike on the inside. Their bodies need food, shelter and sleep. Each person breathes, circulates blood and gets rid of body wastes. Everybody has feelings that make them happy, sad, curious or scared.

During the preschool years children begin to form identity and self-concept. They are naturally curious, and question the world around them. Questions about physical appearance, gender, ethnic or racial differences can be difficult for adults to answer. Honesty is the best policy. Answer children's questions simply. Children will ask if they want more information. Gently explore what stimulated the questions to determine what a child is asking. Handling questions with sensitivity helps to keep children from developing pre-prejudicial ideas. Pre-prejudicial ideas are early thoughts that lead a child to conclude that something is "wrong" with a person who is different. Children learn to accept differences when they understand more about why people are different.

ACTIVITIES THAT SUPPORT A CHILD'S HEALTHY BODY AWARENESS

- Place a full-length mirror (acrylic) in the dramatic play center. Encourage children to look at themselves. Discuss their appearance and how they are **alike** or **different** from other children. Help them see that no one is exactly alike.
- Play a game of alike and different. Blindfold children who feel comfortable with this, one at a time. Have each child feel the face and hair of their friends and then feel their own face and hair. Children will find that people feel different.
- Make hand and foot prints. Whose fingers are the longest? Who has the widest foot?
- Children can begin to explore racial and ethnic differences. Encourage them to examine differences in skin color, hair texture, and eye shape. Create graphs of how many in the group have blue eyes, black hair, etc.
- In the science area, set out white paper or index cards with black ink pads, pens and magnifying glasses. Children can make prints of their thumbs. Let children use the magnifying glasses to see how the prints are alike and different. Each person's fingerprints are unique.

READ ABOUT HOW WE ARE ALIKE AND DIFFERENT!

All the Colors We Are

Todos los Colores de Nuestra Piel

by Katie Kissinger and Wernher Krutein, 1994

How We Are Born, How We Grow

by Joe Kaufman, 1998

My Body

by Arianne Holden, 1999

Toddler Two

by Anastasia Suen, 2002

We're Different, We're the Same

by Bobbi Kates, 1992

ADULT RESOURCES

Alike and Different: Exploring Our Humanity with Young Children

by Bonnie Neugebauer, 1992

Anti-bias Curriculum: Tools for Empowering Young Children

by Louise Derman-Sparks and A. B. C. Task Force, 1989



A Scholarship & Compensation Opportunity for Early Childhood Educators and Directors

What is T.E.A.C.H. MISSOURI?

The T.E.A.C.H. Early Childhood® MISSOURI Scholarship is an educational scholarship opportunity for early childhood care providers in licensed centers and family or group homes. Based on the belief that **Teacher Education And Compensation Helps**, T.E.A.C.H. MISSOURI is a nationwide movement to increase quality child care and education. Working directly with licensed early childhood programs, T.E.A.C.H. MISSOURI is rooted in four fundamental outcomes: **scholarship, education, compensation, and commitment**. Offered statewide, the scholarship has three levels available that differ in the degree sought and the amount of perks available. Brought to Missouri in 1999, the project is administered by the Missouri Child Care Resource and Referral Network

Why is T.E.A.C.H. MISSOURI needed?

The education level of child care providers is one of the most critical indicators of the quality of a child's experience in child care. Addressing two major areas of concern in the early care field, low wages and high turnover of child care providers, the scholarship increases compensation and the retention of teachers after their education.

Who benefits from T.E.A.C.H. MISSOURI?

Children:

As the primary beneficiaries of T.E.A.C.H. MISSOURI, children benefit from lasting relationships with consistent caregivers committed to the field. Children profit from teachers who are specialists in early childhood education and

development and who possess sensitivity to the needs of the very young.

Recipients:

Teachers, assistants, directors, owners, and family child care professionals increase their knowledge and skill level through college course work.



Recipients receive increased compensation for completion of classes, as well as, support and career advising through a T.E.A.C.H. MISSOURI scholarship counselor. As a result, heightened professional status and job satisfaction are attained.

Sponsoring Child Care Programs:

Child care facilities benefit through knowledgeable staff members who apply higher quality early childhood practices to the children and families in their care. Programs experience reduced staff turnover, helping to improve quality and marketability while using the scholarship as a recruitment and advertising tool to the benefit of the facility.

Who is eligible for a scholarship?

All teachers, directors, owners, assistants, and family group home child care providers who:

- Have a desire to earn college credit towards a National CDA Credential or an AA/AAS or BA/BS degree in early childhood care & education
- Work directly with children 0 to 5 years old each day in a **licensed** child care facility
- Are 18 years or older
- Work directly with children at least 30 hours a week in a 9 or 12 month program
- Have a GED or high school diploma
- Make under \$14.50/hour as a teacher or \$16/hour as a director or owner

Scholarships are awarded on the basis of need and commitment to the field of early childhood care and education.

What is the commitment required?

Scholarship Recipients:

- Attend and successfully complete 9-15 credit hours over three consecutive semesters
- Pay 10-15% of the cost of tuition and books
- Agree to remain at the sponsoring child care program for six months to one year beyond the educational contract



Sponsoring Child Care Programs:

- As sponsors within the scholarship, contribute 10-15% of tuition and book costs
- At the AA/AAS and BA/BS levels, provide recipients with paid release time from work each week to study
- Award the recipient a bonus or raise upon completion of contract requirements

T.E.A.C.H. MISSOURI:

- Pays 75-90% of books and tuition for 9-15 college credit hours over three consecutive semesters
 - Provides a travel stipend at the AA/AAS Level
 - Pays a bonus upon completion of a year contract
 - Offers daily phone access to a scholarship counselor for career counseling
- Reimburses sponsors for release time at a rate of \$7.50 per hour each week the recipient attends classes

What degree can I earn?

T.E.A.C.H. MISSOURI supports college credit hours towards the National CDA Credential, AA/AAS, and BA/BS in early childhood education. All interested early childhood educators should call T.E.A.C.H. MISSOURI today! Applications are accepted year round.

Who funds T.E.A.C.H. MISSOURI?

The scholarship is a partnership between scholarship recipients, sponsoring child care programs and T.E.A.C.H. MISSOURI. Funders for T.E.A.C.H. MISSOURI include the Missouri Department of Elementary and Secondary Education, the Missouri Department of Social Services, and Community Partnerships in Boone and St. Louis counties.

T.E.A.C.H. Early Childhood® MISSOURI Scholarship Missouri Child Care Resource and Referral Network

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Toll free: 800-200-9017 • Phone: 314-535-2020, x604, x609
Fax: 314-754-0330 • www.mocccrn.org
moteach@mocccrn.org



MISSOURI
CHILD CARE
RESOURCE
AND REFERRAL
NETWORK

1-800-200-9017

Visit the website at www.moccrn.org or
contact the Network at info@moccrn.org

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2007



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Missouri Child Care Resource & Referral Network

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Healthy
Child Care
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