



Child Care Chat

Splash into Summer!

Summer time means fun in the sun...and water! There is nothing more refreshing on a hot day than a dip in the wading pool or playing at the water table. Children engaged in water activities require more supervision and guidance to ensure that everyone has a great time in a safe, supported environment. Water should be no more than 6 inches deep in wading pools or other containers, and the container must be dumped and sanitized after each use. Sunscreen should be reapplied as needed during water play.

Facilities that engage in swimming in pools; make sure you refresh yourself on the

licensing regulations regarding swimming (NAC 432A.546.2) or talk to your Surveyor about regulations that might apply to your situation. Remember, swimming, wading or playing in any moving body of water is strictly prohibited! For facilities in the South please consult with Southern Nevada Health District regarding swimming regulations

Different games for children to play include: "float or sink"; have children guess whether an item will float or sink when placed in water, make ice cubes with different shaped ice cube trays and allow children to play with them, or do an ocean



theme with plastic fish, shells, etc. Remember to have children take frequent breaks when playing with ice... wouldn't want frostbite in the summer! Another fun water activity is to let children "paint" with water on dry pavement. Use different size brushes, cookie cutters, shapes to create designs that will disappear before their very eyes! For more fun ideas for water play do a Google search for "water activities for..." Most of all, HAVE FUN!

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Special points of interest:

- ☺ Remember to notify your Surveyor regarding closures for any reason!
- ☺ Your Surveyor can be a great source for ideas and suggestions!
- ☺ The Nevada Registry site has a Job Board! You might just find your next great employee there!

Child Care Advisory Meetings:

The Child Care Advisory Committee is up and running! This committee meets monthly to discuss, examine, consider, and make recommendations concerning Nevada's child care industry.

Child Care Advisory meetings are open to all child care providers to attend either in person or by calling in, so come and have your voice heard!



For more meeting information, please visit our website and subscribe to our Child Care Listserv today!

As a listserv member you will receive up-to-date information concerning Child Care Licensing, advisory meeting dates, times, places and meeting minutes.

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Surveyor Spotlight! Tina Fernandez

Tina has been dedicating herself to the Child Care Licensing Department for 8 years. She is always enthusiastic to lend a hand and volunteer for all sorts of projects when someone needs her! She is a true teammate to be around during inspections and especially during unlicensed complaint visits. Her work is very appreciated and valued. Thank you, Tina (bunches)! I would like to add that Tina cooks the best carrot fries!

-Terri Buster, Child Care Facilities Supervisor, Las Vegas



Tina is the MASTER of the computer and always willing to help people out on anything computer related! Tina has great "all natural" ideas for every diet or ache or pain. - Lisa Torgerson, Child Care Facilities Surveyor, Las Vegas

Tina's tenure with Child Care Licensing has given her tremendous insight into best practices in the field! She is truly an asset to the team. Her knowledge base is a resource that we continually tap in to! - Rachel Netz, Child Care Facilities Surveyor, Elko

Tina has been with Child Care Licensing for over 8 years. She has spent the last 8 years dedicated to this program, becoming a wealth of knowledge in all areas that involve Child Care. Tina is always willing to assist her fellow Surveyors as well as the program itself. She is an invaluable resource and an instrumental part of the team! - Anna Lisa Acosta, Child Care Facilities Supervisor

Tina is the veteran in the group who is the one to go to for pretty much all. Tina has a wealth of knowledge and will always have an answer for you. She is also awesome with all of her computer savvy technology!! - Ker-ra Fuentes, Child Care Facilities Surveyor, Las Vegas

Tina is always an invaluable resource when seeking out the background and rationale for the history of licensing and implementation of regulations, policies and procedures. - Diane Hardy, Child Care Facilities Surveyor, Las Vegas

When I think of Tina I think of a computer guru. Throughout the years she has always volunteered on many projects to help our team. Many of the forms that we use, Tina has either created or improved. She is always available to answer questions and always willing to share techniques that work in the South. -Lisa Roberts, Child Care Facilities Surveyor, Carson City

Developmental Domains: Literacy

Summertime is a wonderful time to continue working on Literacy with children. Babies and toddlers enjoy opportunities to be read to and to look through board books with photographs and labels of common things they might see in their environment. "Read the Room" is also a fun activity that children can participate in as they identify items in their classroom that their teacher has written out and labeled. Young children begin to associate the word with the item. Getting out of doors to engage in

nature walks also allows children to learn the names of outdoor items. They can draw a picture of what they saw and teacher can label the items in the picture as the child identifies them. Children are keen observers of the world they inhabit and there are always opportunities to incorporate literacy into everyday activities and to expand horizons to the outdoors during the nice weather of summer. Child Care Chat would love to include your ideas, pictures, examples of literacy activities

into our quarterly newsletter. Please send your contributions to any Child Care Licensing Surveyor and we will get you published in our next issue!



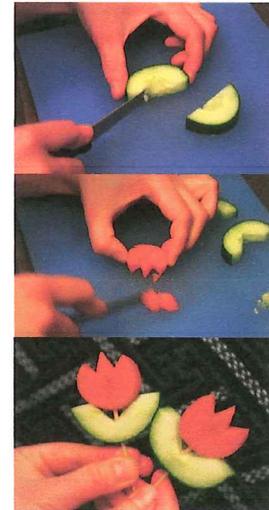
Healthy Snacks: Veggie Flowers

We all know that it can sometimes be a challenge to get preschoolers to eat their veggies. With a little creativity and a lot of enthusiasm, you can make these snacks fun for the children you work with daily. Plus, it is super easy with just a few ingredients and items. Please refer to the picture to see how to make these little gems.

Here's what you need:

- Cucumbers (enough for the number of children you have)
Tip: You can even use zucchini!
- Carrots (choose large carrots so you get a large tulip shape)
- Toothpicks
- Ranch (optional)

- Terri Buster; Child Care Licensing Supervisor Las Vegas



Provider Tips, Tricks, and Hints:

We are still hoping to hear from YOU! Let us know if there are topics you would like us to address in the newsletter or if you would like your program to be highlighted! We want your feedback and input since this newsletter is for you. Any ideas for things that are working for you could be shared with providers all over the state right here...so don't wait a sec-

ond longer, send us an e-mail and we may feature your idea right here, in print, with your name in big lights! We would also be willing to do a Q & A, so if there is a question you just can't wait to have answered, let us know and we will do our best!

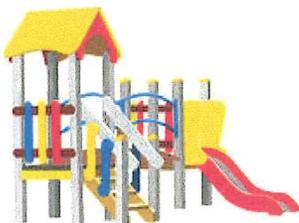
Thanks!

If you have any tips, tricks, or hints that you would like to share with other providers please send them to tkaplan@health.nv.gov



Reg Review!-Playground Safety

Playgrounds provide many opportunities for children to exercise, socialize, and get that extra energy out. Playgrounds are also a common place where children are injured as a result of various hazards. Accidents may be avoided by making repairs to play equipment as needed, providing adequate supervision, and ensuring of sufficient resilient surfacing.



Playground equipment should be:

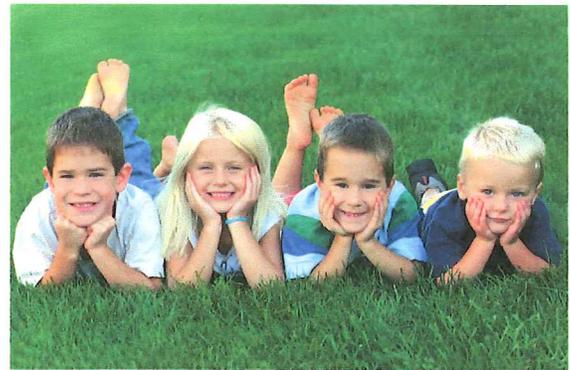
- In good repair
- Designed and constructed to minimize injury
- Age appropriate
- Spaced to reduce accidents
- Securely anchored
- Have appropriate depths of resilient surfacing that is evenly distributed



Remember: During the months of April to September, a shade area or shade areas that provide at least 5 square feet of shade multiplied by the total number of children is required in the outdoor play area.

Helpful Reminders from Licensing:

- Licensing recommends keeping enrollment records for the facility for at least 2 years.
- All checks sent to Child Care Licensing need to be made out to Nevada State Treasurer
- For providers in the South, all Change in Personnel forms should be sent to the Las Vegas office. For providers in the North, all Change in Personnel forms should be sent to the Carson City office.
- If contractors are being paid by facility to provide services (ex.- dance class, Tumblebus, karate, music lessons etc.) the contractors will need to be fingerprinted. If parents are paying the contractor directly, the contractor will not need to be fingerprinted but the children will need to be signed out and back in from the facility during the time with contractor.



Summer Time Sun Safety!

-Moving into summer, it's time to start taking sun and heat safety into consideration. Infants and children up to four years of age are part of those at the greatest risk for heat-related illness including heat stroke, heat rash, and heat exhaustion.

-Too much sun hurts! Unprotected skin can be damaged by the sun in as little as 15 minutes.

-Cool and Cloudy? Children will still need protection. UV rays from the sun, not the temperature, do the damage. Clouds do not block the UV rays.

-During activities in high temperatures, fluid intake needs to be increased regardless of activity level.

-Apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet. Keep in mind that sunscreen is not meant to allow kids to spend more time in the sun

-Infants and Toddlers need outside time too! Remember that infants and toddlers over 12 months must be taken outside for play when weather permits. If the weather is too hot keep the kids in the shade! (NAC 432A.425.7)

-For more information on Sun Safety and Heat related illnesses please visit: www.cdc.gov/cancer/skin/basic_info/children.htm



Sun Safety Tips from the CDC:

- Minimize exposure to the sun between 10 am and 4pm
- Cover up. Have kids wear hats, sunglasses, and tightly woven, loose fitting clothing that protects the skin
- Apply sunscreen with an SPF of 15 or more.

Monthly Happenings:

July is National Ice Cream Month!

Use this as an opportunity to beat the heat and make ice cream with your kiddos!

Here's what you'll need:

- $\frac{1}{2}$ cup half-and-half
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon vanilla
- 1 sandwich Ziploc bag

Mix these ingredients in the Ziploc bag.

In a gallon size Ziploc bag mix:

- 3 cups crushed ice
- $\frac{1}{3}$ cup rock salt

Place sealed bag of ice cream mixture inside with ice and salt and squeeze/shake bag until ice cream is thickened. Kids can add extra goodies to their bag, no bowls needed so clean up is a breeze. Enjoy!



August is National Family Heritage Month!

This is a great time to bring the family into the classroom. This can be done by encouraging children to bring in pictures of family members or by bringing in something their family enjoys such as music, books, or even a tasty treat!

Projects such as family trees can be made where children can pick different colored shapes for each family member. Allow the child to tell you who's in their family and watch their tree grow!



September is National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. But the good news? Childhood obesity can be prevented. Make a difference for kids, encourage staff and children to eat healthy foods and motivate both to take part in daily physical activities. Little changes can make a big difference!

For more information and tips on healthy eating and physical activity please visit:

<http://www.choosemyplate.gov/>



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Our vision for the Child Care Licensing Unit is to promote the healthy growth, development, and protection of children, increase availability of positive and nurturing learning environments and provide support for families by regulating and licensing high quality, developmentally appropriate, and flexible care, through a wide range of care options.

This vision involves mentoring and guiding child care providers to become advocates for children and family issues, as well as, foster the growth and development of the provider community. In support of this vision Child Care Licensing will work to expand the awareness of state legislators, local regulatory agencies and consumers so as to encourage support for improving the quality of child care environments for Nevada's children and families