



# Child Care Chat

## New Year: New Online System!

We are so excited to introduce our new online system to our providers. All providers should have received documents in the mail directing them to log in and register their facility. If you have not received this document, please let your surveyor know.

You will need your assigned credential WebID # as well as your State of Nevada Business License number in order to log in, so have both of these handy!

Things that will be available online:

- Annual License Renewal
- Payments

- Viewing and responding to Child Care Licensing Inspections and Complaints.
- Applying for Director
- Updating Facility Information
- Scanning/Uploading requested documents

This new system is in place to help streamline and simplify every aspect of the licensing process. This also removes the need to mail and/or fax documents to licensing as you will be able to quickly upload and see that it's sent directly to your surveyor.

This system is truly a win-win for both Licensing and yourself!

If you have any questions regarding the new online system, please do not hesitate to contact your surveyor.



The website can be accessed at:

<https://nvdpbh.aithent.com/Login.aspx>

## Child Care Chat

Volume III, Issue 1

January 2016

### 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!

### Inside this issue:

Surveyor Spotlight	2
Child Care Advisory	2
Regulation Review: Clean Facility	3
Keep Kids Moving in Winter Weather	3
Developmental Domains: Fine Motor Skills	4
Did You Know?	4
Monthly Happenings	5

## Helpful Reminders from Licensing:

Child Care Licensing will be closed on the following dates:

- January 1st: New Years Day
- January 18th: Martin Luther King Jr. Day
- February 15th: Presidents Day

\*\*If you have any tips/tricks/helpful hints that you would like to share with providers please email them to [tkaplan@health.nv.gov](mailto:tkaplan@health.nv.gov)

## Surveyor Spotlight! Lisa Torgerson

Lisa is a friendly co-worker and is always available to help her peers. She has a passion for dogs and has two beautiful golden retrievers.

-Silvia Cisneros, Child Care Licensing Surveyor

Lisa brings a lot of Early Childhood knowledge and experience to our office. She has a great rapport with the providers. She is always willing to lend a hand to other surveyors. Lisa is also a great dog lover and loves the outdoors and spending time by her pool. It's a pleasure to work with Lisa!- Edith Farmer, Child Care Licensing Supervisor

Lisa is dedicated to her career in early childhood education. She is a caring individual who assists her providers above and beyond. She is dedicated to her dogs Dusty and Shadow. It is a pleasure working with Lisa and sharing our workspace.

- Diane Hardy, Child Care Licensing Surveyor

I'm in the same office with Lisa, so we always have some good laughs. She is always very helpful, and will take on new duties if needed. Also, there are times we get complaints regarding people that have dogs on the property, and since we are both dog lovers Lisa will usually invite me to go out with her on the complaint. Regardless of the outcome, confirmed/unconfirmed, we usually end up petting their dogs for a short time.

-Steve Burdon, Child Care Licensing Surveyor

Lisa has the greatest system of organized chaos I have ever seen. She brings much knowledge to her position as an inspector because she was a successful Child Care Owner and understands many of the obstacles from a provider standpoint and is a great source of clarification for providers and the program. She always dedicates herself to getting the job done



or asking questions when needed to provide the best possible service to our providers.—Latisha Brown, Child Care Licensing Program Manager

Lisa always exudes a positive outlook in any given situation. She is enthusiastic about the early childhood field and is always willing to help providers and offer her expertise. Her knowledge and support also extends to assisting her fellow surveyors. In addition, Lisa brings a wonderful sense of humor to our child care licensing team!— Anna Lisa, Tammy, Alicia, Lisa, & Tiffany :) - Carson City Licensing

## Child Care Advisory Committee

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! If you are unable to attend in person you can always call in!

Agenda information will be posted in designated state and county offices as well as on the Nevada Registry website.

Current scheduled meeting dates are:

- \* March 8
- \* April 12
- \* July 12
- \* October 11



Meetings begin at 1:30 pm.

For more meeting information, please visit our website at <http://dpbh.nv.gov>

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.

## Reg Review: Clean Facility

Many of our regulations address the cleanliness of your facility. These include carpet cleaning, two step cleaning process, and cleaning toys/tables/etc. The new year is a great time to start off with a clean slate and a clean facility! Utilize quieter days, nap time, or days with less children to have your staff clean and organize their rooms. Staff can clean and organize items in their room a little each day with these tips:

- Declutter rooms first; throw away floating paperwork, broken toys, and art supplies.
- Remove toys from room that aren't being used and replace with different toys.
- Rotate items to keep children's active interest
- Take a look around the room and remove items that haven't been used in the past month or two.
- Remove items that children may have outgrown.
- Donate the pile of lost and found items that have been sitting around for the past year.
- Scrub children's furniture, wash rugs and curtains, wipe down walls, windowsills, doorknobs and light switches etc.
- Don't forget the director's office and files! Staff and student files need to be organized and maintained in a consistent order. Old staff trainings should be archived, old immunization records should be purged.

Remember cleaning solutions such as Clorox wipes, Lysol wipes, Windex, and pine sol can not take the place of the bleach and water solution. According to NAC 432A.414 the two step cleaning process of using a soap and water solution followed by a bleach and water solution should be used daily.



**A clean facility helps to keep both staff and children healthy!**

---

## Keep Kids Moving in Winter Weather:

Keeping kids active when the weather is warm is "child's play". But parents and school staff have a hard time keeping them moving when the ice crystals start forming on the windows. Even though winter weather can be a powerful inducement for kids to watch TV and generally hibernate, pediatricians say it's important to make the effort to keep the kids active.

Researchers believe children burn about half as many calories in the winter as they do in the summer. Fitness experts said that while children tend to eat more in the winter, the larger problem is the decrease in activity.

Dips in wintertime activity are es-

pecially worrisome to pediatricians as they treat more overweight patients. Doctors say keeping kids active- the sort of movement that gets the heart rate up- is crucial year-round.

The trick is to make activities fun for kids. Lead outdoor games, hikes, etc. Limit TV, videos, and computers to make it easier to keep kids active.

Remember, regulations require an outdoor play period for children each day, weather permitting. In the case of inclement weather, it is recommended to have kids participate in gross motor activities such as playing with a parachute, obstacle courses, freeze dance, etc.

Fitness experts stress that it is important to stay positive about exercise and be a good role model for the children, don't tell the child to go run around the playground while staff are sitting bundled up on a bench.



[http://www.nbcnews.com/id/10608360/ns/health-more\\_health\\_news/t/keep-kids-moving-when-weather-frightful/](http://www.nbcnews.com/id/10608360/ns/health-more_health_news/t/keep-kids-moving-when-weather-frightful/)

## Developmental Domains: Fine Motor Skills

Fine motor movements involve the coordination of the small muscles in the hands and fingers. Strong fine motor skills are essential to complete tasks such as writing, cutting, using eating utensils, threading, moving puzzle pieces, zipping, buttoning, and tying shoes! Without well developed fine motor skills, a child may have difficulty learning to write or performing many of the other critical tasks presented in the preschool classroom.

There are three different grip styles children use as they develop their fine motor skills:

**Fist Grip:** children younger than one typically reach and hold items with their entire fist. When using a crayon, a young child will hold the item in their closed fist with their pinky closest to the paper and their thumb on top.

**Four Finger Grip:** as the child gains fine motor control they will start to use all four fingers together to hold an object against their thumb

**Pincer Grip:** with this grip a child uses only their thumb and index finger to hold and manipulate objects. With this grip a child can easily twist dials, turn pages, close a zipper and use writing materials with precision.

Most fine motor activities require children to move their hands and fingers in unfamiliar ways. The best starting place for helping the children's development is to help them strengthen their pincer grip.

The following activities can help to strengthen fine motor skills:

**-Cutting with scissors:** show the children how to hold the scissors and allow them to cut scrap paper or play-doh!

**-Stringing beads:** have children string beads onto a pipe cleaner. Once you notice the children are able to easily thread the beads onto the pipe cleaner, challenge them by giving them a string that will move around while they are practicing stringing.

**-Using writing/painting tools:** allow children to use crayons, pencils, markers, and paintbrushes whenever possible. A fun activity is giving the child a watercolor paint brush and cup of water. Allow the children to "erase" words written on a chalkboard by tracing the letters. You'll soon see that once the words are erased they will quickly ask for more!

**-Sort colored pom poms with clothespins/tweezers**

**-Squeezing the glue bottle when it's time for art projects (trust them & remember it's all a learning process!)**



<http://www.schoolsparks.com/early-childhood-development/fine-motor>

## Did you know?

If you hire a staff member who is under 18 years of age it is no longer required for them to fill out a Consent and Release form. Child Care Licensing will only need a completed Change in Personnel form. The most current version of this form can be found on our website and is attached.

As a reminder, staff need to be printed upon turning 18 years of age and a Consent and Release form needs to be submitted at that time.

When submitting your fire request, make sure you are requesting for the number of children your facility is licensed for.



### Meeting your training requirements:

as of January 1st 2016, the annual training requirement for centers is officially 24 hours. These trainings can be completed either online or in person. Online trainings are convenient and can be taken at your own pace, trainings that are offered in person offer benefits such as hearing methods used in different facilities and offer group discussion. It's always a good idea to get a head start on completing trainings, a complete list of approved trainings can be found on the Nevada Registry's website.



# Monthly Happenings:

## January is National Book Month!

Take the kids on all kinds of adventures this month by simply opening a book!! Reading books has many positive effects on children including building listening skills, calming the child, promotes communication, and can teach things such as colors, shapes, and numbers! Encourage children to bring in their favorite book to share with the class.



## February 29th is Leap Day!

Leap day comes around nearly every four years, this year, get the kids in on the Leap Day fun with some fun activities, craft projects, and games!

- Challenge the kids to see who can leap the farthest.
- Teach the kids how to play leap-frog.
- Find frog craft projects to complete



## March is National Youth Art Month!

Encourage children to show off their creative sides! Allow free art time where you supply numerous art supplies and allow the child to decide what they would like to create.

Remind staff that although the child's work may look like a jumbled mess to them, it is a masterpiece to the child! Remember, not only this month but throughout the year, children should be doing the majority of their projects. They should be messy, educational, and most of all...fun!



## State of Nevada Child Care Licensing

727 Fairview Dr. Ste E  
Carson City  
1010 Ruby Vista Dr. Ste 101  
Elko  
3811 W. Charleston Blvd #210  
Las Vegas

Carson Office: 775-684-4463  
Elko Office: 775-753-1237  
Las Vegas Office: 702-486-3822



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



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
 Division of Public and Behavioral Health  
**CHILD CARE LICENSING**

**LAS VEGAS OFFICE**

3811 W. Charleston Blvd. Ste. 210  
 Las Vegas, NV 89102  
 Phone: 702-486-3822 Fax: 702-486-6660

**ELKO OFFICE**

1010 Ruby Vista Dr., Suite 101  
 Elko, Nevada 89801  
 Phone: 775-753-1237 Fax: 775-753-1336

**CARSON CITY OFFICE**

727 Fairview Drive, Suite E  
 Carson City, Nevada 89701  
 Phone: 775-684-4463 Fax: 775-684-4464

**CHANGE OF PERSONNEL NOTIFICATION**

DATE: \_\_\_\_\_ FACILITY: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ DIRECTOR/OWNER: \_\_\_\_\_

Name of New Staff/Residents	Hire Date/Residence	Date of Birth	Social Security #	Date Fingerprinted	Date of TB Test
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
Name of Staff Terminated/No Longer at Residence		Date Terminated/No Longer at Residence			
1.					
2.					
3.					
4.					
5.					

\*Staff/residents under the age of 18 are not required to submit Consent and Release or background items but are required to comply with Change of Personnel requirements\*

## Understand the Weather



### Wind-Chill

- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute



### Heat Index

- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

# Child Care Weather Watch

Air Temperature		Wind Speed in mph									
		Calm	5	10	15	20	25	30	35	40	
40	40	36	34	32	30	29	28	28	27	27	
30	30	25	21	19	17	16	15	14	13	13	
20	20	13	9	6	4	3	1	0	-1	-1	
10	10	1	-4	-7	-9	-11	-12	-14	-15	-15	
0	0	-11	-16	-19	-22	-24	-26	-27	-29	-29	
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43	-43	

Comfortable for out door play



Caution



Danger



Air Temperature (F)		Relative Humidity (Percent)											
		40	45	50	55	60	65	70	75	80	85	90	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87
84	83	84	85	86	88	89	90	92	94	96	98	100	103
90	91	93	95	97	100	103	105	109	113	117	122	127	132
94	97	100	103	106	110	114	119	124	129	135			
100	109	114	118	124	129	130							
104	119	124	131	137									



## Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

**Condition GREEN** - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.

**INFANTS AND TODDLERS** are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.

**YOUNG CHILDREN** remind children to stop playing, drink a beverage, and apply more sunscreen. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

**Condition YELLOW** - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

**INFANTS AND TODDLERS** use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

**YOUNG CHILDREN** may insist they are not too hot or cold because they are enjoying playtime.

Child care providers need to structure the length of time for outdoor play for the young child. **OLDER CHILDREN** need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

**Condition RED** - most children should not play outdoors due to the health risk.

**INFANTS/TODDLERS** should play indoors and have ample space for large motor play.

**YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions.

**OLDER CHILDREN** may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

## Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

**Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

**Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

**Relative Humidity:** The percent of moisture in the air.

**Temperature:** The temperature of the air in degrees Fahrenheit.

**Wind:** The speed of the wind in miles per hour.

**Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

**Winter Weather Advisory:** Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

**Winter Storm Warning:** Severe winter conditions have begun in your area.

**Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.