



Child Care Chat

Transportation Safety

Summertime in child care facilities usually means off site field trips full of fun! Remember with offsite activities, in addition to the number of caregivers required to maintain ratios, one additional caregiver or adult volunteer per each group of children must be present.

A flyer with important transportation safety information was sent out via our email LISTSERV. This flyer includes items that must be kept in the vehicle, information on

what must be kept on the transportation log, and a reminder about extreme temperatures. The items listed that must be kept in the vehicle will be an item that surveyors are checking for during your annual and semi annual inspections.

A copy of the flyer is attached to this quarter's newsletter.

Not on our email LISTSERV? Contact your surveyor to provide your email and you will be added.



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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!

Helpful Reminders from Licensing:

- As a reminder, when taking trainings, whether initial or annual, it's important to ensure that the training is approved through the Nevada Registry. By using the Nevada Registry's website, there will be no guesswork as to whether or not a training will be approved and counted towards your staff's hours.
- Remember, if you have any tips, tricks, or helpful hints that you would like to share with providers in the next newsletter, please email them to tkaplan@health.nv.gov
- Child Care Licensing's Office will be closed on the following dates:
 - July 4th
 - September 5th



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Program Manager Spotlight! Latisha Brown



Latisha is a great manager. She is always open to suggestions and takes the time to go to each employee's office to ask how things are going. It is a pleasure and honor to have her as a manager. -Silvia Cisneros, Child Care Licensing Surveyor

Latisha is an amazing leader that keeps our team going! She is very knowledgeable and supportive. Latisha is an avid movie buff and has a large collection. She is very family-oriented and loves to spend time with her nephews. - Edith Farmer, Child Care Licensing Supervisor

It has been great working with Latisha the past 4 years here at Child-care Licensing! Despite her busy schedule, she still makes time to meet with all of us to discuss our cases and to generally see how we're doing. Her movie knowledge is pretty solid, and she definitely stumps me from time to time! I'm glad she is our program manager and the voice of our Unit!!! I've learned a ton from Latisha over the past 4 years -Steve Burdon, Child Care Licensing Surveyor

Latisha is a GREAT Supervisor as well as Program Manager. She knows every regulation and will guide any Surveyor, Facility or Parent through them without hesitation. As a Supervisor she is willing to listen, guide and support her staff through whatever challenges we face, but more importantly gives Surveyors the flexibility to work with and support our facilities that

best fits their individual needs. Above all Latisha is always looking for what is best for the children and families. -Lisa Torgerson, Child Care Licensing Surveyor

I have worked with Latisha for several years and she has shown the characteristics of a great leader.

She has done this by listening, encouraging and working together with her team to help take care of and improve the quality and safety of the children that we are here to protect! I enjoy working with her and being part of this amazing Child Care Licensing team!! -Kerra Fuentes, Child Care Licensing Surveyor

Latisha always encourages team spirit. She is a wonderful leader and always open to new ideas. I appreciate that I can always rely on her. I'm grateful to be a part of this team. -Alicia Mazy, Child Care Licensing Administrative Assistant

Latisha is a great leader as she listens and takes into consideration other staffs' ideas, she is kind and firm, funny and always available to help and assist others. I value her honesty and her approach to problem solving. -Erika Hovater, Child Care Licensing Surveyor

Latisha is a great leader and has nothing but the best interests of children and families in mind when making decisions. I always appreciate how supportive she is towards

me and our entire licensing team. Latisha is so much fun to work with and loves to come to Northern Nevada in the colder months. :) I look forward to many more years working with such an amazing program manager. -Tiffany Kaplan, Child Care Licensing Surveyor

Latisha offers incredible leadership and guidance as our Program Manager. I truly appreciate all that she does to support and encourage us. It is amazing being part of such a positive environment - I look forward to working with the Child Care Licensing Team every day! -Tammy Hutchinson, Child Care Licensing Surveyor

I have to say Latisha is the best manager I have worked with/for in my entire career. She is receptive to new ideas, innovative and always transparent. She advocates and supports staff and is responsive to our wants and needs to the best of her ability. She makes sure we have the equipment, tools and resources we need to do our jobs effectively and efficiently. This is a happy place to work even when we have to deal with adversity and unpleasantness which can occur in any

business. We are effective because of the open communication and comradery among the staff---We Are a TEAM!-Diane Hardy, Child Care Licensing Surveyor

I am a lighthouse rather than a lifeboat. I do not rescue, but instead I help others find their own way to shore, guiding them by my example.- unknown

A great leader inspires one to look within themselves to be the best that they can be, to succeed, to achieve. Latisha thank you for being our lighthouse and guiding our way.- Anna Lisa Acosta, Child Care Licensing Supervisor

I appreciate how Latisha has such a calm demeanor when hectic situations come up. Her calming tone is very re-

assuring. I am also grateful for her commitment to Child Care Licensing. She is able to make decisions based on what is best for the children while keeping the perspective of the providers in mind any time there are considerations for changes to be made.

-Lisa Roberts, Child Care Licensing Surveyor

Positive Discipline Tools for Young Children:

Part of the initial training requirements includes 3 hours of child development or positive guidance/discipline. (6 hours for staff under 18 years) Often these are taken within the 90 days of hire and not "refreshed". Positive guidance and discipline are important aspects to have implemented in your facility daily. When there is structure and clear boundaries, children know what's coming next and what is expected of them, essentially it creates a safe environment.

Children's growth and character development is directly influenced by a strong foundation of guidance. Guidance is a positive discipline technique that strengthens, encourages, enhances self image, facilitates trust, and gives emotional support. Punishments are a negative discipline technique that lower self esteem, humiliates, frustrates, discourages, and can hurt a child physically or emotionally. Here are a few examples of positive discipline:

-Set age appropriate limits: Match a child's developmental age to the structure, activities and expectations that are provided.

-Know the child: watch, listen, and learn each child's temperament, interests, and learning styles.

-Show Respect: showing respect to the child will help them know they are being guided and not punished. Look into their eyes, be down on their level, and moving to the child instead of calling them over or yelling across the room are all ways to show respect.

-Redirect: when an issue arises, sometimes it's beneficial to avoid a struggle with the child by directing their attention elsewhere.

-Allow for natural consequences: a natural consequence is when the action and natural outcome guides the child. Ex: child breaks all of their crayons, they will have to make do with broken crayons. Make sure the outcome is safe and does not impact the child's needs.

-Evaluate the environment: look at the room set up. Are spaces clearly delineated? Is there too much space which may invite running? Or too little space for children to move without bumping into each other? The room should be: arranged for children to access and use with ease, provide enough materials for children, give

children adequate time with materials and activities, and set up ways children can self-regulate (hooks/cubbies to put belongings).

-Give Choices: giving children choices will help solve conflicts. This technique works when you keep in mind that too many choices can be confusing. The younger the child, the fewer options they can handle. Instead of asking open ended questions such as "what do you want to for breakfast?" you may ask, "do you want eggs or cereal?". Making choices is one of the best ways for a child to develop a sense of autonomy. Furthermore, toddlers are told there are so many things they may not do (for safety issues) that having an opportunity to make a choice gives the children a chance to be independent and help their need to have a feeling of control.

You will find a helpful flyer of Positive discipline tools attached to this newsletter.



Summertime Sun Safety:

Summer is here in full force along with triple digit temperatures! Child Care Licensing would like to offer some sun safety reminders for the upcoming months.

-Children should be drinking five ounces every 20 minutes during outdoor activities to prevent dehydration. Tip: A child's "gulp" equals half an ounce so children should drink 10 "gulps" for every 20 minutes of play.



-Remember, children must be offered drinking water throughout the day, not just at meals. NAC432A.385.1(e)



-For children 6 months and older: Apply sunscreen early; Children's sunscreen should be applied 15-30 minutes prior to outdoor activity in order for the sunscreen to absorb

into the skin. Remember, sunscreen should only be applied to children under 6 months if specific to their age.

-Limit outdoor activity to early morning and late evening, avoid peak -sun hours between 10a.m. and 2 p.m. as much as possible.



-A shade area must be "at least equal in size to the sum of 5 square feet multiplied by the total number of children in the play area." through the months of April- September.



-Check for hot surfaces on playground equipment before allowing children to play on it. Surfaces can become extremely hot and can cause burns on the skin.



-Encourage parents to bring in hats, sunglasses, and light weight clothing to offer protection from the sun during outdoor play.



-If children are unable to stay outside for the duration of their scheduled outdoor time, ensure gross motor activities /time to get their energy out is offered indoors.



-Keep in mind that infants and toddlers are unable to tell an adult when they are too hot and most young children need to be reminded to stop playing to cool down. Remind staff to be diligently watching to avoid a child overheating.

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:

- * 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.

Monthly Happenings:

July is National Ice Cream Month!

What better way to beat the heat than to make ice cream with your kiddos?!

Here's what you'll need:

1 sandwich size Ziploc bag

1/2 cup milk

1/2 teaspoon vanilla

1 tablespoon sugar

Mix the ingredients in the Ziploc bag.

In a gallon size Ziploc bag mix:

3 cups ice

1/3 cup rock salt

Place sealed bag of ice cream mixture inside bag with ice and salt mixture. Squeeze and shake the bags until the ice cream is thickened.

Kids can also add extra goodies to their bags, no bowls needed so clean up is a breeze! Enjoy



August is National Immunization Awareness Month!

Each year in August, the National Immunization Awareness Month provides an opportunity to highlight the value of immunizations across the lifespan.

This month is a great time to hunker down, go through all of the children's files and make sure all of the immunization records are current or the child has an approved exemption. If you haven't already, take the WebIZ training in order for you to have access to immunization records for the children at your facility.

Remember, the only exemptions approved are religious or medical.

You will also find a CDC Immunization schedule attached to this newsletter.



September 11th is National Grandparent's day!

Grandparents day may be on a Sunday this year but the week leading up to it can be utilized by staff and children to create a special something for all of those special nanas/papas/grandmas/grandpas.

A quick search on the internet or Pinterest brings up numerous projects that children can make.



State of Nevada Child Care Licensing

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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



TRANSPORTATION SAFETY

In light of the Transportation Education requirements being handed down by the Federal Government, Child Care Licensing would like to bring to your attention the items we look for when ensuring safety for children during transportation.

Transportation Logs

Each facility that provides transportation must keep a log that includes the following:

- Name of Each Child Who Was Transported
- Date Transportation Was Provided
- Time of Vehicle Departure and Time Vehicle Arrived at Destination
- Driver's Signature
- Name of Each Adult Transported, Including the Driver
- Upon Arrival at the Destination, Staff Will Mark Each Child Off the Log as the Child Departs the Vehicle and Conduct a Physical and Visual Sweep of the Vehicle to Ensure No Child is Left Behind in the Vehicle
- Signed Verification That Each Child is Accounted For and Physical and Visual Sweeps Were Conducted (NAC 432A.290.6; NAC 432A.290.7)

Extreme Temperatures

With the extreme temperatures in Nevada, it is very dangerous to leave children in vehicles. Remember to conduct the Physical and Visual Sweeps and make sure ALL children are accounted for!

Must be in Vehicles:

First Aid Kit

Fire Extinguisher

Triangle Reflectors

Emergency Contact List

Approved Child Restraint System for Children Under Age 6 and Who Weigh Less Than 60 Pounds (NRS 484B.157)

NAC 432A.290.3

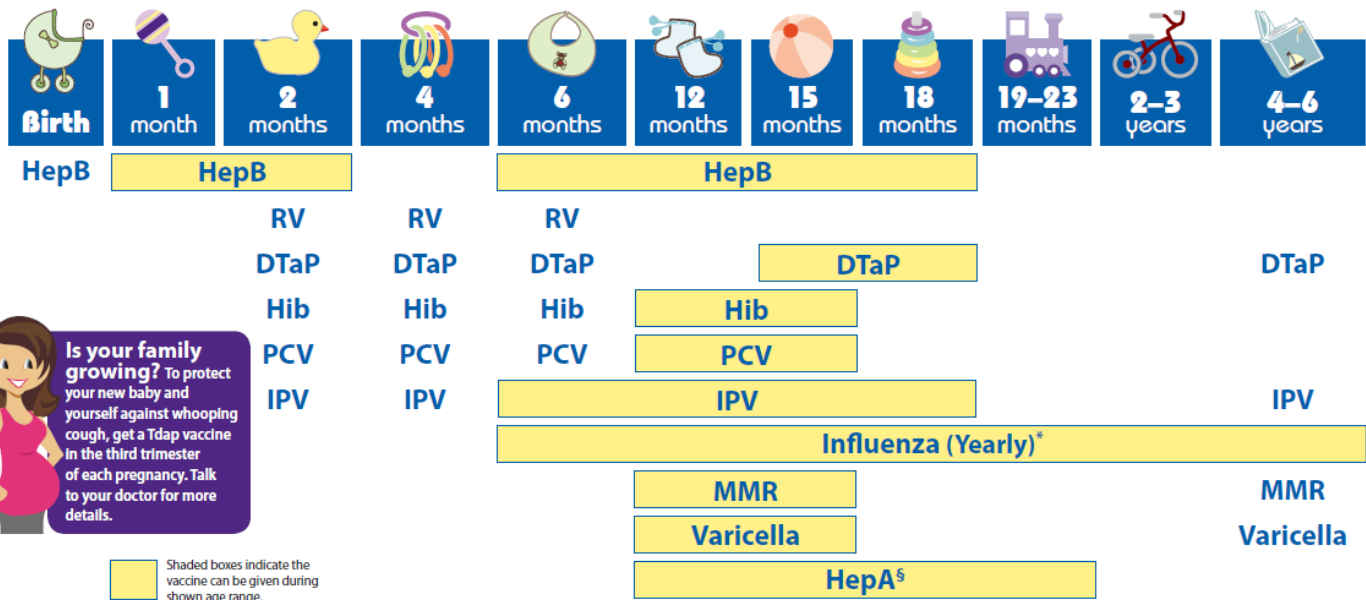
If transportation is provided by the licensee of a facility, all children must be protected by adequate supervision by the staff, **safety precautions** and adequate insurance which covers liability for health or injury, medical expenses and damages caused by uninsured motorists. The licensee of a facility shall require that each child is instructed in the conduct required for safe transportation.

Positive Discipline Tools for Young Children

1. Connection *before* correction
2. Be firm *and* kind
3. Remember that discipline is *teaching*
4. Decide what *you* will do
5. Distraction and redirection (tell children what they *can* do)
6. Follow through (remember to be kind and firm)
7. Encourage effort and progress, not just results
8. *Positive* time out
9. Create routines (get children involved)
10. Take time for training
11. "What" and "how" questions (with an attitude of curiosity)
12. Offer limited choices
13. Check perceptions
14. Use ten words or less
15. Active/reflective listening
16. Invite cooperation (home or classroom job chart)
17. Create a game
18. Do it *with* them
19. Ask for help
20. Spend special time
21. Take care of yourself
22. Hugs, hugs, hugs!

Based on information from *Positive Discipline: the First Three Years* and *Positive Discipline for Preschoolers* by Jane Nelsen, Cheryl Erwin, and Roslyn Duffy (Three Rivers Press, 2007). For more information, contact Cheryl L. Erwin, MA, MFT, at cheryl@cherylerwin.com or www.cherylerwin.com.

2016 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.



For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
or visit
<http://www.cdc.gov/vaccines>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™