



# Child Care Chat

## New Year, Fresh Start!

With the new year upon us, it's time to have a fresh start at your facility! This fresh start can include a deep cleaning of rooms and toys, organizing staff and children's files, or throwing out old/broken toys that still may be in your facility.

A deep clean in your facility includes cleaning the walls, floors, dusting shelves and windowsills, decluttering, and cleaning toys/equipment. A deep clean of the facility can be done over the span of a week, or it can be tackled on a weekend with a little teamwork.

Once your facility has been cleaned and organized, develop a schedule for each room of the facility to keep staff on track and to keep rooms

clean and orderly.

### Consider these tips:

-Declutter the room first; throw away paperwork, broken toys, and art supplies that no longer work.

-Remove toys from the classroom that aren't being used and replace with different toys. Sometimes children get bored with the same activities everyday. Be sure to rotate in order to keep their attention.

-Take a look around the room and remove items that haven't been used in the past month or two.

-Donate the pile of lost and found items that have been sitting around for the past year.

-Have carpeted areas professionally cleaned.

-Review staff and children's files and remove any duplicate forms.

-Ensure paperwork in staff and children's files are in the same order in all files. (This will make inspections go quicker!)

-Reference NAC 432A.414 for the recipe for appropriate disinfecting procedures.

Give yourself, staff, and children in your facility a clean slate for spring!



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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!

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## 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.
- Child Care Licensing's Office will be closed on the following dates:
  - January 2nd
  - January 16th
  - February 20th

## Surveyor Spotlight! Jennie Ballou



Jennie has an amazing, enthusiastic outlook as well as an excellent sense of humor! Coming from the Division of Child and Family Services as a Social Worker she brings a different perspective to Child Care Licensing and has worked diligently to learn our regulations and build relationships with providers. She has a strong understanding of the needs of the rural areas that has helped her work closely with providers. I have truly enjoyed working closely with her since her arrival and having the experience of going to places in Nevada that I have never been like Elko, Battle Mountain, Wells, and Winnemucca. I am happy she is part of the Child Care Team!

-Tammy Hutchinson; Child Care Licensing Surveyor

Jennie has a good sense of humor and is a great team player. She is brave for traveling long hours during the day to get her inspections done.

-Silvia Cisneros; Child Care Licensing Surveyor

It's always a productive and fun time when working with Jennie. She has brought outside experience and knowledge to the Licensing team and is quite helpful when discussions and surveyor brainstorming come up. Jennie has a great voice for the rural

communities and speaks up for the specific needs of the providers. It's been a wonderful year getting to know Jennie and working with her!

-Tiffany Kaplan; Child Care Licensing Surveyor

Jennie was able to jump into the position and run with it! Definitely not an easy thing to do, but she did great from day one! Jennie brings a ton of knowledge to the job, and always has great insight at our meetings. I'm so happy that Jennie took the opening with Childcare Licensing!! That means I don't have to drive 4 hours to cover the rural centers like I had to before that one time!! Haha... just kidding, but seriously, we are glad to have Jennie as part of the team, keep up the good work Jennie!!

-Steve Burdon; Child Care Licensing Surveyor

It is so nice to have Jennie in the Elko office. She is very understanding of the issues that the providers in her area face. She is a real advocate for the rural providers. I find Jennie always pleasant, reasonable, witty and willing to help out on projects.

-Lisa Roberts; Child Care Licensing Surveyor

I appreciate Jennie coming aboard the licensing team! She came blazing; hit the ground running and being communicative with the community. Thank you Jennie!

-Latisha Brown; Child Care Licensing Program Manager

Jennie is a pleasure to work with. She has a way to always get me to laugh every time we speak to each other. I value the compassion and knowledge that Jennie brings to the team.

-Alicia Mazy; Child Care Licensing Administrative Assistant

I liked "Jennie from the Block" from the beginning! She is very resourceful, conscientious and in tune to the specific needs of the providers she works with.

-Diane Hardy; Child Care Licensing Surveyor

## Child Care Licensing is now on Facebook!

Simply search for "Nevada Child Care Licensing" and click "Like" in order to have helpful information from the Early Childhood field and from Licensing on your News Feed!

We encourage those who like the page to share thoughts, helpful information, and opinions on the Child Care Licensing Facebook wall and expect that this will be done in a respectful manner.



# American Academy of Pediatrics (AAP) updated SIDS recommendations:

The American Academy of Pediatrics recommends a safe sleep environment that can reduce the risk of all sleep-related infant deaths. Updated recommendations are based on studies that include infants up to 1 year of age. Recommendations for a safe sleep environment include supine positioning, the use of a firm sleep surface, room-sharing without bed-sharing, and the avoidance of soft bedding and overheating. Additional recommendations further include the avoidance of exposure to smoke, alcohol, and illicit drugs, breastfeeding, routine immunizations, and the use of a pacifier.

## 1. Back to sleep for every sleep:

To reduce the risk of SIDS, infants should be placed for sleep wholly on the back for every sleep by each caregiver until the child reaches 1 year of age. Side sleeping is not safe and is not advised.

## 2. Use a firm sleep surface:

Infants should be placed on a firm sleep surface (eg, mattress in a safety-approved crib) covered by a fitted sheet with no other bedding or soft objects to reduce the risk of SIDS and suffocation. Pillows or cushions should not be used as substitutes for mattresses or in addition to a mattress. Soft materials or objects, such as pillows, quilts, comforters, or sheepskins, even if covered by a sheet, should not be placed under a sleeping infant. All mattress coverings should be tightly fitting.



3. Keep soft objects and loose bedding away from the infant's sleep area to reduce the risk of SIDS, suffocation, entrapment,

and strangulation.

Soft objects, such as pillows and pillow like toys, quilts, comforters, sheepskins, and loose bedding, such as blankets and non fitted sheets, can obstruct an infant's nose and mouth. An obstructed airway can pose a risk of suffocation, entrapment, or SIDS. Infant sleep clothing, such as wearable blankets, are preferable to blankets and other coverings to keep the infant warm.

## 4. Consider offering a pacifier at naptime.

Studies have reported a protective effect of pacifiers on the incidence of SIDS. The protective effect of the pacifier is observed even if the pacifier falls out of the infant's mouth.



## 5. Avoid smoke exposure:

There should be no smoking near infants. Encourage staff to set strict rules for smoke-free homes and cars to eliminate secondhand tobacco smoke from all places in which children spend time.

## 6. Avoid overheating and head covering in infants:

In general, infants should be dressed appropriately for the environment, with no greater than 1 layer more than an adult would wear to be comfortable in that environment. Parents and caregivers should evaluate the infant for signs of overheating, such as sweating or the infant's chest feeling hot to touch.

## 7. Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention:

Recent evidence suggest that vac-

inations may have a protective effect against SIDS.

## 8. Avoid the use of commercial devices that are inconsistent with safe sleep recommendations:

Be particularly wary of devices that claim to reduce the risk of SIDS. Examples include, but are not limited to, wedges and other devices for the purpose of positioning the infant.

## 9. Supervised, awake tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly.

A certain amount of tummy time while the infant is awake and being observed is recommended to help prevent the development of flattening of the infant's head, and to facilitate development of upper body strength necessary for timely attainment of certain development milestones.



For more information regarding the updated SIDS safe infant sleep recommendations please see the following:

AAP TASK FORCE ON SUDDEN INFANT DEATH SYNDROME.

SIDS and Other Sleep-Related Infant Deaths: Updated 2016

Recommendations for a Safe Infant Sleeping Environment.

*Pediatrics*. 2016;138(5):e20162938

# Meals and Snack Times:

According to **NAC 432A.380**, a child who stays in a facility:

- A) for 10 hours or less in 1 day must be offered at least one meal and two snacks or two meals and one snack; and
- B) for more than 10 hours in 1 day must be offered at least two meals and two snacks or one meal and three snacks.

A nutritious snack must be offered to all children in the midmorning and midafternoon. Each child must be offered food at intervals that are at least 2 hours apart and, unless the child is asleep during that time, are not more than 3 hours apart.



It is important to remember when schedules are varied, that children are still being fed their meals and snacks at the appropriate time intervals set forth in NAC 432A.380.

Remember to also take into consideration all arrival times of the children in care.



The new year is a great time to review your classroom schedules and see what is working and what isn't working. Directors should be actively observing classrooms and staff to ensure that the schedule is being followed. (ie: 9:00am-9:30am is circle time, staff should be engaging children in circle time, etc) By ensuring the classroom schedule is being met, directors can be at ease knowing that time intervals for the children's snacks and meals are being met as well.

### DAILY SCHEDULE

- 7:00am-9:00am : Arrival and Morning activities
- 9:00am-9:30am : Breakfast
- 9:30am-10:00am : Circle Time
- 10:00am-10:45am : Outdoor Free Play
- 10:45am-11:00am : Snack Time!
- 11:00am-11:45am : Art
- 11:45am-12:00pm : Hand washing and getting ready for lunch
- 12:00pm-12:30pm : Lunch
- 12:30pm-12:45pm : Story Time
- 12:45pm-2:45pm : Nap time
- 2:45pm-3:00pm : Snack Time!
- 3:00pm-3:45pm : Music and Dancing
- 3:45pm-5:30pm : Indoor free play until departure

# Child Care Advisory Committee

This committee meets quarterly 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:

\* **January 10th 2017**

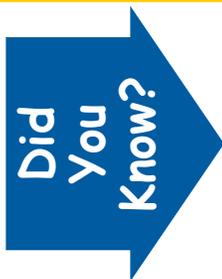
**Meetings begin at 1:30 pm.**



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.



Providers can keep up on the latest news regarding regulation amendments by going to the Legislative Council Bureau's website!

Visit <http://www.leg.state.nv.us/Division/LCB/> and click "Search" in the top right corner and type in "R092-16" in order to find the proposed amendments to the Child Care Licensing regulations.

Be sure to visit our [Facebook page](#) or sign up for our [ListSERV](#) in order to find regular updates about the regulation changes.

# Monthly Happenings:

## January 27th is National Preschool Fitness Day!

The last Friday of each January is National Preschool Fitness Day. Preschool Fitness Tool Kits designed to help promote physical education and healthy eating for young children. Can be found online at [www.kid-fit.com/national-day.html](http://www.kid-fit.com/national-day.html)



Utilize the tool kits available online, or simply incorporate gross motor activities and explain why our bodies need to move to children, and encourage and review what healthy foods are.

## February is National Children's Dental Health Month!

With all of the candy and sweets that have been floating around the past few months, now is the perfect time to help children "brush up" on good oral health habits! Call and invite a Dentist or Dental Hygienist to come in and give a mini presentation to your facility! Many dental offices have child friendly presentations along with goodies (toothbrushes/stickers) they can pass out to children.

If you cannot get someone to come into your facility, try out some of these activities!

- Painting with toothbrushes
- Healthy food vs. junk food sorting
- Review the importance of teeth; why do we need them? How do we keep them clean?



## March 20th is "Won't You Be My Neighbor Day!"

Any day can be a beautiful day in the neighborhood. Won't You Be My Neighbor Day is a day to remember and honor Fred Rogers, the iconic children's TV presenter of Mr. Rogers' Neighborhood. His show may have reached it's heyday in popularity back in the 1970's and 80's but repeats can still be seen today. Gentle and soft-spoken, Mr. Rogers taught children that respect of those around you and a good attitude were just as important as learning your colors and letters. On this day, be mindful of how you can show kindness and patience in explaining simple concepts to a child.



## 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