

THE RESOURCE NEWS

A free quarterly Publication by the Metro CCR&R Resource Team of Washington County which is partly funded by The Washington County Commission on Children and Families.

Community Action Organization
1001 SW Baseline
Hillsboro, OR 97123

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The Childhood Care and Education Community in Washington County Expands Through *The Resource News*

Metro Child Care Resource and Referral (CCR&R) is excited to be adding over 300 Kindergarten teachers to *The Resource News* mailing list. *The Resource News* is a communication and information tool for those who work in the Childhood Care and Education field in Washington County. The "News" is currently being mailed to over 700 family child care providers, 130 child care centers, and 250 Oregon Association of Education for Young Children members in Washington County. We mail many more to partners in the Childhood Care and Education field outside of Washington County to keep them apprised of what's going on here.

What do all of these individuals have in common? CHILDREN! It is estimated that 60% of mothers with preschool age children work outside the home. So many of the children that enter kindergarten in Washington County have also been in some type of child care setting. A child being served in child care today will eventually enter into one of the Washington County school districts. Adding Kindergarten teachers to our mailing list is very exciting! *The Resource News* can inform these teachers of the types of issues and activities children are a part of before entering school, and the Kindergarten teachers can inform child care providers through *The Resource News* about the types of issues and activities children take part in when they enter Kindergarten.

The Resource News is also an excellent source for family support and resource options as well. The staff at Metro Child Care Resource and Referral - Washington County keep our eye on the current trends, needs, and issues that involve parents throughout the county. Child Care Providers and Kindergarten teachers should feel free to share articles and information that will help us provide the best care and education we can for the children in Washington County. Please call us with questions or comments at 253-5000 ext. 4.

Welcome!

What is Temperament?



By Vicky England

As caregivers, we continue to learn and experiment with how best to provide a nurturing, educational environment for the children we care for. A child's environment, experiences, and genetics all play a part in shaping the child's personality development. Environment can take into account a variety of factors. For example, a child's birth order, being "the baby of the family," has an affect on the development of the child's personality. Additionally, the socio-economic status of the family in which the child is raised also has an impact upon the personality development of the child. Although environment plays a significant role in personality development, it's important to consider another critical element; genetics and the child's temperament. Environment in association with genetics contribute to a child's overall temperament and personality.

Temperament is a collection of traits that a child is born with. There are traits/characteristics which are actually inherited. Thus the expression, "You're just like your Great Aunt Lucy!" has some validity. For example, if you care for a child who is typically happy and content, there is an 80% probability that the child inherited that trait from a parent. Other qualities rooted in temperament are stubbornness, spontaneity, and fearlessness.

Being able to identify different temperament traits enables caregivers and parents to individualize the type of care they provide. There are ten traits that are examined when assessing a child's temperament profile: Approach/Withdrawal, Adaptability, Intensity, Mood, Emotional Sensitivity, Activity Level, Distractibility, Persistence, Sensory Awareness and Regularity.

Caring for children is a challenge, ask anyone who has done so for even a short period of time. Learning to do a basic temperament profile can assist you in caring for and understanding the children in your care.

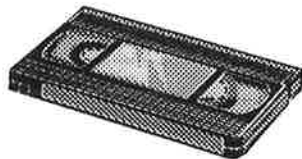
- Have you ever cared for a "Tigger", the child that just can't sit still?
- What about the toddler who will not let go of your leg?
- Do you know a school-ager who forgets their homework, backpack or coat on a regular basis?
- How about the infant that can't seem to adjust to a regular schedule?

To learn more about what makes the kids you care for "tick", attend the Special Saturday Seminar being offered this quarter. You'll learn how to assess a child's temperament and discover how this knowledge can enhance the care you provide in your child care program.

*****SPECIAL SATURDAY SEMINAR*****
"Understanding Temperament and Personality Traits in Children"
March 6, 1999
9-12pm
Community Action Organization
1001 SW Baseline St. Hillsboro, OR 97123

Discover New Ways to Receive Training

Presented by the Metro CCR&R Resource Team in Washington County



View and Reflect

We would like to introduce you to “View and Reflect”. “View and Reflect” is an opportunity for caregivers to view videos, reflect on the information, and complete an activity sheet that is relevant to the information shared on the video. Once the activity sheet is complete, a certificate of training will be issued. This program is available to all caregivers in Washington County and is accessible through the Washington County Library system. The Washington County Library system has been very responsive to caregivers and has developed theme bags, book boxes, book pulls, big books, and more. They have also invested in quality childhood care and education training videos which can be accessed from any Washington County Library. Just go into your local library and use the patron computer to access Wili-Net (the library computer system). Enter the title of the video that you want to reserve and have it sent to your local library where you can pick it up. Currently there are a limited number of videos in the “View and Reflect” program, however, we will be adding more titles as they become available and will list them in *The Resource News*. Following are the 5 steps you will need to complete to receive a training certificate for your time:

- Choose a video from the list below that you wish to “View and Reflect” on.
- Call the Resource Team at **693-3241** to request the material for that training video.
- View the video and complete the reflection paper and the accompanying activity sheet.
- Mail your completed work to the Resource Team at: Community Action Organization Metro CCR&R, 1001 SW Baseline, Hillsboro, OR. 97123
- In three weeks you will receive your reviewed reflections and activity sheets and a signed training certificate (Average 1-2 hours).

Current “View and Reflect” Videos are:

Come Join In! Guidelines for Successful Group Times
Once Upon A Time; Skills for Reading Aloud At Group Time
Child’s Play; The World of Learning
Give Yourself a Hand; Guidance Techniques for Successful Group Times
Read To Me; Sharing Books With Young Children



Consider Mobile Training from *The Learning Circle (TLC)*

Training doesn’t get any easier or more fun than this! We will train you in your child care environment and include the children that you care for. We will conduct story times that will intrigue and stimulate your children at the same time that we provide training for you. TLC works with your schedule at your site, when you feel that it works best in your day. We will help you give the children in your care great experiences with literature. We’ll dig for dinosaur bones, make our own skin colors, experiment with different textures, and learn to love the world of books. TLC will model for you storytime techniques that increase child participation, comprehension, and a love for books. Call **Vicky at 693-3235** or **Roni at 693-3241** for more information.



Winter 1999 Workshop Schedule

Workshops are sponsored by the Washington County Resource Team

Please call 693-3241 to register.

Workshop #1-Title: Your Child's Developing Brain **Date:** 1/28/99
Time: 7-9pm **Fee:** FREE **CDA Competency:** #1,2, or 3
Presenter(s): Roni Pham
Description: Learn how a child's brain develops during the crucial early years and how the environment affects this development.
Location: Community Action Organization, 1001 SW Baseline, Hillsboro

Workshop #2-Title: Family Child Care Record Keeping For Taxes **Date:** 2/6/99 (Saturday)
Time: 9am-11am **Fee:** \$10 **CDA Competency:** #5
Presenter(s): Kelli Walker
Description: Learn the basics of family child care record keeping to comply with tax law.
Location: Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha



Workshop #3-Title: Circle Time Activities **Date:** 3/18/99
Time: 7-9pm **Fee:** \$10 **CDA Competency:** #2
Presenter(s): Cindy von Ofenheim
Description: This workshop will demonstrate fun and interesting activities that can be done in a circle time setting.
Location: Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha

Workshop #4-Title: Positive Interactions Through Media **Date:** 4/1/99
Time: 7-9pm **Fee:** \$10 **CDA Competency:** #2
Presenter(s): Slavica Bubic, Adriana Holguin Cañes
Description: Learn how to incorporate creative ideas that promote social and emotional growth as well as physical and intellectual development in children through popular children's television programs.
Location: Tualatin Valley Fire and Rescue Training Center, 20665 SW Blanton, Aloha



SPECIAL SATURDAY SEMINAR

Title: Understanding Temperament and Personality Traits in Children

Description: This seminar will discuss how environment and genetics shape personality development. Learn how to assess a child's temperament and personality and discover how this knowledge can enhance the care you provide in your child care program.

Presenter: Vicky England

Date: 3/6/99 **Time:** 9am -Noon

CDA Competency: #8 **Fee:** \$15

Location: Community Action Organization, 1001 SW Baseline, Hillsboro



FEES for workshops must be received at our office PRIOR to the workshop to guarantee your space.

Refunds will be given if you cancel at least two days before the scheduled workshop. Workshops will be canceled in the case of extreme weather conditions. Call 693-3241 and a message will indicate if classes have been canceled. Make checks payable to **Community Action Organization. WRITE WORKSHOP NUMBER(S) ON YOUR CHECK AND SEND TO:**

**Community Action Organization
CCR&R Resource Team
1001 SW Baseline
Hillsboro, OR 97123**

Where can I find training in First Aid & CPR?

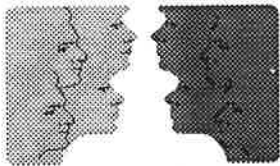
Parents calling Metro Child Care Resource & Referral often request providers with current training in First Aid and CPR. Currently, The Resource Team of Washington County does not arrange First Aid and CPR for providers, but we have compiled a list of resources in the area that do. These are not your only options, there are others that can be found in the yellow pages under First Aid Instruction.

Tualatin Valley Fire and Rescue:	625-2065
Red Cross:	280-1440
Forest Grove Fire Department:	359-3240
Legacy Meridian Park Hospital:	692-1212
Providence Resource Line:	216-6595
Tuality Community Hospital:	681-1111
Emergency Resource Training Service:	655-9339

Keeping You in the Know...



Washington County Directors Unite!!



Washington County Child Care Directors can be seen meeting every third Wednesday at 12:00 at Izzy's Restaurant in downtown Beaverton. The Directors come together to share information, support one another, and gather strength from each other's company. For more information, please call Francis Conrad at 646-1717.

Check Out the Classes at PCC



PCC offers excellent early childhood training at convenient times for caregivers. Consider enrolling in:

ECE 175D Infant/Toddler Caregiving: Family/Provider Relationships

It will be held at the Workforce Training Center in Hillsboro. It's a twelve hour, one credit course. Caregivers who have taken this course agree that it is an excellent training. If you are new to registering through PCC, you can call Beverly Briggs' voice mail at PCC for more info: 244-6111 ext. 3680

Look through the class schedule at PCC in the Early Childhood section for more great convenient classes. **Check it out!**

Oregon Child Care Director's Conference Vision 2000



Date: April 28th-30th, 1999
Location: Hilton Hotel
Downtown Eugene

Margie Carter and Deb Curtis will be the keynote speakers. They will deliver an inspirational message to the directors through the keynote as well as in workshops.

For information please call Ingrid Amberson at (503) 435-5695



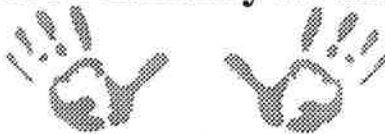
It's Time for the PROVIDER RESOURCE ORGANIZATION (PRO) CONFERENCE!

Theme: Child Care... "Creating the Magic"
Location: Athey Creek Middle School,
West Linn
Date: Saturday, March 20th, 1999
Time: 8:30-4:30

Call Marci Whitney at 663-5307 if you will like to receive a conference brochure.

Hope to see you there!!

Keeping Children Healthy in the Winter Time



By Roni Pham

During the winter season, children, adults and germs will spend more time indoors. Yes, that's right, the germs will be present also. They will appear in the form of colds, flu's, sore throats, headaches, oh the list goes on and on. However, we have some great germ busting solutions for you in this article. When children, and adults get sick, it often disrupts our daily routines and makes everything else seem unimportant. Illnesses can also become very expensive when one calculates lost income, medication, doctor appointments and so on. One of the simplest ways to rid the environment of germs is **HANDWASHING!** If everyone in the environment washes their hands especially during these times, then you will be waging a war against germs that can be fairly successful.

- Arrival!** Imagine every child coming into child care with their household germs on their hands. If children and staff wash their hands upon arrival, then you start with a clean slate. It's a safe way to start the day!
- Wash children's hand after toileting. Don't assume that they will remember.
- Wash before and after eating.
- Caregivers should wash their hands every time they help a child blow their nose.
- Don't forget to have children wash their hands after blowing their own nose.
- Don't forget to disinfect those door knobs and door handles. Start the day off by having them sanitized, and do it once again during the day.

Children should understand why it's important to wash their hands. Try reading, [Those Mean Nasty Dirty Downright Disgusting but Invisible Germs](#) by Judith Rice. It depicts a little girl named Beth in a child care setting. It explains how she gets germs on her hands and how they can effect her. Try this project: Allow children to make germ shapes similar to the ones in the book out of shaving cream on a piece of wax paper. Carry them to the sink and turn on the faucet and wash them down the drain!

Reader Survey

Please take a few minutes to fill out this short survey. The information we receive will assist us in our planning. Please mail it to:

**Community Action Organization
CCR&R Resource Team
1001 SW Baseline
Hillsboro, OR 97123**

Are you satisfied with *The Resource News* that is published quarterly by the Resource Team?

YES _____

NO _____

N/A _____

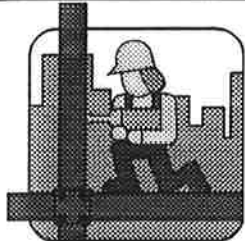
Has your knowledge of child care issues increased due to *The Resource News*?

YES _____

NO _____

N/A _____

What are some ideas/topics for workshops that you would like to see offered by the Resource Team?



We're Under Construction!!

We're changing *The Resource News* current distribution schedule! This issue only covers two months, January & February. The following issues will cover three months and will coincide with the seasons. We will continue to mail the *The Resource News* before the following months; March, June, September & December.

You can continue to count on us to be a solid source for information, resources, and professional development. *The Resource News* is made possible by the following CCR&R team:

Renée Bruce	Child and Family Services Manager	Editor
Karen Henkemeyer	CCR&R Specialist	Newsletter Coordinator
Estela Guillen	CCR&R/AFS Specialist	Spanish Translation
Roni Pham	CCR&R Coordinator	Asst. Newsletter Coordinator
Vicky England	Early Childhood Specialist	Assistant

The Resource News is published through funds awarded by the Washington County Commission on Children and Families. Please direct any questions or comments to 693-3241.

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