

# Richmond Quality Child Care Newsletter

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This newsletter is designed for Richmond teachers, child care providers and directors who provide direct care to children in center-based or family day home settings.



To subscribe to this newsletter or if you have questions, contact Cybil Faulks-Brown, Quality Child Care Coordinator, at 804-646-3331 or email [Cybil.Faulks@richmondgov.com](mailto:Cybil.Faulks@richmondgov.com)

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City of Richmond  
**Early Childhood  
Development Initiative**

Dwight C. Jones, Mayor

## Confronting Childhood Obesity

Childhood obesity has achieved epidemic proportions. One in three children in the United States is either obese, overweight or at risk of being overweight in the future. Overweight children are more likely to become obese adults, and obesity attributes to high medical cost over the life cycle. Although traditionally viewed as an "adult" illness, the rise in overweight and obese children has corresponded to an increasing amounts of minority youths with type 2 diabetes. In addition to the health problems associated with being overweight, many children are bullied and isolated which leads to low self esteem and depression.

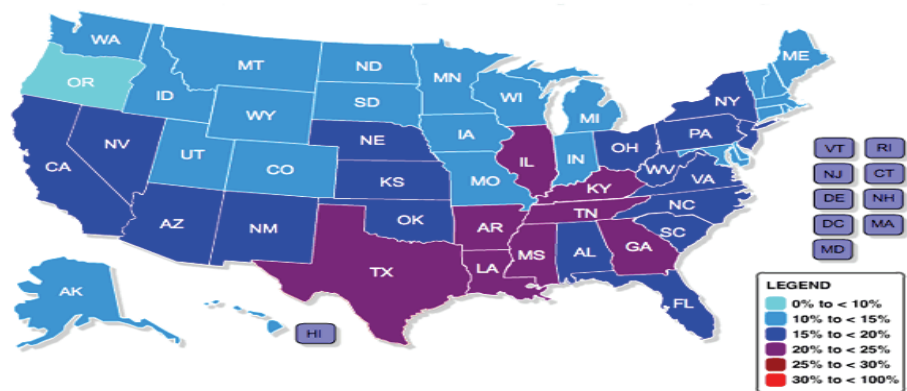
The term "obese" means children have a body mass index (BMI) at or above the 95th percentile for their gender and age, while "overweight" describes those with a BMI at or above the 85th percentile but below the 95th percentile. The following are factors contributing to this epidemic:

- Environment
- Lack of physical activity
- Hereditary and family
- Dietary patterns
- Socioeconomic status



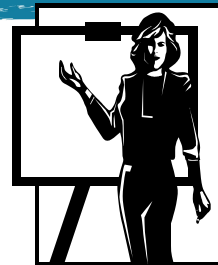
When infants are born with comparatively more fat, it is normal and appropriate. The greater amount of fat provides nutritional reserves when infants are vulnerable and adjusting to life outside the womb. This fat decreases as the infant grows older throughout the first several years of life. At five years of age, children have the lowest amount of body fat and lowest BMI. If a child becomes overweight between the ages of two and five, this is not just "baby" fat. As a child care provider or manager, you may be wondering what this article has to do with you. Many of the children in your care spend the majority of their time at your program. You have a wonderful opportunity to make a powerful impact on the physical activity and eating habits of those you serve every day.

Childhood Obesity Rates



## Richmond Early Childhood Development Initiative Training

The City of Richmond Early Childhood Development Initiative is excited to announce its spring training calendar. ECDI offers FREE professional training that heightens the level of knowledge and enhances the skill set of child care providers working in the City of Richmond. **Registration information is at the bottom of the page.**



### Stress Management and Responsive Care Part 2

**Saturday, January 21, 2012 from 10:00 am - 1:30 pm**

**Location: North Avenue Library**

In this session you will learn the emotional and physical warning signs of stress in children and explore how teacher/parental stress impacts them. Learn techniques to promote stress reduction in the classroom with increased physical activity and relaxation methods. Part 1 is not a prerequisite for this class. Guest speakers include Roshon Casey (KinderCare) and Wayne Holmes (Richmond City Health District). This training is limited to 25 participants. Please register for this class by **January 19, 2012**.

### Building Children's Self Esteem Through Literacy

**Saturday, January 28, 2012 from 9:00 am - 12:30 pm**

**Location: Richmond Public Main Library**

This presentation will help you understand the definition, origin and importance of healthy self esteem. Discover the role of literacy and the varied ways books can be used to increase children's self worth. You will learn effective usage of books that have relevant themes that mirror real life events of children. Please join Cybil Faulks-Brown (ECDI) and Krista Dawson (Richmond Public Library) as they share books that motivate children to embrace their uniqueness. Participants will receive materials to enhance their literacy-support skills. There are 25 seats available for this training. Please register by **January 23, 2012**.

### The Road to Quality – A Two-Part Training Series

**Part 1: Saturday, February 11, 2012 from 10:00 am - 3:00 pm**

**Part 2: Saturday, February 25, 2012 from 10:00 am - 3:00 pm**

**Location: Richmond Public Main Library**

The road to quality is a journey that can be long, eventful and rewarding. A plan for success requires a clear map towards achievable goals. This training explores in depth developmentally-appropriate practice, language modeling, family engagement and professional development as components of quality. You will walk away with clear and precise implementation actions steps. Participants **must attend both days of training and complete homework assignments** to receive a certificate for 10 clock hours, a comprehensive NAEYC membership and a set of environment rating books for infants and preschoolers. Beverages will be provided but participants must bring their own bag lunch. This training is open to the first **40 participants** who register by **February 6, 2012**.

### Let's Move Now! Steps to Guide Children to a Healthy and Active Life

**Saturday, March 17, 2012 from 10:00 am - 2:00 pm**

**Location: North Avenue Library**

Gain knowledge to fight against childhood obesity in your program. We will discuss practical strategies to positively influence the eating and physical habits of children in our care. This workshop will investigate each of the five goals of the Let's Move! Child Care Initiative. You will learn ways to incorporate healthy physical activity and nutrition into everyday routines. Cybil Faulks-Brown (ECDI) and Wayne Holmes (RCHD) will provide this training. Come dressed ready to sweat as we get set for the spring. Participants must register by **March 12, 2012**.

### Building Relationships and Engaging Parents Part-2

**Thursday, March 22, 2012 from 6:00 pm - 8:30 pm**

**Location: TBA**

Are you ready to put the parent relationship and engagement strategies we learned in Part 1 into practice? Part 1 is a **prerequisite** for this class, which will be fun and interactive. The session elaborated on the benefits and basics of building relationships and engaging families, explores why parents disengage and probes the unique characteristics of father/male engagement. You will leave empowered to effectively engage and handle difficulties as they arise in your particular position. Light refreshments and door prizes will be provided. Mary France (ECDI) is the guest presenter. Please register by **March 19, 2012**.

**Register for the above ECDI trainings by calling Cybil Faulks-Brown at (804) 646-3331 or emailing at [cybil.faulks@richmondgov.com](mailto:cybil.faulks@richmondgov.com).**

## The T.I.P.S. (Training for Provider Success) Calendar

This calendar can be found at [www.dss.virginia.gov](http://www.dss.virginia.gov). It lists training offered by organizations located in Virginia or Washington, D.C. This is a great resource right at your fingertips. Whether you are looking to orient new employees or bring seasoned staff up to date with current early childhood trends, this tool can be valuable. Check out the sample of topics and dates below:

- Red Flag Behaviors, offered by ChildSavers, the cost is \$20 (2/1/12)
- Positive Discipline Online, offered by Child Care Lounge, the cost is \$24 (3/4/12)
- Putting Yourself First, offered by ChildSavers, the cost is \$20 (3/13/12)
- Pursuing Quality for Infants and Toddlers, offered by VA Infant and Toddler Specialist Network, the cost is FREE (4/26/12)



### Childhood Obesity... (continued from page 1)

You may not be able to control a child's socioeconomic status or his or her heredity. However, while in your care you can determine the child's physical activity level and dietary patterns. Remember, children pay attention not only to what you say but what you do. Listed below are steps you can start to take:

- Actively participate with children during outside time, circle time and dramatic play
- Teach children about healthy snacks and the way their bodies use energy
- Move furniture around in the class to accommodate movement and music time
- Invite parents to bring in healthy snacks for birthday and holiday celebrations
- Take children outside during every season
- Limit the amount of screen time to educational and exercise programs
- Allow children to stretch when they arrive in the morning or need to calm down

For more information on fighting childhood obesity, please plan to attend **Let's Move Now!** training in March offered by the Early Childhood Development Initiative.

Obesity statistics and graph source: Obesity Action Coalition [www.obesityaction.org](http://www.obesityaction.org)

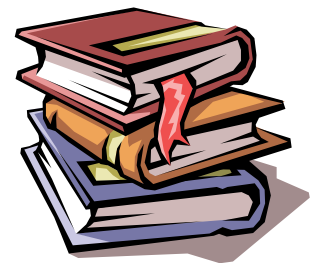
## Save the Date: Director's Networking Group Meeting – January 19, 2012

Happy New Year Directors and Administrators from the Richmond Early Childhood Association (RECA)!

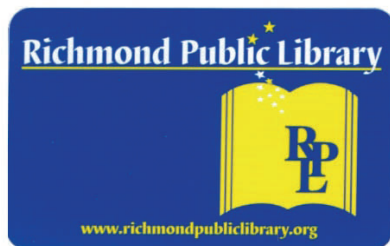
RECA is excited to kick off the new year with you and welcomes you to its quarterly networking group on **Thursday, January 19, 2012 from 6 - 8 pm**. This event will be held at the **Children's Museum of Richmond (Broad Street)**.

The cost is free for RECA and RAD members and \$10 dollars for non-members. Scholarships are available to cover the fee. Please invite a Director friend to attend the meeting! You can register for this event by going to [www.recava.net](http://www.recava.net).

Please bring a gently used or new book for a child under 5 years old to help support the Richmond Book Bank!



## Get Connected at Richmond Public Library



The Richmond Public Library is busy ordering "The Best Of..." books from 2011 and eagerly awaiting the announcement of the Award winners. Stop in any of the 8 open branches to see what is coming in. Teachers, remember the library also has a growing collection of resources just for you in its Family Resource Center: books on classroom activities, special needs, rating scale guides, fingerplays, songs and more. Any item in the library collection can be sent to your local branch and all materials are available for a two-week check out. Renewing is easy too. You can call in to renew, go online to [www.richmondpubliclibrary.org](http://www.richmondpubliclibrary.org), or visit in person. You will need your library card number and pin. Library cards are available not only to Richmond residents, but also Henrico, Hanover or Chesterfield. Just bring in a photo ID and proof of address and you can walk away with a library card!

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## Virginia Association for Early Childhood Education Conference

The Virginia Association for Early Childhood Education (VAECE) is an organization comprised of early childhood educators, parents, policy makers and child advocates who are concerned and actively involved in serving on behalf of the needs and rights of young children.

This year's conference promises to energize you to create a warm, stimulating environment while provoking curiosity in young children. Come out and network with other professionals from around the state. The opening session features Dr. Katherine Kersey who will help you "Build Healthy Relationships with Children and Their Families." During the literacy lunch Shelia Arnold will actively engage and make you laugh as she presents "Love My Brain." At the "Hearty Party" you can participate in an introductory zumba class while learning fun ways to exercise and get in shape. Cybil Faulks-Brown (ECDI) will offer presentations on "Coaching and Mentoring Staff" and "Increasing Staff Morale in This Economy."

The conference will take place at the **Embassy Suites and Hampton Convention Center** from March 8-10, 2012. The hotel is located at 1700 Coliseum Drive, Hampton, VA 23666. For hotel reservations please call (757) 827- 8200. To register for the conference please visit [www.vaece.org/futureconference.html](http://www.vaece.org/futureconference.html).



"Developing Hearts,  
Minds, and Bodies"

March 8-10, 2012

Hampton, VA

## Annual Teacher Workshop – February 2, 2012



The **Richmond Association for Directors of Early Childhood Education (RAD)**, the local affiliate of NACCP (National Association of Child Care Professionals), will sponsor its annual training for teachers on **February 2, 2012 from 8:30 am - 12:30 pm**. Teachers can participate in three workshops of their choice. Among the diverse selection topics are talking to difficult parents, challenging behaviors in infants and toddlers, positive behavior support, early literacy at your fingertips and navigating special needs in the classroom. Training certificates will be provided at the end of the day.

Please plan to attend this workshop at River Road Baptist Church, 8000 River Road, Richmond, Virginia 23229. The cost is \$30 for participants from centers affiliated with RAD and \$50 if they are not affiliated. Please contact Margina Grow at 270-3866 x153 or by email at [growm@ymcarichmond.org](mailto:growm@ymcarichmond.org) or Cheri Erk at 364-5905 or by email at [cheri@christchurchpreschool.com](mailto:cheri@christchurchpreschool.com) for questions or to register.

## The Parent Support Corner

This section includes information that can help your parents with the many transitions and situations life brings them. There are many parents that have needs that go beyond the scope of the services you provide. Below is a list of helpful resources that can be posted on your parent bulletin board or supplement your own newsletter. Remember there are many ways to engage parents who are shy or feel invisible.

## Free Parenting Classes

The following two sessions are offered by the **City of Richmond Early Childhood Development Initiative**. They are **FREE** for Richmond parents and grandparents of children ages 0 - 5. Snacks, child watch and transportation assistance are available.

### **Say What You Mean, Mean What You Say**

Improve your parenting communication skills. Learn how to achieve the results you are looking for. This training will take place on **Thursday, January 26, 2012** from **6:00 - 8:00 pm** at Robert L. Taylor Childcare Center, 929 North 26th Street, Richmond, VA 23223.

### **Ages and Stages of Child Development**

Learn what to expect at different stages of your child's physical, social, emotional and cognitive development. The **Spanish version** will be offered on **Thursday, January 19, 2012** from **9:30 - 11:30 am** at Ramsey Memorial United Methodist Church, 5900 Hull Street Road, Richmond, VA 23224. The **English version** will be offered **Monday, January 30, 2012** from **6:00 - 8:00 pm** at the North Avenue Library, 2901 North Avenue, Richmond, VA 23222.

**Pre-registration is required by calling Mary at 646-1870 or Patricia at 646-2030.**



## A New Intervention Program for Parents of Obese Children

Parents, are you concerned about your child's eating and weight? You may be eligible to participate in NOURISH+, which stands for **Nourishing Our Understanding of Role Modeling to Improve Support and Health** sponsored by VCU and the University of North Carolina, Chapel Hill. Parents will learn how to:

- Read food labels
- Teach your child healthy eating habits
- Develop fun exercise behaviors

This research study is designed to evaluate the efficacy of parent intervention aimed at reducing obesity and overweight in children. Parents/caregiver must be at least **18 years old** and have a child between the **ages of 5 and 11 years old**. The child must have a Body Mass Index greater than the 85th percentile and reside with the parent/caregiver. For parents participation, they will receive payment for every completed questionnaire and a pedometer to track how far they walk or run. For more information or questions, please contact Rachel W. Grow, Ph.D at (804) 827- 9211 or by email at [nourish@vcu.edu](mailto:nourish@vcu.edu).

## Helpful Hints When Filing Your Taxes

Child care can account for a big chunk of working parents' income. Fortunately, you can recoup some of those costs with the expanded Child and Dependent Care Credit in 2011 and 2012. The credit is worth between 20 and 35 percent of up to \$3,000 of qualified expenses per child under the age of 13, or \$6,000 for two or more children. The credit amount decreases as adjusted gross income increases. For "**Ten Facts About the Child Tax Credit**" please visit [www.irs.gov](http://www.irs.gov).

