

# CHILD DEVELOPMENT AND TEEN PARENTING

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## Fascination...

Welcome back to another new school year. I hope you had a chance to refill your hearts and souls to prepare for the great work that you do.

During the summer I attended several meetings and learned a lot about how Oregon is looking with renewed energy at Early Childhood Education. Through this work I have taken on a new perspective. My new motto in life is to "live with more fascination than frustration." If I can approach each day with a fascination of what is to come next, then every opportunity, even frustrating ones, can become moments of wonder and joy. This isn't always easy. Some days are full of times when I want to pull my hair out. The goal is to stop and see what could be fascinating about the situation. What can I learn? How can I make a difference? How can I turn the negative energy into positive?

As we begin a new school year we have an opportunity to embrace fascination with taking on new challenges and obstacles. We have new students and children in our classrooms and we have a wonderful opportunity to get to know them. We have a choice to be either frustrated with so many new names and personalities to get to

know or we can allow ourselves to be fascinated by the new energy, ideas and characteristics that each of them bring. We can be frustrated with the lack of space or materials, or be fascinated by the chance to maximize space and equipment. We can be stressed by getting that new student on the fifth day of class, after we have completed all of our orientation information, or we can be fascinated by what new tidbit of knowledge they might contribute to the existing group.

### FAS·CI·NA·TION

*noun* \,fa-sə-'nā-shən\  
The state of feeling an intense interest in something

Synonyms:  
Allure, Wonder, Attraction, Charm, Enchantment

I just wonder...how much can we learn through fascination? Fascination is very similar to wonder. When you allow yourself to wonder about someone or something, you can open the door to new insights. These doors never open if you are frustrated, stressed, or overwhelmed.

So in an effort to encourage continuous quality improvement in the work that you do with children, high school students, and adults, I challenge you to strive to discover more fascination than frustration in your daily life. I can guarantee you that you will smile more as you wonder about what crazy thing you will learn next.

Crystal  
Special Populations Quality Improvement Coordinator

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### Upcoming Dates of Interest

- Sept 27 — 2nd Annual Teen Parent Program Training Day, Eugene, OR
- Sept 27 & 28 — Eastern Oregon Early Learning Conference, La Grande, OR
- Oct 11 & 12 — OAEYC Fall Conference, Portland, OR
- Nov 1 & 2 — UCC Early Childhood Conference, Roseburg, OR
- Nov 20—23 — National NAEYC Conference, Washington, DC

# 10 Ways I Make a Difference for Young Children



**As an educated early childhood teacher, I make a difference by ...**

1. Delivering high-quality early care and education to ensure all children are ready for school and life.
2. Helping all children to gain the early language and literacy skills to prepare them for reading.
3. Modeling respectful, nurturing relationships to help all children learn to work and play well with others.
4. Promoting cognitive development by posing questions and providing developmentally appropriate materials and activities that stimulate children's interest in pondering ideas, posing theories, formulating thoughts, growing skills to support persistence and attentiveness to solving a problem and experimenting with materials.
5. Providing rich learning environments that promote children wanting to learn new things every day.
6. Supporting children's understanding of key mathematical concepts.
7. Creating skill development opportunities that support children's physical health and growth, including large and fine motor development and eye-hand coordination, healthy nutrition and children's awareness of personal health and fitness.
8. Partnering with all families around their children's development.
9. Allowing parents to work and supporting families' contributions to our economy.
10. Continuing my education to ensure I know the latest research and have the resources needed to be an effective teacher.

## Regular bleach concentration has changed!

### **Know your bleach concentration and mix it up right!**

Bleach is often mixed with water to sanitize and disinfect child care facilities. It is now stronger and may expose children and staff to more chemicals than necessary if mixed using the old recipe. If you are using regular bleach in your child care facility, [read about the new recipe](#), [download posters and cards and find answers to frequently asked questions](#) about bleach.

## What's Up with QRIS

Oregon's Quality Rating and Improvement System (QRIS) field test is in full swing. There are several programs around the state who have submitted their portfolios and are awaiting their star designation. High school based teen parent program child development centers will roll into the field test the end of this month. They have been working for the last year to "pre-align" with the QRIS standards and are ready to go. The next phase of Oregon's QRIS roll out will begin statewide in early 2014.

Child Care Professionals around the state will begin hearing more about this as the year goes on and it is going to be good! Soon it will be commonplace and parents will be asking about it. You might consider adding the information to your child development curriculum, career tech courses, or parenting education opportunities.

For more information you can check out Oregon's QRIS at:

<http://www.wou.edu/tri/QRIS/info.html>

<https://www.facebook.com/OregonQRIS>

## GED® Testing Changes

Are you aware that the GED Test is changing as of January 1st, 2014? Anyone who has not completed their testing using the current system by December 31, 2013 will have to start all of the testing over again and begin using the new test. The reasoning behind this update is to bring the testing standards into better alignment with today's workforce needs. More information can be found at the GED Testing Service Website: (<http://www.gedtestingservice.com/educators/home>).

### The 2014 GED® Test Specifications

- Four content areas:
  - Reasoning Through Language Arts (RLA) (150 minutes)
  - Mathematical Reasoning (90 minutes)
  - Science (90 minutes)
  - Social Studies (90 minutes)
- English and Spanish
- 3 opportunities to test per year, per content area
- Seven different item types:
  - Extended response
  - Drag-and-drop
  - Drop-down
  - Fill-in-the-blank
  - Hot spot
  - Multiple choice
  - Short answer
- Delivered on computer (not online)
- Paper testing only available as an accommodation



*“Wonder rather than doubt is the root of all knowledge.”*

*Abraham  
Joshua  
Heschel*

## September Teen Parent Program Training

You are welcome to join us for our 2nd Annual Teen Parent Training Seminar and Networking Day. This is a required event for programs who receive a child care subsidy, but anyone working with young parents is welcome to join us for all or part of the day. This year's agenda will include:

- Workshop and individual coaching on processing paperwork for the "Block Grant" subsidy
- Workshop on the rights of young parents and the responsibilities of schools to meet their needs
- Working lunch for networking with:
  - Winston Cornwall (ODE/Civil Rights)
  - Martha Martinez & Rudyane Rivera-Lindstrom (ODE/English Language Learners)
  - Dona Bolt (ODE/Homeless Education)
  - Meredith Russell (Office of Child Care)
  - Debby Kernan (NW CARES) (see below)
  - Jessica Duke (Oregon Public Health/Adolescent Sexual Health)
  - Kelli Lelack – (Division of Child Support)
- Workshop on the QRIS specially designed for High School Based Teen Parent Programs

### Statewide Scholarships will be available again for 2013-14!

The Oregon Community Foundation has generously approved funding for another year of statewide scholarships funded through the Betty Gray Early Childhood Development Endowment funds. The Statewide Scholarship Program will continue to support professional development for practitioners who are working with children and who have an Oregon Registry Step 3. Professional development activities that are eligible include conferences sponsored by approved professional organizations, cohort trainings facilitated by state supported child care resource and referrals or approved professional organizations, community college coursework, translation/evaluation of out of country degrees/coursework, transcription fees and Credential fees (Oregon Registry Credentials or the Child Development Associate Credential). New 2013-14 forms can be found at [pdx.edu/occd](http://pdx.edu/occd). If you have questions or need help with the forms contact OCCD at 503-725-8535 or 1-877-725-8535.



**cares**  
northwest

Protecting children, healing lives.

Kaiser Permanente  
OHSU Doernbecher Children's Hospital  
Providence Health & Services  
Randall Children's Hospital at Legacy Emanuel

CARES Northwest is a collaborative, community-based medical program for the assessment, treatment and prevention of child abuse. We provide a safe, child-friendly environment for the assessment of children for whom there are concerns of physical or sexual abuse, neglect and exposure to domestic violence.

Founded in 1987, the program is a collaborative effort among four of the region's leading health systems — Kaiser Permanente, The Children's Hospital at Legacy Emanuel, OHSU Doernbecher Children's Hospital and Providence Health & Services.

#### Keeping children safe

Prevention can go a long way in keeping children safe. The CARES Northwest Child Abuse Prevention (CAP) team is a prevention program that educates people about protecting the safety and well-being of children.

Through the CAP program, teams of physicians, nurses and counselors provide presentations on a range of child abuse issues. These interactive, evidence-based presentations empower youths, parents, caregivers and professionals with vital information about risk factors, preventing child abuse and keeping children safe.

Participants also learn specific techniques that can help ensure a child's healthy development.

For more information or to schedule presentations, please contact Debby Kernan, CARES Northwest's prevention program coordinator, at 503-276-9054 or [dkernan@lhs.org](mailto:dkernan@lhs.org). Or you can talk to Debby at the training day on Sept 27th.



## **FEATURED RESOURCES:**

### **Community Play Things Collage**

This is a wonderful site that changes on a monthly basis. You can sign up to get the latest updates by email or just visit the site often. The archive allows you to look back over previous topics. Overall a great source of resource information (as well as a little advertising.)

<http://www.communityplaythings.com/resources/collage.html>

### **Screen Time Resources**

These resources can be used with young parents, child development students, or early childhood professionals.

#### **Child Care Wellness Warehouse, Oregon Department of Education**

*Offers tools and resources for screen time reduction, as well as fruit and vegetable consumption, healthy beverages, physical activity, and breastfeeding accommodation.*

<http://www.ode.state.or.us/go/ChildCareWellnessWarehouse>

#### **Dr. Dimitri Christakis talk: Media and Children**

*Excellent video by a well-respected pediatrician and screen time expert about effects of screen media on young children's health and development.*

<http://tedxtalks.ted.com/video/TEDxRainier-Dimitri-Christakis>

#### **National Resource Center for Health & Safety in Child Care and Early Education:**

Screen-free Moments video

*A short video about how to reduce screen time in child care, filmed in real family child care settings!* <http://nrckids.org/ScreeFreeMoments/index.htm>

#### **Preventing Childhood Obesity in Early Care and Education**

*Selected standards from Caring for our Children: National Health and Safety Performance Standards. Includes standards for screen time and physical activity, as well as other strategies to promote health in child care.*

[http://cfoc.nrckids.org/StandardView/SpcCol/Preventing\\_Childhood\\_Obesity](http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity)

#### **Washington Active Bodies, Active Minds**

*Includes posters, information and training booklets for child care providers, tip sheets for providers and families, and a sample screen time policy.*

<http://depts.washington.edu/tvhealth/>

### **Wordle**

You may have heard of this one already, it is worth a look: Wordle is a tool for generating "word clouds" from text that you provide. The clouds give greater prominence to words that appear more frequently in the source text. You can tweak your clouds with different fonts, layouts, and color schemes. The images you create with Wordle are yours to use however you like. You can print them out, or save them to the Wordle gallery to share with your friends.

<http://www.wordle.net/>



## ☀ **OAEYC Fall Conference** ☀

☀ **October 11 & 12, 2013** ☀

**Sheraton Hotel - Portland Airport**

**Conference Theme:**

**Navigating Change—Maintaining Balance**

**<http://www.oregonaeyc.org/conferences.htm>**

**2013 Early Childhood  
Conference**

**Umpqua Community  
College**

**November 1 & 2, 2013**

**Roseburg, OR**

**Ready, Set, Kindergarten**

**~ It Begins At Birth~**

For more information go to:

[https://www.regonline.com/  
builder/site/Default.aspx?Ev  
entID=1247116](https://www.regonline.com/builder/site/Default.aspx?EventID=1247116)

### **17th Annual Eastern Oregon Early Learning Conference Hands On Learning—The Joy of Discover**

**September 27 and 28, 2013**

**La Grande Middle School**

**1108 Fourth St.**

**La Grande, OR**

For more information go to:

<http://oregonchildcaretraining.org/>

**2nd Annual Teen Parent  
Program Training Seminar  
and Networking Day**

**Friday Sept. 27**

**8:30 — 4:30**

**Eugene, OR**

**Grant funds available for  
reimbursement of expenses  
incurred if your program  
has an onsite child care  
facility.**

**Everyone welcome!**

**Contact Crystal Persi  
[crystal.persi@gmail.com](mailto:crystal.persi@gmail.com)  
for more information.**

## **2012 NAEYC Annual Conference & Expo**

**November 20—23, 2013**

**Washington D.C.**

**“imagine, innovate, inspire”**

**<http://www.naeyc.org/conference/>**

**FYI: You may want to talk to the Perkins Coordinator for your region, you may be able to pay for this trip with Perkins Funds if you have and approved program of study.**

### **KEY CONTACT INFORMATION -**

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