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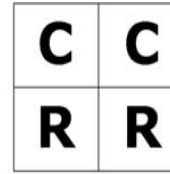
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The Laugh Of A Child

by Isabel Athelwood

I love it - I love it- the laugh of a child,
Now rippling and gentle, now merry and wild;
Ringing out on the air with its innocent gush,
Like the thrill of a bird in the twilight's soft hush;
Floating up on the breeze like the tones of a bell,
Or the music that dwells in the heart of the shell:
Oh, the laugh of a child, so wild and free,
Is the merriest sound in the world for me!

*The laughter of a child
is the light of a house
~African Proverb*



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Children & Laughter

Studies show that laughter can boost the immune system and help people deal with stress. It can also help children retain more information, while they learn. "Humor is a vital part of...children's educational experience," says early childhood expert Jackie Silberg

Children model themselves after the adults in their life. Just as we teach them about respect and manners, we can also teach them about humor. Humor can be a valuable tool not only for dealing with problems, but it also serves an important developmental function.

Laughter and having fun helps children grow their powers of reasoning and creativity. "Laughter aids memory and increases alertness and concentration," says Dr. William Fry, professor emeritus at Stanford Medical School.

Children love to be silly and laughter helps them make friendships. According to experts, when young children act silly, they are also developing their social skills, cognitive thinking and creativity.

Developing a sense of humor can help children stretch their imagination and think outside of the box. This enables them to look at situations from a different angle. "Children who are creative thinkers," observes child psychologist Niki Saros, "have a certain mental flexibility that allows them to escape from pressure of a hyper-structured view of the world."

Jackie Silberg author of "The Learning Power of Laughter" suggests these activities that will stimulate laughter and learning with young children.

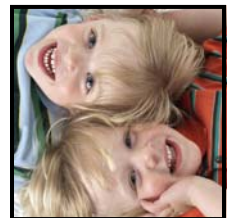
*Make up silly rhyming jingles with your children's names.

*Try tongue twisters they develop language fluency and children love them.

*Tell children jokes and riddles. This is a fun way for them to develop social skills

*Do something out of the ordinary. Act silly and do things that are against what children consider normal.

Maria Luisa Salcines is a freelance writer, certified parent educator and corporate empowerment consultant with The International Network for Children and Families in Redirecting Children's Behavior, Redirecting for a Cooperative Classroom and Redirecting Corporate America. Website: www.redirectingchildrenrgv.org





Paths to QUALITY Success Stories



Kinder Kare - Highland, IN.
Ivy Carter, Director
Paths to QUALITY Level 4
Child Care Center



WDS, Inc. CCRR is pleased to announce that Kinder Care Learning Center # 1339, 9739 Prairie Ave. Highland, Indiana has met the requirements from the Paths to Quality program and has achieved a level 4 status. Of Indiana's 168 accredited centers, Kinder Kare Learning Center # 1339 is one of 37 accredited centers statewide to have achieved a level 4 status.

Caring Heart, Open Arms - Hobart, IN.
Judy Ford, Director
Voluntary Certification Program & Paths to QUALITY Level 1
Child Care Ministry



WDS, Inc. CCRR is pleased to announce that Caring Heart, Open Arms Childcare and Development Ministry 3440 W. 61st Ave. Hobart, Indiana has met the requirements from the Indiana Bureau of Childcare, Family Social Services Administration, and has been awarded the certificate of the Voluntary Certification Program in Health, Safety, Food, and Nutrition. Caring Heart, Open Arms is one of 16 ministries statewide to have achieved Voluntary Certification Program which has as allowed them to enroll in *Paths to Quality* program as a Level 1.

Paths to Quality is Indiana's free and voluntary quality rating system for regulated child care providers. Paths to Quality is a voluntary system created to improve the quality of child care and early education for children, give parents a tool to find the best quality program for their family's needs and to support and recognize providers who are voluntarily meeting the increased standards. The program has been studied and validated by the Child Development and Family Studies at Purdue University.

To learn more about Paths to QUALITY, visit <http://www.in.gov/fssa/carefinder> and click on the Paths to QUALITY logo.

As of May 30, 2009 WDS, Inc. Child Care Resource & Referral is proud to announce we have...
150 providers enrolled in Paths to QUALITY~ **106** in Lake County **17** in Porter County **27** in LaPorte County

Activity to do with Children www.gryphonhouse.com

Ducky Daddles

Children will laugh their way to learning about the following skills/concepts: Rhyming

The following poem is so much fun to say.

Ducky Daddles
Loves the puddles
How he waddles
As he paddles
In the puddles-
Ducky Daddles



Walk like a duck as you say the poem. This will generate a lot of laughter from the children.

Pretend to swim in the water, and then shake the water off of your feathers when you waddle out of the water.

Books to Share With Children

www.gryphonhouse.com

Read books that illustrate and encourage a sense of humor. Check your library for some of those listed here. Each one provides opportunities to discuss the results of looking on the lighter side.

The Cat in the Hat by Dr. Seuss
A Chocolate Moose for Dinner by Fred Gwynne
Fish Out of Water by Helen Palmer
Middle Cuddle by Laurel Dee Gugler
My Dog Never Says Please by Suzanne Williams
The Pig in the Pond by Martin Waddell
Silly Sally by Audrey Wood
Wacky Wednesday by Theodore Le Sieg
Why a Disguise? by Laura Numeroff

Working With Families: Ideas for Home

- ☉ Reserve a space on the refrigerator door for displaying funny pictures & snapshots
- ☉ Share things that made you laugh during the day. Try to remember at least one thing each day; work your way up to more
- ☉ Make up riddles, limericks and simple puns with your children.

Did You Know?

- ☉ 13 muscles are used to smile, but 47 are required for frowning.
- ☉ Studies have pinpointed 18 different kinds of smiles
- ☉ 15 minutes of laughter equals the benefit of 2 hours sleep.
- ☉ One good belly laugh burns off 3 1/2 calories.
- ☉ Studies show a great sense of humor can add 8 years to your life
- ☉ People smile only 35% as much as they think they do.
- ☉ Preschool children laugh an average of 400 times a day, adults only laugh 17 times a day.
- ☉ According to the Discovery Health Channel's "Body in Numbers" broadcast, which aired September 3, 2008, during an average life span, we will have spent only 17 weeks in laughing
- ☉ According to the research of David Cohen, most babies are chuckling by nine weeks. At four years of age, children are said to be laughing every four minutes.



Other Conferences & Workshops

- The Lakeporte Chapter of IAECY meets the second Monday *every other month*. For the training schedule, to join email list, or other information
Email: shariwheeler@icm.com
- Northwest Indiana Early Childhood Conference
October 2 & 3, 2009
Purdue University Calumet- Hammond
Call: 219-989-7345 ext. 3570 or
Email: ggustin@hammond.k12.in.us
- Child Care Professional Network (CCPN)
Special Needs - October 13, 2009
Living Hope Church- Merrillville
Call: 219-365-6788 for more information