

## Paths to QUALITY™

*Congratulations to the following Paths to QUALITY participants who increased a level from 06/04/11 to 09/02/11*

### Level 2

Mom's School of Kisses & Cuddles-East Chicago  
CeCe's Academy of Excellence 2-Gary  
Lots of Luv Childcare-Gary  
Safekeeping II-Gary  
Honey Bee-Hammond  
Learn and Play I & II -Hammond  
Honey Loving Childcare-Merrillville  
Hearts & Hands Childcare LLC-Michigan City  
KIDS "R" KIDS-Michigan City  
Rising Stars Childcare-Michigan City  
Ma's Li'L Champs Learning Academy-Portage  
Cherie's Garden in the Gates-St. John



### Level 3

Tender Care-East Chicago  
Suze-Oue's /Que's Kidz II-Gary  
People's Daycare-Gary  
Michelle's World of Learning Day Care-Hammond  
Woodland Child Development Center-Hammond  
Little Darlings Daycare-Michigan City  
The Village Kids-Michigan City

### Level 4

Marie's In-Home Day Care-Lowell

### Newly Enrolled Participants 06/04/11 to 09/02/11

Merchants of Hope Enrichment Academy-East Chicago  
St. Mark Church Quality CC Ministry-East Chicago  
Amazing Children Day Care-Gary  
Noah's Place-Gary  
Brite Kids Early Advancement Daycare-Merrillville  
God's Heritage Day Care-Merrillville  
Happy Moments Daycare - Merrillville  
Sarah's Loving Kindness Child Care-Merrillville  
Baby Boomers' Station Pre - K Daycare-Michigan City  
Hearts & Hands Childcare LLC. III-Michigan City  
Kids Korner-Michigan City  
Discovery Playhouse-Portage  
Portage Township YMCA C.C. & Dev. Center-Portage  
Kids Kollege 2-Porter  
Hilltop Neighborhood House-Valparaiso  
Country Acres Preschool-Westville

## Staff Directory

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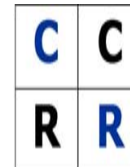
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WDS, Inc.  
Child Care Resource & Referral



# Childhood Chatter

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Care Resource & Referral  
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*And the  
Winners  
are...*

Thanks to all of  
you who mailed in  
the 2011-2012  
Training Needs  
Assessment.

Here are the winners of the drawing...

Lake County  
Audrey Reno  
Jubilee Child Care  
Hobart

Porter County  
Tyra Washington  
LaPetite Academy  
Chesterton

La Porte County  
Roslyn Ross  
Angel Academy Daycare  
Michigan City



A SHOUT OUT to  
Marie Farmer of  
Marie's In Home Daycare  
in Lowell

She received her National Association for  
Family Child Care Accreditation

For more information on  
Family Child Care Accreditation visit:  
<http://nafcc.org>

*A project of the Indiana Association for Child  
Care Resource and Referral and the Indiana  
Family Social Services Administration, Division  
of Family Resources, Bureau of Children*



# NEWS YOU CAN USE

*A childcare facility is asthma-friendly if the facility:*

- \* is free of tobacco smoke at all times
- \* has staff that have been well trained in asthma management
- \* uses "green" cleaning products
- \* takes simple steps to eliminate common asthma triggers
- \* implements asthma action plans for children under its care who have asthma



*Asthma management:*

- \* learn how to recognize asthma
- \* know what to do once asthma starts
- \* understand asthma medications
- \* know how to better administer asthma medications
- \* know what is needed to care for a child with asthma
- \* be able to recognize and eliminate asthma triggers

[www.lungchicago.org/asthma-friendly-childcare](http://www.lungchicago.org/asthma-friendly-childcare)



One in five children is overweight or obese by age 6.

As a child care provider, you have the powerful opportunity to instill healthy choices that could help prevent childhood obesity from the start. With about 12 million babies and young children in child care nationwide, we can't afford to wait.

**1. Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.

**2. Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).

**3. Food:** Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.

**4. Beverages:** Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.

**5. Infant Feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

[www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)

...because I know that childcare facilities and home-based providers can be a real building block for an entire generation of healthy kids.  
First Lady Michelle Obama

## How to Stay Healthy This Flu Season

Vaccination is not the only way to help prevent the flu. Here are steps you and your family can take to stay healthy this winter.

Perhaps the simplest and most effective way is to wash your hands often-- with soap and warm water. Rub your hands vigorously together and scrub all surfaces. Wash for at least 20 seconds. (Tip: have your children sing the "Happy Birthday" song twice while washing.) It is the soap combined with the scrubbing action that helps dislodge and remove germs. Use regular soap. Antibacterial soap is not necessary. These soaps may contribute to the growing problem of antibiotic resistance.



Science Concepts/Activities:

- Germs! Have your children take a piece of bread and wipe their hands on it. Take it into places that germs typically hide (bathrooms, sinks, diaper changing stations, etc) and also rub the bread there. Then put the bread in a baggie, and place it in the science area, where the children can watch the germs grow on the bread.