

THE LICENSING LINK

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FROM YOUR LICENSING WORKERS

Does the Child Need Counseling?

Authors: Nithyakala Karuppaswamy with Judith A. Myers-Walls, Ph.D., Provider/Parent Partnerships, Purdue University.

Some people think of childhood as an easy, carefree time. But children do have problems and feel stress. Times of special changes like

divorce, a death in the family, or a move can be stressful for children. During times like that, children may have a range of feelings that are very confusing. Children need time to adjust to major family changes. During these times, you and the parents should give as much



support as possible to the children.

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DID YOU KNOW?

Most car seats have a life expectancy of 6 years from the manufacture (not sale) date. This life expectancy is due to car seats being subjected to a continuous and extreme change of conditions such as temperature, sun, etc. As car seats are needed for transpor-

tation of children in child care homes, (along with the 3 hour child restraint system training before transporting child care children), it is advised that you check for the manufacture date and replace any car seats that you own older than 6 years from manufacture date.

Most manufacturers also state that car seats should be replaced any time they have been in used an auto with a serious accident. As you do not know how car seats have been used, it is not a good idea to purchase used car seats.

Special points of interest:

- Counseling
- Car seats
- Upcoming Trainings
- Carbon Monoxide Detectors
- Early Care and Education

FROM YOUR LICENSING WORKERS...CONTINUED

Often support from you and the parents is enough to help the children adjust to the family event and move on. Some children may need a little more help, though. They may need the help of a professional counselor or therapist.

Getting professional help can support children in different ways. Counseling can help children get in touch with their feelings. Some children may have difficulty sharing their feelings, because they want to keep the family event a "secret." Other children can show their feelings in ways that cause problems by acting out, becoming violent, or becoming very quiet and withdrawn. When you see problems like this in childcare, ask the parents if they see them at home, too. Maybe you and the parent both feel that you are running out of ways to help. Counselors can help the children and parents deal with the family change.



Here are some signs that might show that the child might need professional help. If you see these signs, you could encourage the parents to contact a counselor or therapist. Some of these signs are fairly common; many children will do the things on the list at some point. But when the behaviors become extreme or last for a long time, you and the parent may decide that the child needs professional help. Signs that the child might need professional help:

- **Long periods of sadness**

The child may seem to be sad for several days or weeks. Nothing helps the child feel better. You try to entertain or distract him, but nothing works. The child may cry over both little and big things and not be able to stop. Children might not talk about being sad; they show sadness mostly through their actions. That means they might get in trouble and break rules to show they are sad.

- **Living in the past**

The child may seem to think more about the past than the present. Many children will talk about the past when their family was together, when the loved one was still alive, or when the family used to live in the old place. Some children may complain that they can't stop thinking about the death, their parents' divorce, or the move. That is normal right after the event. At some point children should be able to move on and talk about the present, though.

- **Withdrawn behavior**

Withdrawn children have little or no interest in playing or being with friends. They want to be by themselves instead of being with friends or adults. They want to stay alone all the time. They don't laugh, joke, or enjoy anything they are doing.

- **Problems saying good-bye to parents**

The child may not want to let a parent leave at the beginning of the day. Or she may ask about the parents many times as the day goes on. This is a problem if the child was used to saying good-bye before the problem occurred.

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FROM YOUR LICENSING WORKERS...CONTINUED

- **Cannot concentrate**

Some children may have a hard time getting things done. They may be distracted. Maybe they cannot settle on any play activities or jobs you give them. They may not follow instructions well. They may complain that they cannot concentrate.

- **Changes in daily habits**

Children may change what they normally do. Some children may wake up, but may not want to get up. Or they can start having problems going to sleep. They may have nightmares. They may eat much more or much less than before. Adults may have trouble predicting what the children are going to do or when they are going to do it.

- **Return to younger behavior**

A child may have been toilet-trained before, but now has accidents or needs diapers. Maybe a child will return to sucking his thumb or ask for a bottle. Some children may ask to be carried even though they can walk.

- **Feeling a sense of responsibility or guilt**

This is sometimes a problem with older school-age children. They may think a divorce or a death is their fault. They may believe that they are responsible for taking care of a parent or sibling. They may also feel caught in the middle of parents or other family members. They may say they have difficulty talking with a parent.



- **Feeling angry**

Some children may be angry all the time. They may often get into fights with other children in the childcare setting. They may take their anger out on other children, and sometimes on adults, by hitting, biting, and shouting. Parents may complain that the children often fight with their brothers or sisters at home.

- **Temper tantrums**

Some children might kick and scream more often than before. They might say no to everything you ask them to do. Every small problem seems to become huge.

- **Feeling anxious and worried**

Some children may worry a lot. They may worry about the parents when they are not at home. They may worry about their parents physically hurting each other or them. They may worry that another death will occur or that they will move again. They may find it very difficult to separate from one or both parents.

- **The parents cannot help the child**

You may notice that the parents are having a difficult time with their own feelings. A major change in the family affects all family members. Some parents may be dealing with many changes in work, schedule, or living situation. You may feel that the child needs more, but the parents cannot help at this point. You may suggest to the parents that they could get help from someone else.

Many children do the things mentioned above at times. If the problems start suddenly after a divorce, death, or other stressful event, the child may need extra help. Getting help is important if: 1) the signs are more extreme than you normally see in other children, 2) they last day after day or week after week, or 3) you or the parents have tried to work with the child, but the problems continue. Parents are responsible for getting help. You can suggest some places that they might look for help. Set a special time to talk with parents about this.

SUPERVISION U

Upcoming Training

NOTE: **WSC** denotes the Western Service Center in Apple Valley and **NSC** denotes the Northern Service Center in West St. Paul.

CORE courses (required) Dates Time Location

1. **Super Care Starts with SuperVision** 2/12/09 6:30-8:30 WSCL13 and 9/8/09 6:30-8:30 NSC 110 (Call Sue at 952-891-7229 for registration. Also look for Supervision class options in the RCC catalog)
2. **Supervision Thru the Preschool Stages** 4/9/09 6:30-8:30 WSC L139 (Call Sue at 952-891-7229 for registration.) Both preschool and toddler courses need to be completed for Supervision U
Supervision Thru the Infant/Toddler Stages 4/23/09 6:30-8:30 WSC L139 (Call Sue at 952-891-7229 for registration). (These classes meet the child development training requirement)
3. **Prevention-It's all about Environment by Cory Woolsley** May 2009 Watch for announcement in RCC's Pamphlet for specifics and registration information

ELECTIVES (choose three)

1. **Rule Review/Handbook** 3/7/09 at the DCFCCA conference
Pick up a handbook from your licensor and take the post test for 2 hours of training credit
2. **Group Dynamics** 10/1/09 6:30-8:30 WSC L139
3. **Temperament** 2/17/09 6:30-8:30 WSC L139 (Register thru RCC)
4. **Stress & Burnout** (Check out RCC for classes on this subject)
5. **Behavior Guidance** 3/24/09 6:30-8:30 WSC L139 (Register thru RCC)
—Magic Tricks||
6. **Supervision Home Tour** 3/7/09 at the DCFCCA conference

To register for the FREE Dakota County licensing sponsored classes, contact Sue Jahnke @ susan.jahnke@co.dakota.mn.us or 952-891-7229

To register for classes offered through RCC, call 651-641-3549 or register on-line at www.mnstreams.org or mail in the class registration form from the RCC catalog. There is a class fee for RCC training.

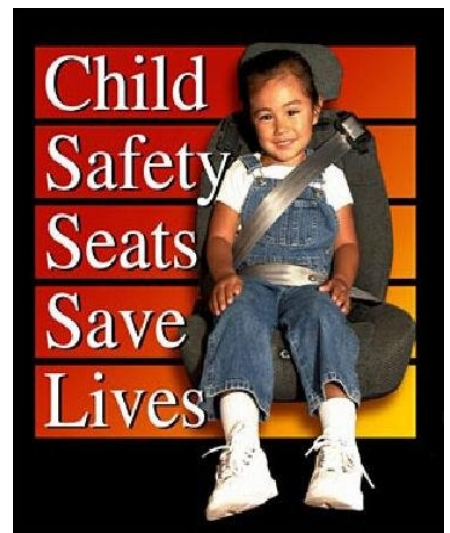
RULE REMINDER

Elsewhere on these pages you are reading about car seats, so in keeping with this theme, here are some thoughts about transportation of children: 9502.0435 Subp.9. "Children may be transported only if the child is fastened in a safety seat, seat belt, or harness appropriate to the child's weight, and the restraint is installed and used in accordance with the manufacturer's instructions". The federal motor vehicle restraint standards (Code of Federal regulations, title 49, section 571.213 or its successor) is referenced with respect to any restraint system for children under 4 years of age. Written permission from par-

ents must be obtained prior to transporting children, and keep in mind that transportation law tends to be a "living document" subject to change as technology and knowledge increase...so therefore you need to stay on top of the law as it evolves. A good example of this is the relatively new information and technology regarding booster seats

Finally, don't forget that you are now required to take three hours of safety restraint system training (245A.18 Subdivisions 1 & 2) prior to transporting any child under 9 years of age in a motorized vehicle, and that said training

must be repeated every 5 years. RCC and AAA are good sources of information regarding upcoming trainings. We could say more in terms of safety, but will show some restraint in not doing so.



The following information has been taken from Yahoo News

Health Tip: Using a Carbon Monoxide Detector

(HealthDay News) – If you have a carbon monoxide detector in your home, you also need to be prepared with an action plan in case the alarm sounds.

The National Safety Council offers these suggestions if there may be a carbon monoxide leak in your home: Quickly confirm that the alarm is coming from a carbon monoxide detector – not a smoke detector. Make sure that everyone in the house is feeling OK, without any symptoms. These may include fatigue, headache, weakness, confusion, disorientation, nausea or dizziness.

Anyone experiencing symptoms should be immediately taken out of the house to get medical attention.

If everyone is OK, open up the windows in your home and turn off any boiler, furnace, chimney or appliance that could release carbon monoxide. Have a technician inspect all potential sources of carbon monoxide – including appliances and chimneys that burn fuel – to make sure they are working properly.

Business Update Survey

Resources for Child Carings' Referral Department will be conducting the annual business update survey starting on 1/5/2009. All programs in Minnesota are being asked to update their business AND rate information in ONE survey. An internet survey option will be available again this year.



Please watch for a post card from the MN Department of Human Services announcing the website. Watch for the survey to arrive in the mail in early January. As always, you may contact the referral service directly at 651-641-0332, to complete the survey over the phone with a referral staff member. The survey will also be posted on our website to download, complete and return to us in the mail.

Your information will be used to help parents locate your program through the referral services at RCC or on the MN statewide website. It will also help us plan training and support to meet your program needs; identifying changes and trends related to child care rates; provide market rate information to help in determining future Child Care Assistance Program maximum rates and update rate statistics available through the CCR&R. The average rates will again be posted on our website at the conclusion of the survey at

www.resourcesforchildcare.org

Thank you for your quick response to our requests for your business information. It allows us to provide accurate information about your program to parents searching for child care in the seven county metro area.



Pass It On:

Gretchen Steffenson recommends that providers involve children in library and nature center activities in own communities as these are such important facets of learning.

**DAKOTA COUNTY
CHILD CARE LICENSING**



Dakota County Social Services
14955 Galaxie Avenue
Apple Valley, MN 55124

Phone: (952) 891-7400
Fax: (952) 891-7374

We're On The Web!!
www.dakotacounty.mn.us



Dual Language in Early Care and Education Settings

An increasing number of children are exposed to more than one language from birth. Dual language learning has many benefits for children and families, including stronger connections to family and culture. In your role as an early childhood educator, you will likely encounter families whose children are learning multiple languages. A few ways in which early childhood professionals can support dual language learners include:



- Provide opportunities to engage in play activities (e.g. outdoor play, water or sand play) that do not require a lot of talking.
- Repeat new words and concepts: Saying the same thing more than once gives children several opportunities to learn the meaning.
- Build on words a child already knows. For example, a child may hold up a piece of play-dough and say, "Cookie." You can expand on this statement by saying, "Cookie! A chocolate-chip cookie. Yummy! May I eat it?" (Hirschler, 2005)

The following information was taken from the Child Care Law Center's web page

DAKOTA COUNTY CHILD CARE LICENSING

Hastings, Inver Grove Heights

Becky Elrasheedy 952-891-7361
Becky.Elrasheedy@co.dakota.mn.us

Apple Valley and Burnsville L-Z

Laurie Haenke 952-891-7485
Laurie.Haenke@co.dakota.mn.us

Farmington and West St. Paul

Bill Hess 952-891-7381
Bill.Hess@co.dakota.mn.us

South St. Paul and Rosemount S-Z

Maura Johnson 952-891-7362
Maura.Johnson@co.dakota.mn.us

**Lakeville & surrounding areas, Burnsville A-K,
and Mendota Heights**

Jan Kochendorfer 952-891-7363
Jan.Kochendorfer@co.dakota.mn.us

Rosemount A-R

Amy Novak 952-891-7841
Amy.Novak@co.dakota.mn.us

Eagan

Joan Visnovec 952-891-7380
Joan.Visnovec@co.dakota.mn.us

Case Aide (General)

Susan Jahnke 952-891-7229
Susan.Jahnke@co.dakota.mn.us

Supervisor

Marian Eisner 952-891-7334
Marian.Eisner@co.dakota.mn.us

Website:

www.dakotacounty.us/HealthFamily/ChildCareProviders