

Arkansas

Early Childhood Newsletter



July-August 2010



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Kim Qualls
Dr. Chadwick Rogers
Suellen Ward
Dr. Joseph R. West

PO Box 1437, Slot S140
Little Rock, AR 72203-4608
(501) 682-9699
Fax: (501) 682-4897
www.arkansas.gov/childcare

The Arkansas Early Childhood
Newsletter is an information
service of the Division of
Child Care and Early Childhood
Education, Department of
Human Services.



► Editor's Note

Welcome to the new and improved electronic version of your bimonthly Arkansas Early Childhood Newsletter. I would like to thank you for signing up to receive notification to receive this newsletter and other important updates from the Division of Child Care. There are still many out there who haven't signed up, so I encourage you to spread the word and let others know of our progress in going paperless here at the Division.

I would like to point out that all web links included in the articles of this Newsletter will take you directly to the corresponding web site. Also, if you are aware of any trainings in your area, please notify me as soon as possible so that I can possibly add the trainings to upcoming newsletters.

Last, but not least, any comments or suggestions for changes to the Arkansas Early Childhood Newsletter are most welcome. Please don't hesitate to submit your ideas to me at justin.foster@arkansas.gov.

I hope you enjoy the electronic version of our Newsletter and please remember to sign up again if your e-mail address changes! Thank you.

GO GREEN

Summer Food Service Program (SFSP) Helps to Reduce Child Food Insecurity

New state-level data on child food insecurity was announced by Feeding America, revealing that Arkansas, Texas and Arizona have the highest rates of child food insecurity in the country at nearly 25 percent. In addition, the study includes regional data on food insecurity for children under the age of 5. In the South, more than one in five children or nearly 22 percent of young children are food insecure – the highest rate in the nation. Reducing food insecurity in Arkansas, especially in the Delta, is a challenge the Department of Human Services (DHS) is determined to address.

The United States Department of Agriculture (USDA) releases an annual report on the state of food insecurity in the United States, which focuses on the general population in each state. This new report delves deeper into the data in order to bring the child hunger statistics to the forefront.

The Summer Food Service Program is the single largest Federal resource available for local sponsors who want to combine a feeding and nutrition program with a summer activity program. Children in your community do not need to go hungry this summer. During the school year, nutritious meals are available through the National School Lunch and School Breakfast Programs, but those programs end when schools break for the summer. The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP) helps to fill the hunger gap during these summer months.

The SFSP was created to ensure that children in low-income areas could continue receiving nutritious meals when they do not have access to school lunch or breakfast. All children 18 years and younger may receive meals at an approved site. Sites must be located in low-income communities or must serve primarily low-income children. At camps, only the children who are eligible for free or reduced-price meals may receive SFSP meals.

To encourage growth of the Summer Food Service Program, the USDA has recently offered incentives in an effort to increase the number of summer feeding sites:

Extended Length of Operation Demonstration Incentive Project

- USDA's invitation to promote SFSP sponsors to extend their length of operation to 40 or more days by adding a 50-cent incentive per lunch served.
- DCC/ECE anticipates increasing the number of lunches served by approximately 79,000 (or approximately 10 percent) for programs operating 40 days or more. Of those 79,000 lunches, approximately 65,000 will be served in the Delta.
- An additional 27 new sponsors are participating in SFSP in 2010.

TANF- Feeding Families Summer Food Program

- Component 1 – Transportation Costs. Assistance with transportation costs will be provided to defray the expense of services to transport meals and/or children to feeding sites, with an emphasis on transporting meals instead of children.
- Component 2 – Adult Meals. Additional funds will be used to provide nutritious meals for adults. DCC/ECE estimates that 5,000 adults can also receive a nutritious lunch each day for 45 days at a cost of \$3.25 per participant.
- Component 3 – Food Package Distribution. A food package will be distributed through local food pantries to eligible households throughout Arkansas during the months of June–September 2010.

For more information on SFSP, contact the Special Nutrition Unit at (501) 682-8869.



UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

Cooperative Extension Service

Extension Family Life Resources

Whether you're an individual, a spouse, a parent, a caregiver or any combination of the four, the resources developed by the Marriage, Parenting, and Family Life team at the Cooperative Extension Service are here to help you along your life's journey.



The Personal Journey

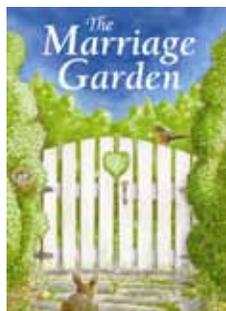
What helps us along our personal journeys? And what gets in our way? Having good answers to these questions can make very big differences in our lives!

A few decades ago the magic potion to achieve personal well-being was considered to be self-esteem. Many believed that loving ourselves was essential to our happiness and progress. Recent discoveries have challenged that idea.

Many people who love themselves are terrible nuisances for society. Meanwhile many people who hardly think of themselves make amazing contributions and live meaningful lives. In fact, some insightful observers have suggested that the modern focus on self is one of our major problems in society today.

So it turns out that self-esteem is not the magic potion for personal well-being. This discovery can leave many people feeling adrift. What does help people in their personal journeys? The good news is that solid research has demonstrated several choices we can make that will improve our well-being.

The Personal Journey, based on psychologist Martin Seligman's summary of research on well-being, describes the key processes for personal well-being.



Marriage Garden

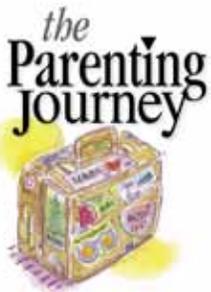
Many enter marriage hoping it will always be as passionate and exciting as a great date – not unlike the relationships modeled on reality shows like “The Bachelor”. But both research and experience suggest that marriage is more like a fruitful garden that requires the right tools, patient care, and sensible effort in order to achieve enduring success.

A good marriage is as lush, rich, and satisfying as a great garden. But neither the good marriage nor the great garden happens without wise and consistent effort. That is why it has required decades of intensive research on marriage to provide the key to building strong relationships.

Using the metaphor of relationships as gardens meant for cultivation, nourishment, and dedication, *The Marriage Garden* focuses on six, proven principles shown to make marriage blossom into a loving, long term source of sweet companionship. In a culture where individualism has run amuck, it takes great discipline to institute sensible principles in relationships.

A national publisher was so impressed with the *Marriage Garden* program that they asked Drs. Wally Goddard and James Marshall to expand it into a book. The book has recently been released by Jossey-Bass publishers and is now available in bookstores and online.

Couples or individuals may be interested in using the guides to embark on their own self-guided study or lead a group discussion. For a limited time, both the folder and the lesson guides are available free from your county agent. Normally the lesson guides can be printed from the web or purchased from Extension.



Parenting Journey and Online PSA

The parenting journey has twists and turns and an occasional detour. But with travel guides and a good map, both parents and children can enjoy the journey and the destination. There is an exciting map to help parents make the journey called *The Parenting Journey*.

The Parenting Journey summarizes the key elements of parenting in only 1,000 words.

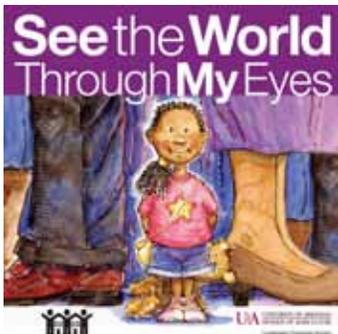
The 19 tips for parents included in the map are organized into six “communities” based on the National Extension Parent Education Model, a summary of the key principles in effective parenting. And the journey takes parents through the communities of Wellness, Loveland, Insight, Character Heights, Discovery Point and Reunion Springs.

A supplementary DVD is also available to provide additional pointers related to each community.

The Parenting Journey map is at the center of a network of extraordinary resources. On the UACES website is the *Parent Self-Assessment (PSA)* that allows parents to assess their strengths and educational needs. There are many features that make the PSA useful to parents including user-friendly measures, many options for added learning, and connections to educational resources.

A user might review the points in the map, go to the website for self-assessment, and then choose among the resources recommended by the PSA. In fact, over 60 instructional units are available on the UACES website covering a variety of family topics and organized according to the communities on the map. In addition, users can choose among other web and print resources recommended at the site. To access the PSA visit <http://psa.uaex.edu/>

Also, remember that this program, like all others is available for you to get and share with family, friends, community members, your schools—anyone who cares about their family.



See the World Through My Eyes

When we were children, many of us told ourselves that we would never forget what it was like to be a child, especially when we were feeling mistreated or misunderstood by an adult. But then we grew up and we forgot. We get so immersed in the adult world that we forget what it was like being children.

Now we wonder why our children do the things they do. We may find it difficult to relate to a crying baby, a one year-old who gets into everything, a two year-old who constantly says

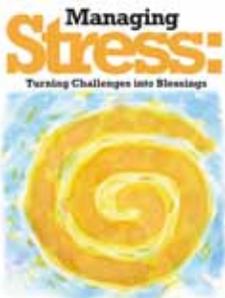
“No,” a three year-old who won’t eat her vegetables, a four year-old who thinks there’s a monster in his closet, or a five year-old who tells lies. And these are only some of the challenges parents of preschoolers face.

See the World Through My Eyes can help parents, teachers, and anyone else who is around children remember what it is like to be a preschooler.

See the World Through My Eyes introduces 21 common developmental challenges as seen from a child’s point of view. Topics include things like crying, eating, exploring, potty training, etc. Each developmental challenge addressed in the curriculum presents information on: 1. what that issue is like for the child, 2. what the child wants us to know about the issue, and 3. how we can be of help to the child. The curriculum also describes four things we can do to help children grow up to be good people.

Whether you use the program yourself or share it with others, it can help us understand and help children. We can all do a better job with children when we see through their eyes.

Managing Stress: Turning Challenges into Blessings



Managing Stress: Turning Challenges into Blessings, as you can see, is a fully illustrated, interactive workbook that you can use to help you through even some of your most stressful and challenging days. Based on the Reuben Hill’s discoveries about dealing with stress, this workbook will help you figure out what causes stress in your life and how you may overcome or better deal with those stressors.

According to Hill’s work, there are two things that can keep challenges from turning into distress: the first is properly using the resources we have and the second is to change how we think about our challenges. This program helps each of us to work through these steps so that stress doesn’t have to disable us.

Conclusion

All the many parenting and family life resources are available to you free of charge. And, if you’d like, you may share these resources with others in your life that may benefit from applying research-based, sensible information in their lives. For additional copies of these resources or more information on any of these topics, please visit your local county Extension agent or visit our website www.arfamilies.org and select *Family Life*. Need help finding your county Extension agent? Visit www.uaex.edu and select *County Offices* then select your county name.



For the convenience of the ABC providers ERS and COPA trainings have been scheduled throughout the summer at a location near you.

Please go to the [Registry](#) to sign up for one of the trainings in your area.



Save the Date

October 14 - 16, 2010

Arkansas Early Childhood Association
would like to invite you attend their
48th Annual Conference to be held in
Hot Springs, Arkansas. Details can be
found on the web at:

www.arkansasearlychildhood.org/conference

REGISTRATION BEGINS

MAY 1ST



arkansas
**EARLY
CHILDHOOD**
association



better beginnings

EVERY CHILD DESERVES OUR BEST

TRANSITIONING TO BETTER BEGINNINGS

- Complete Better Beginnings application documents and return to Better Beginnings Unit.
- Complete required Environmental assessment review(s). You will be contacted by an Environmental Assessor and given a time frame for the review(s).
- Upon completion of above and review by Better Beginnings staff, your facility will be forwarded a transitional certification good for the first year of the 3 year certification.

CONTINUING BETTER BEGINNINGS CERTIFICATION

- Most facilities will require the one year time period to complete the new Better Beginnings requirements. Along with your transitional certificate, your center will receive a notice of any and all items required to complete level 3 certification.
- PAS (for centers) or BAS (for family child care) Basics training is a requirement. To see a list of dates and to register visit the TAPP Registry at professionalregistry.astate.edu). If you have questions about PAS or BAS requirements you may request Technical Assistance at chs.astate.edu or by calling 1-888-429-1585. Having this training before your Program review will help you achieve optimum results.
- Complete the on-site Program Review. This includes a PAS or BAS assessment as well as a review of other Better Beginnings requirements (posted schedules and learning centers in each room, etc.). You will be contacted by a PAS/BAS Assessor to schedule the appointment. These reviews will be conducted early in the process; this will allow you more time to help you meet level 3 requirements.
- Continue to submit additional documentation of rule requirements upon completion.
- Better Beginnings staff will review information you've submitted and from the on-site review(s) to determine achievement of requirements.
- At the end of the transition year, your facility will be assigned the Better Beginnings level according to requirements met by your expiration date. If your facility has met all requirements for level 3 by that time, you will continue certification at level 3. If your facility chose not to or you did not meet all level 3 requirements, you will continue certification at the highest level achieved by that date.
- Your facility will receive a new certificate with an expiration date of 3 years from your original Quality Approval renewal date (that is, 3 years in total; 2 years from the end of the transition period).

ASSISTANCE & SUPPORT

- Refer to the Better Beginnings Rules and Regulations book for new requirements. Refer to the **Better Beginnings Guide** for additional information on meeting new requirements.
- The rule book, application documents, guide and toolkit are located on the Better Beginnings website at www.arbetterbeginnings.com. Additionally, Technical Assistance may be requested at any time.

BETTER BEGINNINGS INCENTIVE AND PROFESSIONAL DEVELOPMENT GRANTS

	YEAR 1		YEAR 2		YEAR 3		YEAR 4		YEAR 5		YEAR 6			
	<i>I</i> ¹	<i>PD</i> ²	<i>I</i>	<i>PD</i>										
ONE STAR³														
CAPACITY 1 -25	\$1,000	\$500	\$750	\$500	\$500	\$500	\$250	\$500	\$250	\$500	\$250	\$500		
CAPACITY 26 - 75	\$1,500	\$1,000	\$1,250	\$1,000	\$1,000	\$1,000	\$750	\$1,000	\$750	\$1,000	\$500	\$1,000		
CAPACITY 76+	\$2,000	\$1,500	\$1,750	\$1,500	\$1,500	\$1,500	\$1,250	\$1,500	\$1,000	\$1,500	\$750	\$1,500		
TWO STARS³														
CAPACITY 1 -25	\$500	\$500	\$500	\$500	\$250	\$500	\$250	\$500	\$250	\$500	\$250	\$500		
CAPACITY 26 - 75	\$1,000	\$1,000	\$750	\$1,000	\$500	\$1,000	\$375	\$1,000	\$250	\$1,000	\$250	\$1,000		
CAPACITY 76+	\$1,500	\$1,500	\$1,250	\$1,500	\$1,000	\$1,500	\$750	\$1,500	\$500	\$1,500	\$500	\$1,500		
THREE STARS	<i>(renewable annually)</i>													
CAPACITY 1 -25	\$250	\$500												
CAPACITY 26 - 75	\$500	\$1,000												
CAPACITY 76+	\$1,000	\$1,500												

1. *I* = Incentive Grant
2. *PD* = Professional Development Grant
3. Grants are available at ONE STAR and TWO STARS for a maximum of nine (9) years combined, with a maximum of six (6) years at either level.

The incentive grant can be used many different aspects and will have a menu of choices to choose from including:

- a) **Administration** – substitutes, software, career service retention awards, etc/
- b) **Learning Environment/Environmental Assessment** – curriculum, enhancing learning areas, indoor/outdoor equipment, etc.
- c) **Child Health and Development/Family Involvement Activities** – communication supplies, developmental screening materials, etc.
- d) **Other** – would have to describe the intended use of funds outside of the three main areas.



Arkansas Association
for Infant Mental Health

*BRIGHT FUTURES
BEGIN EARLY*

**THE MISSION OF AAIMH IS
TO PROMOTE THE HEALTHY SOCIAL
AND EMOTIONAL DEVELOPMENT
OF INFANTS, TODDLERS, AND
THEIR FAMILIES.**



What is Infant Mental Health?

Infant mental health is the social and emotional well-being that results when infants and toddlers are supported by nurturing relationships.

It is enhanced by:

- Supporting family/caregiver strengths and cultural values/beliefs
- Identifying early signs of emotional and behavioral concerns
- Providing families/caregivers with the necessary skills and tools to support health, social, and emotional development
- Focusing on outcomes
- Promoting successful partnerships among families/caregivers and community support systems.

Infant Mental Health is a multidisciplinary field focusing on early relationships, which are primary in a child's learning and form the basis for all later relationships.

Purpose

The purpose of AAIMH is to:

- Build public awareness of the importance of prenatal care and the first three years of life for healthy social-emotional development.
- Promote best practice and education to support healthy development of infants and toddlers
- Promote professional development and best practice to enhance the relationship between infants/toddlers and their care givers.
- Promote collaboration and communication among individuals in Arkansas who are advocates



Why Become an AAIMH Member?

- Network with a diverse group of colleagues
- Access Infant Mental Health resources
- Participate in AAIMH Decisions
- Educate and Advocate for IMH
- Support public awareness of Infant Mental Health

Who Should Become an AAIMH Member?

- Mental Health and Healthcare Professionals
- Early Childhood Educators
- Childcare Workers
- Child Protective Workers
- Judges
- Attorneys
- Foster Care Parents/Providers
- Policy Makers
- Parents
- Students

And others concerned about the future of Arkansas' Children

Friendly Compliance Reminders

Dear Provider,

Are your parents involved with the programs in your facility? Do you encourage parents to be involved? Parental involvement leads to greater success in school. In addition to helping their children learn, having parents involved with your programs increases your ability to obtain signatures for attendance records, as required by your voucher agreement.

As a reminder, each Provider signed an agreement to participate in the Child Care System, and the provider responsibilities and assurances are set forth in this Agreement. All state and federal regulations must be met, including but not limited to:

- The Provider agrees to retain all books, records, and other documents relating to expenditures, services rendered, or individuals served under this Agreement for five (5) years from the date this Agreement expires. If an audit or investigation is pending at the end of the five year period, information shall be retained until resolution of the audit, investigation, or any issues, disputes or appeals raised by or resulting from the audit or investigation. Any person authorized by DHS will have full access to these materials during this period.
- The Provider agrees to document and maintain attendance records for a period of five years. Attendance records must include the child's name, dates child was present or absent, time of arrival and departure; signature of parent, guardian or authorized representative verifying accuracy of attendance records (on a daily or weekly basis) and signature of staff person. Attendance records must reconcile with billing records. Provider must use a DHS approved attendance form. The Providers will be responsible for making additional copies of the attendance form. No exception will be allowed, except electronic attendance records as approved by DHS. If attendance records with parent, guardian or authorized representative verification are not available, DHS will consider the payment in question to be an overpayment. The approved DHS attendance forms are available on www.arkansas.gov/childcare/familysupport.
- The Provider will maintain all client records in a confidential manner. Upon request, access to Provider records will be made available to DHS employees; DHS designated agents, or any agency of state or federal government for purposes of auditing or any other reason connected with DHS service programs. When needed to verify the Provider's cost allocation of non-duplication of payment, the Provider will make statistical records on expenditures charged to other funding sources available. The Provider may require official identification prior to allowing records access. This restriction does not apply to disclosures made with the informed, written consent of the client. If the client is not an adult, the client's parent, custodian, or guardian may consent on the client's behalf. If the client is an adult, but has been declared incompetent by a probate court, the client's guardian may consent on the client's behalf.

There is only one holiday during the months of July and August that providers can bill for if they are closed. That holiday is July 4th. Since July 4th falls on a Sunday this year, providers normally closed on Sundays may also be closed on Monday, July 5th, in observance of the holiday. Providers can bill for July 5th, since the state is observing this day as a holiday.

If you have questions, you may contact the Compliance Unit at (501) 683-3760.

13th Annual NorthCentral Arkansas Child Care Conference

Hip! Hip! Hooray!

For Healthy Habits!



With Keynote Speaker "Mr. Al"

Presented by:

CHILDREN of Northcentral Arkansas

Saturday, September 25, 2010

At UACCB in Batesville

(Registration forms will be mailed in August)

Call 1-800-737-2237 for more information.

www.CHILDRENofNCAR.org