

# *Helps and Hints*

## *Family Child Care Newsletter*

### **Childhood Services**

**Arkansas State**

**University**

August 2009

Helps and Hints Family Child Care Newsletter is funded by the Department of Health & Human Services, Division of Child Care and Early Childhood Education, Little Rock, Arkansas

---

**Inside this issue:**

**Art & Creativity**

**Sing, Song, Sway**

**Math & Manipulative**

**Sensory**

**Special Section**

**And much more!**

---

## **Caregivers, Children and Grief**

Last year I lost four family members who were very much a part of the preschool and school-age children lives in my family as well. Since so much of my time is spent focusing on children, I noticed that the children were processing the losses and grief in a very personal manner. The adults who approached me would respond, "I am sorry for your loss". The children who had always talked and played with me approached me and said " I am feeling sad about—and were quickly rushed away and the conversation was interrupted by an adult. The children's feelings and perceptions were overlooked in an attempt to protect my feelings, parent feelings or themselves. I realized that these children had strong bonds with the deceased family members also and were feeling grief similar to that of mine, however, the children were not allowed to express themselves and show their grief in different ways according to age. Children should be included in the grief process so they can learn healthy coping skills and learn that death/loss is very much a part of life. It was joyful for me to look at the innocent faces of the children and reach out and hug them. These children were a part of the family and one of the deceased family members was their grandmother.

J.Battle



***Start planning now!***

**39th Annual**

**Early Childhood Education Conference**

**August 10th-12th 2009**

**Arkansas State University**

**Jonesboro, Arkansas**

**Registration Information Coming Soon!**  
**Call 1-888-429-1585 for more information.**



## Parent Involvement

When there are losses in families it is beneficial for parents and caregivers to know what is going on with the child. Whether it is divorce, death, deployment or loss of a family pet, the sadness and loss may play out through inappropriate behavior. Caregivers can play an important role in supporting parents and in allowing children opportunities to discuss loss. Parents can include children in memorial services, or in deployment activities. Be prepared to answer many questions. If parents or teachers have difficulty explaining losses, choose appropriate books that are supportive in helping children learn to cope and feel empathy. Read the books and allow children to have lively discussions. Let children know it is o.k. to feel sad and to cry. Don't be afraid to say "I don't know".



## Extra Helpers

*The Grief Recovery Handbook*  
By John W. James and Russell Friedman

*Special Care Series*  
By Doug Manning

*Lean on me Gently: Helping the Grieving Child*

*"When Children Grieve"*  
John W. James and Russell Friedman

An additional resource that you might  
find helpful for this and any other  
units:

Insight Books, Inc.  
[www.insightbooks.com](http://www.insightbooks.com)



# Understanding Loss/Grief

When we think about grief or loss we automatically think death and divorce. There are many other loss experiences that can produce grief. Among them are these common life experiences:

- ◆ Death of a pet
- ◆ Moving
- ◆ Starting school
- ◆ Death of a former spouse
- ◆ Marriage
- ◆ Graduation
- ◆ End of addictions
- ◆ Major health changes
- ◆ Retirement
- ◆ Financial changes
- ◆ Holidays
- ◆ Legal problems
- ◆ Empty nest
- ◆ Loss of job

**Grief may be evident in all relationships that are significant in our lives.**

## Points to Remember

- ◆ Grief is unique to each individual
- ◆ No one grieves on schedule
- ◆ The length of time each person grieves varies
- ◆ There is no "normal" way to grieve
- ◆ Everyone must walk through the pain of loss in their own way
- ◆ Notice and acknowledge the pain of loss
- ◆ Grief is stressful

# Understanding Loss/Grief

## The Gift of Someone Who Listens

Those of us who have traveled while  
along this path called grief.

Need to stop and remember that mile.  
The first mile of no relief.

It wasn't the person with the answers,  
who told us the ways to deal.  
It wasn't the one who talked and talked  
that helped us start to heal.

Think about the friends who quietly sat and  
held our hands in theirs.  
The ones who let us talk and talk  
and hugged away our tears.

That more than the words we speak  
It's the gift of someone who listens.  
The most of us desperately seek.

By: Nancy Myerholts



## Children and Grief

As a caregiver you are in a unique position to support military children or children who are suffering from other losses in ways that their parents may not. Sometimes parents are grieving also or they may be making funeral arrangements and assisting other family members. The children in your care may find it easier to talk to you about their feelings than their family at a time of loss. Tell children that it is alright to cry, ask questions and feel sad.

Consider the age of the children in your care when determining the information they can comprehend. Children do feel loss and separation just as adults do. However, children may not understand death as well as adults, they know something has happened and the person is gone.

Explain death in words that children understand. Read books about death, divorce, separation, and allow children to talk about any areas of concern. Try to answer all of children's question and don't be afraid to say I don't know why. Children who are not allowed to discuss death may imagine unrealistic things.

Preschool children may express the following:

- ◆ When will the person be returning
- ◆ May be moody, tearful or curious about death
- ◆ May act as if nothing happened
- ◆ Is the person going to wake up again

The most common strategy teachers can use in the classroom to help young children deal with loss is a version of bibliotherapy, by which children's literature is used to help teach lessons about life. (Taken from Focus on Pre-k to K)





## (Caregiver or Parents) Coping With Loss

When caregivers or parents return to work after a loss be sensitive to their needs. Additional time may be needed to take care of their family. Caregivers and parents should get enough food, rest, and recreation when they return to work.

After a loss occurs and childcare programs reopen, directors must pay attention to the mental health needs of your staff and yourself.

In the aftermath of a loss it is typical for you and your staff to:

- ◆ Display increased irritability and impatience
- ◆ Have difficulty planning activities and lessons
- ◆ Be unable to concentrate
- ◆ Fear their response to children could make their lives worse
- ◆ Worry, cry
- ◆ Experience intense emotions such as anger and fear
- ◆ Deny the impact of loss on children
- ◆ Tired due to lack of sleep

### **Be alert for problems**

If you don't seem to feel better over time, it may not just be grief. Poor sleep, weight loss and low energy may be signs of depression which is a treatable condition.

**Contact your health-care provider promptly for advice if you have signs of health problems.**





## (Caregiver or Parents) Coping With Loss continued

Taken from *The Grief Recovery Handbook* by John W. Jones and Russell Friedman

**Here is the list of myths John and Russell had learned in dealing with the losses in their lives:**

1. Don't feel bad.
2. Replace the loss.
3. Grieve alone.
4. Just give it time.
5. Be strong for others.
6. Keep busy.

Review the following list of clinche's. See how many of the comments you have heard and learned to believe. Again, don't be surprised if most or all of them sound familiar. These beliefs about grief are very common in our society. Add any other comments you may have heard in connection with loss events.

- ◆ "Get a hold of yourself."
- ◆ "You can't fall apart."
- ◆ "Keep a stiff upper lip."
- ◆ "Pull yourself up by your bootstraps."
- ◆ "We understand how you feel."
- ◆ "Be thankful you have other children."
- ◆ "The living must go on."
- ◆ "He's in a better place."
- ◆ "All things must pass."
- ◆ "She led a full life."
- ◆ "God will never give you more than you can handle."
- ◆ "You shouldn't be angry with God."

This list represents many of the concepts, beliefs, and ideas that you have been trying to use in dealing with the losses in your life.



## (Caregiver or Parents) Coping With Loss Continued

Taken from *The Grief Recovery Handbook* by John W. Jones and Russell Friedman

**Short-term energy-relieving behaviors that may be relied on to help escape the pain caused by losses are:**

- ◆ Food
- ◆ Alcohol/drugs
- ◆ Anger
- ◆ Exercise
- ◆ Fantasy (movies, TV., books)
- ◆ Isolation
- ◆ Sex
- ◆ Shopping (humorously called Retail Therapy)
- ◆ Workaholism

Remember: There are support groups available free of charge in your communities. When any of the above list of things are used or done excessively-**YOU MIGHT NEED HELP!**



## FCC Providers and Grief

The majority of Family Child Care Providers spend the day along with small children without any adult support or interaction. These caregivers sometimes grieve along and may need to be referred to grief support groups if there is no one available for them to talk too.

As a Food Sponsor, I witnessed the providers who were grieving from deaths in their family and sometimes death of a day care child (SID's), and divorce. It was very difficult for these caregivers to carry on. Caregivers need support in time of loss and should not be afraid or ashamed to ask for it. Local churches provide grief counseling and have divorce groups that meet. Hospice has a grief support group also.

The children in family child care have contracts with all family members and become attached to family members and other day care children and should be given the opportunity to talk about death/losses when they occur and be provided support to heal.

Caregivers who had lost a spouse that was very close to the day care children can share heart warming stories about the children's behaviors in their care during time of grief. Many times, comments come from children that strengthen caregivers. Children will often speak exactly what they see. I recently attended a funeral where adults spoke of their loved one gone to heaven and a child responded "I saw him being put in the dirt."

It is important to have a substitute caregiver relieve you as needed. Give yourself time to grieve and remember your loss. Talk about your sadness, fear, and concerns with family or friends.





## Helpful Hints for Healing

After deployment or death of an important person in children's lives, show affection and assure child that others who loved them will take care of them. In case of deployment let child know that parent will return and they can write letters, call, or send pictures. Assure children that parents will not forget them.

When children show regressive behavior (thumb sucking, bed wetting, need bottles or diapers etc.), show affection and support. This behavior is temporary, be patient.

Let children know that you are there for them. You might hug the child, hold the child or the child's hand. You might say, "I know this is really hard for you," or "I know this makes you sad". Show support and understanding.

Listening is part of the healing process. Ask simple open-ended questions to get children to express their thoughts and feelings asking a child what happened will start great conversation. Children want and need to be heard.

According to Rovers and Crawford (2008), it is critical that teachers learn how to choose literature that is supportive in helping children learn to cope and feel empathy from knowing that characters have experienced similar emotions.

Teachers can facilitate the process of healing by using books in the classroom to help children identify which characters, especially in an environment that is safe and comforting, giving a sense of not being alone. (Von Drasek, 2004)



# Misconceptions about Grief and Children

**Some common misconceptions about grief and children are:**

1. Children are immune
2. Children will not understand
3. Children will not know loved ones are gone
4. Children will ask grieving family members inappropriate questions
5. Children should not be included in memorial services and funerals
6. Don't tell children about loss or death

How beautiful a day can be when kindness touches it.

George Elliston

Never discourage anyone....who continually makes progress, no matter how slow.

Plate





## Circle (Group) Time

Get in a circle and ask the children if they know anyone who has died. Have children to draw a picture showing how they felt during that time.

Go on a nature walk and allow children to look for objects that reminds them of the person that they have lost. Let everyone have a turn sharing their objects.

Create a happy list. Get a sheet of butcher paper or poster board and ask children to write down what makes them happy or make them smile. Hang the list in a prominent location. Encourage children add to the list anytime they think of something that makes them smile.

Purchase helium balloons. Give each child a balloon. Allow children to express how much they miss the person who is absent or passed away. For a parent that is divorce, releasing balloon may be releasing sad feelings and for a person who has died children may say goodbye by releasing the balloons, together, in the sky.

Sing songs. Singing releases physical tension, exercises muscles, and liberates suppressed emotions. (The quickest fix, Pink Magazine, Kathleen Hall Nov 2008)

Play a hug game in which all children hug everyone else in the group. Hugs feel great and also reduce blood pressure. (The quickest fix, Pink Magazine, Kathleen Hall Nov 2008)

Group dance vigorously. Allow children to express themselves.





## Social and Emotional Concerns

### When Caregiver and Parents Should Be Concerned About The Child Who Is Grieving

There are times when the grief experience can be so overwhelming that the child may need more extensive counseling or support. Some of the signs to watch for in **older children** include:

- ◆ Lack of basic self care
- ◆ Unusual and alarming behavior patterns
- ◆ Suicidal threats and attempts
- ◆ Multiple losses in the child's life
- ◆ Severe withdrawal or depression
- ◆ Substance abuse

The above signs may mean the child needs professional help in working through the grief process.

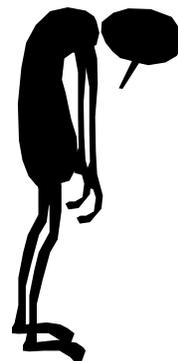
Other behaviors you may see in children suffering from loss are:

- ◆ They may worry about who will take care of them
- ◆ They may feel guilty-as if it is their fault
- ◆ It may be difficult for the child to focus in school
- ◆ They may pick more fights with their friends
- ◆ The child may feel frightened, sad and become more withdrawn
- ◆ Aggressive behavior

Another reaction to grief/loss in **preschool children** may be regressive behavior.

Some children may temporarily revert back to these earlier stages of development called comforting behaviors:

- ◆ Thumb sucking
- ◆ Bed wetting
- ◆ Diapers
- ◆ Bottle
- ◆ Crying
- ◆ Clinginess
- ◆ Fearfulness
- ◆ Clutching a stuffed animal





## Art & Creativity

Play soothing, quiet activities in stressful times. Keep play dough, modeling dough readily available for children.

### Quick Play Dough

1 cup flour, 1/2 cup salt, 1/3 cup water, 1 teaspoon of oil of cloves keeps it fresh longer. Color with cake coloring if desired. Store in covered jar when not in use. The child can create "wonderful things" when allowed to do it his/her way.

### Cooked Play Dough

1 cup flour, 1 T. oil, 1 cup water, 1/2 cup salt, 2 teaspoons cream of tartar, food coloring, tempera paint. Combine all ingredients in a sauce pan. Cook over medium heat. Stir constantly until mixture forms a ball. Knead until smooth. Store in a covered container.

### Silly Putty

Mix together 1 cup Elmer's glue and 1/2 cup Sta-Flo liquid starch. This mixture will need to dry slightly before it is pliable. Store it in an airtight container. Silly Putty is wonderfully bouncy and will also "lift" comics off a page when it is pressed over them.

### Finger-paint

3 cups water, 1 cup commercial wallpaper paste powder, food coloring, 1 cup salt (optional). Stir powder into water. Divide into portions and add food coloring as desired. You may add 1 cup salt to the mixture for a different tactile sensation.

### Homemade Paint

1 cup liquid starch, 6 cups water, 1 1/2 cups soap chips. Dissolve the soap chips in water until not lumpy. Mix well with starch. Mix wheat paste (ordinary wallpaper paste) into slightly warm water. Stir. Pour into individual containers; add pigment to each one.

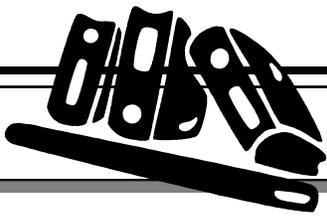
### Make Jiggle Jell-O

2 cups Elmer's glue, 16 ounces, 1 1/3 cup water, 2/3 cup water, 2 tsp. Borax, food coloring. In one bowl mix the glue and water together. Stir until you see no water. Then in another bowl add borax to 2/3 cup water and stir to dissolve. Add food coloring to make the jell-o even more exciting! SLOWLY pour borax water mix into glue and stir. Knead until rubbery. Use scissors, cookie cutters, cups, molds, spoons, and impression utensils to cut and mold the jell-o.

### Art Center and Sand/Water Center

Keep art center open and add interesting materials and a variety of paint.





## Language Arts

Engaging children in art may be useful in helping children cope with death or loss. Allow children to express feelings in their own way while you support the child.

Allow Children to Express Feelings by:

1. Write a poem or letter to the person who is gone expressing exactly how you feel.
2. Write a letter to the family of the person who lost a loved one.
3. Paint a picture of a person who has died
4. Make cards for family members. May draw card.
5. Write a story about the loved one's life, work etc.
6. Make a picture collage. Have children select pictures from magazines of things the person may have enjoyed. Pictures may be of food, clothing, favorite chair, pets for example. Provide a poster for children to glue items on. Teacher may also write comments. Hang collage in daycare.
7. Make puppets from felt or construction paper in assorted colors. Give each child a puppet and ask them to express how they feel.
8. Make a list of things children know about death. For example, some children may have buried a gold fish, puppy or hamsters. Also make a list of things children don't know about death. This activity may help teachers know how much children understand death or if they have experienced death.





# Coping with the Holidays



Information taken from: *Coping with Holidays and Family Celebrations*,  
By Helen Fitzgerald.

When you have lost a loved one, the holiday season inevitably brings back fresh memories and the pain of your loss. The void appears stronger than ever. You may feel numb much of the holiday season. It may help to keep the following in mind.

1. Do not be surprised at the intensity of your grief. This is normal. It is not a set back, it is just how grief works.
2. Help yourself gain an understanding of the grieving process. Read a book, attend a lecture, or attend a support group.
3. Remember what helped you earlier in your grief. These techniques will help you again.
4. Tell your loved ones how difficult this holiday season is for you. Let them know what they can do to help. Do not expect people to remember or to know what to say to you.
5. Do not be surprised if your loved ones hesitate to talk about your lost loved one. They are likely afraid they will make you feel sad. They also do not know if you want to talk about your loss.
6. Communicate your sadness, fears, and concerns with your family. Give yourself permission to share your grief with others.
7. Allow yourself time to be sad and remember your loss. Have a good cry when you need one.
8. Make a plan for yourself. Discuss your plans with your family. Do not obligate yourself to events that you are not up to. Try to change traditions and make things easier for yourself.

Something to keep in mind, as the holiday season approaches, is that the anticipation is worst than the actual day.





## Tips for Coping With Holiday Parties

During the holiday season, you may be faced with numerous invitations to family gatherings and parties. After you have lost a loved one, it may be difficult to face the crowds of smiling faces. If you choose to attend any holiday gatherings, the following tips may be helpful.

1. Prepare yourself for hushed conversations. You may walk into a room and find that everyone gets silent. You suspect that everyone is talking about you. This may not be true. When one is grieving you are very sensitive and it is easy to come to the wrong conclusion.
2. Do not be afraid to talk about your loved one. Often times, people do not bring up your loved one because they fear it will upset you. Give others the opportunity to share their happy memories.
3. Bring a friend with you. Bringing someone you trust will provide you a sense of security.
4. Only stay as long as you are comfortable. Do not allow yourself to be quilted in to staying for the entire party. Allow yourself permission to go home when you are ready.

# Managing Stress While Grieving

"GENTLE PASSAGES"

"Hospice"

## Managing Stress While Grieving

When we lose a loved one, our hearts are broken. In the midst of our grief, we find our selves surrounded by stress. Unfortunately there is no way to remove all stress from our lives, but we can learn to manage our stress. The following are a few helpful tips to help you manage your stress level more effectively.

### Early on:

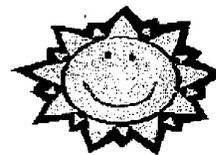
- Make no final decisions now about anything.
- Ask for help in guidance through daily patterns such as child care, meal preparation, phone calls, ect...
- Feel whatever comes, and do not be afraid of your feelings. Talk about your loved one and the loss whenever you can.
- Force yourself to eat properly if you have lost your appetite. Take a vitamin supplement.
- Move your body and try to get some exercise.

### Later on:

- Simplify your life for the time being. Do only what must be done. Be structured and predictable.
- Eat balanced meals.
- Exercise often.
- Plan times to talk about your loved one and your experience. It is helpful to share your feeling and memories with those you trust.
- Forgive yourself over and over again—for the past, for your feelings, for anything—real or imaginary.
- Allow yourself to grieve in your own way.
- Allow your family to grieve in their own way. Be sympathetic but do not try to resolve everyone's grief for them.
- Continue to love your family and significant friends, and find ways to show your love to others.
- Be honest about how you are feeling. Do not allow others to tell you how you "should" feel.
- Survive.

### Still later:

- Establish new rituals in your family during special occasions.
- Force yourself to allow the moments when you feel yourself getting close to acceptance to let yourself laugh or rest or forget for a moment. You do not need your pain to last forever in order to remember your loved one.
- Find a project to focus some of your attention. You can live your life and remember your loved one at the same time.
- Love your family and yourself.
- Seek comfort in whatever faith system you embrace.
- Use your social network for support.
- Get plenty of rest.



Grief  
What To Say, What To Do

It is often hard to know what to say for fear of making things worse. But here are some suggestions:

- ◆ Please do stay connected. Do not assume we need "space" to grieve. There is already a huge hole in our universe.
- ◆ Please do say you are sorry for our loss. Do not tell us you understand, unless you do from personally experiencing the loss of a spouse. We would rather you tell us you do not know what to say then tell us the story of losing your friend or even close relatives. We may be able to listen to your story later, but not now.
- ◆ Please call and ask specific questions, such as "Can we go for a walk together? May I run errands for you? Meet you for coffee?" Do not say, "Call me if you need anything."
- ◆ Please refer to our husband's act and words, both serious and humorous. We are so comforted by knowing our husbands had not been forgotten.
- ◆ Please invite us to anything. We may decline but will appreciate being asked. Do not assume we no longer want to participate in couple events.
- ◆ Please accept that we are where we are. Marriages are brief, long, healthy, dysfunctional, intense, remote. Death comes suddenly or in tiny increments over years. Again, our experiences are so different, as we are. So are our journeys through grief. Do not assume we go through the grief process "by the book."
- ◆ Do say, "I've been thinking of you" rather than make a conversation-only offer, such as "We'll call you, and we'll go out to dinner"-unless you can follow up. We'd love that, too.
- ◆ Stay connected: don't give space, give encouragement.
- ◆ Express your sorrow for their loss: don't be afraid to bring it up or to ask questions about the lost loved one.
- ◆ Call them and ask specific questions: arrange times to go for a walk or run errands or take them out to eat.
- ◆ Remember their loved one's acts and words: in funerals taking about the deceased brings comfort. The same is true afterwards in normal life settings.
- ◆ Keep inviting them to things, whether church events or community events or personal events. They are still in need of interaction. And even if they turn down a few, keep asking.
- ◆ Send cards, call, and just let them know they are thought about and loved.
- ◆ Accept that they are in a unique grief process. Don't be alarmed by tears during worship or a sudden sadness in the midst of a conversation. There is nothing wrong and this is not unusual. Just accept where they are.

Author Unknown



# Books Worth Reading

Benchmarks: 1.19 Works cooperatively with others on completing a task  
WSS: Domain: Personal and Social Development Component: Social Emotional

Books	Author
The Quick Series Guide To Military Kids This guide provides tips and resources for Parents to help and support their kids during These tough times redeployment, during Deployment, reunion and relocation	The Quick Series <a href="http://www.quickseries.com">www.quickseries.com</a>
Why Did Grandpa Die A Book About Death	Barbara Shook Haynes
When A Pet Dies	Fred Rogers
Dinosaurs Divorce A Guide For Changing Families	Lawrence K. Brown & Marc Brown
Touchpoints Three to Six Your Child's Emotional and Behavioral Development	T. Berry Brozeton, M.D. & Joshua D. Sparrow, M.D.
Jenny	Stephanie Jeffs
Come Sit by Me	Margaret Merrifield
Grief and Loss Takes us on a Journey A book for children who are learning about Life through the experience of death	Mini McDavid
Dad Isn't Bad A Good-Grief Guidebook for Kids Dealing with Loss	Michaelence Mundy
A Butterfly At The Funeral This book is dedicated to elementary dounselors who listen to our children during difficult times	Patricia Taylor Kienzle
Gone From My Sight They Dying Experience	Barbar Karnes
What Is A Feeling	





# Books Worth Reading

Benchmarks: 1.19 Works cooperatively with others on completing a task  
WSS: Domain: Personal and Social Development Component: Social Emotional

Books	Author
<p>When Someone Dies offers help in dealing with the confusion and hurt felt by children and adults alike. A sensitive, gentle way to heal pain of loss.</p>	<p>Sharon Greenlee</p>
<p>When Dinosaurs Die "A Guide to Understanding Death" The wise dinosaurs help dispel the mystery associated with death and provides answers to some of the most often asked questions. This book is a comfort to children and families at a difficult time in their lives.</p>	<p>Laurie Krasny Brown and Marc Brown</p>
<p>What's Heaven</p>	<p>Maria Shriver</p>
<p>The Funeral: A Chance to Touch, a Chance to Serve, A Chance to Heal.</p>	<p>Doug Manning</p>
<p>A Very Long Time Picture Book For Kids 4-8 Whose Parents are Deployed.</p>	<p>Geri Timperley, Nikki Arro</p>
<p><u>Video</u></p>	
<p>Talk, Listen, Connect: Helping Families During Military Deployment. Sesame Street DVD (Available for free through Military One Source 1-800-342-9647 or <a href="http://www.seasmeworkshop.org/tlc">www.seasmeworkshop.org/tlc</a>)</p>	





## Special Section

Childcare vouchers funds are available

If you have parents who need help in paying for childcare, ask them to call the Family Support Unit at 501-682-8947 or 1-800-322-8176.

Applications can be obtained from the website at:  
[www.arkansas.gov/childcare](http://www.arkansas.gov/childcare)

**APPLY NOW!!!!!!!!!!**

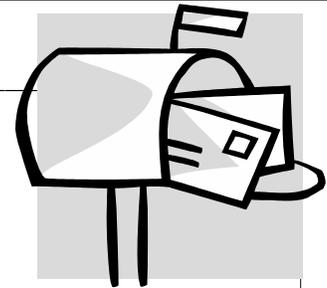


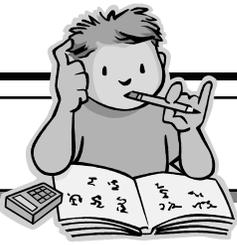
**How do you feel about discussing death or other losses? Adults sometimes have difficulty dealing with death. Depending upon families, culture and attitudes, death/losses may never be discussed.**



*Suggestions? Ideas? Questions?*  
Feel free to send us your feedback!  
Email: [kmurphy@astate.edu](mailto:kmurphy@astate.edu)

Mail: Childhood Services PO Box 808 State University, AR 72467





## Training Announcement

*ASU Childhood Services  
Announces  
CDA Classes for 2009-2010*

*ASU Childhood Services will offer the following CDA Endorsement  
in all class sites:*

*Infant/Toddler, Preschool, and Family Child Care*

*For information contact:*

*ASU Childhood Services  
CDA Program Coordinator  
P.O. Box 808  
State, University, AR 72467  
(870) 972-3055 or 1-888-429-1858  
[cda@astate.edu](mailto:cda@astate.edu)*

