

GOOD BEGINNINGS NEVER END

N.C. Child Care Health & Safety Resource Center • 1-800-246-6731

May 1999

Key Points

- Children learn many important social skills through relations with their peers.
- Friendships support a child's cognitive as well as emotional development.
- Violence is learned and can be changed.
- The earlier children learn to use nonviolent behaviors, the lower their risk of becoming involved with violence.
- Children's aggressive behavior can be reduced by developing their problem-solving skills.



*Kindness is a language
which the deaf can hear
and the blind can read.*

—Mark Twain

Making the World a Better Place

The world of childhood has changed. It is full of uncertainty, insecurity, and violence. You may be the security needed to make sense out of a scary world. You can provide the opportunity for children to find trust, hope, and happiness in friendships with you and the children in your care.

The foundation for understanding how people should treat each other and deal with their conflicts is laid in the early years. You are the model for children to develop warm and nurturing relationships.

Young children learn by doing. Learning about peace, nonviolence, and resolving conflicts will grow out of experiencing how to act as responsible and contributing members of a peaceful child care setting.

You can do this by:

- Helping children make a smooth and secure transition from home to child care.
- Providing consistent daily routines that provide security and order.

- Helping children learn to rely on you to ensure their safety.
- Involving parents to help connect home and child care.
- Following "I Care" Rules (We listen to each other; Hands are for helping, not hurting).
- Providing children with many opportunities to take responsibility.
- Planning developmentally appropriate activities that foster cooperation and interdependence.
- Involving children in problem solving.
- Teaching courtesy; learning to say "please," "thank-you" and "excuse me."
- Celebrating the similarities and differences all people possess.
- Helping children develop friendships.
- Helping children to ask each other, not just you, when they need help or have a problem.

By creating a safe and kind community in your child care setting, you can make a difference in children's lives to make the world a better place for all of us.

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1-800-CHOOSE-1

At Your Service

North Carolina Child Care Health & Safety Resource Center

Providing Training, Consultation & Resources for North Carolina's Child Care Community

April Call Statistics

Total Number of Calls736

Number of calls from Family Child Care Providers.....148

Primary Reason for Calling	No. of Calls
Dental Health.....	4
NC Regulations	5
Infant Care	6
ABC Book.....	5
Nutrition	111
Other	17

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The Resource Center is here to help you get information to make your child care program a healthy and safe environment. We are open 9-5, Monday through Friday, except state holidays. If you cannot call us during those hours, leave a message on our voice mail and we will return your call!



Health and Safety Alert

Rabies

Rabies is an animal disease that can kill people as well as animals. It is caused by a virus in the saliva of an infected animal. People may get the disease if they are bitten, licked, or scratched by an animal with rabies. After the virus gets into the body it attacks the brain and is fatal.

In 1996, North Carolina had the second highest number of rabies cases in the U.S.. Rabies has been found in raccoons, skunks, beavers, bats, and foxes as well as cats and dogs that have not been vaccinated.

Rabies can be prevented by:

- Vaccination of dogs and cats
- Reporting all dog, cat, and wild animal bites (This is a NC State law)
- Reporting all stray dogs and cats

Warn children against touching, petting, picking up or even going near any stray dog, cat, or wild animal.. Wild animals should not be kept as pets. Orphaned wildlife can transmit rabies by sucking on your finger.

If you or one of your children is bitten:

- Scrub the wound with soap and water for 15 minutes.
- See a doctor immediately after washing the bite.

To keep your home from attracting animals:

- Feed your pets indoors—not outdoors
- Secure your trash—keep garbage lids on tight
- Cap chimneys and close off places where animals can hide

For further information contact your local county health department or call 1-800-CHOOSE-1.



Training Opportunities

June 1

Junk Makes Great Learning Material, Wilkes Co.
336-838-0977

June 1

Child Abuse Prevention, Gaston Co.
Audrey Hunt, 704-867-5275

June 3

Child Abuse Prevention: Understanding Child Abuse and Neglect, Gaston/Lincoln Co.
704-867-0333 or 704-736-9991

June 3

What Do You Do with the Mad That You Feel, Harnett Co.
910-893-7597

June 5

Infant Toddler Care, Southern Pines, 910-692-3005

June 8

Potty Training 101, Gaston Co.
Audrey Hunt, 704-867-5275

June 9

The Impact of Substance Abuse on Children and Family, Asheville, 828-255-5725

June 10

Meal Patterns for CACFP, Raleigh, 919-832-7175

June 11-13

NC Day Care Association Annual Conference, High Point
Bonnie Craig, 336-887-3714

June 12

Health Insurance for Family Providers, Winston-Salem
Spring Walsh, 336-761-5100

June 22

Nurturing the Brain, Kinston
Kelly, 252-526-5000

June 22

Discipline Strategies for Young Children (Ages 0-5), Greene Co.
Shenile Rothwell, 252-747-5831

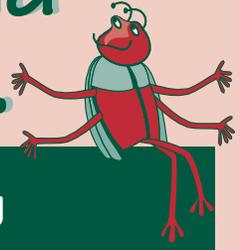
June 22

Stress Reduction One on One, Gaston/Lincoln Co.
704-867-0333 or 704-736-9991

June 26

Family Day Care Rating Scale, Greensboro, 336-373-2471

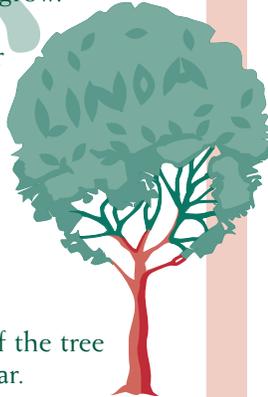
The ABC's of Safe and Healthy Child Care...



Adopt a Tree

This activity helps children learn simple steps for nurturing the growth of plants and promotes compassion and cooperation.

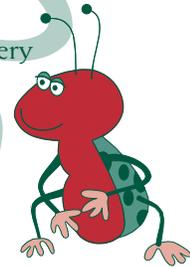
1. Tell the children that they are going outside to find a little tree for the class to "adopt."
2. Take the children outside and look for the youngest tree within easy walking distance of your house.
3. Sit around the tree and discuss what it needs to be healthy and grow.
4. Identify specific actions for the children: watering, pulling weeds, mulching, "decorating" with food for birds in the winter, etc.
5. Assign responsibilities for taking care of the tree.
6. Take (and draw) pictures of the tree at different times of the year.



Hug a Bug

Friendships give children opportunities to give and receive kindness and have fun. Young children are very interested in making friends. Try this activity to encourage friendships.

1. Play fun dance music and start all the children dancing around the room.
2. Tell the children to find one "bug" or several "bugs" to hug when the music stops.
3. Stop the music.
4. Resume the music after every "bug" has a hug.
5. Start dancing again.



Teach some basic rules about friends:

- Friends are kind to each other.
- We share our friends with others.
- If someone doesn't want to play with you, that's OK—find another friend or something else to do.

Conflict Resolution

Children are capable of learning to solve their own problems appropriately. You can help them develop skills to handle conflicts. Teach the following three steps:

1. Look at the other child and state the child's name. "Mary" (ensures listening)
2. Give an I-Message. "I feel sad when you don't share." (informs)
3. Tell the other child what you want. "Let's share." (offers solution)

Some child care centers and homes have a "Peace Table"—a special place for children to go to work out conflicts with other children. Involve the children in the construction of the "table" by decorating a cardboard box with paints and crayons. Place the table in an area that is as quiet and private as possible.

Books about Kindness

Check out these books at you local library:

Mr. Gumpy's Outing by John Burningham

The Relatives Came by Cynthia Rylant

Geraldine's Blanket by Holly Keller

The Giving Tree by Shel Silverstein

A Chair for My Mother by Vera Williams

Test Your Knowledge

Jason is twenty months old and has begun biting other children in Crystal's child care home. Crystal has decided on the following solutions to prevent this behavior. Which of those listed would not be appropriate? Call us with your answer at 1-800-CHOOSE-1 and receive a "circle of children" lapel pin if you are among the first 100 callers.

1. Watch Jason carefully to determine what causes his biting.
2. Help Jason express his feelings with words.
3. Have at least 2 of each toddler toy to prevent disputes over a particular toy.
4. Provide ample time and space for outdoor play.
5. Help Jason calm himself down by looking at a book.
6. Provide more individual attention for Jason, especially when changing from one activity to another.
7. Put Jason in "time-out" every time he bites.
8. If biting happens close to lunchtime, serve lunch a little earlier.

References for May Articles

Starting Small: Teaching Tolerance in Preschool and the Early Grades, by Teaching Tolerance, a project of the Southern Poverty Law Center, 1997.

Teaching Young Children in Violent Times: Building a Peaceable Classroom, by Diane E. Levin, 1994.

Making It Better: Activities for Children Living in a Stressful World, by Barbara Oehlberg, 1996.

The Kindness Curriculum, by Judith Anne Rice, 1995.

Practical Solutions to Practically Every Problem, by Steffen Saifer.

Early Violence Prevention: Tools for Teachers of Young Children, by Ronald G. Slaby, 1995.

The Peaceful Classroom: 162 Activities to Teach Preschoolers Compassion and Cooperation, by Charles A. Smith, 1993.

Thought for the Month



An eye for an eye leaves everybody blind. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends by defeating itself. It creates bitterness in the survivors and brutality in the destroyers.

Martin Luther King, Jr.

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FOR MORE INFORMATION

or if you would like to send suggestions or comments

WRITE:

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OR CALL:

1-800-246-6731

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