

# ECE Insider

## From the Directors Desk

The Family Child Care Network of KY has dedicated professionals ready to support KY Family Child Care providers from START to STARS! This network, funded by the Division of Child Care, is designed for Family Child Care providers to have the support they need to be successful business owners, provide a safe and healthy environment for young children to play and learn to get the early foundation they need to be successful in school and in life. Our specialists can connect with Registered Relative Care providers, Certified Family Child Care Providers or Licensed Type II Family Child Care Providers. We offer on-site and virtual support, encouragement and training.

In 2019, the Prichard Committee for Academic Excellence and the Cabinet for Health and Family Services launched an initiative to increase access to high-quality family child care homes for infants and toddlers. The launch of this statewide funded network in 2022 is a tribute to the collaborative efforts of many Kentuckians to support strong early childhood development and family child care as an important workforce support for a thriving Kentucky.

For more information feel free to contact the FCCN-KY at 1-800-621-5908, by email at [fccninfo@wku.edu](mailto:fccninfo@wku.edu), or visit [www.fccnky.com](http://www.fccnky.com) to connect to your local/regional Family Child Care Network staff.

Sincerely,  
Andrea Day  
Director  
Division of Child Care

## Directors and Administrators

According to the National Fire Protection Association, since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires. (NFPA.org)

Conducting monthly fire drills is just a small part of making sure you are doing everything you can to prevent fires in your center. Make it a habit to conduct regular safety checks to ensure outlets are covered, ensure fire and emergency exits are clear of hazards, check in with your staff to ensure they are familiar with emergency procedures in the event of a fire, etc.

Contact your Fire Marshall for more guidance and visit the <https://www.nfpa.org/> for more printable resources you can share with families.



### IMPORTANT DATES

National Bullying Prevention Month

Down Syndrome Awareness Month

National Child Health Day - October 2, 2023

National Fire Prevention Week - October 8-14, 2023

National Lead Poisoning Prevention Week - October 22-29, 2023

National First Responders Day - October 28, 2023

Halloween - October 31, 2023



## Family & Community Partnerships – Halloween Celebrations and Dia de los Muertos

Some food for thought: Halloween is on a Tuesday this year! Holidays can often bring stress to families as it adds to their already full to do lists. If you plan to celebrate Halloween with a classroom or with a program wide event, consider planning classroom celebrations for another day. Planning events for the week prior would take pressure and excess stress from families who may already be rushing to other family parties and events this Halloween.

### Dia de los Muertos – November 1st and 2nd

Officially recognized on November 2nd, Dia de los Muertos is celebrated for two days, November 1st and November 2nd. Dia de los Muertos is a celebration of deceased loved ones. This holiday is an important family and cultural event full of delicious traditional cuisine, music, and family traditions. Ask your families if they celebrate Dia de los Muertos and invite them to share their traditions with the classroom.

While decorating your child care center or home for Halloween be considerate when choosing decorations to represent Halloween

to not visually confuse children that these two holidays, Halloween and Dia de los Muertos, are the same.

According to [dayofthedead.holiday](http://dayofthedead.holiday), Halloween and Dia de los Muertos are often confused “because of the symbolic skulls but are not related at all.”

If you’d like to learn more check out these resources for yourself or check out the educational resources for children.

### Resources for Caregivers:

<https://www.actionforhealthykids.org/activity/dia-de-los-muertos/>  
<https://kidspacemuseum.org/for-families-at-home/seasonal-for-families-at-home/dia-de-los-muertos/>  
<https://dayofthedead.holiday/>  
<https://www.learningforjustice.org/magazine/let-dia-de-los-muertos-stand-on-its-own>

### Resources for Children:

<https://kids.nationalgeographic.com/celebrations/article/day-of-the-dead>  
<https://kids.britannica.com/kids/article/Day-of-the-Dead/471355>

### Early Care and Education Professionals—Halloween is October 31st

Halloween is coming up and is a fun holiday for any age. What’s not often thought about are the opportunities to tie in lessons on reading, math, science and more. Below are some ideas to incorporate Halloween into your center without including candy!

Have toddlers and School Agers practice Yoga poses like being a “pumpkin” and then growing into a “Crooked Tree”. You can rename classic yoga poses to be more Halloween themed like renaming the “downward dog” pose to the “stretching black cat” pose for Halloween!

All ages can enjoy a read-aloud picture book. Think school-agers are too old for picture books? Picture books for school-agers are a quick and easy way to reinforce lessons on theme, character, and plot development. Infants and toddlers can enjoy brightly colored pictures and work on mimicking the sounds you make when you read “Boo!”. Check out a list from the [New York Public Library of 30 Halloween picture books!](#)

If you consider food to celebrate this fun holiday, try to make healthy food choices your goal. You can cut up and have a variety of fruits and vegetables for children to make food monsters! For Pre-school age this is a fun activity to identify colors, basic counting, and create shapes. For older children you can use this [CDC Activity](#) to help them discover new foods they might like and have never tried before. Consider reaching out to a local farmer’s market or ask families that raised a garden this summer. Remember to follow all food safety regulations and to consult with parents for known allergies before planning this activity.



## Early Care and Education Professionals: National Bullying Prevention Awareness Month



Bullying is a tough topic effecting some of even our youngest children. This can present a challenge especially with school aged children and children of school aged siblings. While bullying prevention should always be top of mind, this month is a recognized prevention awareness month, chock full of resources, information, and tools to assist your program.

“October 2nd, 2023 is World Day of Bullying Prevention. On this first day of October and throughout the whole month, students, schools and communities all over the world go BLUE together against bullying.” “The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on children of all ages.”

The week of October 3rd is: Make friends with someone you don't know at school

The week of October 9th is: STAND UP for others week

The week of October 16th is: Week of Inclusion

The week of October 23rd is: Start the week with conversations amongst your peers

Your school or organization can obtain more information and join the cause by visiting <https://www.stompoutbullying.org/>. The website also contains information about the effects of bullying in relation to cyberbullying, LGBTQ+ individuals, sports and more.

## Down Syndrome Awareness Month

October is Down Syndrome Awareness Month! This month is a time to celebrate the accomplishments of people with Down Syndrome, to learn more about Down Syndrome, and to discuss ways to support children with Down Syndrome in your Early Childcare Program.

Down Syndrome is not a disease or illness, but a condition or syndrome. Approximately 6,000 infants are born with Down Syndrome each year, or about 1 in 700 infants. It is a condition where the child gains an additional chromosome in utero that changes the way the child's brain and body develop. This can lead to mental or physical challenges as the child grows.

There is a phrase by an unknown author that says, “If you have met one person with Down Syndrome, you have only met one person with Down Syndrome.” This translates to mean each person with Down Syndrome has different challenges they face, whether it be mental or physical, that cannot be generalized into just one set of challenges or delays. One person could have a mental delay while another have a visual impairment, and another could have both.

When you have a child with Down Syndrome attending your program, you will need to work with them and their family to create an Individualized Family Service Plan (IFSP) or an Individualized Education Plan (IEP) to target areas of development that may need some additional accommodations. Even without an IFSP or IEP, another way you can help benefit children with Down Syndrome within your program is to include individualized goals or add supplemental activities that meet with individual learning and developmental needs. Children with Down Syndrome should always be included in the everyday lessons and activities as with any other child.

Take some time to find out more about Down Syndrome this month by visiting sites like the National Down Syndrome Society (NDSS) or the CDC.

### References/Resources:

<https://www.specialolympics.org/stories/news/down-syndrome-awareness-month#:~:text=October%20was%20first%20designated%20as,of%20their%20abilities%20and%20accomplishments>

<https://eclkc.ohs.acf.hhs.gov/publication/down-syndrome>

<https://www.cdc.gov/ncbddd/birthdefects/downsyndrome.html>

<https://ndss.org/sites/default/files/2022-11/Inclusion%20Checklist%20%285%29.pdf>



## Family Child Care— National Lead Poisoning Prevention Week - October 22-29, 2023

Lead Poisoning Prevention Week is October 22-28, 2023. This annual event raises awareness of the dangers of lead poisoning, particularly in children under six years old. Child care providers play an important role in protecting the health and safety of young children. Lead exposure is preventable, and the first step in prevention is education!

### About Lead Exposure

- Lead is especially harmful to children's developing brains and nervous systems. Even low blood lead levels can cause learning disabilities, decreased IQ, hyperactivity, stunted growth, and other problems.
- Most children with any lead in their blood have no obvious immediate symptoms. If a child may have been exposed to lead, parents should talk to their child's healthcare provider about getting a blood lead test. Healthcare providers and most local health departments can test for lead in the blood.
- The main source of lead is lead-based paint in homes built before 1978. Lead paint chips and dust are major hazards if the paint is chipping, peeling, or disturbed during renovations.
- Other sources include contaminated soil, household dust, and drinking water (from old plumbing). Lead can also be found in imported toys and jewelry.

### How to Reduce Exposure

- Wash children's hands and toys often to reduce contaminated dust and soil. Focus on window wells, floors, and other surfaces that collect dust.
- Serve nutritious meals and snacks high in iron, calcium, and vitamin C to promote healthy growth and help prevent lead absorption.
- Use only cold water for drinking, cooking, and making ba-

by formula. Hot water dissolves more lead from plumbing.

- Check for recalls and avoid using imported toys and jewelry that may contain lead.

### Get Your Home/Facility Tested

- If you operate a Family Child Care Home, you can get a lead risk assessment. If you suspect risks in the home, you can recommend that families get their children tested.
- When renovating, use lead-safe methods and contractors certified by the United States Environmental Protection Agency (EPA).
- Have your child care facility tested for lead if it is in an older building. Licensed centers should already be using lead-free paint.

### Educate Families

- Talk to parents about having children tested for lead if you suspect exposure risks.
- Share EPA and CDC information on lead hazards and how to prevent exposure at home. This can include information on the need for nutritious diets.
- Encourage hand washing when kids come home from playing outside. Wash pacifiers and bottles frequently if they fall on the floor.

Protecting young children from lead exposure is a shared responsibility. During Lead Poisoning Prevention Week and throughout the year, take steps to reduce risks at your home or facility and educate families on this important issue.

For more information, visit the website for Kentucky's Childhood Lead Poisoning Prevention Program at <https://www.chfs.ky.gov/agencies/dph/dmch/cfhib/Pages/clppp.aspx>.

Thanks for all you do to keep Kentucky children safe and healthy!



## Emergency Preparedness

### **199.895 Evacuation plan required for child-care centers and family child-care homes -- Annual updating of plan -- Provision of plan to local emergency management officials and parents. (Effective July 12, 2012)**

(1) A child-care center licensed under KRS 199.896 and a family child-care home certified under KRS 199.8982 shall have a written plan for evacuation in the event of fire, natural disaster, or other threatening situation that may pose a health or safety hazard to the children in the center or home. The plan shall include but not be limited to:

- A designated relocation site and evacuation route;
- Procedures for notifying parents of the relocation and ensuring family reunification; • Procedures to address the needs of individual children including children with special needs;
- Instructions relating to the training of staff or the reassignment of staff duties, as appropriate;
- Coordination with local emergency management officials; and
- A program to ensure that appropriate staff is familiar with the plan's components. (2) A child-care center and a family child-care home shall update the evacuation plan by December 31 each year. (3) A child-care center and a family child-care home shall retain an updated copy of the plan for evacuation, provide an updated copy to appropriate local emergency management officials, and provide a copy to each parent, custodian, or guardian of the child at the time of the child's enrollment in the program and whenever the plan is updated.

### **922 KAR 2:090. Child-care center licensure**

- Evacuation Plan. - A licensed child-care center shall have a written evacuation plan updated yearly in the event of a fire, natural disaster, or other threatening situation that may pose a health or safety hazard for a child in care in accordance with KRS 199.895.

### **922 KAR 2:120. Child-child care center health and safety standards**

- Child Care Services, each center shall maintain a child-care program that assures each child will be provided with adequate supervision at all times by a qualified staff person who ensures the child is within scope of vision and range of voice; or for a school-age child, within scope of vision or range of voice.
- A written plan and diagram outlining the course of action in the event of natural or manmade disaster, posted in a prominent place.
- A written evacuation plan in accordance with 922 KAR 2:090, Section 5, and KRS 199.895.

Visit the link below for the most recent planning form:

<https://www.chfs.ky.gov/agencies/dcbs/dcc/Documents/emergencyformlicensedproviders.pdf>

## Additional Resources

Division of Child Care  
<https://www.chfs.ky.gov/agencies/dcbs/dcc/Pages/default.aspx>

Division of Regulated Child Care (DRCC)  
<https://www.chfs.ky.gov/agencies/os/oig/drcc/Pages/default.aspx>

Child Care Aware Tips and Tools  
<https://www.childcareawareky.org/tips-and-tools/>

Child Care Health Consultants  
<https://www.kentuckycchc.org/>

Family Child Care Network  
<https://www.fccnky.com/>

### **Division of Child Care (DCC)**

WEBSITE  
[HTTPS://WWW.CHES.KY.GOV/AGENCIES/DCBS/DCC/PAGES/DEFAULT.ASPX](https://www.ches.ky.gov/agencies/dcbs/dcc/pages/default.aspx)

MAILING ADDRESS  
275 E. MAIN ST. 3C-F FRANKFORT, KY 40621

PHONE  
(502) 564-2524

