

Child Care Connections

11 Years of Serving Alamance County's Children

Incredible Years Classes Starting Soon!

Alamance Partnership for Children is excited to announce its Fall Incredible Years classes! The Incredible Years program is a parent training program that promotes positive parenting strategies and assists parents in managing children's behavior. This is accomplished through helping parents learn positive reinforcement, limit setting, non-physical discipline alternatives, and problem-solving strategies. These classes have been part of the program lineup at Alamance Partnership for Children for several years now and have been very successful.

Feedback from parents who have attended these classes has been very positive. A few comments are shared below:

"This program was an excellent program to me as it as truly helped me on how to be less stressful."

"It was nice to know that you are not alone."

"This program has been such an inspiration and has made me change negative thoughts to positive."



"I was ready to give up on my child's and my relationship, and now I know I can discipline him and stay calm."

"The class helped our relationship as mother/daughter."

Currently, two Incredible Years classes are offered. The first is for parents who have children aged 3-5 and the second is for parents of children aged 6-12.

Because Incredible Years is funded by Alamance



Alliance, participation is free and child care and dinner are provided for all classes. A \$50 incentive is paid to all parents who attend 11 out of 14 sessions and complete all required paperwork.

Class times and locations:

Parents of children 3-5

Monday, September 13th - December 13th, 2010, at LifeSpan Circle School, 919 Stokes Street in Burlington.

Parents of children 6-12

Tuesday, September 14th - December 14th, 2010, at the Partnership Office, 2322 River Road in Burlington.

Call Kim Morabito at 336.513.0063 ext. 118 to register or find out additional information about the Incredible Years program.

Is Your Child Starting Kindergarten in 2011?

Do you have a child who will start kindergarten in 2011? If so, you need the free Ready Set Go Kindergarten Preparation Calendar. This calendar is packed with lots of fun activities you can do with your preschooler. The bonus is that each activity also teaches your child skills that will help him or her prepare for kindergarten.

To pick up your Ready Set Go Calendar, visit our booth at the Carousel Festival at City Park on September 18th & 19th, or come by our offices at 2322 River Road; directions are below.

From Mebane or Graham:

1. Take interstate I-40/I-85 to exit 147 (Highway 87- Graham)
2. Follow 87N to Highway 62. Downtown Burlington will be on the left.
3. Turn right on 70/62 (Church Street)
4. Highway 70/62 takes a 90-degree left-hand turn at Holt Street, a few blocks after the railroad underpass at Webb Avenue. Turn left on Holt/62.
5. Continue on 62 until crossing the Haw River.
6. Take the very first left after the river, onto River Road.
7. Glencoe Mill is the first large building on the left-hand side of the road.
8. 2322 River Road is the building next to Glencoe Mill.

From Elon or Burlington:

1. Take interstate I-40/I-85 to exit 143 (Highway 62- Alamance)
2. Turn north on 62.
3. Continue on 62. You will pass through the west side of downtown Burlington.
4. Follow directions from above starting at number 4.

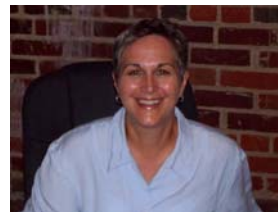
From The Executive Director

What better way to improve the health of a community than by improving the way we parent and care for our children? With a strong desire to reconnect with my passion for working one-on-one with children and families, I recently attended an Incredible Years Basic Parenting training in order to be qualified to serve as a facilitator for the Incredible Years parenting classes.

During the training, I was reminded that nothing is more important

than the relationships parents form with their children from the day they are born. Children who grow up in nurturing, loving, supportive and stimulating homes have advantages that last a lifetime. These children are more likely to be successful in school, form good adult relationships, cope better with stress, and become well-adjusted adults.

On the other hand, children who are exposed to traumatic and pervasively stressful situations in the



Cindy Watkins

early years, often struggle in school, are fearful and anxious, and never realize their full potential.

We cannot underestimate the
(continued on page 2)

Incredible Years For Teachers

The Alamance Partnership for Children has had great success with its Incredible Years for Teachers program. The Partnership has offered three classes thus far for teachers and directors in Alamance County. Incredible Years for Teachers is an evidenced-based program that assists in improving classroom management by



focusing on the children's social and emotional development. Each facility that sends a teacher must also enroll a

director or assistant director, or have an administrator who has previously taken the class. This is to ensure that teachers receive the support they need to implement skills learned in the class.

In 2010, 14 directors and assistant directors and 34 teachers have completed or registered for classes. This represents 16 licensed facilities in Alamance County. As a result, the

Director (cont'd from Page 1)

powerful influence parents and caregivers have on determining which outcome a child will experience. That is why the Alamance Partnership for Children is committed to serving as many families as possible in the Incredible Years program. The concept is simple; healthy parent-child relationships begin by spending time together. Whether it's reading together, playing with blocks, or engaging in creative play; this special one-on-one time with children



creates a bond of trust that sets the stage for future growth and development. In the Incredible Years classes, parents learn how to play with their children, how to encourage them when they struggle, how to use appropriate rewards for good behavior and how to address the inevitable challenges of inappropriate behavior.

I look forward to leading my first Incredible Years session beginning in September. I expect that as I lead, I will also learn – for good parenting is just as much about growing as a person as it is about learning how to care for our children.

knowledge learned from these classes will benefit hundreds of local children.

Incredible Years for Teachers is funded by a grant through the Division of Public Health and the Alamance County Health Department.

Incredible Years for Teachers classes have limited space and fill up very quickly. If you are interested in registering for future classes, or you know a child care provider that may be

interested in these classes, please contact Debbi Kennerson-Webb at 336.513.0063 x 103.



Increase Your Star Rating



Do you work in a child care facility that is interested in increasing its star rating? If so, the Early Childhood Specialists at the Alamance Partnership for Children can help you. If your facility would like to receive technical assistance, please call our Child Care Services Manager, Debbi Kennerson-Webb, at 336.513.0063, x 103 or at dkennerson-webb@alamancechildren.org.

Did You Know?

Most people realize that the Alamance Partnership for Children provides referrals for high quality childcare. What many do not know is that we also provide referrals for full and part time after school programs in Alamance County for school-aged children. If you're seeking after-school care for your school-aged child this fall, or full-time child care for your infant or toddler, please call our Parent Resource Counselor, Ashley Moore, at 336.513.0063 x 108. She will be happy to help you.

As part of our continuing effort to be more environmentally conscious, our Child Care Connections newsletter is available either by email or on our website at www.alamancechildren.org. If you would like to join our mailing list, please send an email to akalo@alamancechildren.org with the word *Subscribe* in the subject line. We would love to add you to our list so you can find out about all

of the exciting opportunities at the Alamance Partnership for Children.

Alamance Partnership for Children has a new DVD which explains our services in more detail. For a copy of our DVD for your own use, or to provide to parents who would benefit from our services, please call Angela Kalo at 336.513.0063 x 109. You can also view the DVD on our YouTube channel, which is listed as [alamancechildren](http://alamancechildren.org).

The Alamance Partnership for Children is online. We have a Facebook page, which we update regularly with events and pertinent information relating to children birth to age five. Please become a fan! As stated above, we now have a YouTube channel where we will continue to add videos that will be of interest to our subscribers. Our web page is also a great source of information about our programs and things going on at the Partnership. You can find us at www.alamancechildren.org.

Calendar of Events

(please note that upcoming events and trainings can be found on our website at www.alamancechildren.org)

CPR Training

August 25, 6:00pm-8:00pm
Alamance Health Department
319 N. Graham Hopedale Rd, Burlington
Call Kelley Kimrey at 336.510.6273

Medication Administration Part I

August 26, 6:00pm-8:00pm
Alamance Health Department
319 N. Graham Hopedale Rd, Burlington
Call Rhonda Rambeaut at 336.229.3824

Asthma Education for Childcare Providers

September 8, 6:00pm-8:00pm
Alamance Health Department
319 N. Graham Hopedale Rd, Burlington
Call Kelley Kimrey at 336.510.6273

Incredible Years Classes-Ages 3-5

Monday, September 13th (14 sessions every Monday through December 13th)
5:30pm (dinner)
6:00pm-8:00pm (class)

LifeSpan Circle School
919 Stokes Street, Burlington

Incredible Years Classes-Ages 6-12

Tuesday, September 14th (14 sessions every Tuesday through December 14th)
5:30pm (dinner)
6:00pm-8:00pm (class)
Alamance Partnership for Children
2322 River Road, Burlington

Medication Administration Part II

September 15, 6:00pm-8:00pm
Alamance Health Department
319 N. Graham Hopedale Rd, Burlington
Call Rhonda Rambeaut at 336.229.3824

Carousel Festival

September 18, 10am-6pm
September 19, 1pm-6pm
City Park
Burlington

Motheread B.A.B.Y.® Classes

Monday, September 20 (9 sessions every Monday through November 15)
Alamance Regional Medical Center
1240 Huffman Mill Road, Burlington
5:00-6:30 (dinner and class)

Fire Extinguisher Training

September 20, 6:00pm-7:00pm
Burlington Fire Department
215 S. Church Street, Burlington
Call Ashley Moore at 336.513.0063

Playground Safety

September 25, 8:00am-12:00pm
Location TBA
Call Ashley Moore at 336.5103.0063

Foundations: Early Learning Standards for NC Infants & Toddlers

Date TBA, 6:30pm-8:30pm
Location TBA
Call Ashley Moore at 336.513.0063

Motheread®: Bonding With Your Child Through Reading

Alamance Partnership for Children offers several literacy programs. Motheread® is one program that teaches parents about the importance of reading with their children. These classes are currently being held on Wednesday nights at the Partnership office (2322 River Road in Burlington). Please contact Ann Meletzke at 513.0063 x 114 for more information about upcoming classes throughout the year. Child care and dinner are provided. Classes are free to parents.

Why would you want to participate in a program like Motheread? Instead of telling you all of the great reasons, let's hear about the experience of one of our participants.

The following was written by the mother of the two girls:

Thank You

I would like to thank you for sacrificing Wednesday evenings with my family in an effort to help me to become a better parent. Wow!! Thank you for using examples from your life to help me open up about my childhood so that I can reflect on my past in order

to set a new course in the lives of my children. I would like to say thank you for sharing and providing the tools needed to succeed. Thank you for providing continued meals for my family to eat and take in. Oh, and thanks for having a warm and sweet spirit that I know and am sure of was sent from above. Although I know you are in my life for a short time; what you are teaching me will last a lifetime.

I can't say thank you enough, Ms. Ann.

As part of our partnership with Alamance Regional Medical Center, we also offer Motheread B.A.B.Y.® (Birth and Beginning Years), which is for pregnant mothers and fathers who are first-time parents. This class is open to any-

one pregnant or with an infant less than 4 months old.

If you are interested in participating in a Motheread B.A.B.Y.® class, the next session starts Monday, September 20th and is held one time a week from 5:00-6:30pm for an 8-week session, ending approximately November 15. **There is no charge for the classes and dinner is provided. In addition, a children's book is provided at every**

class so that parents have a great library upon completion of the session.

Lessons cover pre-natal issues such as what to expect during labor and delivery, nutrition, safety, and understanding the relationship between reading and early brain development. At the end of classes, when one new mom was asked what important change she had observed in herself during these classes, she responded, "I started reading to my belly and now I read to my baby."

Participants can earn books and B.A.B.Y. Bucks to purchase items for their new baby each week. Call Sarah Raykes at 336.513.0063 x 112 to find out more about our upcoming classes and to register.





Incredible Years Parent Group Application Form (Age 3-5)

Commitment: One Night a Week for 14 Weeks

When: Monday, September 13th

Where: LifeSpan Circle School
919 Stokes Street, Burlington

Time: 5:30 pm - 8:00 pm

Dinner and child care are provided free of charge.

Please complete the following:

Parent Name(s): _____

Child's Name:

Child's Date of Birth:

Telephone #:

Email:

Address:

How were you referred to this program?

Number of adults from my household attending:

Number of children who will need child care:

Ages of children who will need child care:

I am interested and willing to commit to this 14 week parent program to address my child's challenging behaviors.

Parent Signature

Date

A \$50 incentive will be paid to parents who *complete* the program and all related evaluations and surveys.

Please call Kim Morabito at 336.513.0063 x 118 or email
kmorabito@alamancechildren.org for more information.



***Incredible Years Parent Group Application Form
(Age 6-12)***

Commitment: One Night a Week for 14 Weeks

When: Tuesday, September 14th

Where: Alamance Partnership for Children
2322 River Road, Burlington

Time: 5:30 pm - 8:00 pm

Dinner and child care are provided free of charge.

Please complete the following:

Parent Name(s): _

Child's Name:

Child's Date of Birth:

Telephone #:

Email:

Address:

How were you referred to this program?

Number of adults from my household attending:

Number of children who will need child care:

Ages of children who will need child care:

I am interested and willing to commit to this 14 week parent program to address my child's challenging behaviors.

Parent Signature

Date

A \$50 incentive will be paid to parents who *complete* the program and all related evaluations and surveys.

Please call Kim Morabito at 336.513.0063 x 118 or email
kmorabito@alamancechildren.org for more information.

How To Find High-Quality Child Care

- ◆ Call the Alamance Partnership for Children at 336.513.0063.
- ◆ Go to www.ncchildcare.net to get information about licensed child care facilities.
- ◆ Use this checklist as a guide when you visit child care facilities.

Yes/No Do the providers/teachers have credentials and/or a degree in early childhood education or child development?

Yes/No Are the non-degreed and/or non-credentialed child care providers/teachers currently enrolled in college courses?

Yes/No Are the teacher/child ratios (the number of adults per child) low enough that children can receive lots of individual attention throughout the day?

Yes/No Is the child care center director an experienced child care administrator with formal education in early childhood education and child care administration?

Yes/No Does the child care facility have staff turnover rates of less than 20% per year?

Yes/No Does the facility meet higher than minimal licensing standards by either being a 3-5 star licensed facility or by being nationally accredited?

Yes/No Do parents have opportunities to be involved by volunteering in the classroom or on an advisory committee or board?

Yes/No Do providers wash their hands and the children's hands often, such as after wiping noses, before they serve snacks, and after toileting and diaper changes?

Yes/No Are there lots of toys and materials (such as books, puzzles, blocks, and art supplies) available for the children to explore and play with throughout the day?

Yes/No Are there developmentally appropriate activities planned for the children?

Yes/No Above all, are the children happy and busy?

Yes/No If you were a child, would you be happy spending your day here?

Alamance Partnership for Children Staff

Angela Kalo-Outreach Coordinator

Ann Hess-Early Childhood Specialist

Ann Meletzke-Family Services Manager

Ashley Moore-Parent Resource Counselor

Barbara Turrentine-Bowe-Parent Educator

Bonita Brown-Early Childhood Specialist

Carrie Stone-Program Director

Cindy Watkins-Executive Director

Dana Walker-Finance/HR Manager

Debbi Kennerson-Webb-Child Care Services Manager

Jessica Landes-Bilingual Parent Educator

Kim Morabito-Incredible Years Coordinator

Lisa Rettie-Early Childhood Specialist

Nan Gilliam-Executive Administrative Assistant/Office Manager

Sarah Raykes-Literacy Specialist

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2322 River Road • Burlington, NC 272175 • 336.513.0063 • 336.266.1152 (fax)

www.alamancechildren.org

