

Child Care Connections

Barnes & Noble Book Drive: Nov 1st-Dec 31st

Alamance Partnership for Children (APC) is excited to again be joining forces with Barnes & Noble Booksellers in Alamance Crossing for the Holiday Book Drive. This is the fourth year of this partnership and in that time, nearly 6000 books have been donated to children in Alamance County.



The Holiday Book Drive is supported by both residents and visitors of Alamance County, who are able to purchase a book for a young child when visiting the Barnes & Noble store at Alamance Crossing. APC then distributes the books to children in the community through schools and nonprofits. Especially during

these challenging economic times, APC and Barnes & Noble appreciate the community's support in helping all children be successful in school and life.

Reading with young children creates a strong foundation for school success. When children are exposed to books

during the early years their vocabularies expand and their love for reading and learning begins.



learning that occurs when a book is shared with a child, there is also the added benefit of nurturing and bonding that occurs when a parent takes time to read to their child. So, this simple act of reading together not only affects healthy brain development but also benefits the child socially and emotionally. What could bring more comfort and security to a child than sitting on a parent's lap while reading?

Thanks to the community for your support of literacy in Alamance County through the Alamance Partnership for Children/Barnes & Noble Holiday Book Drive.

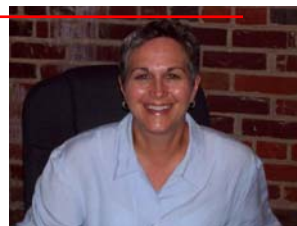
In addition to the critical

From The Executive Director

I always use this time of year to reflect on the state of young children in Alamance. I'm happy to report that Alamance Partnership for Children (APC) has made a tremendous difference in the lives of young children and families in Alamance County. Over 700 children are receiving books through the *Dolly Parton Imagination Library* program and over 1,000 books were distributed last year through the *Reach Out and Read* program at Burlington/Mebane Pediatrics. Additionally, 129 children were served through the *Parents as Teachers* home visiting program and 270 parents received referrals to high-quality child care

facilities in Alamance County. The experiences that children have during the first five years of life last a lifetime. APC is working to make sure all children have the best experiences possible. Today's children are tomorrow's business leaders, parents, police officers, teachers, and taxpayers. Everyone in the community has a stake in the well-being of our children. Eighty percent of brain development occurs before children turn five, so helping young children thrive is the best investment we can make in our community.

I'm asking you today to consider a donation to APC to help our youngest citizens. With your



Cindy Watkins

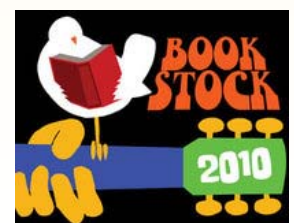
financial contribution, APC can continue this important work – by expanding our pre-literacy programs, offering more parenting classes, and assisting parents with finding high-quality child care. Instructions for donating can be found on page 2 of this newsletter and online at www.alamancechildren.org. All funds received will be used exclusively for serving children and families in Alamance County.

Save The Date!

Bookstock 2011 is planned for Saturday, May 14, 2011 from 11am-6pm. This will be the second year Alamance Partnership for Children has hosted this fun event.

Bookstock is one day of fun and music to benefit literacy programs for young children in Alamance County. Participating bands include Josh Lambert Band, Down 'N Dirty, and The Ends.

There are sponsorship packages available for both large and small businesses, and all packages include tickets. If you or your business is interested in becoming a Bookstock sponsor, please contact Angela Kalo at Alamance Partnership for Children at 336.513.0063 x 109 or akalo@alamancechildren.org.



Shining Stars



One of the most important jobs of the Alamance Partnership for Children is to provide technical assistance to child care facilities so that these facilities can increase or maintain their star ratings. Our local child care providers work very hard to improve their star ratings. We are excited to announce that the following facilities have increased or maintained their star ratings.

- ◇ **Sonya's Kid's Depot** **4 stars**
- ◇ **Creative Child Care II** **4 stars**
- ◇ **Wee Care Child Development Center** **5 stars**



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 (APC) provides referrals for high quality child-care. 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.

Alamance Partnership for Children (APC) has recently completed its Annual Report for fiscal year 2009-2010. The report is filled with information about APC's programs, successes, and partnerships. You can find the annual report on our website at www.alamancechildren.org. We'll be happy to email it to you; please send email requests to akalo@alamancechildren.org.

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 APC.

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. Our web page is also a great source of information about our programs and other things going on at APC.

Would You Like To Support the Future of Alamance County?

Please consider making a tax-deductible donation to Alamance Partnership for Children in 2010. All contributions will support programs for children birth to age five living in Alamance County. Your gift could be given in honor a loved one this holiday season. There are two easy ways to support Alamance County's youngest citizens with your tax-deductible contribution.

- ◆ To use a credit or debit card, please visit our website at www.alamancechildren.org and choose the Get Involved/Donate link under *About Us*. We use PayPal for added security.
- ◆ To make a contribution by check, please mail to 2322 River Road, Burlington, NC 27217.

Alamance Partnership for Children appreciates the community support for its youngest citizens. Thank you for helping us to get them off to the best start.

Motheread Classes: Enroll Now!

Alamance Partnership for Children (APC) is pleased to announce a new Motheread® class and a new partnership with Alamance Burlington School System's Exceptional Children's program. Beginning November 5, APC will be sponsoring a Motheread® class held at the Ray Street Complex.

The Motheread® program, developed and based in North Carolina, is a nationally recognized literacy effort that works to achieve several literacy-related goals. The program is structured as a series of group meetings led by a trained Moth-



eread® facilitator. Through guided book discussions, parents will learn to help their children develop the pre-literacy skills (listening, speaking, and writing) that will prepare them for kindergarten.

Parents retain the books used in class and take them home to share with their children. Motheread® also promotes parent/child bonding through the act of reading and encourages positive social and emotional development.

This class is specifically for parents with children under the age of five years.

Date: Friday, November 5, 2010 (eight weeks)

Where: Alamance Burlington School System Ray Street Complex Room 20
When: 8:00 am to 9:30 am

Child care and refreshments are provided free of cost.

Enroll by contacting:

Ann Meletzke
Family Services Manager
Alamance Partnership for Children
336.513.0063 Ext. 114
ameletzke@alamancechildren.org

Calendar of Events/Trainings

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

Events:

Barnes & Noble Holiday Book Drive

November 1st – December 31st

Barnes & Noble, Alamance Crossing

Purchase a book for a child at Barnes & Noble to be donated to Alamance Partnership for Children (APC).

Barnes & Noble Holiday Book Reading

November 13th, 10am-11am

Barnes & Noble, Alamance Crossing

Bring your child out for a fun holiday book reading by Patty Philipps, APC Vice Board Chair and Mayor Pro Tem of Mebane.

Trainings:

CPR

October 4th, 6pm-8pm

Alamance Health Dept.

Kelley Kimrey, 570.6273

SACERS

October 4th, 6pm-8pm

Alamance Partnership for Children

Ashley Moore, 513.0063

Keep It Clean

October 6th, 6pm-8pm

Alamance Health Dept.

Rhonda Rambeaut, 570.6382

First Aid

October 13th, 6pm-9pm

Alamance Health Dept.

Kelley Kimrey, 570.6273

Infant/Toddler Safe Sleep

October 18th, 6pm-7:30pm

Alamance Health Dept.

Kelley Kimrey, 570.6273

Fire Safety

October 18th, 6pm-7pm

Burlington Fire Department

Ashley Moore, 513.0063

Recognizing/Responding to the Ill Child

October 28th, 6pm-7:30pm

Alamance Health Dept.

Kelley Kimrey, 570.6273

CPR

November 8th, 6pm-8pm

Alamance Health Dept.

Rhonda Rambeaut, 570.6382

Communicable Diseases in Child

Care

November 10th, 6:00-7:30pm

Alamance Health Dept.

Rhonda Rambeaut, 570.6382

Fire Extinguisher Training

November 15th, 6-7pm

Burlington Fire Department

Ashley Moore, 513.0063

Medication Administration (Part I)

November 17th, 6pm-8pm

Alamance Health Dept.

Rhonda Rambeaut, 570.6382

Infant/Toddler Safe Sleep

November 17th, 6pm-7:30pm

Alamance Health Dept.

Kelley Kimrey, 570.6273

Medication Administration (Part II)

December 15th, 6pm-8pm

Alamance Health Dept.

Rhonda Rambeaut, 570.6382

Child Seat Safety

December 20th, 6pm-7pm

Burlington Fire Department

Ashley Moore, 513.0063

Flu Fast Facts: What You Need To Know

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.

How does flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or nose.

What are the symptoms of the flu?

Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with flu may be able to infect others by shedding the virus from one

day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed the virus for longer, and might be still contagious past 5 to 7 days of being sick, especially if they still have symptoms.



How can I protect my child against flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Vaccination is recommended for everyone six months and older. While everyone should get a flu vaccine each flu season,

it's especially important that young children those with long term health conditions get vaccinated.

Flu vaccines have a very good safety record.

In addition to getting vaccinated, take – and encourage your child to take – everyday steps that can help prevent the spread of germs. This includes:

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- Keep surfaces like bedside tables, surfaces in the bath-room, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw away tissues and other disposable items used by sick persons in your household in the trash.



For more detailed information on the flu, please visit the Centers for Disease Control and Prevention's website at www.cdc.gov/flu or www.flu.gov, or call (800) CDC-INFO.



Reducing Stress During The Holiday Season

Stress is a serious issue during the holiday season. Whether you are married, separated, or divorced, November and December are challenging months for most people.

Why is it like this? There are many root causes. These include:

- Finances being stretched to purchase gifts or for travel to see family members.
- Spending time with family members with whom we do not get along.
- Not being able to see family members.
- Feelings of isolation and distance.
- Excessive alcohol consumption.
- Unrealistic expectations.

- Child visitation arrangements.

However, there are warning signs of potentially abusive and life-threatening situations during the holidays. These include:

- Reacting to financial pressures.
- Physical fatigue or illness.
- Escalating arguments or conflict avoidance.
- Increased restlessness and agitation.
- Feeling of being controlled or lacking control.
- Domestic disputes over child visitation.

There are ways to combat and perhaps even avert the stress. Try to be calm and talk out your feelings without becoming

enraged and do not name call, especially in front of children. It's good to take a time-out; excuse yourself from the situation and calm down. Then come back together when you're more calm. Plan a holiday budget and implement it. Avoid alcohol or other mood-altering substances, and those who are using alcohol.

If you do become upset, recognize the physical reaction you have to increased tension. These signs include shallow or rapid breathing, increased heart rate, and a swollen or flushed face. If violence does occur, seek medical attention immediately and report the incident to the police.

Seasonal stress is not an excuse to commit to withstand physical violence or verbal assault. Abuse is abuse no matter what time of year it happens. If the cycle of violence is to be broken, situations must change.

The Family Abuse Services Safe Exchange Program

Would it surprise you to know that 70% of all instances of domestic violence in a marriage occur after the couple has separated? This is primarily because of custody issues. Establishing a visitation schedule is extremely difficult, and children are exposed to domestic violence. In these situations, the children are literally caught in the middle of the family conflict.

Unless special circumstances exist, maintaining a secure attachment with both parents through visits increases the likelihood of positive emotional development. In the converse, the lack of involvement may lead to developmental problems later in the child's life.

It is estimated that 3.3 million children who witness family violence are likely to grow up to be abusers. Abused children are present in 41-55% of homes where police intervene in domestic violence calls.

To assist families who are dealing with domestic violence, Family Abuse Services began the *Safe Exchange Program*. These are some frequently asked questions about the program:

What is Safe Exchange?

Safe exchange is the supervision of the transfer of the child from one parent to the other. It is limited just to the transfer, after that the visitation is unsupervised. This promotes a healthy and safe relationship between the parents and with their children by providing a neutral environment free from family conflict.

How does it work?

It works through collaboration with other agencies, which provides for an innovative program.

- Safe Exchange meets the national standards for safety through the Supervised Visitation Network and operations are in compliance with the best practice standards.
- Safe Exchange is set up with staggered times and different entrances to protect all clients involved.
- Referrals may or may not be court ordered. They can also come from other agencies, mediation, or the parents themselves if they are in agreement on the frequency of the visitation.
- At each point of service delivery, there is a safety screening with each parent separately.

- Safe Exchange follows the custody and visitation that is already in place.

How is it good for children?

Children benefit from this service in many ways. They are able to anticipate visits with their parents without the worry about what could happen. They can enjoy their time in a safe, comfortable environment without being put in the middle of their parents' conflict. This also does not force children to choose a side or show loyalty to one parent over the other.

If you do find yourself in an abusive situation, Family Abuse Services can help. Call or visit for more information.

Family Abuse Services

Office: 1950 Martin Street, Burlington

Office phone: (336)226-5982

Crisis line: (336) 226-5985

You can also learn more about our work at the following websites:

www.familyabuseservices.org

www.svnetwork.net (Supervised Visitation Network)

www.NCCADV.org (North Carolina Coalition Against Domestic Violence)

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

Cindy Watkins-Executive Director
Carrie Stone-Program Director
Dana Walker-Finance/HR Manager
Angela Kalo-Outreach Coordinator
Nan Gilliam-Executive Admin. Assistant/
Office Manager

Debbi Kennerson-Webb-Child Care Services
Manager
Ann Hess-Early Childhood Specialist
Ashley Moore-Parent Resource Counselor
Bonita Brown-Early Childhood Specialist
Lisa Rettie-Early Childhood Specialist

Ann Meletzke-Family Services Manager
Jessica Landes-Bilingual Parent Educator
Kim Morabito-Incredible Years Coordinator
Sarah Raykes-Literacy Specialist

Alamance Partnership for Children Board

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Bryan Hagood, Chair
Patty Philipps, Vice Chair
Larry Vellani, Immediate Past Chair
Stephanie Williams, Treasurer
Beth Davis, Secretary

Barry Bass
Ric Bruton
David Carter
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Jean Maness
Linda Massey
Jeannie Proctor

Tony Roper
Granville Simmons
Julie Walker
Ron Waters
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Davina Woods



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