

ECE INSIDER

March is National Nutrition Month

Cabinet for Health and Family Services
Department for Community Based Services
Division of Child Care
March 2019

*The ECE Insider is the Division of Child Care's Quarterly Newsletter
for Kentucky Early Care and
Education Child Care Providers.*

*To receive your copy, send your email address to:
DCCListServ@ky.gov*

<https://unsplash.com/photos/>

DIVISION OF CHILD CARE

MISSION

To provide leadership in building high quality, community based access to child care and early learning that enhances health, safety, permanency, well-being and self-sufficiency for Kentucky's children and families

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Division of Child Care Updates

New Maximum Payment Rates for the Child Care Assistance Program went into effect on December 1, 2018. The updated DCC-300, Kentucky Child Care Maximum Payment Rate Chart, is available on the Division of Child Care website at: <https://chfs.ky.gov/agencies/dcbs/dcc>. A questions and answer bulletin regarding the rate increase was also shared with child care providers. In addition to the rate increase, the amendment also supports the use of a new fund source for child care expenses of children in foster care. It also includes a higher income threshold for eligibility redeterminations to allow a more graduated transition off the child care subsidy. Last, effective June 28, 2019, the amendment relaxes the work requirements for individuals participating in SNAP E&T and in full-time post-secondary education.

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Division of Child Care Updates continued...

The W.K. Kellogg grant for expanding home-based childcare in Kentucky is moving toward the implementation phase. Focus groups with childcare coaches and in-home providers wrapped up the first part of January. Great conversation and insight into the needs of early childhood professionals have come from the focus groups. A December 13th webinar showcased some of the state's key players and the hard work already being completed within the regions that the advisory group can leverage for the implementation of the pilot programs. A workshop was held in February to develop the pilot programs with an intended roll-out of spring 2019.

Out of State CA/N Checks

We heard your frustrations about the out of state CA/N check process and how the document we initially shared wasn't helpful. The new and much improved document that provides you with all the information you need can be found at the following link: This document provides you with a hyperlink to the form you need for each state; where to return the form; who has to make the request; if there is a fee associated; and a hyperlink to the state's public facing sex offender registry.

DCC would like to thank Kayla Ruehrwein of the Professional Development and Fitness Determination Section for all her hard work in contacting each individual state and then compiling this document for us!!

If you have any questions, please contact the CHFS DCC Help Desk at CHFSDCCNBCP@ky.gov.



<https://pixabay.com/en/update-upgrade-board-renew-improve-1672385/>

922 KAR 2:090 Section 5. Evacuation Plan.

- 1) A licensed child-care center shall have a written evacuation plan 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 and 42 U.S.C. 9858c(c)(2)(U).*
- (2) The cabinet shall post an online template of an evacuation plan that:*
- (a) Fulfills requirements of KRS 199.895;*
 - (b) Is optional for a child-care center's use; and*
 - (c) Is available to a licensed child-care center without charge*

For your section on ECE TRIS, you may want to include a reminder that staff training hours must be listed on ECE TRIS. The director should maintain on file for review each Staff Training Record that includes the last full year of employment.

922 KAR 2:090 Section 5 Staff Requirements

- (17) A staff person's compliance with training requirements of this section shall be verified through the cabinet-designated database maintained pursuant to 922 KAR 2:240.*

Southside Christian Child Care Honored by Okolona Fire Officials

On January 16th, Southside Christian Child Care experienced a fire at their center on Blue Lick Road. The center staff detected the fire quickly and exited the building with no injuries. The center was able to use their efficient Emergency Preparedness Plan to make sure that each child and staff member was safe. Okolona Fire Officials have acknowledged the center for their ability to take care of each child during an emergency. We want to congratulate Brenda Brunner and her entire team at Southside Christian Child Care for making the safety of their students a top priority! Thank you all for your hard work.



Emergency Preparedness Plans

Do you need help preparing the Emergency Preparedness Plan for your center? There is a template available for you to use in Section 3. Emergency Disaster Planning Form #3 <https://www.kentuckypartnership.org/resources/tip-and-tools> You do not have to use the template and are free to develop your own plan that meets the minimum regulatory requirements if you prefer.

If you use the template that is provided for you, every line with an asterisk must be completed. The other line items are considered "best practice" and while not required are certainly recommended. Once complete copy and submit your disaster plan to your local emergency management agency annually.

Emergency Preparedness Plans continued...

Important reminders:

- Train your staff so they are familiar with the emergency plan for the center/home.
- Implement your disaster plan if you have an emergency situation.
- Make sure your plan is available for review during licensure/certification surveys.
- Make sure parents have a copy of your plan for reunification with their children
- Make sure you have planned for any children who have a special need.

If there are no changes to the disaster plan you submitted last year, the director can simply re-sign and re-date the front page of the disaster plan, copy the whole plan and submit it to the local emergency management agency.

If there are changes to the disaster plan you submitted last year, the director must complete a new plan. Do not submit a plan that contains numerous corrections, white-out or mark through. Be sure you keep a copy of the plan and mail the disaster plan to your local emergency management agency.

Elimination of Paper Training Certificates

Certificates or ECE-TRIS Training Record

It's 2019! DCC will be continuing to modernize processes including reducing the use of paper certificates. Trainers will no longer be required to issue paper certificates for any trainings they deliver. Trainers should follow established protocols and enter the necessary information into ECE-TRIS within ten calendar days. Your ECE-TRIS Training Record will be your confirmation of completion. Agencies and Trainers who are not credentialed but have acquired training approval to offer licensing clock hours do not have a state requirement to enter credit information into ECE-TRIS. These trainers will likely issue a certificate that you will submit to ECE-TRIS along with the ECE-TRIS Individual Training Confirmation Form.

Summary:

Training conducted by a Kentucky Early Care and Education Credentialed Trainer will be entered into ECE-TRIS within 10 calendar days and a certificate is not required.

Training obtained from an out of state agency or non-credentialed trainer must be pre-approved and a certificate or other documentation will need to be submitted to ECE-TRIS with the Individual Training Confirmation Form.

If you or have questions about documenting training credit, please contact ECE-TRIS staff at ecetris@eku.edu or 877-312-8747.

New Features in ECE-TRIS

Do you or your staff have high school diplomas, college degrees, or certificates that you would like added to your ECE-TRIS personnel record? ECE-TRIS users now have the capability to add or update their education information. When you log into ECE-TRIS, you will notice a new option labeled 'Manage My Education Information'. Click this link to add diploma, degree, and certificate information. You will be required to enter the type of degree or certificate, the school the degree was obtained from, and the graduation year. You will also be required to upload a copy of a transcript listing the degree and year awarded or a copy of the diploma or certificate. Once this information has been submitted, ECE-TRIS will verify the information and the education information will be added to your personnel record.

Directors and Administrators, ECE-TRIS has developed a new training specifically for you! **A Tool for Tracking Staff Success: Accessing Employing Reports Utilizing ECE-TRIS** will help you become more familiar with how to utilize reporting features, such as the Staff List, Training Record, and Anniversary by Hire Date reports that are available to you as an administrator. To access this training, visit the ECE-TRIS Calendar page and click on the free online training link at the top. You will then click on the link for this training which will redirect you to Moodle where you will login with your ECE-TRIS login information to complete the training. Credit will automatically be added to your ECE-TRIS record upon completion.



ECE-TRIS NEW ONLINE LEARNING PLATFORM

“The beautiful thing about learning is that no one can take it away from you.” BB King

**We would like to introduce you to Moodle,
a new online learning platform for
free early care and education online training!**

CHECK OUT SOME HELPFUL TIPS!

Calendar

- To access free online trainings in Moodle, click on the ECE-TRIS calendar tab and there is a link to these trainings in the top left hand corner.



Click here to access free online training including: Pediatric Abusive Head Trauma, Strengthening Families, and Early Childhood Standards and more...

Logging In

- After clicking on the link of the training you would like to take, you will be taken to the Moodle site where you will login to the training using your ECE-TRIS login credentials.

Training Credit Eligibility and Issuance

- Prior to beginning a training in Moodle, click on Training Credit Eligibility Check to determine whether you eligible to receive training credit. (**Note: you only need to click this link prior to completing the training to determine if you are eligible to receive credit.**)



Training Credit Eligibility Check

- After completing all modules of a training, you may be prompted to click a **Verification of Training Credit link**. Otherwise, credit will NOT be added to your ECE-TRIS training record. This link will not be visible on all courses because it is not always needed to issue credit.

Verification of Training Credit



Training Credit

- Credit hours will automatically be added to your ECE-TRIS training record upon completion of the training. **You are no longer required to submit certificates for the Homelessness training if you access this training in Moodle.**

Please visit the **TRC FAQ page** before submitting a Helpdesk request. Many of your questions can be answered **here**.

Helpdesk

ECE-TRIS!
Growing Professionals, Growing Kids
(859)622-8811, <https://tris.eku.edu/ece>

**922 KAR 2:120. Section 4.
Premises Requirements.**

(22) If a child-care center does not have access to an outdoor play area, an indoor space shall:

- (a) Be used as a play area;*
- (b) Have a minimum of sixty (60) square feet per child, separate from and in addition to the thirty-five (35) square feet minimum pursuant to subsection (6) of this section;*
- (c) Include equipment for gross motor skills; and*
- (d) Have a protective surface of at least two (2) inches thick around equipment intended for climbing;*

Five Reasons Why Healthy Eating & Physical Activity in ECE Matters

Child Care providers are shaping Kentucky's future all day long. You already support children's learning in many ways, and nutrition and active play are two essential tools to help kids build important developmental skills. Here are five reasons why healthy eating and physical activity in ECE matter:

1. Brain Development

Good nutrition is the foundation for healthy brain development. The nutrients that children get from healthy meals in ECE help to fuel rapid growth in their brains' cognitive, motor, and learning systems.

2. Social & Emotional Development

Research shows that healthy diets promote positive social development and physical activity is associated with improved mental health. When children have access to good food and active play in ECE, they can get a strong start toward positive social and emotional development.

3. School Readiness

Healthy foods and physical activity in early childhood are associated with better executive function, language development, and learning outcomes ensuring children enter kindergarten ready to learn.

4. Behavior

Children who eat nourishing food and get lots of active play time are more likely to pay attention and less likely to show challenging behaviors. When children in ECE have bellies full of healthy food and opportunities to run around, they can focus on learning and their teachers can focus on teaching.

5. Food Insecurity & Hunger

One in five Kentucky children live in homes with limited or uncertain access to healthy foods, putting them at risk for poorer health, developmental delays, and trouble learning. Serving healthy meals in ECE ensures that young children get enough food and the right kinds of food to help them reach their full potential.

Where ECE can Make a Difference

All children deserve opportunities to eat healthy foods and be active wherever they live, learn and play, but not all of them have access to healthy food or active play at home. We [developed a map](#) that shows which communities might benefit most from nutrition and active play supports in ECE. Parents rely on you as partners to support their children's developing brains and bodies. Together you can shape a child's nutrition and physical activity habits for life.

922 KAR 2:120. Section 2. Child Care Services.

(4) *The child-care center shall provide a daily planned program:*

(a) *Posted in writing in a conspicuous location with each age group and followed;*

(b) *Of activities that are individualized and developmentally appropriate for each child served;*

(c) *That provides experience to promote the individual child's physical, emotional, social, and intellectual growth and well-being; and*

(d) *Unless the child-care center is a before- or after-school program that operates part day or less, that offers a variety of creative activities including the following:*

1. Art or music;
2. Math or numbers;
3. Dramatic play;
4. Stories and books;
5. Science or nature;
6. Block building or stacking;
7. Tactile or sensory activity;
8. Multi-cultural exposure;
9. Indoor or outdoor play in which a child makes use of both small and large muscles;
10. A balance of active and quiet play, including group and individual activity;
11. An opportunity for a child to:
 - a. Have some free choice of activities;
 - b. If desired, play apart from the group at times;

922 KAR 2:120. Section 4. Premises Requirements.

(22) *If a child-care center does not have access to an outdoor play area, an indoor space shall:*

(a) *Be used as a play area;*

(b) *Have a minimum of sixty (60) square feet per child, separate from and in addition to the thirty-five (35) square feet minimum pursuant to subsection (6) of this section;*

(c) *Include equipment for gross motor skills; and*

(d) *Have a protective surface of at least two (2) inches thick around equipment intended for climbing;*

Healthy Lifestyle Online Training Series

Low-cost online training modules are available for ECE professionals through the [University of Kentucky's Online Learning Center](https://www.uky.edu/onlinelearningcenter/). Participants receive two ECE clock hours for each module completed. The Healthy Lifestyle Online Training Series covers topics ranging from nurturing healthy eaters, increasing physical activity in ECEs, sharing health messages with families, and emphasizing small steps taken over time that can have a significant impact.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981537/>
2. <https://www.ncbi.nlm.nih.gov/pubmed/27419040>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4911759/>
4. <https://onlinelibrary.wiley.com/doi/abs/10.1111/mcn.12321>
5. https://www.researchgate.net/publication/228638584_Breakfast_and_Learning_An_Updated_Review
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3164323/>
7. <https://www.feedingamerica.org/hunger-in-america/kentucky>

Submitted by: Partnership for a Fit Kentucky Early Care and Education Committee and Child Care Aware of America



<https://www.pexels.com/photo/variety-of-vegetables-on-display-1508666/>

The provider should have plenty of food prepared and ready to be served so that each child receives the appropriate serving size and there is enough food available to offer seconds to those who may want more. Seconds must be given upon request and are not a reward for a clean plate.

A good source to determine the proper child serving portion is found at the CACFP web-site. <https://www.fns.usda.gov/cacfp/meals-and-snacks>

922 KAR 2:120. Section 9. Food and Meal Requirements.

(1) Food shall be:

(g) Served in a quantity that is developmentally appropriate for the child with additional portions provided upon request of the child;

Healthy Tips for Picky Eaters

Children may only eat certain types of foods based on a certain color or texture. Picky eating behavior is common for many children from the age of 2 to 5 years. As long as children have plenty of energy and are growing, they are most likely eating enough to be healthy.

Remember that picky eating is temporary. It usually ends around age 6. Enjoy meals together with the children. Talk about fun and happy things while eating together. Focus on each other at the table. Take phone calls later.

Let children try small portions of new foods. Give them a small taste at first and be patient with them. It takes time to develop a taste for more types of foods. Offer only one new food at a time. Try new foods yourself; and describe the taste, texture, and smell to children. Offer new foods many times. It may take up to a dozen tries for children to accept a new food. Avoid lecturing or forcing children to eat. Choose not to offer sweets as rewards. It lets children think sweets or dessert foods are better than other foods.

A CCHC Consultant in your area can provide on-site technical assistance and consultation in your child care facility around nutrition. CCHC can provide training on nutrition related topics. Contact your local CCHC Consultant or call the CCHC Helpline at: 1-877-281-5277. You may visit the CCHC website for resources on nutrition: <http://www.kentuckycchc.org>. For more great tips on nutrition, go to: <https://www.choosemyplate.gov/>.



RESOURCES

RESOURCE	PHONE	WEBSITE OR EMAIL
Benefind Portal for Parent Applications	N/A	https://benefind.ky.gov
Caring For Our Children	1-888-227-1770	http://nrckids.org/CFOC/
CCHC Helpline and Website	1-877-281-5277	www.kentuckycchc.org
Child Care Aware of KY	N/A	https://www.kentuckypartnership.org/about/map
Child Care Regulations Questions	N/A	childcare.regulation@ky.gov
College Coursework or Training Approvals	(502) 564-2524 Ext. 3754	dccpdstaff@ky.gov
Division of Child Care	(502) 564-2524	https://chfs.ky.gov/agencies/dcbs/dcc/Pages/default.aspx
Division of Regulated Child Care	(502) 564-7962	https://chfs.ky.gov/agencies/os/oig/drcc/Pages/default.aspx
ECE-TRIS ECE Training Records Information System	(877) 312-TRIS (8747)	https://tris.eku.edu/ece/
Kentucky Governor's Office of Early Childhood	(502) 782-0200	http://kidsnow.ky.gov
KICCS Helpdesk	1-866-231-0003 Option 6	Chfs.kiccshelpdesk@ky.gov
KICCS Portal Access Requests	(502) 564-2524 Ext. 3898	portal.access@ky.gov
Race to the Top Kentucky All STARS	(502) 564-2524 ext. 3780	http://www.kentuckypartnership.org/resources/race-to-the-top
To Be Added to DCCListServ Distribution List	N/A	DCCListServ@ky.gov
To Report changes in email address, phone number, services or director	(502) 564-7962	chfsoigrccportal@ky.gov