



# Early Childhood News

June – August 2009

Early Childhood Connections

## Parenting Today: How Much TV is Too Much

Over the past 40 years researchers have examined the effect of TV viewing on children's behavior and development. Those studies have led to many controversial discussions as to how much television can be watched with out causing any negative health effects. Negative health effects considered would be violence, academic performance, nutrition, body concept and self-image, obesity, as well as others. Many developmental factors were also considered such as the fact that young children cannot discriminate between what they see and what is real. One demonstration of this fact was demonstrated as children watched reruns of the 9/11 tragedies and assumed that with each viewing another plane had crashed into another tower. Based on these studies the American Academy of Pediatrics has come out with the following recommendations.

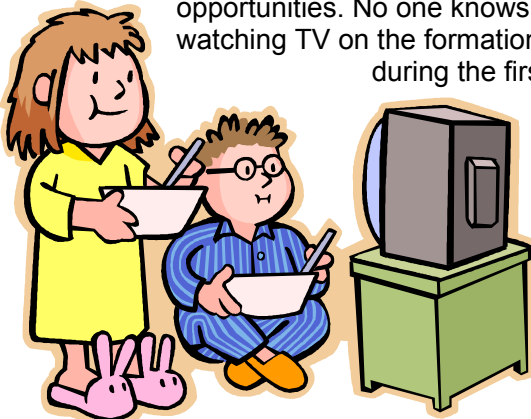
Children 2 and over should watch less than 2 hours per day. The average American child watches an astonishing 4 hours per day with slightly less for older children. When considering how children learn, mostly through play and hands on activities, it becomes easy to see why this much TV time can be detrimental to a child's development.

The Academy also recommends no TV time for children under 2. They made this recommendation with the following in mind; a baby has no control over what they see and hear from a TV monitor, watching a screen does not engage active involvement with people or objects that will help a baby understand the world, TV does not offer problem solving opportunities. No one knows the affect of watching TV on the formation of the brain

during the first crucial years of

development.

Take time to think about a baby placed in a chair in front of a TV versus being held and talked to by a loving adult.



The choice should be easy to see, babies want and need interaction. Yet, 1 in 5 children under age 2 have a TV in their room.

While the data shows that the television is part of many babies' lives, the question becomes why? Why do parents allow their babies to spend time in front of the screens? Research done by the Kaiser Family Foundation discovered that many parents use TV not so much to benefit their child but more to benefit themselves. TV is seen as a way to keep babies occupied while adults manage necessary tasks or take time for themselves. That says a lot about current lifestyles, doesn't it?

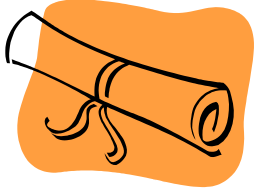
So how should busy adults keep children occupied when there are other tasks that must be done? Here are a few suggestions. Reserve special materials or toys for moments when adult attention is limited or patience is thin. Develop a co-op with responsible neighbors, friends, relatives and parents of other young children to share child care responsibilities. Make time during nap or bedtime for things that must be done. Involve children in the activities, such as letting them help mop or dust.

What other things will help limit TV viewing? Don't place TVs in bedrooms. Turn the TV off during meal times. Make a plan each week of which shows or times you will watch, and then stick to it. Choose child care that doesn't watch TV with the children or ask your provider to give you a daily report of TV time so you will have an accurate account of how much your child is watching per day. Also, ask that children under 2 not be exposed to TV at all while in their care. Let television be a last resort or a special treat and watch with your child.

We can't deny that families today are often under busy and difficult schedules while they are trying to care for their children. Yet, to encourage them to use TV as a way to occupy their child's time fails to respect how other activities can be more beneficial and provide better developmental activities.

*Jennifer Nelson, ECC Outreach Coordinator*

# Congratulations!!



Katie Cole recently received her CDA credential. Congratulations on this achievement and all of your hard work! If you are interested in receiving information on the Child Development Associate Credential,

you can contact Kim Booth at [kimbooth@rushmore.com](mailto:kimbooth@rushmore.com) or 342-6464.

## Office Holiday Closings

The ECC office will be closed on the following days:

May 25, 2009	Memorial Day
July 3, 2009	Independence Day
September 7, 2009	Labor Day

Our normal business hours are:

Monday-Thursday: 8am to 5 pm; Friday 8 am to 4pm

We are also closed from 12 pm to 1 pm for lunch hour



## ECC Resource Library Update

Please be advised Early Childhood Connections is seeking your help as we are making some enhancements to our resource lending library. Each item now has a bar code, enabling us to track the status of the item. If you have any items ready to be returned, please let us know. We will make arrangements to collect the item(s). Thank you in advance for your help.

## Early Childhood Connections Training Calendar

Date	Day	Location	Class Description	Time	Cost
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**Please note: Classes will be canceled or rescheduled if enrollment does not meet 6 participants on the day before or of the class**

### First Aid in Early Childhood Settings

#### *Pathways: First Aid*

Participants will gain knowledge related to common childhood accidents and injuries in addition to receiving hands-on instruction that will enable caregivers to perform First Aid.

July 6	Mon.	ECC	Instructor: Deb Kuehn	6:30 – 8:30 pm	\$5
Aug. 3	Mon.	ECC	Instructor: Deb Kuehn	6:30 – 8:30 pm	\$5

### Infant and Child CPR Training

#### *Pathways: CPR*

This introductory course includes First Responder information and hands-on experience with CPR mannequins required for Red Cross Certification. (Adult training available by request and \$5 additional charge)  
**\*\*Payment for CPR classes must be made at the time of registration. If you register by e-mail or telephone, payment will need to be received in our office within 3 business days from the day your registration was received.**

June 29	Mon.	ECC	Infant & Child Instructor: Kevin Murray	6:30 – 9:30 pm	\$25
July 8	Wed.	ECC	Infant & Child Instructor: Greg Hilt	6:30 – 9:30 pm	\$25
July 16	Thurs.	ECC	Infant & Child Instructor: Janet Smith	6:30 – 9:30 pm	\$25
July 27	Mon.	ECC	Infant & Child Instructor: Kevin Murray	6:30 – 9:30 pm	\$25
July 29	Wed.	Spearfish	Infant & Child Instructor: Jennifer Nelson	6:30 – 9:30 pm	\$25
Aug. 12	Wed.	ECC	Infant & Child Instructor: Greg Hilt	6:30 – 9:30 pm	\$25
Aug. 27	Thurs.	ECC	Infant & Child Instructor: Janet Smith	6:30 – 9:30 pm	\$25

### Infant/Toddler Certificate Training Series I

June 16	Tues.	ECC	<u>Social Emotional Milestones/Temperaments</u> Child growth/development and guidance Instructor: Jan Tysdal/Tammy Arens-Beauchamp <i>Pathways: Guidance and Behavior Management</i>	6:30 – 9:00 pm	\$5
June 23	Tues.	ECC	<u>Understanding Behavior/Guidance and Discipline</u> Guidance and behavior management Instructor: Jan Tysdal/ Kim Booth <i>Pathways: Guidance and Behavior Management</i>	6:30 – 9:00 pm	\$5
June 30	Tues.	ECC	<u>Respectful Care ~ Making It Happen/Primary Caregiving</u> Interpersonal communication, relationships and learning environments Instructor: Jan Tysdal/Candy Kalil <i>Pathways: Interpersonal Communication and Relationships</i>	6:30 – 9:00 pm	\$5
July 7	Tues.	ECC	<u>Environments for Group Care/More Than Just a Routine</u> Child growth, development and guidance Instructor: Jan Tysdal/ Candy Kalil <i>Pathways: Child Growth and Development</i>	6:30 – 9:00 pm	\$5

**To Register Contact: Early Childhood Connections (ECC)**

**605-342-6464 - Toll Free 888-999-7759 - FAX 605-394-0153 E-mail: [dhilt@rushmore.com](mailto:dhilt@rushmore.com)**

Date	Day	Location	Class Description	Time	Cost
<b>Infant/Toddler Certificate Training Series II</b>					
July 14	Tues.	ECC	<u>Discoveries of Infancy/Brain Development</u> Brain development and learning Instructor: Jan Tysdal/Candy Kalil <i>Pathways: Learning Environments</i>	6:30 – 9:00 pm	\$5
July 21	Tues.	ECC	<u>Special Needs/Language Development</u> Inclusion of all children plus child growth and development Instructor: Jan Tysdal/Candy Kalil <i>Pathways: Inclusion of All Children</i>	6:30 – 9:00 pm	\$5
July 28	Tues.	ECC	<u>Harmonizing Cultural Diversity/Acknowledge, Ask &amp; Adapt</u> Cultural diversity and communication Instructor: Jan Tysdal/Candy Kalil <i>Pathways: Cultural Diversity</i>	6:30 – 9:00 pm	\$5
Aug. 4	Tues.	ECC	<u>Responding to Families/Protective Urges</u> Working with parents and communication Instructor: Jan Tysdal/Candy Kalil <i>Pathways: Partnerships with Parents</i>	6:30 – 9:00 pm	\$5

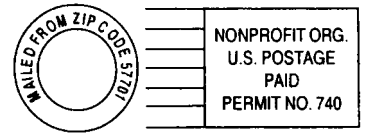
<b>Enrichment Training</b>					
June 11	Thurs.	Spearfish	<u>Writing Sick Policy</u> A class to help the provider develop a sick policy for use in their childcare Instructor: Jennifer Nelson <i>Pathways: Program Management</i>	6:30 – 8:00 pm	\$5
June 18	Thurs.	Spearfish	<u>Good Night, Sleep Tight</u> Learn the newest recommendations to decrease the risk of SIDS, as well as methods to help children sleep better Instructor: Deb Kuehn <i>Pathways: Program Safety</i>	6:30 – 8:30 pm	\$5
June 25	Thurs.	ECC	<u>Preschool Block: Mathematics</u> Counting, adding, subtracting...is this what math is all about? Learn how to connect activities, early learning guidelines, environments, materials and parent communication to create a rich math curriculum. Instructor: Kim Booth <i>Pathways: Age-Appropriate Plng</i>	6:30 – 8:30 pm	\$5

<b>Social/Emotional Series ~ Instructor: Tammy Arens-Beauchamp</b>					
June 1	Mon.	Spearfish	Social/Emotional Development Within the Context of Relationships <i>Pathways: Child Growth and Development</i>	6:30 – 9:00 pm	\$5
June 8	Mon.	Spearfish	Building Relationships With Children, Families & Colleagues <i>Pathways: Interpersonal Communication &amp; Relationships</i>	6:30 – 9:00 pm	\$5
June 15	Mon.	Spearfish	Creating Supportive and Responsive Environments—Part 1 <i>Pathways: Learning Environments</i>	6:30 – 9:00 pm	\$5
June 22	Mon.	Spearfish	Creating Supporting and Responsive and Environments--Part 2 <i>Pathways: Learning Environments</i>	6:30 – 9:00 pm	\$5
June 29	Mon.	Spearfish	Social and Emotional Teaching Strategies <i>Pathways: Age-Appropriate Planning</i>	6:30 – 9:00 pm	\$5
July 6	Mon.	Spearfish	Enhancing Emotional Literacy <i>Pathways: Age-Appropriate Planning</i>	6:30 – 9:00 pm	\$5

<b>Social/Emotional Series ~ Instructor: Tammy Arens-Beauchamp</b>					
Aug. 5	Wed.	ECC	Social/Emotional Development within the Context of Relationships	6:30 – 9:00 pm	\$5
Aug. 12	Wed.	ECC	Building Relationships with children, families and colleagues	6:30 – 9:00 pm	\$5
Aug. 19	Wed.	ECC	Creating Supportive and Responsive Environments Part 1	6:30 – 9:00 pm	\$5
Aug. 26	Wed.	ECC	Creating Supportive and Responsive Environments Part 2	6:30 – 9:00 pm	\$5
Sept. 2	Wed.	ECC	Social and Emotional Teaching Strategies	6:30 – 9:00 pm	\$5
Sept. 9	Wed.	ECC	Enhancing Emotional Literacy	6:30 – 9:00 pm	\$5

<b>Bright Start Responsive Parenting Classes</b>					
June 17 June 24 July 1 July 8 July 15 July 22	Wed.	Spearfish	<u>Bright Start Responsive Parenting Class</u> Responsive Parenting classes can increase the enjoyment and satisfaction of parenting young children. Parents will learn about topics such as social-emotional growth, early brain development, temperament and guidance. Instructor: Jennifer Nelson	6:30 – 8:30 pm	No Charge Pre Registration Required
June 25 July 2 July 9 July 16 July 23 July 30	Thurs.	ECC	<u>Bright Start Responsive Parenting Class</u> Responsive Parenting classes can increase the enjoyment and satisfaction of parenting young children. Parents will learn about topics such as social-emotional growth, early brain development, temperament and guidance. Instructor: Kathryn Kettering	6:30 - 8:30 pm	
Aug. 5 Aug. 12 Aug. 19 Aug. 26 Sept. 2 Sept. 9	Wed.	ECC	<u>Bright Start Responsive Parenting Class</u> Responsive Parenting classes can increase the enjoyment and satisfaction of parenting young children. Parents will learn about topics such as social-emotional growth, early brain development, temperament and guidance. Instructor: Bridget Stone	6:30 - 8:30 pm	

Early Childhood Connections  
809 South Street, Suite #304  
Rapid City, SD 57701-3585



RETURN SERVICE REQUESTED

*Please Note: We realize at times it is difficult to find childcare in the evenings. However it is not appropriate to bring children to classes at Early Childhood Connections. Our learning environment is not designed to ensure the safety of children. It is also important that we are respectful of fellow students and the instructor. Please make other arrangements for your children while attending classes at Early Childhood Connections. Thank you.*

## SDCDA Classes!

It's summer time, and it's hard to imagine fall just around the corner. But now is the time to think about registering for the fall SDCDA session. Depending on attendance the classes will be held on Tuesday evenings from 6:30 PM – 9:00 PM and every other Saturday from 9:00 AM – 3:00 PM.

Completing CDA training and applying for CDA assessment is a big commitment. It is, however, a very rewarding experience. It offers you, as a caregiver of young children, an opportunity to look at your own work in relation to national standards, receive support and mentoring from people who have experience with children and knowledge about early childhood education while improving your skills in ways that are satisfying to you and the children in your care. All this while you work towards a professional Credential that is recognized by early childhood educators nationwide.

The South Dakota Child Development Associate Training is designed to meet the 120 clock hours of training to meet the requirements to apply for CDA Assessment. Once you have obtained the CDA Credential from the Council for Professional Recognition you qualify as a Level III provider on the SD Pathways Career Lattice.

Scholarships to cover a portion of the training cost are available through the Office of Child Care Services. For more information or to request scholarship application forms you can contact Kim Booth at [kimbooth@rushmore.com](mailto:kimbooth@rushmore.com) or call Kim at Early Childhood Connections 1-888-999-7759 or 342-6464.