

PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

GETTING INTO THE SCHOOL GROOVE

By Celia Takahashi, Oahu Coordinator,
Good Beginnings Alliance

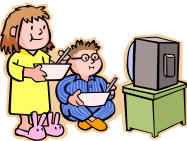


Ah, the lazy, hazy days of summer. Our keiki hang out with their friends during the day, play outside past dusk and stay up a little later without a care in the world. And then the crazy part of summer happens... Back to school!

We all know that getting keiki back into the groove of school is like running a marathon- it's long, hard, exhausting, and stressful.

Below are some "training tips" on how parents can help keiki get back into the school groove.

1. Have dinner as a family. Family mealtime help keiki get ready for school by providing them with structure in a non-threatening way. Start off slowly by having dinner together twice a week. The meals do not need to be fancy. Keep it simple: soup, sandwiches, and a salad one night, spaghetti and meatballs another. Provide time for everyone to share about their day.



2. Limit technology use. It's not uncommon for technology use (i.e. television

viewing, use of the computer, video games, MP3 players, etc.) to go up during summer vacation. These activities "rev up" a child's brain, making it more difficult for keiki to get a good night's sleep. Decreasing technology use before bedtime will help your child's brain "log off" and get a good night's sleep.



3. Establish a bedtime routine. A good bedtime routine consists of the same things, in the same order, at the same time everyday. These regularly repeated events provide keiki with a clear signal the day is coming to an end. A bedtime routine could consist of a warm bath, going to the potty, teeth brushing, changing into sleep clothes, laying out clothes for the next day, and 15 minutes of reading aloud with a caring adult.



4. Do tonight so you don't have to do it in the morning. Getting out the door in the morning can be stressful on both keiki and their parents. Here are some things that can be done the night before as a way to minimize morning stress:

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What's New at PATCH?

ANNOUNCING PRESCHOOL OPEN DOORS!

Aloha. We are pleased to announce that, as of July 1st, 2009, the Preschool Open Doors Child Care Subsidy program for the State of Hawaii will be administered by PATCH. We welcome your suggestions and comments.

At this time of transition we will endeavor to provide continued service with the quality, integrity, dedication and care that you expect from PATCH.

As previously, you may contact Preschool Open Doors staff directly - their telephone and other contact information have not changed (Oahu: 587-5254 and Neighbor Islands: 1-800-746-5620). You may also contact your local PATCH office, or visit us online at www.PatchHawaii.org: see 'Paying for Child Care' under 'Families' section.

New East Hawaii Coordinator, Cathi Lux

We welcome Cathi Lux, the new East Hawaii coordinator in the Hilo office, and look forward to her sharing her knowledge and talents with us.

Classes for Parents

PATCH offers over 100 Free Child Care Workshops, many of which are great for parents! The training catalog is online at: www.PatchHawaii.org. Look in the Training Tracks Newsletter for classes with the parent symbol and register now for a class in your area.



Early Childhood Community Resources

Local

Arbor Child Care Connections is a federal subsidy program helping families pay for child care services. For information call an office in your area. In Honolulu (Hawaii Kai – Halawa) call 356-5555. In Waipahu (Aiea-Wahiawa to Waialua; Waipahu-Makaha) call 356-5577.

PATCH Preschool Open Doors Program is a statewide early education and care project funded by the State of Hawaii. It helps 3-4-yr olds attend preschool by helping families pay preschool costs. For information, call Oahu 587-5254, Neighbor Islands 1-800-746-5620.

The Parent Line: Oahu: 526-1222
Neighbor Islands: 1-800-816-1222.

Aloha United Way - 211: Available Monday-Friday, 6am-9pm, it's fast, free and confidential. Call 211 now to GET or GIVE HELP. Or visit www.auw.org/211/.

Online News

Daily Parent: Visit www.childcareaware.org/dailyparent.

KidSource OnLine: www.kidsource.com

National

National Association of Child Care Resource & Referral Agencies

(NACCRRRA): Visit www.naccrra.org/parent/index.php.

Born Learning: Visit www.bornlearning.org.

Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents: Visit www.wellpoint.com/healthy_parenting/index.html.

Job Openings:

PATCH Preschool Open Doors Program Specialist II, Oahu, Full Time

Process and verify income eligibility for clients who apply for Preschool Open Doors, access the DHS database and process checks to families who qualify. Act as Manager in the absence of regular program manager. *Requirements:* Associates degree in ECE or related; experience with child care and licensing issues; excellent customer service & communication skills; experience in ECE or related field, one year of supervisory experience preferred.

For Further Details: Contact Nadine Kanohokula: (808) 587-5254 email: nnawatani@dhs.hawaii.gov or Visit: www.PatchHawaii.org/news_events/employment

PATCH USDA Food Program Recruiter, Oahu, Part Time (20 hours/week)

Recruit family child care providers into the food program, provide assistance to participants with program requirements, program information, menu evaluation and technical assistance. *Requirements:* Associates degree in ECE or related; understanding of child care and licensing issues; excellent customer service & communication skills; experience in ECE or related, knowledge of basic nutrition preferred; valid driver's license with clean abstract and access to own insured vehicle.

For Further Details: Contact Yolanda Tilton: (808) 839-1990 email: ytilton@patchhawaii.org or Visit: www.PatchHawaii.org/news_events/employment

Free Health Insurance for Kids: 2009 Income Limits Increase

A family of four can now earn around \$76,000 annually and their children may qualify for the state's free QUEST and Medicaid programs. That is about \$3,000 more than in 2008.

Approximately 14,000 children and youths in Hawai'i are uninsured and many could now be eligible for comprehensive QUEST and Medicaid health insurance. Children's eligibility is based on household size, income, and citizenship or immigration status and a simplified application makes it easy to sign up.

Hawai'i Covering Kids and its 200 federal, state, business, and community partners are working extremely hard during the current downturn to enroll eligible uninsured children and youths in free health insurance programs. Health insurance connects kids to a pediatrician and



regular preventive health care. Also, parents and guardians have peace of mind knowing that injuries or sudden illnesses can be treated at emergency rooms without incurring exorbitant medical bills.

The new gross monthly income limits range from \$4,191 for a two-member household to \$12,792 for a ten-member household. Add \$1,074 for each additional household member.

Visit www.coveringkids.com/community for more information and to download a QUEST and Medicaid application. Parents and guardians can also call 211 (free from all islands) to talk with a live operator who will mail an application as well as link each family to an outreach worker for assistance with eligibility questions and completing the form.

PARENTS: Look for the "QCP" on your Referral List!

When parents contact PATCH for a referral list, some child care providers have "QCP" next to their license type. A provider marked as QCP is enrolled in the Quality Care Program, a recommended program for providers. This is a good indicator that the child care provider values offering a quality child care service and that the program's daily schedule is structured to offer developmentally appropriate activities for the children in their care.

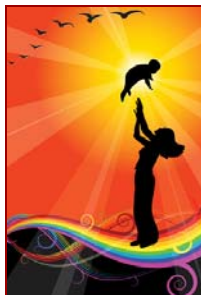
All QCP participants receive a bi-monthly packet of educational materials and early learning activities which focus on twelve Hallmarks of Quality Care (see right).

Parents, if your child care provider is not in the QCP, suggest that s/he enroll — it will benefit the provider, and more importantly, the children s/he cares for.

For more information about the Quality Care Program, log on to our website or call your local PATCH office.

12 Hallmarks of Quality Care

- ◇ Build trusting relationships with children.
- ◇ Provide consistent care.
- ◇ Support children's health.
- ◇ Provide a safe environment.
- ◇ Be responsive to children's individuality.
- ◇ Provide positive guidance.
- ◇ Foster curiosity and development through play.
- ◇ Provide a language-rich environment.
- ◇ Modify opportunities for learning as children grow.
- ◇ Partner with parents.
- ◇ Increase caregiving knowledge and skills.
- ◇ Care for the caregiver.



PATCH QUALITY CARE PROGRAM Attention: *All Home Child Care Providers

*This offer includes *both* licensed family child care providers and license-exempt providers, such as grandparents, other relatives and friends.

Do you care for children aged 5 years old and under?

If you do, then you're invited to join the PATCH Quality Care Program, administered by the Center on the Family at the University of Hawaii, and you may receive educational materials and activities to share with your keiki.

Enrollment in the program is free, however an orientation visit by a PATCH Program specialist is mandatory. Caregivers who serve children receiving a DHS child care subsidy can earn a monthly incentive payment of \$50 per subsidized child for the first twelve months of enrollment.

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- Place your child's clothes for the next day on a hanger on his/her door. This will help your sleepy child get dressed first thing in the morning. Place his/her slippers or shoes (with socks tucked inside) by the front door.
- Make lunch the night before. Keep your child's items together so you can pack the lunch bag quickly and easily.
- Pack your child's school bag the night before. Make sure that everything needed for the next day is



- packed and ready to go (i.e. homework, lunch money, signed paperwork, gym clothes, etc.). Place it by the front door or in the car.

When parents take time to help their child get ready for the hustle and bustle of the new school year, they help them prepare for success in life.



Child Care for Military Families

On Active Duty? Deployed?

We can help you with special referral services to quality child care programs.

Contact your local PATCH office today!

Hawaii Careers with Young Children presents "The Journey of the Early Childhood Practitioner"

For all ECE practitioners, including child care center staff, family child care providers, family-child interaction programs, home visitors and administrators. Learn about and participate in discussions of the HCYC Workforce Development System (CANOES); the 2009 NAEYC Developmentally Appropriate Practices; Infant/Toddler Assessments; and proposed revisions to DHS Staff Licensing requirements.

HCYC will host this FREE event statewide. Includes Food & Beverages. Contact Kit Wynkoop: 531-5502 (toll free: 1-866-531-5502), email: kwynkoop@goodbeginnings.org

Below is the event calendar for Oahu, with more information on the neighbor island events forthcoming. All events are 9:30am - 3:30pm.

June 27, 2009: Honolulu
 July 11, 2009: Central
 July 18, 2009: Windward
 August 1, 2009: Leeward
 August 8, 2009: Ko`olauloa



Space is limited. Reserve your seat no later than one week prior to your chosen date.

"Safe Sleep" Practices Can Prevent Sudden Unexpected Infant Deaths

One of the leading causes of preventable infant deaths in Hawaii is commonly known as "Crib Death". The new medical term for "Crib Death" is "Sudden Unexpected Infant Death or "SUID", which replaces the old term "SIDS" or "Sudden Infant Death Syndrome".



Sudden Unexpected Infant Deaths are sleep-related deaths caused by unsafe sleeping practices and environments.

Hawaii PRAMS* sleep position data show that many of our infants are at risk for SUID.

- One-third do not sleep on their backs
- Infants who are not placed on their backs to sleep are more likely to have Medicaid or QUEST insurance; receive WIC services; have younger, less educated mothers with many children; and are of Hawaiian, other Pacific Islander, or African American ethnicity.

Sudden Unexpected Infant Death is preventable. Any sleep-related infant death from SUID is one death too many!

The Keiki Injury Prevention Coalition Safe Sleep Hawaii Committee and the Department of Health urges parents and all those who care for infants to follow the recommendations from the American Academy of Pediatrics to decrease the risk of sleep-related deaths:

- Infants should always sleep on their backs—both at night and for naps.
- Keep your infant's sleep area close to, but separate from, where you and others sleep.
- Infants should sleep on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. (Never place your infant to sleep on pillows, quilts, sheepskins, or other soft surfaces.)
- Keep soft objects, toys, and loose bedding out of your infant's sleep area.
- Do not allow smoking around your baby.
- Do not let your baby get too warm during sleep.

A "Back to Sleep" handout is available online at the Keiki Injury Prevention Coalition website: www.kipchawaii.org, and in print from the Department of Health at (808) 733-4056.

For more information, contact:

Angela Goodbody, RN, MSN
 State of Hawaii Department of Health
 Maternal and Child Health Branch
 E-mail: angela.goodbody@doh.hawaii.gov
 Phone: (808) 733-4056
 Fax: (808) 733-9078

* PRAMS is the Pregnancy Risk Assessment Monitoring System--a self-report survey of recent mothers designed to monitor the health experiences of women before, during, and just after pregnancy.

PATCH Offices Statewide

Let PATCH assist you in finding licensed child care services across the state. Call one of our offices or visit our website for information on how to choose a quality child care provider, child care financial aid and much more!

In addition, PATCH can connect you to other early childhood resources that are available in your community.

PATCH-Oahu

650 Iwilei Road
Suite 205
Honolulu, HI 96817
Phone: 808-839-1988

PATCH-Maui County

95 Mahalani Street
Suite 28-2A
Wailuku, HI 96793
Phone: 808-242-4786
Lanai & Molokai: 1-800-498-4145

PATCH-Kauai

4485 Pahe'e Street
Suite 124
Lihue, HI 96766
Phone: 808-246-0622

PATCH-East Hawaii

305 Wailuku Drive
Suite 4
Hilo, HI 96720
Phone: 808-961-3169

PATCH-West Hawaii

73-4354 Mamalahoa Hwy.
Suite 208
Kailua-Kona, HI 96740
Phone: 808-325-3864

Mahalo to the State Department of Human Services, Benefit, Employment and Support Services Division.



Visit our website at www.PatchHawaii.org

- Online child care referrals
- Sign up to receive email news & updates
- Early childhood development resources
- Child care subsidy information
- Much more!

PATCH is a local 501(c)(3) resource and referral agency created in 1976. Our mission is to support and improve the quality and availability of care for the young people of Hawaii. PATCH has not investigated the resources listed and makes no warranties, express or implied, regarding the nature and quality of goods or services rendered by said resource providers.

2009 Leadership Symposium & HAEYC Early Childhood Conference

Inspiring Those That Inspire Children

Friday, October 9, 2009 & Saturday, October 10, 2009
Hawaii Convention Center

Join us for Hawaii's largest early childhood conference!

Connect with other early childhood and pre-K-to-grade-3 educators from across the State to network and discuss cutting-edge research and teaching strategies. Choose from over 100 workshops and seminars and explore our popular Exhibit Hall. Learn from various speakers while you renew your professional commitment to early childhood education. The Conference has a tremendous variety of subjects to offer both seasoned professionals and future educators.





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