

# PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

## Everyday Science: Bath Time

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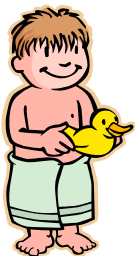
Science is all around us – even in your child's bath! Here are some easy ways to sneak a science lesson into your child's bath.



**Infant:** Babies are great junior scientists. They do a lot of their learning through their senses.

Before baby gets into the bath, rub baby's foot with a dry washcloth. Tell baby what you are doing, and ask how it feels. Say, "I'm

rubbing your foot with a dry washcloth. It feels rough." After you put baby in the bathtub, wet the washcloth and rub baby's foot again, "I'm rubbing your foot with the same washcloth, but now it's wet. Now it feels soft." As you add soap to the cloth, explain how it is changing: "Watch what happens when I rub your baby soap on the wet washcloth. Ooooh, bubbles... How does the bubbly washcloth feel on your foot now?"



**Toddler:** Children love watching rubber ducks float. Expand your child's concept of floaters and sinkers by including common objects (i.e., sponges, plastic cups, spoons, etc.) of different sizes and weights into their bath toys. Ask your child to guess if an object will sink

(drop to the tub's floor) or float (lay on top of the water). Say, "You just made a prediction, a fancy word for guess. Let's see if you're right." Let your child drop the object, make an observation and then talk about whether or not the prediction was correct. Repeat the process with other objects. Throughout the week discuss what the sinkers (or floaters) have in common.

**Preschooler:** Shave gel is an affordable way to have fun with Science. Fill your child's hand with shave gel and say, "What color is the shave gel?"

Wait for a response, then ask about the smell. Inquire about the texture by saying, "Is it soft or is it hard?" Wait for an answer, then say, "Is it rough or is it smooth?" Have your child rub the gel between their hands and ask, "The gel was pink before you rubbed your hands together. What color is it now?" This simple activity role models an important scientific skill – the ability to ask questions and make observations. Please be sure to check first if your child has allergies to scents and ingredients in shave gel before trying this activity.



Continued on Page 6



Agency Partner  
Aloha United Way  
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## Early Childhood Community Resources

### Local

**Arbor Child Care Connections** is a federal subsidy program helping families pay for child care. Toll-Free Casework #: 1-866-972-7267.

**The Parent Line:** Oahu: 526-1222

Neighbor Islands: 1-800-816-1222.

### `EkoLu `Eha `Ike Pono (EEIP) Early

**Screening Program:** FREE Vision, hearing and developmental screenings for 2-5 year olds, island-wide. FREE parent workshops for child health and development and school readiness.

Contact the Learning Disabilities Association of Hawaii at (Oahu) 696-5361.

**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/](http://www.auw.org/211/).

### Online News

**Daily Parent:** Visit [www.childcareaware.org/dailyparent](http://www.childcareaware.org/dailyparent).

**KidSource OnLine:** [www.kidsource.com](http://www.kidsource.com)

### National

#### National Association of Child Care Resource & Referral Agencies

**(NACCRRA):** Visit [www.naccrra.org/parent/index.php](http://www.naccrra.org/parent/index.php).

**Born Learning:** Visit [www.bornlearning.org](http://www.bornlearning.org).

#### Healthy Habits for Healthy Kids - A

Nutrition and Activity Guide for Parents: an interactive resource with activities, recipes, mealtime tips, guides and much more! Visit : [www.wellpoint.com/healthy\\_parenting/index.html](http://www.wellpoint.com/healthy_parenting/index.html).



## MARK YOUR CALENDAR

Date/s	Event	Island
October 8-9, 2010	HAEYC Conference. Honolulu.	Oahu
October 9-10, 2010	Oh Baby, Kids Expo. at Neal Blaisdell Exhibition Hall, 10:00am-5:00pm both days	OAHU
October 16, 2010	Princess Kaiulani Story Festival (formerly Known as the Keiki Story Festival) Hanapepe	KAUAI
October 23, 2010	FCC provider get together/spaghetti dinner All proceeds go to Kauai United Way.	KAUAI
October 30, 2010	Kauai United Way Walkathon	KAUAI
December, 2010	Charity of Trees at Mauna Lani resort Event begins the first week of December. PATCH accepting decorations up to Dec. 1.	BIG ISLAND
December 3, 2010	Lights on Rice Parade: contact Kauai office to join PATCH's walking unit	KAUAI
December 17, 2010	Family Child Care Providers Holiday Get Together. Contact Kauai PATCH office.	KAUAI

READ MORE about events and local news on your Island's News and Training Page on our website.

### 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](http://www.PatchHawaii.org). Look in the Training Tracks Newsletter for classes with the parent symbol and register now for a class in your area.



## Why Does Child Care Cost So Much?



*In every region of the United States, average child care fees for an infant were higher than the average amount that families spent on food. — NACCRRRA, Parents and the High Price of Child Care: 2010 Update.*

Deciding about child care is one of the most difficult decisions you will ever make. You want your child to be safe and healthy; to grow physically, socially and emotionally; and to be ready for school. However, if you are like many parents, you were shocked when you first discovered the high price of child care.

Child care is a small, service-oriented business, just like a restaurant, a doctor's office, a tax preparer's office, a beauty salon, or a pet grooming shop:

- A service is provided.
- The budget needs to be balanced to stay in business.

The fees that child care centers and family child care homes charge are based on a simple formula:

$$\begin{aligned} & \text{Cost of running the program} \\ & \text{Divided by the number} \\ & \text{of children served} \\ & = \text{Cost per child} \end{aligned}$$

Like many service industries, approximately 80 percent of the cost in a child care program is for payroll and payroll-related expenses. The major way to control the budget is to control salaries. However, despite their tremendous responsibilities, the average income for a full time child care worker is only \$8.39/hour, making child care one of the lowest paying professional fields.

Other costs that child care centers and family child care providers must budget for typically include:

- Facilities maintenance
- Fire alarms/security

- Food
- Insurance (business, liability, real estate, worker's compensation)
- Marketing
- Professional services (lawyers, accountants, health consultants)
- Rent/mortgage
- Staff training
- Supplies
- Taxes
- Toys and equipment
- Transportation
- Utilities

Like most service industries, state licensing regulations govern issues related to health and safety. Child care regulations cover children's health and safety while they are in out-of-home care, and they can affect how much it costs to run a child care program. As noted below, not all child care programs are covered by state licensing regulations. The following are the types of regulations that can affect the cost of running a program:

Continued on Page 4

## Why Does Child Care Cost So Much?

Continued from Page 3

- ▶ Group size – the number of children in one group.
- ▶ Ratios – the number of children for each adult.
- ▶ Staff education and training – the special training required for working with children.
- ▶ Square footage – the number of square feet required in the building and on the playground for each child.



▶ Activities and materials – those that support children’s academic, physical, social and emotional growth and school readiness.

▶ Health, safety and nutrition – the practices that keep children healthy, safe and well-fed. For example, the regulations requiring safety drills, specific evacuation cribs, resilient surfaces under outdoor equipment and safe storage of hazardous materials.

PATCH, Hawaii’s only statewide child care resource and referral agency, is a participant in several local and national campaigns:

A United Way campaign may be in progress at your workplace. If you wish, you may designate PATCH in the Aloha United Way, Kauai United Way and/or Hawaii Island United Way campaign.

For the **Aloha United Way** campaign, you may make a pledge to PATCH by using the Optional Donor Choice form, selecting Agency/Program Support, and entering our donor choice number: 96420.



We participate in the **Combined Federal Campaign** (CFC)

which provides all Federal government employees including those in the military with opportunities to improve the quality of life for all through workplace giving. PATCH’s CFC campaign number is 64544.



To make a direct donation to PATCH, send your tax-deductible donation to any of our offices, or donate online at our website:

[www.patchhawaii.org](http://www.patchhawaii.org) with our secure Network For Good system.

Please pass this information on to anyone it may benefit. Thank you very much for your interest in raising support for PATCH.

The agency greatly values your efforts.

For questions about fundraising policies, additional support or information, contact Virginia Lord at PATCH at (808) 791-2121 (Oahu) or via email: [VLord@Patch-Hi.org](mailto:VLord@Patch-Hi.org).



## Why is Child Care More Expensive in Some Places

In some states, child care is more expensive because state licensing regulations set higher standards. For example, some states allow 18 four year-old children in a room with one adult. Other states require one adult for every 10 four year-olds. The ratio for the State of Hawaii is one adult for every 16 four year-old children.

Some child care programs receive support from churches and other organizations that help to cut program costs for rent or maintenance.

Despite what you might expect, not all child care centers and family child care homes are governed by state licensing regulations. Programs that are exempt from licensing do not have to follow regulations about group size, ratios, staff education, square footage, activities and materials, and health and safety practices. If these programs choose not to meet licensing regulations, they can lower their expenses and charge less.

Programs have to balance the quality of the care they provide the children with financial considerations about what they think parents can afford to pay.

- ▶ Programs may pay higher salaries to attract better qualified staff and keep current staff. The staff turnover rate in child care is reported to be around 33 percent. That means that one-third of the child care providers you see at the beginning of the year will not be there at the end of the year. It is better for you and your child to have an ongoing relationship with one teacher, but it costs programs more to keep experienced teachers.
- ▶ A smaller group is better for your child, but it means fewer children in a room and less income.
- ▶ The fewer the children for each adult, the better for your child, but it means hiring more staff.

- ▶ Child care providers with special training in working with children are better able to help your child learn, but it means paying higher salaries.
- ▶ Providing a curriculum and toys and learning activities help to promote your child's learning and readiness for school, but they require provider training and additional expenses.
- ▶ Health and safety practices protect your child, but they also require provider training and added expenses.

When your relative or friend helps you by watching your child, they are assuming some of the costs that programs must pay. For example, they do not charge you for their housing costs and utilities. However, there may be some hidden costs that you should explore:

- ▶ Do they give your child the educational experiences to help your child be ready for school?
- ▶ Do they follow standard health and safety practices?
- ▶ Are they trained in first aid and CPR?
- ▶ Does their insurance cover your child?
- ▶ Do they limit the amount of television that your child watches?
- ▶ Do they have any history of criminal activity, sexual abuse, child abuse or child neglect?

You may need to provide your relative or friend with additional support to make sure your child is getting the kind of care that you want.

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## PATCH

Supporting Hawaii's Child Care Needs

### Everyday Science: Bath Time

Continued from Page 1

**Kindergarten:** Important Science skills such as pouring, measuring and estimating can be achieved by including different sized measuring cups/spoons, bowls, cups, funnels, etc. into your child's bath toys. Give your child a bowl. Show your child a drinking cup, "How many cups of water do you think it will take to fill up that bowl?" After your child makes a prediction (guess) have your child fill the bowl. Count aloud as your child fills the bowl.

Talk with your child about the prediction and the outcome.

Say, "You guessed that it would take two cups to fill the bowl. It took three. That was a good prediction." Do this experiment every day, using different tools (e.g. a medicine cup, ladle, small bowl, etc.). Each day discuss the results, and eventually, figure out which tool was the best one for the job, and why.

All of the activities mentioned above are fun ways for children make observations and gather data – Science in its simplest form. The best thing is that all this learning happens at home under your watchful eye.



## 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: 808-833-6866

### PATCH— Kauai

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

### PATCH—West Hawaii

79-7393 Mamelahoa Hwy  
Unit 4A  
Kealahou, HI 96750  
Phone: 808-322-3500

### Preschool Open Doors

650 Iwilei Road  
Suite 205  
Honolulu, HI 96817  
Phone: 808-791-2130  
Toll-Free: 1-800-746-5620

### PATCH—Maui County

95 Mahalani Street  
Suite 28-2A  
Wailuku, HI 96793  
Phone: 808-242-9232  
Lanai & Molokai: 1-800-498-4145

### PATCH—East Hawaii

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

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

## Become a PATCH Member!

Only \$25 per year!

*Please join us in our mission to support and improve the quality and availability of care for the young people of Hawaii.*

Contact your local PATCH office for details.



Visit our website at [www.PatchHawaii.org](http://www.PatchHawaii.org)

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

## Child Care for Army & Marine Families



*On Active Duty? Deployed?*  
*We can help you with special child care referral services and subsidy information for quality child care programs.*  
Contact your local PATCH office today!

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.



**PATCH**

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**Supporting Hawaii's Child Care Needs**