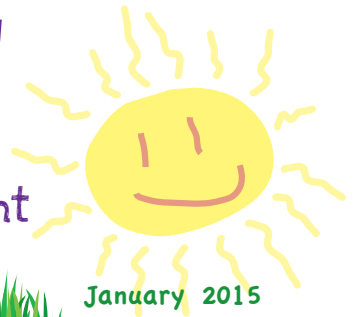




# I Mandikiki!

For Guam Families with Children Birth To Eight



Volume 8, Issue 3

January 2015



## Finding the Right Child Care for Your Child



Parents are the best choices for the care of their own children. But, when mom and dad have to work outside the home, it is important to find the best place for baby. Just as babies don't come home from the hospital with a manual, there isn't one single article or checklist that helps us figure out the best child care.

Before baby was born, you probably asked all your friends with children which child care center they preferred. Your mom or your auntie may even have their favorite places. We have over 40 licensed child care centers and several family home providers on Guam. That's a lot of choices!

Zero to Three, a national nonprofit organization that provides parents, professionals, and policymakers the knowledge and know-how to nurture early development, has a list of questions to keep in mind when looking for the right child care program for your baby.

- What training do staff members have in infant-toddler development?
- Do caregivers speak to the children, even babies? Do they sing and read to the children?

- Do they answer children's questions patiently? Do they ask children questions? Is each baby allowed to eat and sleep according to their own rhythms, and not based on a schedule imposed by the caregiver?
- For toddlers, is a daily schedule posted, using pictures and visuals, so that children can anticipate what will happen next?
- Are toys and materials well organized so that children can choose what interests them?

*Continued on next page*

### Inside this issue:

Finding the Right Child Care for Your Child.....	1-2
Parent Cafés Take Off .....	3
Guam Prepares to Implement Quality Rating and Improvement System .....	4
Guam Early Learning Council Certifies Child Caregivers ..	5
Project Bisita Info/Developmental Screening Info .....	6-7
Guam ELGs Now Available/Guam EHDl Info .....	7
Project Kariñu Information.....	8

# Finding the Right Child Care for Your Child (cont.)

- Are caregivers able to accommodate the special needs of children?
- Does the environment accommodate the special needs of children?
- Do caregivers respect the language, culture, and values of families in the program?
- How does the caregiver feel about discipline? Weaning? Toilet training? Feeding? Do the caregiver's beliefs match your own?
- Does the caregiver handle conflicts without losing patience, shaming a child, or frequently displaying anger?
- Does the caregiver seem to enjoy children?
- Are you welcome to drop in at any time?
- Would your child feel good about coming here? Would you feel good about leaving your child here?
- Is the environment sanitary and safe?
- Is the setting appealing with comfortable lighting and an acceptable noise level?

The best way to figure out if a child care center is right for you and your family is to observe the caregivers in action. If you feel comfortable and like what you see and hear, chances are your child will, too.

Source: <http://www.zerotothree.org>





# Parent Cafés Take Off



Do you sometimes wish that you could get together with other parents and talk about stuff? Do you sometimes wonder if you are raising your children well? Parent Cafés are a great way to have informal conversations with other parents that center on Protective Factors. Parent Cafés? Protective Factors? What are those things?

We all know that some children and families can bounce back from and cope well after being faced with difficult situations, while others have a really hard time. When families are unable to find healthy ways to deal with the stresses of daily living, bad things happen, like child abuse and neglect. Having conversations that focus on the protective factors help parents learn how to deal with stress in a positive way.

Going to a Parent Café is just like meeting up with friends for coffee or a meal. You may or may not know the parents who attend the café, but that's okay. You don't have to worry about people talking about your issues with others outside of the café. A Parent Café is a safe environment for parents to come and share experiences, be encouraged, and make connections with other parents. There is a set of agreements that parents agree to follow during and after the café. The conversations that happen during the Parent Cafés are based on questions that build on the Strengthening Families five (5) Protective Factors.

Child and family experts talk about the "protective factors" that help children and families deal with hard times and thrive despite their challenges. Protective factors help to increase the health and well-being of children and families and prevent family violence.

These protective factors are:

- Be strong & flexible: the ability to deal with and bounce back from difficult circumstances.
- Parents need friends: people in the community (friends, family members, neighbors, teachers, etc.) who can provide emotional support.
- Everyone needs help sometimes: financial security, formal support like Medical Assistance or Temporary Assistance for Needy Families, and informal support from social networks.
- Part of being a great parent is part natural and part learned: accurate information about how children develop and what to expect, along with knowledge about appropriate discipline methods.
- Parents need to help their children communicate: a child's ability to get along with others and communicate his or her emotions effectively.

When Parent Cafés and the Protective Factors are put together it makes for a truly supportive environment for parents. It is also a great way for programs to involve families to help them build the protective factors. Building the protective factors in families promotes good child and youth development.

Since 2012, Guam's early childhood programs have sponsored 19 Parent Cafés, with over 300 parent participants. For more information on the Strengthening Families Protective Factors you can visit the Strengthening Families website at [www.cssp.org/reform/strengtheningfamilies](http://www.cssp.org/reform/strengtheningfamilies). If you are interested in participating or starting a Parent Café in your program or community please contact Guam CEDDERS at 735-2438.

# Guam Prepares to Implement Quality Rating and Improvement System

Finding the right child care program for your baby is not easy. There are many things you need to think about in order to find just the right place or person. (See *Finding the Right Child Care for Your Baby* on page 1) A Quality Rating and Improvement System (QRIS) is another tool that can help you find the best care to meet the needs of your baby and family.

The Department of Public Health and Social Services, Division of Public Welfare, Child Care and Development Fund (CCDF) has been working with the Guam Community College to develop Guam's QRIS. The Guam Early Learning Council has been working with CCDF and other early childhood programs to make sure that the QRIS includes all children in all settings.

Guam's QRIS is a program that evaluates and improves the quality of care in early childhood settings. Early childhood programs and child care centers volunteer to be part of the QRIS. Guam's QRIS uses a four-star rating system and has four categories: Staff Qualification & Professional Development; Curriculum & Environment; Family Engagement; and Administration.

Each category of the QRIS has measures that determine quality child care. Each category has four levels with level one at one star and level four at four stars. Each level has indicators that need to be met for a center or program to

get the stars for that level. The stars in each category are added up and averaged to find the overall star rating for the center or program. Ratings are good for 2 years for 1 to 3 stars and 3 years for 4 stars.

Guam's QRIS star ratings can help families choose the right place for their child. The ratings tell families that the center or program has staff that are trained to work with young children, has activities and learning areas that are right for each age group, involves families, and does a good job of running the business side of the center or program.

Guam's QRIS pilot program will begin in January 2015. Eleven child care centers will be piloting the implementation of Guam's QRIS. These centers will go through the process of applying for a star rating. At the end of the pilot program, other centers and programs will be required to implement Guam's QRIS.

To find out which programs and centers are using Guam's QRIS or for more information, contact DPHSS CCDF at 735-7256.

## Guam's Quality Rating and Improvement System Categories

1. Staff Qualification & Professional Development,
2. Curriculum & Environment,
3. Family Engagement, and
4. Administration.



# Guam Early Learning Council Certifies Child Caregivers

*Finding the Right Child Care for Your Baby* (see page 1) and *Guam's Quality Rating and Improvement System (QRIS)* (see page 4) gave some great information about finding the right environment for your child. One of the categories of Guam's QRIS covers staff qualifications and professional development. This category focuses on the people who work in the centers to care for our children.

When Public Law 31-73, "An Act to Establish the Administrative Rules and Regulations of the Department of Public Health and Social Services Relative to Child Care Facilities and Group Child Care Homes, was signed into law in June 2011," Guam's Plan for Professional Development (GPPD) was included as an appendix to the law. The GPPD is a professional development plan for individuals working in early childhood programs. The GPPD gives great detail about the minimum education and training that are required of child care providers. Several changes were made to the GPPD after the passage of P.L. 31-73, which included a Grandfather Provision for existing early childhood providers. The Grandfather Provision exempts early childhood providers employed in child care centers prior to June 30, 2013 from meeting the minimum educational requirements. This provision recognizes that there are many caregivers in the child care centers who have years of experience, but do not have a high school diploma or a GED, and allows these individuals to keep their current positions. When the child care center's license is up for renewal in the next cycle, these individuals will have to make sure that they have attended trainings to meet the training requirement in the GPPD.

To start off the implementation of the GPPD, directors of all currently licensed child care centers attended an orientation on October 2014 that explained the experience and educational requirements. Each director was given the application for professional development certification, which needs to be filled out by each caregiver. Each caregiver must attach copies of transcripts, workshop and training certificates, and other documents to support the information they provide in the application. Once all applications and documents are complete, the director submits the packet to the Guam Early Learning Council Assistant. The assistant reviews the packet to make sure that all documents are in order and then arranges for the Early Childhood Professional Development (ECPD) Subcommittee, under the Guam Early Learning Council, to meet. The members of this Subcommittee review the applications, verify, and certify that the caregivers meet the requirements to work in the centers. The recommendations made by the ECPD Subcommittee are then given to the Department of Public Health and Social Services, Bureau of Social Services Administration, Licensing Section and are included in the child care center's application for licensure renewal.

For more information on "Guam's Plan for Professional Development," please contact Terry Naputi, who serves as the Guam Early Learning Council Assistant, at 735-2363 or [terry.naputi@guamcedders.org](mailto:terry.naputi@guamcedders.org).



View Guam's Plan for Professional Development at [www.guamelc.org](http://www.guamelc.org) (click Prof Dev)





# PROJECT BISITA I FAMILIA

*Guam's Maternal, Infant, and Early  
Childhood Home Visiting Program*

**Valuing Children. Strengthening Families.  
Engaging Communities.**

**OUR MISSION:**

To improve the well being of Guam's children,  
birth to 8 years of age, and their families  
through home visiting services

**For more information call: 735-7105 / 634-7408 • Fax: 734-7097  
520 W. Santa Monica Avenue, Dededo, Guam 96929**



This ad was produced by Project Bisita I Familia with 100% funding support from the U.S. Department of Health & Human Services, Health Resources and Services Administration, Grant #X02MC23100, under a subcontract with the Department of Public Health & Social Services and facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS).

## Ask for a developmental screening for your child at their next medical visit.

or

To schedule a FREE developmental  
screening, contact the Guam Early  
Intervention System at  
300-5776/5816.

You may also complete the FREE  
Developmental Screener on the  
GEIS Website: [www.gdoe.net/geis](http://www.gdoe.net/geis)



Produced with 100% federal funding through the Individuals with Disabilities Education Act Part C Grant for Infants and Toddlers, Department of Education, Division of Special Education, Guam Early Intervention System (GEIS) in collaboration with the University of Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS).

It is important that every parent knows about typical early childhood development to help nurture their child's growth.



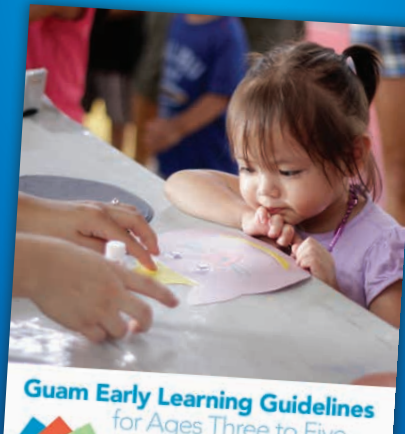
- 36 Months**
  - Sorts matching objects
  - Says 2 to 4 word sentences
- 24 Months**
  - Walks, runs, climbs without help
  - Says 3 to 6 words
- 18 Months**
  - Walks up steps
  - Begins to put words together
- 12 Months**
  - Says "Mama" or "Dada"
  - Imitates gestures

**Free Developmental Screening Available for children, birth - 3 years**  
Call 735-2466



Produced by Project Tinituhon with 100% funding support by the U.S. Department of Health and Human Services, Grant No. H25MCO6097 and facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS). The University of Guam is an Equal Opportunity Provider and Employer.  
This advertisement is adapted from the Centers for Disease Control and Prevention Act Early Campaign.

## Guam Early Learning Guidelines for Ages Three to Five now available online!



Go to [www.guamcedders.org](http://www.guamcedders.org) to download a PDF copy!

This document was funded by Project Bisita I Familia with 100% funding support from the U.S. Department of Health & Human Services, Health Resources and Services Administration, Grant #X02MC23100, through a subcontract between the Department of Public Health & Social Services and facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS).



Concerned about your child's **HEARING?**

**FREE HEARING SCREENING** services are available. To schedule an appointment, call the **Guam Early Intervention System (GEIS) at Telephone: 300-5776 / 5816**



Produced by the Guam Early Hearing Detection and Intervention (Guam EHD) Project with 100% funding support by the U.S. Department of Health & Human Services, Health Resources and Services Administration, Grant No. H61MCO0094, in collaboration with the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS).



Special support for this issue was provided by Project Kariñu with 100% funding support from the U.S. Department of Health & Human Services, Health Resources and Services Administration, Grant #5U79SM059022-05, under a subcontract with the Department of Public Health & Social Services and facilitated by Guam CEDDERS.

Heidi San Nicolas, Ph.D., Guam CEDDERS Director

Elaine Eclavea, Health, Wellness, & Prevention Initiative Area Coordinator

Editor-in-Chief: Terrie Fejarang

Managing Editor: Vera Blaz

Layout: Sherolyn Guerrero

This issue of **I Mandikiki'** was made possible through contributions from the following individuals: Vera Blaz, Terrie Fejarang, and Jeffrey Pinaula.

Alternative formats (e.g., Braille, large print, or audio tapes) of **I Mandikiki'** may be made available by sending a request to [newsletters@guamcedders.org](mailto:newsletters@guamcedders.org) or 735-2477.



Project **Kariñu**  
Loving Our Babies

Guam's  
Early Childhood  
System of Care



*Kariñu* is a Chamorro word which means "to cuddle".

**Project Kariñu** is a program that provides the care and support necessary to promote the social & emotional well-being of children, birth to five years of age.



CALL US FOR MORE INFO:

**478-5400**

VISIT US ONLINE:

**projectkarinu.org**

194 Herman Cortez Ave., Terlaje Professional Bldg. Ste. 208, Hagatña, Guam

AD FUNDED BY SAMHSA GRANT #5U79SM059022-04