



I Mandikiki'

For Guam Families with Children Birth To Eight

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Gross Motor is NOT Gross! *By Vera Blaz*

Gross Motor really is not gross! I borrowed that title from a video that demonstrates the importance of promoting gross motor skills. While a child can certainly become sweaty and stinky, which may be referred to as "being gross" in one sense, in terms of child development, promoting movement, and development of gross motor skills, they most certainly aren't gross!

Child development refers to how a child is able to do more complex things as they get older. As a child grows, he or she develops skills known as social, cognitive, language, fine motor, and gross motor.

Gross motor skills refer to a child's use of his or her body's large muscles. When a child is lifting his head, rolling over, crawling, sitting up, walking, running, etc., he is using his large muscles. The development of these gross motor skills is important to a child's overall development.

While we wish that an infant could stay small and cuddly, growth is inevitable and will happen. From the moment a baby lifts her head when placed on her stomach, her gross motor skills are developing. As she gets bigger, she will be able to roll over, lift her body off the surface, sit unaided, crawl, and eventually walk. As she learns how to perform these actions, her ability to keep balance and change positions will aid in learning how to run, skip, hop, and jump!

As your baby grows, it is important to engage in activities that help develop his gross motor skills. Encourage your baby to turn his head by shaking toys that make noise or calling his name. Place toys in front of him while on his tummy. While sitting, place an activity table or activity box in front of him. When he begins to crawl, put his favorite toys just out of reach so he has to move to grab them.



Once your toddler starts walking, take her for walks on various surfaces. Place pillows or cushions on the floor when she starts jumping. Let her roll or throw a ball, build towers with blocks, or dance around the room while listening to music.

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Gross Motor *...continued from page 1*

As your toddler gets more confident, he will want to run and jump a lot. He may also want to ride a bike or play on a swing. Your child will be able to do all of these activities using his body's large muscles.

As your child gets older, the world around her becomes more interesting. She may become more adventurous and start climbing on everything! Nothing is off limits for climbing in the mind of preschooler. Offer safe climbing alternatives such as the jungle gym

at a nearby park to get that climbing practice in!

In elementary school, your child will be able make choices about the types of activities in which he wants to participate. Organized sports such as soccer, basketball, football or baseball are good activities for the continued development of gross motor skills. The bigger he grows, the more time he will spend engaged in gross motor activities. Encourage it...even if he ends up being stinky and sweaty because gross motor really isn't gross!

Gross Motor Developmental Milestones by Age Group

AGE GROUP	MILESTONE	WHAT YOU CAN DO
Birth to 8 months	Reaching for objects	Place favorite toys just a little out of reach, gradually moving the toy farther away. Try using toys of different sizes and textures.
9 to 18 months	Cruising/walking	Babies begin to cruise, hold on to furniture to walk, and eventually walk unassisted. To encourage the development of this skill, child-proof your furniture by covering sharp corners and leaving the floors clear.
19 to 24 months	Balancing	Now that your toddler is steadier as she walks, you can encourage balancing activities for further gross motor development. Using masking tape, make straight, curved or zigzag lines on the ground for her to follow.
25 to 36 months	Kicking a ball	Your child is now walking and running everywhere. Develop the skill of kicking a ball by having balls of assorted sizes on hand and encourage him to kick towards a goal of some sort.
3 to 5 years	Riding a bicycle	Your preschooler has probably mastered pedaling a tricycle. She may want to venture into riding a two-wheeler! Provide a safe riding area for your child and possibly leave the training wheels attached until she is more comfortable being on a bicycle.
6 to 8 years	Obstacle Course	School age children would have fun navigating through an obstacle course. Set up activities such as riding a bike in between cones, shooting baskets, climbing over a small hill, etc.

References:

<http://www.earlychildhood.msstate.edu/motoractivities/infant-toddler.pdf>

<http://www.printables.familyeducation.com/child-development/growth-and-development/64344.html>

Hugando Parent Play Book for Children Ages Birth to Five. Available at www.guamcedders.org

Early Learning Council By Terrie Fejarang



The newly sworn in Guam Early Learning Council discussed the merits of Legislative Bill 141-31: "An act to promote Early Childhood Learning and Development opportunities through the promotion of Modern Child Care Facilities by providing Business Privilege Tax Exemption for Child Care Centers and Group Child Care Homes" on July 12.

A swearing in ceremony for the new Guam Early Learning Council took place on June 28 at the Governor's Conference Room at Adelup. The Honorable Eddie Baza Calvo, Governor of Guam, officially swore in the 25 members who represent families and child-serving agencies and organizations and delivered inspiring remarks on the important role the Council must take to ensure that a complete system of services and supports are made available to Guam's youngest residents.

The roles and responsibilities of the Council include providing recommendations on:

- effective policies supporting children birth to eight;
- prioritizing funding in support of child and family outcomes;

- promoting and supporting acquisition of funding opportunities;
- providing the Governor and Legislature with a "State of Early Childhood Health and Education on Guam" brief;
- establishing policies and procedures for effective decision making processes;
- regularly reviewing goals and objectives to ensure relevance and responsiveness.

The Council, which is led by co-chairpersons Christine Calvo, First Lady and Elaine Eclavea, Guam CEDDERS Initiative Area Coordinator, meets quarterly.

SAC Grant Sponsors Early Childhood Courses



(Left photo) Guam CEDDERS Training Associate, Vera Blaz (standing), reviews course requirements with participants during the first session of "Working With Young Children Part A" held in October. Three more sections were also offered in November with a total of 89 participants who are foster parents or child caregivers completed the course and earned 1.5 continuing education units (CEUs). Additional sections of this course along with Part B of the class are scheduled to be offered starting the second week of January 2012 (see advertisement on back page). These courses are supported by the Guam State Advisory Council grant and the Guam Early Learning Council.

For more information on future course offerings, call Terry Naputi 735-2363 or email at terry.naputi@guamcedders.org.



Getting your Child to Eat Healthy

By Rachael T. Leon Guerrero, Ph.D., RD, Nutrition Specialist/Professor, College of Natural & Applied Sciences, University of Guam

Most parents know that kids should eat healthy foods like fruits, vegetables, and low-fat dairy products on a daily basis. However, not everyone knows how to get kids to eat those healthy foods. The best way to get kids to eat healthy foods is to set a good example because PARENTS are the most important influence on their child. Parents can do many things to help their children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When kids develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

The following are some tips for Setting good examples:

- 1) Show by example** — Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables. Try new foods yourself!
- 2) Go food shopping together** — Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.
- 3) Have your child help you in the kitchen** — When kids are given small jobs to do in the kitchen to help prepare meals, it makes them feel “grown-up” and important. Kids are also much less likely to reject foods that they helped make. The following are suggested activities for kids at different ages:

At 2 years:

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Rinse vegetables or fruits

At 3 years:

All that a 2 year old can do, plus:

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Name and count foods
- Help assemble a pizza



At 4 years:

All that a 3 year old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

At 5 years:

All that a 4 year old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

4) Offer the same foods for everyone — Stop being a “short-order cook” by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.

5) Reward with attention, not food — Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6) Limit screen time and encourage physical activity — Allow no more than 2 hours a day of screen time like TV and computer games. Make physical activity fun for the whole family. Involve your kids in the planning. Walk, run, and play with your child instead of sitting on the sidelines.

Are You Concerned About Your Child's Development?

Guam Early Intervention System (GEIS), under the Guam Department of Education, Division of Special Education, provides services and support to young children birth to three years, who have or are at-risk for developmental delays and disabilities.

GEIS can help address your concerns about your child by providing:

- Developmental assessments
- Individual family service planning
- Home visits and therapy
- Playgroups to help build socialization skills
- Parent education and support
- Service coordination with other local agencies

If you feel your child is developing differently from other children, call GEIS at 300-1329.



This advertisement is facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS) through a contract with the Guam Early Intervention System (GEIS), Department of Education, Division of Special Education.



Guam CEDDERS Launches Pilot Teleaudiology

By Victoria Ritter



Technology enabled Dr. Erica Schicke (on computer screen upper left) at Children's Hospital-Colorado to test the infant's hearing with assistance from Bobbie Maguadog (center), Guam Department of Education audiometrist, and Dr. Susan Dreith (left), Children's Hospital-Colorado audiologist.

The first-ever diagnostic testing for hearing loss via teleaudiology was performed on an infant just under three-months old at the University of Guam on October 19. The pilot teleaudiology project is an 18-month partnership between the Bill Daniels Center for Children's Hearing at the Children's Hospital-Colorado, and Guam

Early Hearing Detection & Intervention (Guam EHD) at the University of Guam CEDDERS, with support from the Guam Department of Education, Division of Special Education.

Through specialized equipment, software, and a broadband connection, audiologists at the Colorado hospital operate the Guam-based audiological instruments from Colorado to test infants for a hearing loss, with assistance from an audiometrist on Guam.

The pilot teleaudiology project addresses the critical need for pediatric audiological services in the Pacific. Because of the project, infants on Guam who do not pass their newborn hearing screening can now be evaluated on-island for a hearing loss before 3 months of age. This allows early intervention services to be initiated, if needed, by the time the infant reaches 6 months of age, providing the infant and family the greatest opportunity for the child to develop speech and language in a timely manner for life-long success.

Licensed Child Care Facilities on Guam

as of Dec 20, 2011

ABC 123 LEARNING AND DEVELOPMENT CENTER

Tel: 632-8570
Fax: 632-2444

ABC CHILDREN'S CENTER

Tel: 637-9441 (Dededo)
Tel: 989-9441 (Yigo)

AGAT BAY CHILD DEVELOPMENT CENTER

Tel: 565-2223
Fax: 565-5502

AMAZING KIDS 2 CHILD DEVELOPMENT CENTER

Tel: 472-2271
Fax: 472-2285

ANANDA MARGA PRE-SCHOOL CENTER

Tel/Fax: 632-9251

BAMBINI MONTESSORI SCHOOL

Tel/Fax: 649-2636

BLESSED SEED CHRISTIAN ACADEMY & DAY CARE CENTER

Tel/Fax: 477-4333

CENTER FOR EARLY DEVELOPMENT

Tel/Fax: 632-0883

DOC'S DAY CARE AND PRE-SCHOOL-L.L.C.

Tel/Fax: 646-1857

DOMINICAN CHILD DEVELOPMENT CENTER

Tel: 477-7228 / 472-1524
Fax: 472-4282

FIRST STEP EARLY CHILDHOOD EDUCATIONAL CENTER

Tel/Fax: 632-2839

GADAO PRE-SCHOOL AND DAY CARE CENTER

Tel: 734-0627
Fax: 734-0458

"GOOD DAY" CHILD LEARNING CENTER

Tel/Fax: 653-1699

GUAM LEADERSHIP ACADEMY

Tel: 734-2452

GUAM'S LITTLE TREASURES

Tel/Fax: 646-6036

GUAM MONTESSORI INC. DBA MONTESSORI LEARNING CENTER

Tel/Fax: 633-0240

HARMONY KIDS CHILD CARE CENTER

Tel: 649-4467
Fax: 647-0032

INFANT OF PRAGUE NURSERY & KINDERGARTEN

Tel: 734-2785
Fax: 734-1055

INTERNATIONAL MONTESSORI SCHOOL

Tel/Fax: 734-7919

KIDDY LAND PLAY & LEARN CENTER

Tel: 632-7678/77
Cell: 483-7073

KIDS R US, GUAM CHILD CARE CENTER

Tel: 649-1321
Cell: 777-5454

LITTLE BIG PLAYHOUSE LEARNING CENTER

Tel: 479-7529

LITTLE LAMBS PRE-SCHOOL & DAY CARE CENTER

Tel: 735-LAMB (5262)
Fax: 734-7774

LITTLE ONE'S CHILD CARE CENTER

Tel: 633-5451

L.T. DIGI-TELL ENTERPRISES, INC. DBA: DEDEDO CHILD CARE LEARNING CENTER

Tel: 632-9734
Fax: 637-9629

MARIA ARTERO CATHOLIC PRE-SCHOOL

Tel: 472-8777
Fax: 472-2326

MERCY HEIGHTS NURSERY & KINDERGARTEN

Tel: 646-1185
Fax: 649-1822

M.G. HUFFER ADVENTURES IN LEARNING CHILD DEVELOPMENT CENTER

Tel/Fax: 789-2273

MNW dba: LOTS OF LEARNING CHILD CARE CENTER INC.

Tel: 477-4245

MY SCHOOL CHILD DEVELOPMENT CENTER

Tel: 646-2912
Fax: 646-2976

NENE CHILD CARE CENTER

Tel/Fax: 734-8368

NOAH'S ARK DAY CARE CENTER

Tel: 653-1005
Fax: 653-3515

PALOMARES CHILD CARE CENTER

Tel: 646-6725
Fax: 646-2274

PNG CHILD CARE AND LEARNING CENTER

Tel: 649-4220 / 4534
Fax: 646-4024/ 5971

PRECIOUS ONE'S CHILD CARE CENTER

Tel/Fax: 477-2229

REACH FOR THE STARS LEARNING CENTER

Tel: 472-1877
Cell: 482-7802

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New Childcare Facility Requirements

By Terrie Fejarang

Guam Legislative Bill 70-31, which establishes the administrative rules and regulations of the Department of Public Health & Social Services relative to child care centers and group child care homes, was signed into law by Governor Eddie Baza Calvo on June 2, 2011 and is now Public Law 31-73.

The law provides updates to the rules and

processes that govern child care licensure. A key requirement of this law deals with the child to staff ratios which are outlined in the chart below.

For more information on the requirements of this new law you may contact Terry Catahay, Bureau of Social Services Administration (BOSSA) at 475-2653.

New Child to Adult Ratio Requirements

Age of Child	Child:Staff Ratio Previous Requirements	Child:Staff Ratio New Requirements	Effective Date for New Centers (Est. after 6/2/11)	Effective Date for Existing Centers
Birth to 12 months	5:1	4:1	6/2/11	1/1/13
13 months to 2 years	8:1	7:1	6/2/11	1/1/13
13 months to 2 years	7:1	6:1	1/1/14	1/1/14
25 months to 3 years	10:1	10:1	No change	No change
37 months to 4 years	15:1	15:1	No change	No change
4 years and older	20:1	20:1	No change	No change

... Daycare Centers continued from page 6

SAGAN FINA'NA'GUEN FINO CHAMORU
Tel: 632-2395

SMART START LEARNING CENTER
Tel: 472-4769

TAMUNING DAY CARE & LEARNING CENTER
Tel/Fax: 646-5414

TEDDY BEAR CHILD CARE CENTER
Tel/Fax: 477-2327

TENDER SHEPHERD CHILD CARE CENTER
Tel/Fax: 477-4732

THE LITTLE UNIVERSITY PRE-SCHOOL
Tel/Fax: 649-8587

THE YOUNG LEARNER CENTER
Tel/Fax: 632-1372

TINA'S LEARNING CENTER
Tel: 649-0317

TINA'S LEARNING CENTER II
Tel: 734-3755
Cell: 487-6665



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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 or 735-2477.

ATTENTION

Foster Parents & Child Caregivers



Class Offerings: **Working with** **Young Children - Parts A & B**

Saturdays,
January 14, 21, 28, 2012

8am - 1pm

Venue: TBA

Target Audience:

Foster Parents & Child Caregivers

Instructors:

Part A - TBA

Part B - Vera Blaz

Cost: Free

Advanced registration required by
January 6, 2012.

To Register:

Call Terry Naputi at 735-2363

or email terry.naputi@guamcedders.org



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