



EMPOWER

Newsletter

JUNE 2016

June Greetings

Welcome to June!

We have all had a good preview of our summer heat and the uniqueness that an Arizona summer brings! Be sure to stay hydrated by drinking lots of water and staying out of the sun during the dangerous times of the day. When you are outside, use sunscreen, seek shade, dress for the weather and always watch kids around water. Little ones are drawn to water, whether it be a pool, bucket, dog bowl, or anything they can manage to splash in. Please supervise closely both at home and in your programs and teach families to do the same. Summer also brings lots of fun, so take some time to enjoy school being out, move at a slower pace, change your usual routine and relax!

Summer is also a great time to look at your program's policies to create those that may be missing or revise those that need updating. So, if you got a call right now asking if you have a written policy for each of the 10 Empower Standards, how would you answer? Could you show them to a prospective parent or new staff person and easily explain them? If not, keep reading for some helpful hints! Stay cool, be safe and have fun!

Bonnie

WIC Breastfeeding and Nutrition Tips

As an Empower center in Arizona, helping clients create healthy habits for families is a priority! Feeding can be a struggle, especially because issues with mealtime and feeding newborns are common concerns for families with young children.

Feeding a newborn baby and dealing with toddlers' picky eating are just some of the topics that nutrition professionals can help families work on through education provided at Arizona WIC. Some Empower pro-

grams, like CACFP, refer clients to the WIC Program who may want healthy food tips and food assistance.

The Arizona WIC Program is a free nutrition and breastfeeding program where families receive personalized nutrition tips, breastfeeding information, support and resources from nutrition and breastfeeding experts, as well as vouchers for healthy foods. WIC is for pregnant women, breastfeeding women (until their infant's first birthday), and women whose pregnancy ended less than six

months ago, as well as infants and children up to age five.

Families can visit azwic.gov today to see if they are eligible for the program and find a clinic near them! To help families find a WIC clinic near their child care center, home or work, visit azwic.gov or call 1-800- 2525. The AZ WIC Clinic Search App is also available for download to your mobile devices through the [Google Play Store](https://play.google.com/store/apps/details?id=com.wicsearch) on Android or [iTunes](https://itunes.apple.com/us/app/az-wic-clinic-search-app/id1088888888) for Apple devices.

You Know You're in Pima County when...



...you have a fantastic opportunity like this! [United Way's](#) Days of Caring are Wednesday, October 19 and Saturday, October 22. Nonprofits, schools, and child care centers can submit projects for groups of volunteers to complete **free of cost** from June 14 until August 5.

Projects can range from creating community gardens, refreshing a building's interior with paint, sorting and organizing inventory, painting a mural, or just about anything you can think of!

To submit projects for consideration

or for more information, [email Days of Caring](#).

You could be the recipient of just what your program needs to start off the new school year...a new garden, a spruced-up playground, or an organized storage room or shed. What else can you think of? I'll bet they can find someone to help.

You can also contact [Joey Trimble](#), at 520-903-3999 (o) or 520-360-0597 (c).



Empower Project for CC Group Homes

The Attorney General's Office has awarded ADHS special funding to provide training, technical assistance and a generous [re-source supply kit](#) to [all licensed child care group homes in Arizona](#) - all 300 of them! This is specifically to support the implementation and policy development of the Empower Standards, especially the ones that address obesity prevention (numbers 1, 3, 4, 5 and 6).

If you're in Maricopa, Pinal, Gila or Yuma counties, you probably already know this and we've met you. If you're in Pima, Cochise, Santa Cruz, Graham, La Paz, Mohave, Coconino, Greenlee, Navajo or Apache, don't fret because we haven't forgotten you! We divided the state up by county for years 1 and 2 of the program. Contact Antoinette for more information via 602-679-4747 (cell) or [email](#).

We Need Training Facilities

Are you interested in helping us? There are times when we try to find a good training facility for events such as these. If you have a place to offer or know of a good place in your community, we want to hear from you! Please contact [Bonnie](#) or [Tina](#).

Basics:

- available on Saturdays
- low or no cost
- central location for community or town
- easy parking
- adult tables and chairs available
- empty floor space available
- screen, computer, projector, sound

Writing Empower Policies in 3 Easy Steps!

Your Responsibility:

Implement each of the 10 Empower Standards and have a written policy for each.

In the daily life of a child care program, I know how busy things can be! When are you supposed to find quiet time to sit down and write your Empower policies?

If you haven't done this yet, here is **Step 1**. Go to the [Empower website](#) and use one of the two samples that are already provided for you! There are 2 samples for each of the 10 policies. Choose one of them and put the name of your program on the page. That's why they're there! Now...you have your written policies! Don't you feel better? Print them out, post them, file them with your licensing information and show them off!

Step 2: Maybe you're past Step 1, or you really *can* find the time to write your Empower policies. If so, you may still want to start with the sample policies on the [Empower website](#). Remove, add or edit the information on the sample policy and make it your own. Does it represent the philosophy of your program? Does it sound like your other policies? Maybe you want to reformat it so it looks like your brand. Put your creative spin on them and make sure they feel compatible with your program. Now, you have *your* written policies. I'll bet you are proud of them, so again, print, post and file them with your licensing information.

Step 3: You are probably an Empower expert! You've had written policies in place since 2010 and you should be writing our samples for us! You have trained your staff on all of the policies and they can all speak about why your program supports and implements them and why they're important to the health and wellness of young children. When parents have questions, your staff have answers! You've provided training to parents and families on the policies. They are not surprised by the policies and they are proud to send their child to such a fine program. The written policies are in the Staff Handbook, the Parent Handbook and the ADHS Statement of Services, and some policies and signs are posted at strategic locations in your facility. You can't wait for your surveyor to visit and ask you about your written Empower policies. YOU are part of the Empower Superhero Team!

Good Ideas for Sharing about Policy Writing

Does anyone have a good idea for writing policies? I know some of you are very creative and clever. If so, [email me](#) your ideas about how you write policies, train staff, train parents, conduct new staff orientation, etc., and we'll do our best to put YOU and your program on the front page!



Check These Out!

Learn about a *NEW* [Sun Safety curriculum and training opportunity here!](#)

Community Playthings [Outdoor Learning Article](#)

NAEYC's [Healthy, Fit Families article](#)

Do you know about [Big Body Play?](#)

Read about [The Importance of Family Routines](#)

This reads just like Empower! [Healthy Active Living for Families](#)

Do you know about the [Educational Tools](#) from Cooking Matters?

Do you struggle with kids eating vegetables? [Read this!](#)

[11 Ways to Encourage Physical Activity](#)

Read about [The Benefits of Family Mealtime](#)

[The Power of Play in Physical Education](#)

[Farm to Early Care and Education](#)

Professional Development Opportunities

For training and professional development opportunities, please check out the following organizations using these links. Many of the trainings are related to Empower Standards and can satisfy **Standard 8** which states 'Ensure that staff members receive three hours of training annually on Empower topics.'

[Arizona Center for Afterschool Excellence \(AzCASE\)](#)

[The Early Childhood Bulletin](#) and [Training Catalog](#)

[ADE Early Childhood Unit](#)

[Better Kid Care \(online\)](#)

*****NEW*****

[Arizona Early Childhood Professional Development Website](#)

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ARIZONA DEPARTMENT
OF HEALTH SERVICES