



# EMPOWER

## Newsletter

OCTOBER 2017

### October Greetings

*Bonnie*

Hello Empower Friends!

I hope you'll take time to look through this month's Empower Newsletter. There is information about the new CACFP regulations and resources, our [Sun Safety/Sunbeatables FREE webinar](#), our wildly popular online Empower courses, and updates on immunizations, oral health and much more!

I've enjoyed hearing from many of you this past month. I've been fielding questions on using the Arizona Early Childhood Workforce Registry to get credit for our LMS courses. Others of you want to learn more about professional development and how you can get your Empower training hours. This is easier now with our LMS courses than it ever was. All you need is a computer and internet connection. You can still use community-based training as long as the topics relate to the Empower Standards. Please email [Bonnie](#) with Empower questions, ideas, or photos to share.

Have you ever wondered why we emphasize health, nutrition and wellness? It is because YOU have such a big impact on how children grow and develop. We develop habits - good or bad - at a very early age! Be a part of teaching young children how to live healthy for life and they'll thank you!

**Are you reading someone else's newsletter?** [SUBSCRIBE to the Empower Newsletter](#) and have this great resource sent to your Inbox.

### Arizona Ray and the Sunbeatables™ PreK and K-1 Training Webinar

November 2, 2017, 3:30-4:30 PM [REGISTER HERE](#) FREE

Arizona is leading the nation in its commitment to sun safety as part of health and safety education in child care centers and schools. Please [register](#) for this FREE training webinar to learn more about skin cancer prevention and sun safety promotion, including the [Sunbeatables™](#) Program. All participants will receive a certificate of completion for the training. This webinar will count for one hour towards the three-hour Empower training requirement.

The University of Texas MD Anderson Cancer Center has developed the Ray and the [Sunbeatables™](#), a sun safety program for preschoolers, kindergartners and first graders to educate teachers, parents, and children about sun protection and promote sun safety behaviors in an effort to reduce children's lifetime risk of developing skin cancer.

The entire evidence-based Sunbeatables™ program is now available for FREE at [Sunbeatables™](#).



## Spotlight on CACFP

Whether or not your facility participates in the Child and Adult Care Food Program (CACFP), they have some fantastic new resources to share with early care and education professionals. We hope that you participate if you're eligible, as it's a great way to promote good nutrition and get reimbursed for some of your meal costs. If you do participate, you know that new regulations began on October 1, 2017.

Good nutrition is an important part of a healthy lifestyle. Eating healthy foods helps pregnant women and children get the nutrients their bodies need to stay healthy, active, and strong. Look below to explore resources to support healthy eating habits and find nutrition assistance information to share with families.

[New Meal Pattern Reference Card](#) - This is a great one-pager that summarizes meal patterns to make sure you are on track with components and portions.

[USDA Team Nutrition Worksheets](#) - Information on yogurt, cereal, and milk in English and Spanish.

[Grow Healthy Kids, Just Add Water](#) - A cute toolkit that provides several activities to do with water. I especially love the 'Raindrops' and 'Ice Painting' activities. It also provides some parent communication pieces stressing the importance of drinking water. Pair this with your own messages around reducing juice, soda, and other sugar-sweetened beverages! The [National Drinking Water Alliance](#) promotes [Four Best Practices](#) that you can easily use. Do you have a good drinking water 'system' in your program? Send me a photo and I'll plan to share next month!

[Team Nutrition Sample Meal Posters](#) - These posters will come in handy when educating staff and parents about healthy meals. Examples of toddler, preschool, school age and adult meals in both English and Spanish are provided for breakfast, lunch/supper and snack.

[Community Member Resources](#) provides many ideas, including a menu template and cycle menu samples, cookbook with creditable recipes, handouts for parents, activities, buying guide and much more. [Child Nutrition Today Preview Magazine](#) provides many resources as well. Check them out!

[Nutrition Standards for CACFP Meals and Snacks](#) provides guidance, resources and technical assistance.

## More Nutrition Resources

[EatFresh](#) has kid-friendly recipes and various types of cuisine.

Our own [Eat Well Be Well](#) also has a variety of healthy recipes. In fact, you can sign up via [email](#) for their recipes. Note: The [Arizona Nutrition Network/Champions for Change](#) has changed to AZ Health Zone! Be watching for future updates on this.

USDA's [What's Cooking](#) provides healthy recipes in English and Spanish.

[Recipes for Healthy Kids Cookbook for Homes](#) is designed specifically for home care providers.

[Recipes for Healthy Kids Cookbook for Child Care Centers](#) is designed for centers.

# Oral Health

## Why Regular Dental Visits Are Important

- **Promoting good oral health.** During dental visits, oral health providers ask questions to learn about a child's or pregnant woman's oral health habits. Answers to questions about the use of fluoride toothpaste, eating and feeding practices, and whether the pregnant woman or the child drinks fluoridated tap water can help providers deliver tailored care and education to promote oral health.
- **Teaching the value of good oral health.** Early dental visits teach a child that oral health is important. A child who is taken for dental visits early in life is more likely to have a positive experience and a good attitude about dental visits. Pregnant women who get oral health care are more likely to take their child to get oral health care.
- **Finding oral health problems early.** One goal of dental visits is to find and treat little problems before they become big ones. Tooth decay can be stopped or managed if it is caught early. Treating problems early keeps oral disease from getting worse and costs less than treatment would later. Treating tooth decay in pregnant women is also important because the bacteria that causes tooth decay can be passed from mother to baby after the baby is born.

[More on Oral Health from the ECLKC](#)

# Immunization Update

## 2017-2018 Immunization Data Reports are due November 15!

In the state of Arizona, all licensed child care facilities, small group homes, preschools, and Head Start programs, as well as schools serving children in kindergarten and/or sixth grade, are required by law to submit immunization and exemption data for their students to the [Arizona Immunization Program Office](#).

The **Immunization Data Report** (IDR) [online survey application](#) opened for the 2017-2018 school year on September 7 and will remain open until **November 15**, when **ALL** surveys are due and the application will be closed. If you haven't already submitted yours, we encourage you to get started so that any questions or concerns you have can be addressed early, allowing you enough time to submit your survey before it is closed.

Since the application is submitted through a brand new system this year, everyone will need to create a **NEW** account, even if you have submitted an IDR in previous years. You can find more information about the IDR, including training slides that take you through the registration and completion process step-by-step, on the [IDR webpage](#).

If you have any questions or concerns regarding the IDR, please contact Rachael Salley at [AZIDR@azdhs.gov](mailto:AZIDR@azdhs.gov) or 602-364-3632.



# Online LMS Empower Courses

## Learning Management System Courses

[LMS Course](#) certificates are emailed within *two weeks* of completion.

\*NEW\* [Sun Safety in Child Care Settings](#)

\*NEW\* [Tobacco Prevention in Child Care Settings](#)

\*NEW\* [Tooth Brushing in Child Care Settings](#)

[Family-Style Meals in Child Care Settings](#)

[Fruit Juice in Child Care Settings](#)

[Sedentary Activity and Screen Time in Child Care Settings](#)

[Physical Activity in Child Care Settings for Children Birth Through Age 12](#)

Many of you are using the [Arizona Early Childhood Workforce Registry](#) to record your education, training, and professional development as you work your way up the Career Lattice. All seven of our online [LMS courses](#) are listed in the [Registry](#) and they can be taken at any time that works for you.

**If you want Registry credit, you have to enroll in the LMS course through the [Registry](#).**

The link in the Registry will take you to the [LMS course](#) of your choice. You can also take the LMS courses directly through our [Empower website](#) but you won't get [Registry](#) credit. Either way, you will receive a certificate of completion by email from ADHS within *two weeks*. Be sure to enter your email correctly so we can send it to you!

## Professional Development

**October 28, 2017** - [Arizona Out-of-School Time Conference](#)

**November 2, 2017 3:30-4:30 p.m.** - [Arizona Ray & the Sunbeatables Training Webinar](#)

**November 4, 2017** - ECE Symposium, Flagstaff (contact [Sarah](#) at ASCC)

**Are you looking for more training opportunities?** Are you a part of the [Arizona Early Childhood Workforce Registry](#)? Be sure to visit the [Arizona Early Childhood Career and Professional Development Network](#) website for conferences, workshops, and trainings.

Disclaimer: News links are shared for informational purpose only and do not replace official Empower guidance or policy. Links do not necessarily represent the opinions, beliefs, or positions of the Arizona Department of Health Services (ADHS), nor do they constitute an endorsement by the ADHS.



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