

# NEWSLETTER

January 2025



## Contact Information

Care About Childcare at Utah Valley University is a Child Care Resource & Referral agency that serves Utah, Juab, Summit, and Wasatch counties.

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(Park in back cul-de-sac, walk in front or back doors)

## Office and Phone Hours

Monday  
11:00 AM - 5:30 PM  
Tuesday  
8:00 AM - 5:30 PM  
Wednesday  
8:00 AM - 5:30 PM  
Thursday  
8:00 AM - 5:30 PM  
Friday  
Closed

**Save the Date**

**24th Annual Southern Utah Early Childhood Conference**

**Happy Days in Early Childhood**

**May 9th & 10th, 2025**  
**Utah Tech University**

This document is produced with funding from the Department of Workforce Services, Office of Child Care through the Child Care and Development Block Grant

**Utah Early Childhood Conference**

**Save the Date**

**50th Annual Conference Celebration!**  
Cheers to 50 Years! Celebrating our past, building our future!  
March 14-15, 2025  
Salt Lake City

**Click for more information**

**SAVE THE DATE!**

**4th Annual SLCC Child Care Summit**  
**Ensuring a Bright Future**

**SATURDAY, APRIL 12, 2025 FROM 8 AM - 5 PM**

**WORKSHOP TOPICS**

- Social Media Marketing for Dummies
- Calculating Your Cost per Child, per Classroom
- Insurance for Employees
- Grants
- Growing a Brand
- Creating an Environmentally Healthy Space
- Creative Thinking Your Way Out of Tough Situations
- Professional Pathways: Building Your Business Through Professional Development

**KEYNOTE SPEAKER**  
Heather Kennedy  
Speaker Specializing in Teamwork & Productivity

**20 VENDORS!**

**Hilton City Center**  
255 S W Temple  
Salt Lake City

Scan for info on Child Care Business Trainings

**Jacqueline Carmigniani**  
**Madison Kauffman**  
**Danielle Latu**  
**Samantha Snyder**  
**Katherine Arhi**

**Congratulations On Earning your CDA Credential!**

# Webinar Dates and Topics January 2025

Training webinars are offered at no cost to providers seeking to learn about a variety of topics related to Infant and Early Childhood Mental Health (IECMH).

Trainings are appropriate for any providers working with young children and/or their families, including teachers, childcare providers, healthcare professionals, mental health clinicians, early interventionists, child welfare workers, etc.

To register for a training, click the title of that webinar, or use the QR Code provided below to access registration information on The Children's Center Utah's website.

## WEEK 1

- 1/2 at 9:00 a.m. - 11:00 a.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 1/2 at 11:00 a.m. - 12:00 p.m. - The ABC's of Social and Emotional Well-Being
- 1/2 at 3:00 p.m. - 4:00 p.m. - Growing Healthy Eaters
- 1/3 at 9:00 a.m. - 11:00 a.m. - Foundations of Healthy Attachment
- 1/3 at 11:00 a.m. - 12:00 p.m. - Behavioral Communication of Infants and Toddlers
- 1/3 at 12:00 p.m. - 2:00 p.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 1/3 at 3:00 p.m. - 4:30 p.m. - Understanding Trauma in the ECE Setting

## WEEK 2

- 1/6 at 9:00 a.m. - 10:00 a.m. - Domestic Violence in the Context of Early Childhood
- 1/6 at 11:00 a.m. - 12:00 p.m. - Screening for Trauma in Young Children
- 1/6 at 11:00 a.m. - 12:00 p.m. - Caregiver Affect Management
- 1/6 at 1:00 p.m. - 2:00 p.m. - Suicidality and Self-Harm in Young Children
- 1/6 at 3:00 p.m. - 4:00 p.m. - Behavioral Communication of Infants and Toddlers
- 1/7 at 11:00 a.m. - 12:30 p.m. - Understanding Trauma in the ECE Setting
- 1/7 at 12:00 p.m. - 1:00 p.m. - Set up for Success: Goals and Resolutions in Early Childhood
- 1/7 at 2:00 p.m. - 3:00 p.m. - Suicidality and Self-Harm in Young Children
- 1/7 at 2:00 p.m. - 4:00 p.m. - Supporting Social and Emotional Growth in Group Settings
- 1/7 at 4:00 p.m. - 5:00 p.m. - The ABC's of Social and Emotional Well-Being
- 1/8 at 9:00 a.m. - 11:00 a.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 1/8 at 11:00 a.m. - 12:00 p.m. - The Role of Play in Child and Family Therapy
- 1/8 at 2:00 p.m. - 3:00 p.m. - Suicidality and Self-Harm in Young Children
- 1/8 at 3:00 p.m. - 4:00 p.m. - Supporting Parasympathetic Recovery
- 1/8 at 4:00 p.m. - 5:00 p.m. - The ABC's of Social and Emotional Well-Being
- 1/9 at 2:00 p.m. - 4:00 p.m. - Reducing Aggression in Group Settings
- 1/10 at 9:00 a.m. - 10:30 a.m. - Understanding Trauma in the ECE Setting
- 1/10 at 11:00 a.m. - 12:00 p.m. - Growing Healthy Eaters
- 1/10 at 11:00 a.m. - 1:00 p.m. - Foundations of Behavioral Reinforcement
- 1/10 at 2:00 p.m. - 3:00 p.m. - Wellness: Self-Compassion
- 1/10 at 3:00 p.m. - 4:00 p.m. - The ABC's of Social and Emotional Well-Being



# Webinar Dates and Topics January 2025

## WEEK 3

- 1/13 at 9:00 a.m. - 10:00 a.m. - Developing Empathy in Early Childhood: Perspective Taking
- 1/13 at 1:00 p.m. - 2:00 p.m. - Racial Socialization in Black American Families
- 1/13 at 1:00 p.m. - 2:00 p.m. - Preventing Preschool Expulsion
- 1/13 at 5:00 p.m. - 7:00 p.m. - Foundations of Behavioral Reinforcement
- 1/14 at 12:00 p.m. - 1:00 p.m. - Domestic Violence in the Context of Early Childhood
- 1/14 at 2:00 p.m. - 3:00 p.m. - Developing Empathy in Early Childhood: Apologizing
- 1/14 at 2:00 p.m. - 3:00 p.m. - Behavioral Communication of Infants and Toddlers
- 1/14 at 4:00 p.m. - 6:00 p.m. - Foundations of Healthy Attachment
- 1/15 at 10:00 a.m. - 11:00 a.m. - Supporting Sleep in Early Childhood
- 1/15 at 2:00 p.m. - 3:00 p.m. - The ABC's of Social and Emotional Well-Being
- 1/15 at 3:00 p.m. - 4:00 p.m. - Co-Parenting After a Divorce / Separation and the Effects on Children
- 1/15 at 4:00 p.m. - 6:00 p.m. - Foundations of Behavioral Reinforcement
- 1/16 at 8:30 a.m. - 9:30 a.m. - Cultural Diversity: Working with the LatinX Population
- 1/16 at 9:00 a.m. - 11:00 a.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 1/16 at 3:00 p.m. - 4:00 p.m. - Suicidality and Self-Harm in Young Children
- 1/17 at 1:00 p.m. - 3:00 p.m. - Trauma-Informed Engagement with Young Children
- 1/17 at 11:00 a.m. - 12:00 p.m. - Assessing Infants and Young Children

## WEEK 4

- 1/22 at 2:00 p.m. - 3:00 p.m. - Growing Gratitude in Early Childhood
- 1/23 at 11:00 a.m. - 12:00 p.m. - Wellness: Self-Care
- 1/24 at 9:00 a.m. - 10:00 a.m. - Growing Healthy Eaters
- 1/24 at 10:00 a.m. - 11:00 a.m. - Developing Empathy in Early Childhood: Apologizing
- 1/24 at 1:00 p.m. - 3:00 p.m. - Trauma-Informed Adoption

## WEEK 5

- 1/27 at 11:00 a.m. - 12:00 p.m. - Caregiver Affect Management
- 1/27 at 2:00 p.m. - 3:00 p.m. - Supporting Sleep in Early Childhood
- 1/28 at 3:00 p.m. - 4:00 p.m. - Wellness: Self-Reflection
- 1/29 at 11:00 a.m. - 12:00 p.m. - Racial and Socialization in Black American Families
- 1/29 at 2:00 p.m. - 4:00 p.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 1/30 at 8:30 a.m. - 9:30 a.m. - Toileting Problems in Early Childhood
- 1/30 at 10:00 a.m. - 11:00 a.m. - Behavioral Communication of Infants and Toddlers
- 1/31 at 11:00 a.m. - 12:30 p.m. - Understanding Trauma in the ECE Setting
- 1/31 at 3:00 p.m. - 5:00 p.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions





## Take part in a FREE 8-week Family Life Education Course with the **UVU STRONGER FAMILIES PROJECT**

### Build On Your Family's Strengths & Values!

Using an **evidence-based, nationally-recognized curriculum**, we teach both parents and children how to improve their interaction and emotional patterns within the family.

In-person sessions will be delivered at locations in Utah County.

**Classes begin the week of January 28<sup>th</sup> and are held one evening per week through March 27<sup>th</sup>**

Classes are for the entire family.  
Sessions fill up quickly and space in the program is limited.

<b>Spring Sessions:</b>	<b>Covered Topics:</b>
<p><b>Tues. Night:</b> American Fork Jr. High 20 W. 1120 N., American Fork 6:30-8:00 pm <b>*Whole Family English</b></p> <p><b>Wed. Night:</b> UVU Campus SFP Bldg. 1140 S. 400 W. Orem 6:30-8:00 pm <b>*Whole Family Spanish</b></p> <p><b>Thurs. Night:</b> UVU Campus SFP Bldg. 1140 S. 400 W., Orem 6:30-8:00 pm <b>*Whole Family English</b></p>	<ul style="list-style-type: none"><li>• Healthy Patterns of Communication</li><li>• Family Interpersonal Skills</li><li>• Conflict Resolution</li><li>• Emotional &amp; Mental Health</li><li>• Positive Discipline</li><li>• Problem Solving</li><li>• Goal Setting and Achievement</li><li>• Anger Management</li><li>• Establishing Family Values</li></ul>

**Apply at: <https://www.uvu.edu/sfp/apply/>**

strongerfamilies@uvu.edu • 801.863.7235 • [www.uvu.edu/sfp](http://www.uvu.edu/sfp)

[www.facebook.com/UVUStrongerFamiliesProject/](https://www.facebook.com/UVUStrongerFamiliesProject/)

# Utah Career Ladder

Congratulations to all youth and early learning professionals who have been working hard to improve their knowledge, skills, and care! We truly appreciate your efforts to advance on the Utah Career Ladder.

Congratulations to the following individuals:

- Barbara Aguirre - Levels 2, 3
- Francisca Albornoz - Level 4
- Weraporn Aмосa - Level 5
- Julie Autry - Levels 7, 9
- Carmen Barrera - Level 2
- Margaret Beach - Level 1
- Kendall Cabrera - Level 3
- Marisol Cuvillier - Levels 1, 2, 3
- Sariah DePaz - Level 8
- Alexis Hutchings - Level 1
- Sarah Lapi - Level 10
- Danielle Latu - Level 4
- Alondra Martinez - Levels 1, 2
- Norma Moreno - Level 3
- Kenia Navarro - Level 3
- Ingrid Pacheco - Level 5
- Mariadelpilar Quijanopatino - Level 10
- Alisen Rasmussen - Level 4
- Tiffany Sanchez Penaloza - Level 1
- Samantha Snyder - Level 4
- Katrice Stirling - Level 6
- Mariana Ruiz - level 6
- Rosibel Vargas - Level 3
- Jacqueline Carmigniani - Level 4
- Reynalda Meza - Levels 7, 8
- Rebeca Sierra - Level 3

## Upcoming Class Spotlights:



"Goal Setting for Lasting Success"  
Taught by Stephanie Anderson,  
starts on Jan. 8, 2025



\*Spanish\* "Strong and Smart"  
Taught by Azucena Salomone,  
starts on Jan. 14, 2025

**REGISTER NOW**



**Welcome Newly  
Licensed Providers:**

**Global  
Childcare  
Center-2**

Upcoming CAC-UVU Resource and Education Night  
**RESOURCE TOOLS FOR TEACHERS  
FROM THE CHILDREN'S CENTER  
UTAH**



**Virtual Resource & Education Night  
Presented by Kamilah Mauldin &  
McCall Lyon from TCCU  
Thursday, January 23, 2025  
7 PM - 8:30 PM**

Register for a Zoom Link:  
<https://forms.office.com/r/yip0xYCdtm>

# We want to celebrate those who have quality ratings with CCQS:

## Licensed Center:

A To Z Building Blocks in Eagle Mountain  
A To Z Building Blocks in Orem  
A To Z Building Blocks in Spanish Fork  
A To Z Building Blocks on 1st in American Fork  
ABC Great Beginnings- Saratoga  
Adventure Time Preschool and Child Care  
Kid Stop/American Fork Hospital  
Little Geniuses Learning Center Llc-Lg2  
R-Kids Child Care Center/UVRMC  
Smiling Faces Bilingual Learning Center & Day Care  
Sunny Center  
Sunny Day Preschool & Daycare LLC  
Sunny Daycare Inc  
UVU Wee Care Center  
Way To Grow

## Licensed Family Child Care:

Bronk's Zoo  
Cathy Harker Daycare LIC  
It Takes a Village Daycare  
ABC Educational Home Care  
Denise Tubbs

If you are interested in participating with CCQS, please contact our CCQS specialist at 801-863-7453 or email: [wellsva@uvu.edu](mailto:wellsva@uvu.edu)

## CDA credential at no cost!

Have you ever considered getting your Child Development Associate (CDA)? Just click on the link below and fill out this interest form on how to get yours. If you have any further questions call **801-863-4589**

Click the [LINK](#) for the interest form.

## CCQS Year in Review for CAC-UVU Region

- Out of 15 Center Programs with a Certified Rating, 7 are High Quality:
  - Out of 7 of these High Quality programs, 3 have had 2 or more consecutive years of High Quality Plus
  - 1 Program has had High Quality for 5 years consecutively
- Out of 6 Family Programs with a Certified Rating, 5 are High Quality:
  - 3 out of 5 Programs have had 2 or more consecutive years of High Quality
  - 1 Program has had High Quality for 3 years
- Keep in mind, most have not started at High Quality, but eventually moved there with time & effort!
- PLC's begin soon for those who haven't participated in the past (Keep an eye out for more information).
- We wanted to give a huge shoutout to these Programs!
- If you are interested in more information, please contact our CCQS Specialist at 801-863-7453.

## Winter & Holiday Safety Tips for Child Care Providers

**Remember, as winter approaches, it can bring with it additional hazards. Child care providers can take steps to keep children safe from winter hazards such as extreme cold, snow, ice, and the use of holiday decorations.**

### Winter Weather:

Children need extra protection from cold weather. They are not able to regulate their body temperature like adults, so they can develop a low body temperature. Here is some guidance for keeping children safe in cold weather:

- Children should wear layers of loose-fitting, lightweight clothing.
- Children should wear a hat, coat, waterproof boots & gloves/ mittens. Encourage parents to send an extra set of clothing to the child care program in case items get wet during outdoor play.
- Caregivers/ teachers should check children's extremities for normal color and warmth at least every 15 minutes.



### Outdoor Play in Winter:

Children benefit from playing outdoors in all weather, other than the most extreme conditions. Taking children outdoors daily is safe when clothing is appropriate. If you plan and prepare to keep yourself and children in your care safe and warm, everyone can benefit from the health and mental health benefits of being outside and active year-round. The length of outdoor time may need to be reduced due to the cold, so it will be important to make sure children continue to participate in physical activities inside. Keep in mind that some play equipment may not be safe in cold weather. If the ground or playground surfacing is frozen, or if the equipment is slippery from ice or snow, it can pose safety hazards for children. Active play will also keep children warmer while outside in the winter.



### Winter Weather and Viruses:

Most illnesses are caused by viruses, not exposure to cold air. While viruses like the ones that cause flu or colds are common in the winter, the air circulating inside is the main cause of illness. Spending time outside in fresh air reduces the rebreathing of germs and the chances for spreading infection.

## Winter Weather in Written Emergency Plans:

Another safety precaution for child care providers to take in the winter is to double-check their written emergency plan and winter safety materials to ensure they are up to date. Winter weather can lead to a power outage or the need to shelter-in-place if travel becomes dangerous. It is helpful to check your emergency supply kit to make sure all your supplies are ready. This is a good time for child care providers to make sure parents know their plans for winter weather, including closures.

## Holiday Safety:

In addition to keeping children safe from the cold and ice, it is important to remember that holiday decorations must be used safely, as they pose a threat to children. The Mayo Clinic offers safety tips to remember when preparing for the holidays:

- Keep decorations out of reach of children
- Any objects small enough to fit through a toilet paper tube can obstruct the airway of a child
- Use power strips with built-in circuit breakers
- Avoid putting too many plugs into one electric outlet
- Keep cords out of the way or behind furniture and insert electrical covers into any unused outlets
- Closely supervise children who are helping to decorate
- Let children decorate within their reach with non-breakable items

## Emergency Preparedness:

By planning in advance, child care providers will be prepared to care for children during cold weather and the winter holiday season. For more emergency preparedness, response and recovery resources visit: [www.childcareprepare.org](http://www.childcareprepare.org).



# Full-Time Staff

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**Hours:** Monday (11 AM - 5:30 PM)  
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Friday (Closed)

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1052 South 400 West  
Orem, Utah 84058

**Open now! Please come visit us!**  
Click [HERE](#) for Driving Directions Map

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