

NEWSLETTER

September 2024



Contact Information

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

Phone: (801) 863-8589

Fax: (801) 863-7904

Email: childcare@uvu.edu

Mailing Address: Utah Valley University
800 West University Parkway - MS 163
Orem, Utah 84058

Physical Address: 1052 South 400 West
Orem, Utah 84058
(Park in back cul-de-sac, walk in front or back doors)

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: October 25-26, 2024



Cultivating Connections: Strengthening
Collaboration for Preschool Professionals

Register now for the Annual Utah State Board of Education (USBE) Preschool Conference

- [Utah Preschool Conference](#)
- No cost to attend conference
- Anyone registering for conference is asked to complete the [USBE Interest & Preferences Form](#) to best help plan to best meet the needs of attendees
- If you have questions about the conference, contact Monica Bellenger at monica.bellenger@schools.utah.gov or 801-538-7679



The Office of Child Care (OCC) needs your help!

Please share the survey down below with your families to help gather feedback regarding how families are finding/choosing childcare. OCC will be giving away **10 FREE Care About Childcare (CAC) classes** to one lucky program that shares this survey.

Follow these simple steps:

Step 1: Share the [SURVEY](#) with parents.

Step 2: Fill out this [FORM](#) and let us know how you shared the survey with your parents.

Step 3: Submit the form! Once submitted, you will be entered into the 10 CAC class giveaway. Winner will be randomly selected and notified on **Sept. 6, 2024** (the voucher will be applied to the program's account).



Update

Licensing:

- **Child Care Licensing will now be referred to as "Division of Licensing and Background Checks"**
- **The new website is found at: <https://dlbc.utah.gov/>**
- **If you are interested in becoming a member of the Child Care Provider Licensing Committee, complete & submit an application [HERE](#)**

SAVE THE DATE
EARLY REGISTRATION BEGINS JUNE 1ST!

OUR FUTURE'S SO BRIGHT
WE GOTTA WEAR SHADES

THE PATHS WE TAKE & THE LEGACY WE LEAVE

September 20 & 21, 2024

Utah State University - Eastern
Jennifer Leavitt
Student Center
490 N. 300 E. Price, Utah

SCAN THE QR CODE TO VISIT OUR CONFERENCE WEBSITE

Funding provided by the Department of Workforce Services, Office of Child Care through the Child Care and Development Block Grant.

Next Business Fundamentals Program for Home-Based Providers

This 8 week course focuses on foundational skills needed to build a sustainable business. Topics include:

- Understanding budgeting & financial statements
- Strategies to maximize the potential of your business
- Building a business plan to help create opportunities for grants, funding, & long-term sustainability

Class starts on Sept. 10 at 7 PM (repeated every Tuesday night for 8 weeks). Those who complete the program are eligible to receive 16 hours of Business & Leadership Career Ladder credits along with 16 hours of NAC continuing education units.

Space is limited, email: reed.coombs@slcc.edu



LAST CHANCE TO REGISTER



Take a look at our new CAC-UVU website!

<https://www.uvu.edu/care-about-childcare/>

Did you know....

Most web browsers, including Google Chrome, Microsoft Edge, and Mozilla Firefox, have built-in translation tools that can automatically translate web pages for you. Look for a dialog box asking if you want to translate the page into another language. In just a few clicks, you can access the translation options in your browser's settings.



**NEW
OFFICE**



**CARE ABOUT CHILDCARE – UTAH VALLEY UNIVERSITY
1052 SOUTH 400 WEST, OREM UTAH
(PLEASE SEE ATTACHED MAP FOR PARKING (CUL-DE-SAC WILL BE
CLOSED FOR EVENT))**

OPEN HOUSE

Please stop by!

Come visit & tour our new office! Our Resource Room will be open for die cuts and drop off your laminating needs. We will have Community resource tables, children's book give-aways, and light refreshments!

**SATURDAY, September 7, 2024
10 AM - 12 PM RSVP: [HERE](#)**

**QUESTIONS- PLEASE CALL
801-863-8589**

CAC-UVU Open House RSVP



Care About Childcare (CAC) at Utah Valley University (UVU) is funded from the Department of Workforce Services, Office of Child Care through the Child Care and Development Block Grant.



CARE ABOUT CHILDCARE - UVU

**DRIVING & PARKING DIRECTIONS:
1052 SOUTH 400 WEST, OREM UTAH 84058**

1

FRONT OF CAC-UVU BUILDING

Do Not Park in FRONT, YOU WILL BE TICKETED!



If you are going to use Google Maps, use the address for Wee Care

Child Care Center:
1140 South Wolverine Way, Orem Utah 84058

2

TRAVEL TO ROUNDABOUT ON 400 WEST AT 1200 SOUTH

Take the exit to Wolverine Way.



3

EXIT ROUNDABOUT, TRAVEL DOWN WOLVERINE WAY

Wee Care Child Care will be on your right.



4

PASS WEE CARE, ENTER PARKING LOT M29

Drive towards *The Green* parking garage.



5

DO NOT ENTER PARKING GARAGE, TURN RIGHT AT A "T" IN THE ROAD

Drive past the red-brick Bathroom building.



6

CHAIN-LINK PARKING AREA

It says Layton Construction Parking, but it is open for us to use.



7

LOOK FOR OPENING IN FENCE TO A DRIVEWAY & WALK THROUGH

Walk through, CAC-UVU is the house on the right. For OFFICE, use the main-level back or front door. For CLASSES, use the steps down to the basement.



Care About Children: EAD of Utah Valley University EAD is funded from the Department of Workforce Services, Office of Child Care through the Child Care and Development Block Grant.

Webinar

Dates and Topics

September 2024

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, child care providers, healthcare professionals, mental health clinicians, early interventionists, child welfare workers, etc.

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

WEEK 1

- 9/3 at 3:00 p.m. - 4:00 p.m. - The Role of Play in Child and Family Therapy
- 9/3 at 12:00 p.m. - 1:00 p.m. - Co-Parenting after a Divorce/Separation and the Effects on Children
- 9/4 at 2:00 p.m. - 3:00 p.m. - Domestic Violence in the Context of Early Childhood
- 9/4 at 3:00 p.m. - 5:00 p.m. - Foundations of Behavioral Reinforcement
- 9/5 at 8:30 a.m. - 9:30 a.m. - Developing Empathy in Young Children: Perspective Taking
- 9/5 at 9:00 a.m. - 11:00 a.m. - Supporting Social and Emotional Growth through Caregiver-Child Interactions
- 9/5 at 2:00 p.m. - 4:00 p.m. - Reducing Aggression in Group Settings
- 9/6 at 3:00 p.m. - 4:00 p.m. - Suicidality and Self-Harm in Young Children

WEEK 2

- 9/9 at 9:00 a.m. - 10:00 a.m. - Domestic Violence in the Context of Early Childhood
- 9/9 at 10:00 a.m. - 11:00 a.m. - Preventing Preschool Expulsion
- 9/9 at 11:30 a.m. - 1:00 p.m. - Building Regulation Skills: The Preschool Years
- 9/9 at 12:30 p.m. - 1:30 p.m. - Assessing Infants and Young Children
- 9/9 at 2:00 p.m. - 3:00 p.m. - Caregiver Affect Management
- 9/10 at 9:00 a.m. - 11:00 a.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 9/11 at 1:00 p.m. - 2:00 p.m. - Supporting Parasympathetic Recovery
- 9/11 at 2:00 p.m. - 3:30 p.m. - The Beauty of Multilingual Brains: Development in Infancy to Early Childhood
- 9/12 at 8:30 a.m. - 10:30 a.m. - Foundations of Trauma-Informed Care

WEEK 3

- 9/16 at 9:00 a.m. - 10:00 a.m. - Supporting Sleep in Early Childhood
- 9/16 at 11:00 a.m. - 12:00 p.m. - Screening for Trauma in Young Children
- 9/16 at 2:00 p.m. - 4:00 p.m. - Foundations of Healthy Attachment
- 9/16 at 2:00 p.m. - 4:00 p.m. - Supporting Social and Emotional Growth through Caregiver-Child Interactions
- 9/18 at 3:00 p.m. - 5:00 p.m. - Trauma-Informed Adoption



Webinar Dates and Topics September 2024

WEEK 3 CONTINUED

- 9/19 at 9:00 a.m. - 10:00 a.m. - Wellness: Self-Compassion
- 9/19 at 2:00 p.m. - 4:00 p.m. - Supporting Social and Emotional Growth in Group Settings
- 9/20 at 9:00 a.m. - 11:00 a.m. - The Foundations of Healthy Attachment
- 9/20 at 12:00 p.m. - 1:00 p.m. - Behavioral Communication of Infants and Toddlers
- 9/20 at 1:00 p.m. - 2:00 p.m. - Supporting Healthy Gender Expression in Young Children
- 9/20 at 2:00 p.m. - 3:00 p.m. - Developing Empathy in Early Childhood: Apologizing

WEEK 4

- 9/23 at 11:00 a.m. - 12:00 p.m. - Caregiver Affect Management
- 9/23 at 1:00 p.m. - 2:00 p.m. - The ABC's of Social and Emotional Well-Being
- 9/23 at 3:00 p.m. - 5:00 p.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 9/24 at 9:00 a.m. - 11:00 a.m. - The Foundations of Behavioral Reinforcement
- 9/24 at 3:00 p.m. - 4:00 p.m. - Behavioral Communication of Infants and Toddlers
- 9/24 at 3:00 p.m. - 5:00 p.m. - Reducing Aggression in Group Settings
- 9/25 at 12:00 p.m. - 1:00 p.m. - Mindfulness with the Parent-Child Dyad
- 9/25 at 2:00 p.m. - 3:00 p.m. - Racial Socialization in Black American Families
- 9/25 at 2:00 p.m. - 3:00 p.m. - Wellness: Self-Care
- 9/25 at 4:00 p.m. - 6:00 p.m. - The Foundations of Behavioral Reinforcement
- 9/26 at 8:30 a.m. - 9:30 a.m. - Sensory Functioning in Early Childhood
- 9/26 at 9:00 a.m. - 10:00 a.m. - The ABCs of Social and Emotional Well-Being
- 9/26 at 10:00 a.m. - 11:00 a.m. - Wellness: Self-Reflection
- 9/26 at 11:00 a.m. - 12:00 p.m. - Supporting Sleep in Early Childhood
- 9/26 at 2:00 p.m. - 4:00 p.m. - Supporting Social and Emotional Growth Through Caregiver-Child Interactions
- 9/27 at 9:00 a.m. - 10:00 a.m. - Behavioral Communication of Infants and Toddlers
- 9/27 at 11:00 a.m. - 1:00 p.m. - The Foundations of Healthy Attachment
- 9/27 at 4:00 p.m. - 5:30 p.m. - Understanding Trauma Within the Early Childhood Educational Settings

WEEK 5

- 9/30 at 9:00 a.m. - 10:00 a.m. - The Role of Play in Child and Family Therapy
- 9/30 at 11:00 a.m. - 12:30 p.m. - Understanding Trauma Within the Early Childhood Educational Setting



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:

Francisca Alborno - Level 2

Weraporn Amosa - Level 4

Kaelynn Baker - Levels 1, 2, 3

Flor Barragan - Level 1

Megan Cox - Levels 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

Brooke Dawson - Level 3

Emily Diaz - Level 1

Rosa Gonzalez - Level 11

Julie Jimenez - Level 4

Nicole Munoz Alborno - Level 4

Alma Ramos - Level 9

Ashley Roy - Levels 1, 2, 3

Derek Segó - Level 10

Sofia Tian - Level 4

Joscelyn Valenzuela - Level 5

Suzanne Walsh - Level 11

Ali Johnson - Level 1

Ariadne Albor Loeza - Level 7

Julie Autry - Level 4

Elizabeth Bradford - Level 5

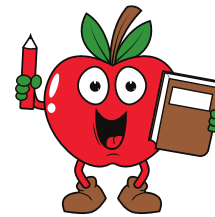
Leslie Moreno - Level 1

Kenia Navarro - Level 2

Ali Johnson - Level 1

Upcoming Class Spotlights:

- School Readiness Course 3: Mathematics & Science (taught by Tori Dunkley) Sept. 4, 7, 9, 11
- SPANISH- A Great Place for Kids: Creating Positive Learning Environments (taught by Stella Rodriguez) Sept. 5, 10, 12, 17
- Working Together: Productive Relationships with Families (taught by Summer Green) Sept. 9, 11, 16, 18
- Guidance & Emotional Wellness Course 3: Promoting Social Emotional Competence (taught by Ingrid Brouwer) Sept. 16, 18, 23, 25



Upcoming Resource & Education Night

"All Means All"

Presented by Leah Schilling, CAC-USU
Program Administrator
Thursday, Sept. 26, 2024
7 PM - 8:30 PM

Come learn more about the "All Means All" Endorsement and how to apply!

RSVP for a Zoom link: [HERE](#)



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
A To Z Building Blocks on 300 East in American Fork
ABC Great Beginnings- Saratoga
Adventure Time Preschool and Child Care
Kid Stop/American Fork Hospital
Lakeside Childcare
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
ABC Daycare
Cathy Harker Daycare LIC
It Takes a Village Daycare
ABC Educational Home Care
Eagle Mountain Kids Care

If you are interested in participating with CCQS, please contact our CCQS specialist at 801-863-7453 or email: 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.

Welcome Newly Licensed Providers:
Mercedes Olsen

Baby Safety Month

All September long, Baby Safety Month highlights the importance of providing babies and families with safe, quality products. Children are a precious commodity and parents/caregivers strive to provide the safest environment for children. Here are a few actions to take to protect babies:

Safe Sleep

Creating a safe sleep environment for baby is the best thing you can do to ensure the first years are happy & healthy. Each year hundreds of deaths occur when children are placed in a sleep environment that is not specifically designed for children.

- The safest place for a baby to sleep is a bare, Certified JPMA crib that has not been recalled & assembled with manufacture hardware only. Keep instructions for future use
- If baby falls asleep, move baby to their crib as soon as it is safe to do so
- Always use a properly fitting mattress in baby's crib
- Follow manufactures weight & developmental recommendations
- Remove pillows, sheepskins, pillow-like stuffed toys & products not intended as infant bedding- never place additional padding under an infant
- Do not overdress your baby, consider using a sleeper, wearable blanket, or other sleep covering to any covering
- For newborns: consider swaddling until infant shows signs of rolling over or being able to break free from a swaddle blanket. Bassinets in the parent's bedroom during the first few months, when the baby needs to be fed throughout the night is safer than compromising your child's safety by bed sharing
- Place monitors, or anything with cords at least 3 feet away from cribs, play yard, or safe sleep environment
- Place cribs, bassinets, & toddler beds away from windows heaters, wall lamps, drapes, & blind cords
- Register your new crib in case of any future recalls
- When storing your crib for future use, save instructions & keep them with your crib (attach them to the platform so they are easy to find when needing to re-assemble for later use, they can also be found on the manufacture's website
- Keep all parts together and labeled when storing your crib for future assembly

Chose & Use Safe Products for Baby (Everytime, Everywhere)

Baby products designed and marketed for activities such as nursing, playing, or lounging should only be used with adult supervision & when baby is awake. These products should never be used for infant sleep or placed in a crib, play yard, or other product designed for sleep.

- Never leave baby unattended
- Always read and follow product guidance/ assembly instructions, including weight and height restrictions
- Secure any restraints snugly
- Place product on a low, flat surface like the floor, and keep hazardous items away from baby's reach (such as cords, blankets, & small items that could be a choking hazard)
- No other products or items should be added or attached, including soft bedding such as blankets & pillows
- If baby falls asleep, move them to an approved product for sleeping as soon as possible, refer to guidance for safe sleep environments for baby
- Choose age & developmentally appropriate products
- Monitor your child's growth and development, discontinue using products as baby reaches the age or development limits defined by manufacturer
- Take care of obvious hazards (like exposed electrical sockets & blind cords), but also look for not-so-obvious items like empty dishwashers, hanging tablecloths, or poisonous plants
- Consider "babyproofing" an ongoing process and stay a step ahead
- Secondhand products should not be used for babies as they may not meet the latest safety standards- However, if it is necessary, make sure all parts are available, the product is fully functional, not broken, & has not been recalled
- Register your products to establish a direct line of communication with the manufacturer should a problem arise



Car Seat Safety

The important responsibility begins with selecting a child car seat & using it properly from the moment you bring baby home to every car ride afterwards. Car seats manufactured today are designed to meet stringent safety standards set by the Federal government.

- Rear-facing until they reach the maximum weight or height allowed by instructions
- Forward-facing car seats use a harness until they reach the maximum weight or height allowed by instructions
- Children who exceed the forward-facing harness limits should ride in belt-positioning booster seats until seat belts alone fit
- Back seat is the safest place for children under 13 to ride
- Do NOT use a car seat or booster that is 2nd hand (beyond expiration date), has ever been in a crash, or missing manufacture's label showing the manufactures name, model number, or date of manufacture
- Always register your car seat! They can be recalled for safety reasons and you need to be reached in the event of a recall
- Car seats expire! Check labels & Instructions for the model's useful life
- Ensure everyone in the car is buckled up! Unrestrained passengers can be thrown with a great deal of force in a sudden stop or crash, possibly being injured or injuring others in a car
- Prevent Heatstroke!
 - Never leave your child alone in a car, not even for a moment
 - Keep car doors and trunks locked and keep key fobs out of reach
 - Create reminders by putting something you need soon after your destination in the back seat (briefcase, purse, cellphone)
 - Place a stuffed toy in the front seat as a visual cue to "Park, Look, Lock"
 - Arrange for your childcare provider to call if your child is unexpectedly absent after the day begins
 - Take action! If you see a child alone in a car, call first responders at 911
- For Air travel, using your child's car seat is recommended, check for a label that states "This restraint is Certified for use in Motor Vehicles & Aircraft," & pack booster seat as luggage so you have it at your destination

On the Go (Always follow manufacturer's instructions, warning labels, & recommendations for age, height, & weight)

Strollers:

- Never leave your child unattended in a stroller- keep them within view
- Buckle up baby every time, even for short strolls, using restraints properly
- Keep baby's hands clear when unfolding/ folding strollers
- Use storage baskets & keep handles free of purses & bags, so the stroller doesn't tip over
- Apply brakes when stationary to prevent the stroller from rolling away
- Be mindful about what you put in accessory trays, such as hot liquids, so it doesn't accidentally spill onto baby causing burns or bruises
- If your child falls asleep in a stroller, move them to a safe sleep setting as soon as you cannot to be used for unattended, extended, or overnight sleeping

Carriers & Slings:

- Choose a sling/ soft carrier for bonding, breastfeeding or baby wearing when baby is very young
- Choose a framed back carrier for hiking or outdoor activities, when a baby can sit up unassisted
- Keep baby's face "Visible & Kissable" always
- Make sure all attachments are secured, tighten everything, & don't forget to hook clasps
- Never cook over a hot surface with a child in a carrier because it puts them at risk for accidental burns
- Carriers & slings should not be used for transporting a baby in a car or bicycle

Portable Hook-On Chairs:

- Chair should have a strong clamp-on device, which keeps the seat level, making it impossible for a baby to kick off
- Always secure the waist & crotch around baby
- Do not use on a glass or loose tabletop, or table with a single pedestal, leaf, tablecloth, or placemat
- Check stability & sturdiness of table before seating a child
- Before removing a child from chair, make sure their legs are free from straps



Full-Time Staff

Main Phone: (801) 863-8589

Fax: (801) 863-7904

Email: childcare@uvu.edu

Website: www.uvu.edu/cac

Hours: Monday (11 AM - 5:30 PM)
Tuesday - Thursday (8 AM - 5:30 PM)
Friday (Closed)

Address:

1052 South 400 West
Orem, Utah 84058

Open now! Please come visit us !

Mailing Address:

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