

Child Care Connection

MSDH Child Care Licensure Bureau

March 2024

"Bridging the gap between Child Care Providers and MSDH Child Care Licensure Bureau in order to provide a safe and healthy environment for Mississippian children and families."



Just a reminder that MSDH Training Unit will **no longer** offer virtual trainings starting **April 1, 2024**. We will only offer face-2-face trainings therefore you will need to adjust your schedules and prepare to attend face-2-face trainings.

Please remember that you must have **15 contact hours** per staff member before your license expiration date. Your trainers have made use of a feature in Lift-ED that will cancel trainings if there are not enough participants, so please have your staff register in a timely manner. Also, there is a deadline to register for each class and that information is in the description of the training when you enroll in the class. If a class is cancelled due to low registration Lift-ED will send you an email and you will also see it in the "Registered PDOs" tab.

Thank you for all that you do for our children!



DON'T FORGET TO
**SPRING
FORWARD**

Sunday, March 10th

March Trainings

Date	Time	Training Topic	Location	Trainer
March 4 th	9:30am-12:30pm	Child Care Regulations Part 1	Tupelo, MS	Josenda Dockery
March 4 th	1:30pm-4:30pm	Child Care Regulations Part 2	Tupelo, MS	Josenda Dockery
March 5 th	9:30am-12:30pm	Directors Orientation	Tupelo, MS	Josenda Dockery
March 5 th	1:30pm-4:30pm	Playground Safety	Tupelo, MS	Josenda Dockery
March 6 th	9:30am-12:30pm	Infant & Toddler Regulation & Safety	Tupelo, MS	Josenda Dockery
March 9 th	9am-12pm	CCDF Health & Safety	Virtual	Josenda Dockery
March 11 th	1pm-4pm	CCDF Health & Safety	Southaven, MS	Josenda Dockery
March 11 th	5:30pm-8:30pm	Child Care Regulations Part 1	Southaven, MS	Josenda Dockery
March 12 th	5:30pm-8:30pm	Child Care Regulations Part 2	Southaven, MS	Josenda Dockery
March 13 th	5:30pm-8:30pm	Playground Safety	Southaven, MS	Josenda Dockery
March 18 th	9am-12pm	Child Care Regulations Part 1	Olive Branch, MS	Josenda Dockery
March 18 th	1pm-4pm	Child Care Regulations Part 2	Olive Branch, MS	Josenda Dockery
March 19 th	9am-12pm	Directors Orientation	Olive Branch, MS	Josenda Dockery
March 20 th	1pm-4pm	Playground Safety	Olive Branch, MS	Josenda Dockery
March 20 th	9am-12pm	Infant & Toddler Regulation & Safety	Olive Branch, MS	Josenda Dockery
March 20 th	1pm-3pm	Afterschool Regulations	Olive Branch, MS	Josenda Dockery
March 21 st	5:30pm-8:30pm	CCDF Health & Safety	Virtual	Josenda Dockery
March 25 th	9am-12pm	Child Care Regulations Part 1	Oxford, MS	Josenda Dockery
March 25 th	1pm-4pm	Child Care Regulations Part 2	Oxford, MS	Josenda Dockery
March 27 th	9am-12pm	Directors Orientation	Oxford, MS	Josenda Dockery
March 27 th	1pm-4pm	Playground Safety	Oxford, MS	Josenda Dockery
March 2 nd	8am-11am	Child Care Regulations Part 1	Port Gibson, MS	Sandra Smith
March 2 nd	11am-2pm	Child Care Regulations -Part 2	Port Gibson, MS	Sandra Smith
March 5 th	9am-12pm	Child Care Regulations Part 1	Utica, MS	Sandra Smith
March 5 th	12:30pm-3:30pm	Child Care Regulations Part 2	Utica, MS	Sandra Smith
March 6 th	9am-12pm	Directors Orientation	Utica, MS	Sandra Smith
March 6 th	12:30pm-3:30pm	Playground Safety	Utica, MS	Sandra Smith
March 7 th	9:30am-12:30pm	CCDF	Flowood, MS	Sandra Smith



March 18th	12:30pm-3:30pm	Child Care Regulations Part 1	Virtual	Sandra Smith
March 19th	5:30pm – 8:30pm	Child Care Regulations Part 2	Virtual	Sandra Smith
March 20th	9am-12pm	Child Care Regulations Part 1	Brookhaven, MS	Sandra Smith
March 20th	12:30pm-3:30pm	Child Care Regulations Part 2	Brookhaven, MS	Sandra Smith
March 21st	9am-12pm	Directors Orientation	Brookhaven, MS	Sandra Smith
March 21st	12:30pm-3:30pm	Playground Safety	Brookhaven, MS	Sandra Smith
March 22nd	9:30am-12:30pm	CCDF	Brookhaven, MS	Sandra Smith
March 21st	9am-12pm	Child Care Regulations Part 1	Bay St. Louis, MS	Judith Prine
March 21st	1pm-4pm	Child Care Regulations Part 2	Bay St. Louis, MS	Judith Prine
March 22nd	9am-12pm	Director's Orientation	Bay St. Louis, MS	Judith Prine
March 22nd	1pm-4pm	Playground Safety	Bay St. Louis, MS	Judith Prine
March 23rd	9am-12pm	CCDF	Hattiesburg, MS	Judith Prine
March 25th	9am-12pm	Child Care Regulations Part 1	Hattiesburg, MS	Judith Prine
March 25th	1pm-4pm	Child Care Regulations Part 2	Hattiesburg, MS	Judith Prine
March 25th	5:30pm-8:30pm	Director's Orientation	Virtual	Judith Prine
March 27th	9am-12pm	Director's Orientation	Hattiesburg, MS	Judith Prine
March 27th	1pm-4pm	Playground Safety	Hattiesburg, MS	Judith Prine
March 28th	12:30pm-3:30pm	Playground Safety	Virtual	Judith Prine
March 4th	9:am-12pm	Child Care Regulations Part 1	Clarksdale, MS	Martha Jordan
March 4th	1pm-4pm	Child Care Regulations Part 2	Clarksdale, MS	Martha Jordan
March 5th	9am-12pm	Director's Orientation	Clarksdale, MS	Martha Jordan
March 5th	1pm-4pm	Playground Safety	Clarksdale, MS	Martha Jordan
March 6th	5:30pm-8:30 pm	Child Care Regulations Part 1	Virtual	Martha Jordan



March 7th	5:30pm-8:30pm	Child Care Regulations Part 2	Cleveland, MS	Martha Jordan
March 8th	9am-12pm	CCDF Health & Safety	Virtual	Martha Jordan
March 11th	9am-12pm	Director's Orientation	Greenwood, MS	Martha Jordan
March 11th	1pm-4pm	Playground Safety	Greenwood, MS	Martha Jordan
March 12th	9am-12pm	Infant & Toddler Regs	Indianola, MS	Martha Jordan
March 16th	9am-12pm	CCDF Health & Safety	Belzoni, MS	Martha Jordan
March 18th	9:30am-12:30pm	Child Care Regulations Part 1	Greenville, MS	Martha Jordan
March 18th	12:30 pm 4:30 pm	Child Care Regulations Part 2	Greenville, MS	Martha Jordan
March 19th	9:30am-12:30pm	Director's Orientation	Greenville, MS	Martha Jordan
March 19th	9:30am-12:30pm	Playground Safety	Greenville, MS	Martha Jordan
March 20th	9am-12pm	CCDF Health and Safety	Greenwood, MS	Martha Jordan
March 29th	9am-12pm	CCDF Health and Safety	Greenwood, MS	Martha Jordan
March 5th	9am-12pm	CCDF Health & Safety	Virtual	Josie Smith
March 7th	9am-12pm	Directors Orientation	Virtual	Josie Smith
March 12th	5:30pm-8:30pm	Child Care Regulations Part 1	Virtual	Josie Smith
March 14th	5:30pm-8:30pm	Child Care Regulations Part 2	Virtual	Josie Smith
March 19th	9am-12pm	Playground Safety	Virtual	Josie Smith
March 21st	9am-12pm	Nutrition & Menu Writing	Virtual	Josie Smith
March 25th	9am-12pm	Child Care Regulations Part 1	Brandon, MS	Josie Smith
March 25th	1pm-4pm	Child Care Regulations Part 2	Brandon, MS	Josie Smith



Sun and Heat Safety



Exposure to ultraviolet (UV) light from the sun is the most serious environmental risk factor for skin and lip cancer. Even a few serious sunburns can double your lifetime risk of cancer.

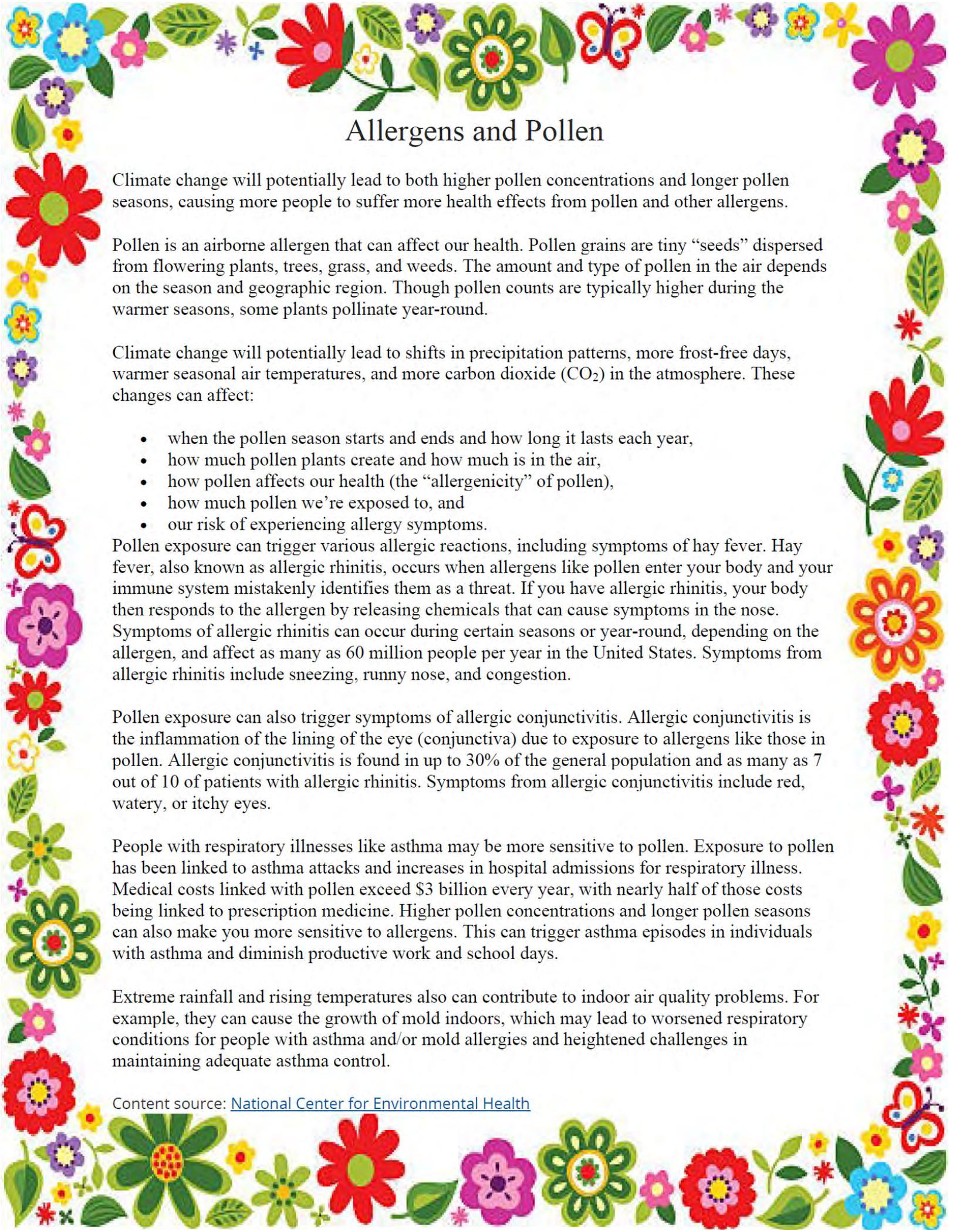
Why It Matters

- Serious sunburns, especially during childhood and adolescence, can double the chance of developing malignant melanoma, one of the most deadly forms of skin cancer.
 - Skin cancer cases have been steadily rising in younger adults in recent years.
 - Unprotected skin can be harmed by UV rays in as little as 15 minutes, yet it can take up to 12 hours for skin to show the full effects of sun exposure.
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Sun Safety

Adults of all ages – and especially children – should take steps against sun exposure from April through September:

- Use sunscreen rated SPF-15 or higher with both UVA and UVB protection. Remember that last year's sunscreen may not still be effective — check the expiration date on the packaging.
- Apply sunscreen half an hour before you go outside for full effectiveness. [More sunscreen tips](#)
- Seek shade, especially during midday when the sun's rays are strongest and do the most damage. Avoid direct exposure between 10 a.m. and 4 p.m., and seek shade under an umbrella or tree.
- Cover up with clothing to protect exposed skin. Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection. Light clothing is not a substitute for sunscreen: a T-shirt only has an SPF of about 4.
- Get a hat with a wide brim to shade the face, head, ears, and neck. UV rays can reach anyone on cloudy and hazy days as well as bright and sunny days
- Wear sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible. Sunglasses protect both the eyes and tender skin around the eyes from sun exposure.



Allergens and Pollen

Climate change will potentially lead to both higher pollen concentrations and longer pollen seasons, causing more people to suffer more health effects from pollen and other allergens.

Pollen is an airborne allergen that can affect our health. Pollen grains are tiny “seeds” dispersed from flowering plants, trees, grass, and weeds. The amount and type of pollen in the air depends on the season and geographic region. Though pollen counts are typically higher during the warmer seasons, some plants pollinate year-round.

Climate change will potentially lead to shifts in precipitation patterns, more frost-free days, warmer seasonal air temperatures, and more carbon dioxide (CO₂) in the atmosphere. These changes can affect:

- when the pollen season starts and ends and how long it lasts each year,
- how much pollen plants create and how much is in the air,
- how pollen affects our health (the “allergenicity” of pollen),
- how much pollen we’re exposed to, and
- our risk of experiencing allergy symptoms.

Pollen exposure can trigger various allergic reactions, including symptoms of hay fever. Hay fever, also known as allergic rhinitis, occurs when allergens like pollen enter your body and your immune system mistakenly identifies them as a threat. If you have allergic rhinitis, your body then responds to the allergen by releasing chemicals that can cause symptoms in the nose. Symptoms of allergic rhinitis can occur during certain seasons or year-round, depending on the allergen, and affect as many as 60 million people per year in the United States. Symptoms from allergic rhinitis include sneezing, runny nose, and congestion.

Pollen exposure can also trigger symptoms of allergic conjunctivitis. Allergic conjunctivitis is the inflammation of the lining of the eye (conjunctiva) due to exposure to allergens like those in pollen. Allergic conjunctivitis is found in up to 30% of the general population and as many as 7 out of 10 of patients with allergic rhinitis. Symptoms from allergic conjunctivitis include red, watery, or itchy eyes.

People with respiratory illnesses like asthma may be more sensitive to pollen. Exposure to pollen has been linked to asthma attacks and increases in hospital admissions for respiratory illness. Medical costs linked with pollen exceed \$3 billion every year, with nearly half of those costs being linked to prescription medicine. Higher pollen concentrations and longer pollen seasons can also make you more sensitive to allergens. This can trigger asthma episodes in individuals with asthma and diminish productive work and school days.

Extreme rainfall and rising temperatures also can contribute to indoor air quality problems. For example, they can cause the growth of mold indoors, which may lead to worsened respiratory conditions for people with asthma and/or mold allergies and heightened challenges in maintaining adequate asthma control.

Content source: [National Center for Environmental Health](#)

Air Quality Index & Why Is It Important To Know

What Is the Air Quality Index?

Ever hear your local weather forecast say that tomorrow will be a "code orange" day for air pollution? That's the Air Quality Index at work. The Air Quality Index, or AQI, is the system used to warn the public when air pollution is dangerous. The AQI tracks [ozone](#) (smog) and [particle pollution](#) (tiny particles from smoke, power plants and factories, vehicle exhaust, and other sources), as well as four other widespread air pollutants. Newspapers, radio, television, and websites report AQI levels year-round. Keeping track of the current air quality information in your area can help you take steps to protect yourself, children, and others from unhealthy levels of air pollution.

Why Should I Pay Attention to the Air Quality Index?

Air pollution can harm anyone, but it can be especially dangerous for many people, including children and teens, people with asthma and other lung diseases, anyone over 65, people who have diabetes or cardiovascular disease or who are pregnant. Even healthy adults who exercise or work outdoors can be harmed. Being aware of when the air quality is bad gives you the chance to take steps to protect your health.

Content Source: [Air Quality Index | American Lung Association](#)

Name	Index Value	Advisory
Good	0 to 50	None
Moderate	51 to 100	Usually sensitive individuals should consider limiting prolonged outdoor exertion.
Unhealthy for Sensitive Groups	101 to 150	Children, active adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
Unhealthy	151 to 200	Children, active adults, and people with respiratory disease, such as asthma, should avoid outdoor exertion; everyone else should limit prolonged outdoor exertion.
Very Unhealthy	201 to 300	Children, active adults, and people with respiratory disease, such as asthma, should avoid outdoor exertion; everyone else should limit outdoor exertion.
Hazardous	301 to 500	Everyone should avoid all physical activity outdoors.

A Statewide Substitute Pool For Child Care Providers

Match with pre-screened substitutes who are available and ready to work at your child care center.



Child Care Center Challenges

When someone on your team is sick or needs to take a day off, it can be very difficult to find temporary, qualified help. It creates stress, inefficiency, and the risk of having to send children home.



The Wonderschool Solution

1. Create a profile → 2. Post a temporary job → 3. Match for talent → 4. Hire the substitute

We'll work directly with you to create an online profile on our Child Care Matters platform that describes your center.

Use your placement credits to post temporary jobs (from half-day to 5 days) that are shared with available subs on the platform. All subs meet MSDH requirements.

Subs who qualify for your job can match with one-click. You then decide if you want the sub to work at your center.

If the substitute who matched is acceptable, you hire the person for the duration of your job posting.



The Best Part: Thanks to MDHS, It's Free for You!



All CAPP providers registered with MDHS will receive an initial number of **FREE placement credits** for posting jobs.



The best part: the MDHS will **reimburse you 100%** for the hourly cost of the substitute for ALL jobs posted with those initial placement credits.



CHILD CARE PROVIDERS

WE NEED YOUR HELP!



Please help children from low-income families access high-quality child care!!



Mississippi child care subsidy rates must be an amount that covers tuition.

However, the Mississippi Department of Human Services cannot know what the amount should be unless at least 60% of child care providers complete the Market Rate Survey.

This includes providers who accept child care subsidies, as well as those who do not. We need ALL providers to complete the survey.

The Survey Research Lab from Mississippi State University is trying to reach all providers by telephone to complete the survey.

**PLEASE RESPOND TO THEIR CALL,
AND TAKE THE SURVEY!**



DEVELOPMENTAL SCREENING

Mississippi Early Childhood Inclusion Center Developmental Screening Day

MECIC Early Interventionists will identify your child's strengths and highlight any areas your child may need more practice.



DO YOU WANT TO TAKE A CLOSER LOOK AT HOW YOUR CHILD IS DEVELOPING?

Developmental Screening Day is an opportunity to gain information on your child's development and learn activities to promote development at home.



DO YOU HAVE CONCERNS ABOUT THE WAY YOUR CHILD IS PLAYING, TALKING, OR MOVING?

Developmental Screening Day is an opportunity to learn if further assessment and referrals are needed.



BY APPOINTMENT ONLY:

CONTACT CHANDRA HARPER
CHANDRA.HARPER@USM.EDU
601.266.4745

For children ages birth to five.

WHERE: North MS Resource & Referral Center
850 Insight Park Avenue, Ste 253C
University, MS 38677

WHEN: Tuesday, March 26, 2024
9:00AM – 4:00PM

EOE/F/M/VETS/DISABILITY

Funded by the Mississippi Department of Human Services, MECIC ensures young children with disabilities have access to the learning environment, participation in all learning activities, and appropriate support for children, teachers, and families.





MISSISSIPPI
DEPARTMENT OF
EDUCATION

Save-the-Date

Early Childhood Self-Paced Online (PreK) Boot Camp

Date: July 15-25, 2024

This self-paced online training program allows teachers and assistant teachers to acquire the equivalent of twelve hours of approved early childhood coursework to instruct in PreK classrooms. You must meet specific requirements to be accepted to participate in this program. This program does NOT allow participants an opportunity to receive an educator's license.

Please click the link, "[SHOULD I BE HERE](#)" to determine if you qualify to attend this online program. This self-paced training will allow teachers, assistants, and administrators to earn professional development hours: CEUs (1.9), SEMIs (15), OSLs (1), and Contact Hours (19) upon completing and obtaining a passing score on the online assessments.

For questions or concerns, please email
earlychildhoodtrainings@mdek12.org



March 2024

School Readiness Calendar

Parents are the child's first teacher!
Help prepare your child for kindergarten.

Sunday Creative Arts	Monday Language Arts	Tuesday Science	Wednesday Letter	Thursday Math	Friday Social & Emotional	Saturday Physical Development
 					1	2
					Routines help children feel confident. Start a morning routine, doing the similar things at the same time, in the same way, each day.	March brings us Easter, St. Patrick's Day, & the first day of spring! Encourage your child to be a bunny & hop, hop, hop!
3	4	5	6	7	8	9
Sidewalk chalk is a fun medium to create with. If it is a sunny day, take your chalk outside to draw. If it is rainy, draw indoors!	New books are exciting for your child. Checkout spring books at your local library or Resource & Referral Center.	Introduce science vocabulary. Say, "Spring is coming! Soon the birds will be hatching, this means baby birds will be born."	Spread a thin layer of paint on a tray or piece of paper. Show your child how to write the letter "E" with a finger for literacy and sensory play.	Count daily with your child. Today, count the number of eggs that are in an egg carton. If you don't have eggs, choose another item.	Read books about routines. Talk about the routines you have at home, "After bath time, we brush our teeth, and then read a book."	Have a family fun day! Balance a plastic egg on a spoon and race back-and-forth without dropping the egg.
10	11	12	13	14	15	16
Spring is approaching! Using crayons or paint, encourage your child to create a spring picture of flowers.	Talk, talk, talk with your child. Introduce spring vocabulary: lamb, chick, bud, blossom, cloud, rainbow, puddle, etc.	Nature is full of science experiences. Search for rocks & stones while outside, talk about the rock's texture & color.	Make a game for recognizing the letter "E." Hide plastic eggs labeled with "E." Encourage your child to find the "E" egg!	Sorting is an important early numeracy skill. Sort plastic eggs based on colors or patterns.	Bedtime routines are important for development. Acknowledge signs of sleepiness, read a calming story before bed.	Stretch tall like the trees. Squat low like a frog. Include stretching exercises to promote good health & flexibility!
17	18	19	20	21	22	23
Happy St. Patrick's Day! Today paint or color, cut & glue items that celebrate the color, green!	Singing songs is a great way to increase vocabulary. Introduce your child to songs from your own childhood.	Watch the clouds float by. Observe the clouds, ask "What shape do you see? Is the cloud moving fast or slow?"	E is for eggs! Cook a fun breakfast with your child, emphasizing the /e/ sound as you make the eggs.	Practice sorting shapes today. Sort everyday objects of circles & squares found in your home.	Talk about routines with your child. "After breakfast, we will go to preschool. You will have fun playing with your friends."	Spring has sprung! Celebrate springtime by visiting your local park.
24	25	26	27	28	29	30
Decorate paper eggs with pieces of construction paper. This fun art activity also promotes fine motor development.	Encourage your child to choose a favorite book. While reading, encourage your child to point to named pictures in the story.	Science Experiment: dye eggs with your child. Using food color, warm water, & vinegar. Talk about the changes you see in eggs.	Learning letters is fun! Go on a scavenger hunt to find the letter "E." Search your home for items that start with the letter "E."	Make a fun game of hiding & finding eggs. Hide the eggs, count the eggs, then play again!	Encourage independence. Following a repetitive morning routine will allow your child to practice skills, helping your child feel confident & successful!	Encourage your child to move like spring animals. Waddle like a duckling. Hop like a bunny. Leap like a sheet. Run like a foal.

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Create musical eggs! Place rice in plastic eggs, secure with tape, shake & make music all day!

