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Increasing Children's Physical Activity

Preschoolers love to move! But they need encouragement, instruction and practice to develop basic motor skills. Use the following 12 tips to help preschoolers learn and explore different movement skills. By showing children the importance of physical activity, you are being a positive role model and setting children up for a lifetime of healthy habits.

1. Decorate the walls with photographs or pictures of young children being active.
2. Have children mimic moving objects, such as a kite, car or butterfly.
3. Use ordinary objects as equipment (ex. wide masking tape as a balance beam).
4. Use movement-exploration techniques, such as "How can you move from here to there?" and "Show me all the ways that you can move the ball."
5. Give very specific feedback (ex., "Remember to hop on one foot").
6. Teach children how to use one piece of equipment in multiple ways (ex. rolling, bouncing, tossing, throwing and dribbling a ball).
7. On the class "word wall", list the names of skills and concepts that children have practiced.
8. Organize chase-and-flee games, when space allows, for children to raise their heart rates.
9. Include motor skill challenges during transition time (ex., "Please hop back to your seat").
10. Ask children what they enjoyed most, least and why.
11. Remind parents that children should come to school with proper outdoor clothing.
12. Modify equipment for greater success.

"Increasing Children's Physical Activity." Teaching Young Children/Preschool 4.3, March 2011. pgs. 6-7

Star Rating Increases

Please help us congratulate the following facilities for increasing their star rating:

- ☆ **SOUTHEASTERN PRESCHOOL EDUCATIONAL CENTER**—5 stars (Jacksonville)
- ☆ **SPEC ONE**—5 stars (Jacksonville)

Welcome New Child Care Providers

- ☆ **Our Future Home Daycare** - Ayisha Lomeli (Jacksonville)

What's New on DCD?

Be a Smart Consumer of Child Care Training

Your professional development as an early educator and child care provider is important. Meeting state requirements for annual in-service training is one part of your professional development. If you have Early Educator Certification, you need professional development for certification renewal. Many child care providers need training in First Aid and CPR, playground safety, and age-specific training such as ITS-SIDS or BSAC. In each case, you want to spend your time and money wisely. Make sure the training or professional development that you choose will meet the requirements. Here is some guidance:

- ☆ **First aid and CPR instructors** must be certified by a national agency to train North Carolina child care staff.
- ☆ **In-service Training.** Child care providers must complete in-service training hours every year.
- ☆ **If you have Early Educator Certification** you need Continuing Education Units (CEUs) or college credits to renew your certification.
- ☆ **Some college credits or CEUs that count for EEC renewal do NOT count** for in-service training. For more information visit: <http://ncchildcare.dhhs.state.nc.us/general/whatsnew.asp>



Preparing for an Environment Rating Scale Assessment?

Don't forget to visit North Carolina Rated License Assessment Project! They maintain current NC Additional Notes for all Environment Rating Scales and many more resources are available. Check out their training calendar for up-to-date training opportunities. Free webinars are available! For more information visit: <http://ncrlap.org>

Challenging Behaviors: Where to Begin?

Louise B. Biller & Associates provide technical assistance and training to child care providers that address challenging physical, social/emotional, and/or behavior needs. To schedule technical assistance/training in your child care facility call (910)347-7994.