



# QUALITY CARE NEWS

## For Parents

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## Quality Care Conference Welcomes Parents

By Juliet Jones & Peggi Trusty, Child Care Resource and Referral Administrators

Quality Care is challenging you to build with us!! We are pleased to announce its second annual 2011 Child Development Conference. The theme of this year's conference is "Building Relationships for Our Children."

"This year we have decided not only provide enrichment activities for our providers, but the parents are also invited," said Kelli Costa, Coordinator of the Quality Care Child Development Conference. "This is the true expression of our theme this year because it is only possible to build relationships for our children when parents are involved in the process."

The Child Development

Conference will have workshops, activities and resources for child care providers, parents, and the children who have accompanied their parents. The conference takes place on October 10, 2011 in the Luciano Center at the Cumberland County College in Vineland. The parent and children activities promise to be both enlightening and fun-filled. Parents will be able to enjoy one or both of our parent's classes titled, "Want to Stay Sane" and "Me Time" taught by Jean Kuhl. While parents enjoy their informative workshops, the children can enjoy separate child friendly activities. This portion of the day's activities is free.

"Children activities serve as child care for attending parents," said Costa. "We don't want anything to keep our parents from being a part of this event."

There are only 60 slots available for children. Parent and children programs begin at 1:00 pm until 3:30pm.

"Quality Care is positioned to assist during the most monumental and foundational time of individual's life: childhood," said Susan James, CEO/President of Quality Care. "Our conference this year has been designed to maximize the potential of every attending provider and also make parenting a successful and less over-whelming endeavor."

## Gearing up for Changes in Child Care

JuWana McNear, Cumberland and Gloucester County Offices, Director

The fall brings lots of changes to the world around us. Children go back to school and the lush green landscape turns into vibrant reds, oranges and gold. This type of change is significant however we have embraced the change and know that it is only for a season.

Child care is now entering into its season of change. Beginning October 1st, the State of New Jersey Department of Human Services is implementing a new child care system for families that are receiving child care subsidy payments through any Re-



source and Referral Agency in the State of New Jersey. The new system called e-Child Care is designed to bring more efficiency to the process of issuing child care subsidy payments. The need for paper vouchers will be a thing of the past. The system will provide a more accurate and timely tracking and verification of child care attendance and allow providers to track children in real time. Payments will now be on a bi-weekly basis and paid via electronic check deposited directly into a provider's bank account.

You will verify your child's attendance in child care will be recorded in one of two ways. All home based providers (Approved, Registered, and In-Home Care) will have to have a land line telephone for the parent to call in their child's attendance. Upon your arrival at the day care home you will use the provider's telephone to place a call to the Interactive Voice Response (IVR) unit. It will record the child's attendance for the day. You are required to call in at drop off and when you pick the child up. The telephone call is toll-free so there is no charge incurred by the provider.

Families who utilize child care centers will record their child's attendance on a Point of Service (POS) terminal. The device

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## Parent Workshops From Quality Care

CA - Cape May GL - Gloucester  
CU - Cumberland SA - Salem

### OCTOBER

#### Goal Setting

See Sept 8, Goal Setting for description.

Oct 11/ 6-8pm (CU)

#### Children & Stress

Learn how to recognize signs and ease stress in children.

Oct 13/ 6-8pm (SA)

#### Enhancing Creativity in Art

Learn how to teach children the process creating rather than products to create.

Oct 18/ 6-8pm (GL)

#### Personal Adventure

Learn how to create learning opportunities through your

personal experiences using post cards, internet, etc.

October 18/ 6-8pm (SA)

#### Resource Connection

Learn our community resources and the State of NJ's web based resource center.

October 24 / 6-8 pm (CA)

### NOVEMBER

#### Children & Stress

Learn how to recognize signs and ease stress in children.

November 3/ 6-8pm (CU)

Nov 8/ 6-8pm (GL)

Nov 15/ 6-8pm (CA)

#### Don't Feed Your Stress

Learn how foods can affect ones fight or flight stress response

system and the many hidden concerns in food.

Nov 10/ 6-8pm (CA)

#### Understanding Violence

Learn empowerment strategies which help to reduce children's vulnerability to abuse, violence and bullying.

Nov 21 / 6-8 pm (GL)

#### Anger/ Danger

Learn clues to identify when anger is present and the tools to combat these emotions.

Nov 30 / 6-8 pm (CA)

#### Block Building

Learn the importance of block play in your program and the many ways to enhance it.

Nov 30 / 6-8 pm (GL)

### SEPTEMBER

#### Goal Setting

Learn how to set SMART goals.

Sept 8 / 6-8pm (SA)

#### Internet Caution for Children

Learn ways to keep your children safe while using the internet.

Sept 21 / 6-8pm (CA)

#### Personal Adventure

Learn how to create learning opportunities through your personal experiences using post cards, internet, etc.

Sept 27 / 6-8pm (CU)

## Surviving the Holiday Eating Frenzy

Source: [BetterHealthUSA.com](http://BetterHealthUSA.com)

There are many ways in which you can help to strike a balance between maintaining a healthy diet and joining in with the fun and festivities.

**1. Exercise:** Most people have a little extra time available over the holiday season when they are not at work. Take this opportunity to develop a regular exercise regime. It will also get you into the habit of exercising.

#### 2. Review your cooking methods:

Instead of frying, grill your food. If you're roasting, use one of the many available low-calorie spray oils. Try steaming vegetables to retain nutrients and flavor.

**3. Use lower fat ingredients for cooking:** By simply swapping regular ingredients, foods and drinks for their half-fat alternatives you can make a big cut-back on fat and calorie consumption.

**4. Eat regularly:** Instead of starving while awaiting the meal, have some low-fat, healthy snacks throughout the day and avoid over-indulging.

**5. Prepare for outings:** If you have some big nights out and meals planned over the holiday season, try and compensate by having some healthy eating days leading up to the event.

**6. Balance your meals out:** Don't be tempted to fill up your plate with purely rich, calorie-laden food. Instead, have a little of everything including fruit and vegetables.

**7. Be wary of sugary foods:** Always remember that rich, sugary foods have a nasty habit of making us crave yet more rich and sugary foods.

**8. Stock up on healthy snacks:** When you go shopping, be sure you pick up some healthy snacks such as raw vegetables, like carrots or celery to combat unhealthy temptations.

**9. Be aware of food allergies:** By having a food allergy test, you can identify any foods that you need to avoid during the holiday season in order to maintain your health and enjoy the festivities without suffering.

**10. Be assertive:** Don't feel as though you have to say yes to everyone that offers you food and drink. If you are not hungry, then simply say so.

**11. Leave what you don't want:** Despite what your parents may have drummed into you as a child, don't feel obliged to clear your plate. When you feel full, stop eating. Simple.



### CHANGES, continued from front

is much like the terminals we use every day at the grocery store or local Wal-Mart. A swipe card will be issued to parents to log their child's attendance at the time of drop off and pick up. Two additional cards can be issued to other designees authorized by the parent(s) to drop off or pick up the child(ren). If a family is currently a part of the Families First EBT Program the child care will be added to their EBT card. The parents utilizing this card will also have the option of choosing two other designees to have cards. The designees in this case will not have access to the family's Family First benefits. In either case providers are not allowed access to the child care cards. The designees will be required to have their cards authorized by Quality Care prior to use.

**Please Note: this system acts in real time. Your provider will be able to see whether your family is eligible for care that day. If your child care benefits are stopped for any reason, your provider can refuse care for that day. If your provider agrees to provide care outside of your eligibility, the care will be the sole responsibility of the parent and not Quality Care. It is in your best interest to make sure you have completed the specific program requirements for child care eligibility.**

Quality Care will be available to provide technical assistance regarding your child care needs. We embrace the new system and look forward to a better way to serve the families in our community.