



Feel the Rhythm

What do grocery stores, hotels, restaurants, places of worship, shopping malls, and automated phone systems have in common? It's music. When you're out and about, almost wherever you go, you will hear some sort of music. It affects how you feel, helps you to relax, or makes you want to move and dance.

Music is a part of life in every country and every culture. Music is used as part of our celebrations, holidays, religious or worship experiences, as well as for pure entertainment. Although no one can quite explain the reason why music has such an important role in our every day lives, it does. Music inspires, soothes, excites, and bonds people of all ages and from all walks of life.

Music is a natural connection tool. It brings people together and helps them interact with one another. It is part of many social events. The same sort of connection can happen between you and your child. Play music and you'll see children respond. Children will sway, swing, move, bang out a rhythm on a table, and bob their heads. Music is an easy way for parents to relate to their children. When an infant hears you sing to them, you are connecting with them.

Music is also associated with our earliest memories, and experiences throughout our lives. It definitely has an emotional impact. Music has a ability to comfort and soothe children. Children will often sing to themselves as a way to self-soothe. You can use music to help calm your baby or get your toddler to relax for naptime. Children also naturally respond to music by moving and being active with it. Music helps children learn about rhythm, timing, orientation, and coordination. You can use music to get children marching, jumping, and hopping, or during any kind of special activity.

As everyone knows, when you are interested you will learn better. Children enjoy music. So by incorporating music into activities at home and in child care it can help make learning enjoyable and therefore easier for children. Many child care programs already know that music is a great way to help children prepare for transitions from one activity to another. The "clean-up" song is one great example of a song that children sing when they are cleaning up their toys. Children love routines and making songs or music part of routines makes activities and learning fun.

Music is an important part of the human experience. It is also a very creative medium. It allows for children to be able to express themselves in their own unique ways as well as contribute to their overall development. Find ways to expand how you use music with your children at home and in child care. There is no better way to learn and have fun at the same time!



TRAINING OPPORTUNITIES

I've Got the Music in Me	Thursday, July 16 6:30-8:30PM
Children naturally love music so let's use it to make learning fun. You will learn to make simple musical instruments, explore different songs and movement. Use them to see how they develop skills in literacy, math, science and social studies	
Fee: \$20	Hours: 2
CDA Competency Goal: 2	Level: Intermediate
Marketing 101 Brown Bag Lunch	Tuesday, July 21 12:30-2:00 PM
Marketing is all about satisfying customer needs. Learn the 3 golden rules for customer service and foolproof ideas for promoting your business, center or family day home. BRING YOUR BAG LUNCH!!!	
Fee: \$15	Hours: 1.5
CDA Competency Goal: 5	Level: Basic
Learning Styles	Wednesday, July 22 6:30-8:30 PM
Everyone knows that we all learn differently and children are no different. By learning how each child learns you will be better equipped to help each one grow to their full potential.	
Fee: \$20	Hours: 2
CDA Competency Goal: 8	Level: Intermediate
Time and Stress Management	Thursday, August 6 6:30-8:30 PM
Wonder how to keep your job and your sanity? Get tips for running your life on an even keel by managing your time and stress levels.	
Fee: \$20	Hours: 2
CDA Competency Goal: 6	Level: Basic
First Aid & CPR	Saturday, August 8 9:00-2:15 PM
Earn your required certification. First Aid training from 9-11 AM, CPR training from 11:15-2:15 PM Please note: These classes will be held at Children's Hospital, 2924 Brook Rd	
Fee: First Aid only- \$40, CPR only- \$45, Register for both classes at a combined fee of \$75.00	
Family Child Care, Is it for Me?	Wednesday, August 12 6:30-8:30 PM
Are you new to the business of family child care? Learn how to start a family child care business and help you begin the process of becoming a professional child care provider (Part I: Family Child Care Business Series)	
Fee: \$20	Hours: 2
CDA Competency Goal: 1	Level: Basic
Family Child Care, You're in Business Now!	Thursday, September 10 6:30-8:30 PM
This training will help you learn how to establish a contract, policies and procedures, record keeping system, and create a parent handbook. (Part II: Family Child Care Business Series)	
Fee: \$20	Hours: 2
CDA Competency Goal: 5	Level: Basic

COMING THIS FALL!!

REGIONAL CHILDCARE SUMMIT

Come learn about:

- . Fort Lee Expansion and Childcare impacts
- . New State Child Care Quality Standards (QRIS)
- . How to Care for Special Needs Children
- . Enhanced Marketing for Childcare Providers

Hosted By Crater Planning District Commission

More Details To Be Announced Soon

**ANNOUNCING A NEW TRAINING SERIES:
"ROOM ARRANGEMENT"**

This five course series will give you some new program ideas and introduce you to our new hands on training room.

Register for all five classes and save \$10!

Staying Safe with Room Arrangement	Thursday, August 20	7:00-9:00 PM
Learn how to improve the quality and safety of your room through room arrangement.		
Fee: \$20	Hours: 2	CDA Competency Goal: 1
		Level: Basic
Early Learning Room Arrangements that Work!	Thursday, September 10	7:00-9:00 PM
A meaningful environment has space with assigned purposes. In childcare, space plays many different roles– it's a place to play, eat, and sleep. It is also a place for children to belong and learn. In this workshop we will take a few minutes to look at your classroom or family day home with new eyes.		
Fee: \$20	Hours: 2	CDA Competency Goal: 1
		Level: Intermediate
Learning Centers	Thursday, September 24	7:00-9:00 PM
Come learn what materials should be in each of your learning centers to promote optimal learning for the children in your care.		
Fee: \$20	Hours: 2	CDA Competency Goal: 1
		Level: Intermediate
Room Arrangement and Child Directed Curriculum	Thursday, October 8	7:00-9:00 PM
Learn how the two fit together and how to incorporate a child-directed curriculum into your classroom.		
Fee: \$20	Hours: 2	CDA Competency Goal: 1
		Level: Intermediate
Using Classroom Arrangement as an Effective Discipline Tool	Thursday, October 22	7:00-9:00 PM
Want to improve the behavior of the children in your care? Let's look at how the arrangement of your childcare room can have an impact on their behavior.		
Fee: \$20	Hours: 2	CDA Competency Goal: 1
		Level: Intermediate

LOOKING FOR MORE IDEAS FOR YOUR CHILD CARE PROGRAM? TRY www.childsavers.org

Please use this form when submitting payment for workshop registration

TRAINING REGISTRATION FORM	
Name _____	Daytime Phone Number _____
Address _____	
Child Care Facility _____	
I AM REGISTERING FOR THE FOLLOWING WORKSHOPS (PLEASE LIST)	

Amount Enclosed \$ _____	Check# _____ or Cash _____

TRAINING POLICIES

Please call 644-9590, ext. 3017 for class information. Only credit card registrations will be taken over the phone. To register by mail, please use the form printed on page 3. We must have your payment prior to reserving your spot.

CANCELLATION POLICY: You must call to cancel by 4:00 PM, three business days prior to your class date. Otherwise, no re-scheduling will be permitted. Fees are non-refundable.

CLASS LOCATION: All classes will be held at the ChildSavers building, 200 North 22nd Street, unless otherwise indicated in the course information.



ChildSavers

Child Development Services

200 North 22nd Street
Richmond, VA 23223
(804)644-9590 Fax (804)644-9610
www.childsavers.org

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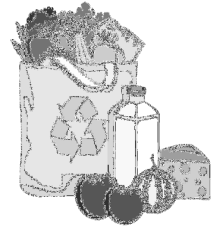
FAMILY DAY HOME PROVIDERS - Did you know?

The USDA Food Program may be the Best Kept Secret!

If you are a regulated family day home provider, you can join ChildSavers CACFP USDA Food Program. As a participant in the food program you can get monetary reimbursement for serving nutritional meals to children enrolled in your family day home. Any federally funded program has requirements—the main requirement on the USDA Program is to keep records of the healthy meals you serve to the children and to mark the attendance of the children present when meals are served. **RECORDS CAN NOW BE KEPT ONLINE!** We will train you in the guidelines of the program and provide all necessary information.

There are **10** great benefits of joining ChildSavers Child and Adult Care Food Program:

1. Children will receive healthy, well balanced meals.
2. The provider receives cash dollars\$\$\$ monthly (**check or direct deposit**).
3. Free online claiming through Minute Menu (just point and click!)
4. Print your pre-planned menus and post.
5. Keep track of child and parent information & enroll online.
6. Optional business program to invoice and receive payments electronically.
7. Track expenses for tax purposes, including mileage and time-use in home.
8. Plan and print your daily, weekly, or monthly schedule with activity and lesson suggestions.
9. Access a huge database of activity and recipe ideas.
10. Electronically submit your Food Program claim to ChildSavers USDA Program.



Don't have access to a computer? You can still participate using paper forms.

Call Tiffany Branch @ ChildSavers and get signed up today!!! 644-9590 ext. 3024

Note: This information is not intended for Providers already participating on a CACFP Program.