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Website: www.childsavers.org

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A newsletter for Central Virginia's Child Care Providers

Domestic Violence Impacts Learning

Many factors contribute to a child's ability to learn. One such factor is their exposure to domestic violence. Domestic violence is defined as a behavior, or pattern of behaviors, that occurs between intimate partners with the aim of one partner exerting control over the other. Domestic violence may include psychological threats, emotional abuse, sexual abuse, and/or physical violence. Children who are exposed to domestic violence may experience serious effects on their development and overall well-being.

Exposure:

Children are exposed to or experience domestic violence in many ways. They may hear one caregiver threaten the other, see a caregiver who is out of control or reckless with anger, see one caregiver assault the other, or live with the aftermath of a violent assault. Many children are affected by hearing threats to the safety of their caregiver, regardless of whether it results in physical injury. Children who live with domestic violence are also at increased risk to become direct victims of child abuse. Domestic violence poses a serious threat to children's emotional, psychological, and physical well-being, particularly if the violence is chronic.

Young children may not understand what they have seen but they will respond emotionally and physically. For example, very young children's heart rates go up in response to the sound of an adult screaming or crying. Even though they might not understand what happened, they will respond to the intensity of what happened and to the change in their caregiver's mood. This feeling of distress may not end after the screaming stops and can affect learning as the stress continues.

Effects:

Exposure to domestic violence has been linked to poor performance in child care settings. Children who grow up with domestic violence may have trouble concentrating, difficulty completing tasks, and trouble following directions. For many children, exposure to domestic violence may be traumatic, and their reactions are similar to children's reactions to other traumatic stressors. These reactions may include: increased aggression, impulsive behavior, intense separation anxiety, sleep and/or eating disruptions, withdrawal, inconsolable crying, developmental regression (loss of acquired skills), and intense anxiety.

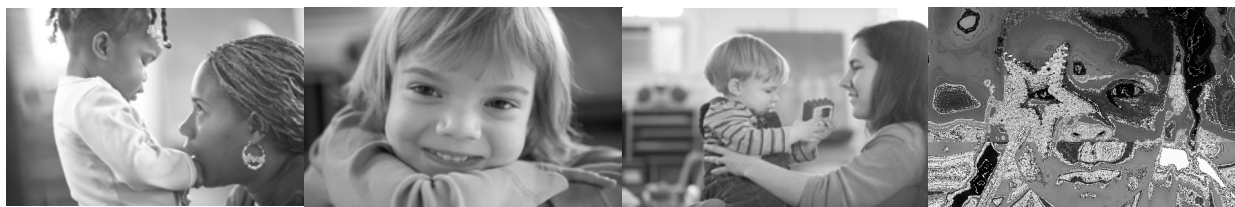
All of the signs and symptoms that are associated with traumatic stress have negative effects on children's capacity to focus and learn in a child care setting. A child in a child care setting might hear another child slam a book down hard on a desk and be instantly reminded of the sound of one caregiver punching the other. Any ordinary event that occurs in a classroom hundreds of times a day—loud noises, people shouting, one child bumping into another—can trigger intrusive memories of the violence they have witnessed. These memories and images can get in the way of learning as they are upsetting and stressful.

Not all children exposed to violence are affected equally or in the same ways. As with other trauma types, children's responses to domestic violence vary with age and developmental stage. In addition, children's responses depend on the severity of the violence, their proximity to the violent events, and the responses of their caregivers.

Providing Help:

As a child care provider there are ways to help children exposed to domestic violence. It is important to emphasize that in your setting they are safe. Safety is important for all children but it is especially important for children exposed to domestic violence. Providing structure and routine in the child care setting creates a predictable and safe environment. The opportunity to play or draw, and to interact with a caring adult and be comforted are invaluable. Helping children verbalize their feelings so that they don't feel alone with their emotions is also important.

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You may need to tolerate regression in developmental tasks for a period of time following a traumatic event. Understand that negative behaviors are often just a child's attempts at getting attention. Catching a child "being good" and offering lots of praise and attention at these times can alleviate some negative behaviors. Children and families experiencing domestic violence need professional help and support. If you or someone you know is the victim of domestic violence please seek professional help. Mental Health professionals are valuable resources to utilize. The YWCA is also an excellent resource. Their 24 hour crisis line is (804)-643-0888. If the danger is immediate call the Police. There are laws in every state that make domestic violence illegal. There is also federal funding available in all states to provide shelter and services for victims of domestic violence.

*Information for this article was used from The National Center for Traumatic Stress Network www.nctsn.org

Training Opportunities

Helping Children Overcome Stress or Trauma—7 part Series

Register for 3 to 6 classes and pay only \$18 per class.**

-or-

Register for all 7 classes and pay only \$98.**

**Must be the same individual registering in order to receive the discount.

Register for
1 or all 7!

Tues., Jan. 24 (6:30pm-8:30pm) - Impact of Trauma on Early Childhood

The Impact of Trauma on Early Childhood is designed to provide participants with basic knowledge, skills, and ethics concerning working with children who have been exposed to traumatic events.

Thurs., Feb. 2 (6:30pm-8:30pm) - Red Flag Behaviors

No child always behaves like an angel, but if a child starts acting out, it may not mean he/she has transformed into a troublemaker. Such red flags may point to other problems.

Thurs., Feb 16 (6:30pm-8:30pm) - Facts, Just the Facts

This fast paced and interactive workshop looks at what we know about brain development and its connection to other areas of growth in infants and toddlers.

Tues., March 13 (6:30pm-8:30pm) - Putting Yourself First

Do you suffer from compassion fatigue? The cost of being a caregiver is that we do not take care of ourselves or put our own needs before those we care for. This training will help you to find time to take care of you in your busy caregiving world.

Thurs., March 22 (6:30pm-8:30pm) - Talking to Parents about Hard Topics

This workshop will give participants ideas on how to talk to parents while supporting them and their children.

Thurs., April 12 (6:30pm-8:30pm) - 1-2-3 Make Music, and Move with Me

Studies show that a child's active engagement in singing, music, and movement significantly impacts their resiliency. Participants will learn strategies for music and movement that can help children manage stress and feeling of anxiety and uncertainty.

Thurs., April 26 (6:30pm-8:30pm) - Investigating the World Through Sensory Art

The object of Sensory Art activities is more than teaching children to use their senses, it is also to sharpen and nurture each sense individually, and in doing so, to enhance the overall experience. Come prepared for a "hands On" workshop.

Fee: \$20 each **Hours:** 2 per workshop **CDA Competency Goal:** II **Level:** Basic

Director/Management Training

Tues., March 6 (1pm-2pm) - Talking to Parents about Hard Topics

This workshop will give participants ideas on how to talk to parents while supporting them and their children.

Tues., June 12 (1pm-2pm) - Developing Schedules and Routines

Schedules and routines provide security and a sense of what comes next; children are able to anticipate what will happen, and feel more secure. This workshop will give participants ideas and instruction on developing schedules and routines. Learn to balance activities so there is a mix of teacher-directed and child-directed activities.

Fee: \$10 each **Hours:** 1 per workshop **CDA Competency Goal:** V **Level:** Management

**Register for
1 or all 4!**

Building Resiliency—4 part series

Register for 3 or more workshops and pay only \$18 per workshop.**

****Must be the same individual registering in order to receive the discount.**

Tues., April 3 (6:30pm-8:30pm) - Bouncing Back-Part 1

As developed by the Devereux Foundation, three of the most critical protective factors for resilient children are attachment, initiative, and self-control. Oftentimes, the child care provider overlooks the presence of these factors within the child. Children who adapt to adversity in a healthy way do so by expressing self-control, and having positive attachments to caring adults and a sense of initiative. These children are more likely to bounce back from the stress of living in an ever changing world.

Tues., May 15 (6:30pm-8:30pm) - Give Me a Hand: Resiliency Matters-Part 2

This is part 2 of "Bouncing Back" in which you learned the foundation. In Part 2 the participants will learn strategies and activities to help children build this skill.

Thurs., May 24 (6:30pm-8:30pm) - Developing Schedules and Routines

Schedules and routines provide security and a sense of what comes next; children are able to anticipate what will happen, and feel more secure. This workshop will give participants ideas and instruction on developing schedules and routines. Learn to balance activities so there is a mix of teacher-directed and child-directed activities.

Thurs., June 21—(6:30pm-8:30pm) Building Resiliency Thru Art

A preschool child's self-esteem is intimately connected with learning new skills. Trying new tasks that help them to feel good about themselves can include art activities such as collage and finger painting. Come to this workshop and express your individuality.

Fee: \$20

Hours: 2

CDA Competency Goal: II

Level: Basic

Training Policies

Please call 591-3963 for class information. Only credit card registrations will be taken over the phone. To register by mail, please use the form printed below. 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. If ChildSavers must cancel a class, every attempt will be made to give 48 hours notice, with exceptions of extreme emergencies.

In case of inclement weather, class updates and cancellations will be recorded on voicemail at 591-3963 and will become available 4 hours prior to the start time of the class.

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



Children are not permitted at any training session. Please make other arrangements for child care.

ALL training participants are requested to park in the ChildSavers lot, located at the north end of our building, and to enter and exit the building through the door in the parking lot. If only street parking is available upon arrival, we ask that you please enter through the parking lot door for trainings. If the door is locked, please press the "Push To Call" button located to the right of the door for admittance.

Please use this form when submitting payment for workshop registration

TRAINING REGISTRATION FORM

Name _____ Daytime Phone # _____ Evening Phone # _____

Child Care Facility _____ Address _____

Email Address _____

****Registration Verifications are sent through email.**

I AM REGISTERING FOR THE FOLLOWING WORKSHOPS (PLEASE LIST)

Amount Enclosed \$ _____ Check # _____ or Money Order _____



ChildSavers

Child Development Services

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First Aid and CPR

ChildSavers will no longer offer First Aid and CPR. But we have pulled together some resources for you to assist in your searches. When looking for First Aid and CPR please remember the following: You must be certified in an approved First Aid and CPR appropriate to the ages of all children in care and the agency in which you seek training is an approved agency.

You should always have a copy of your certifications and ensure that it is always current.

CPR/First Aid classes in Richmond area:

~ American Red Cross - 420 E. Cary St. Richmond, VA

Phone: 343-2088 Website: <http://redcross.org/en/takeaclass>

~ Health Educators 2201-A - E. Parham Rd Henrico, VA

Phone: 553-0460 Website: <http://healtheducatorsinc.com/calendar.aspx>

~ *Call local fire departments and hospitals.*

****The names provided above are resources only. ChildSavers does not endorse or recommend the above stated programs. Participants should look for resources within their community that meet the needs of their own individual program.**



DID YOU KNOW THIS ABOUT ChildSavers....

Our providers are rewarded for their hard work and dedication. Our providers are trained to be creative in their menu planning. Our providers are reimbursed electronically every month for serving healthy, well balanced meals. Our providers have options for record keeping and the software for online claiming is FREE. Our providers are on the CACFP USDA Food Program and you can be too! If your family day home has at least one child enrolled and you are State Licensed or Voluntarily Registered then you are qualified! Start today by contacting Tiffany Branch 804-591-3924 or tbranch@childsave.org. We can train you at your home, in the office or online. It is your choice!