Congratulations are in order for the following centers:

Reaccreditations:
- Rainbow Kids Child Development Center, Hato Rey, PR
- Just Us Kids, Washington, DC
- Fingerprints Child Development Center, Washington, DC

Week of the Young Child Festivities - April 11-17, 2010
The Week of the Young Child is an opportunity for programs, NAECY Affiliates, related organizations, communities, and states to focus on the needs of young children and their families. It is also held to honor young children and thank teachers and all those who make a difference in young children’s lives. This year’s theme was, ‘Early Years Are Learning Years,’ with the slogan being, “The toughest job you’ll ever love,” which Liz states also applies to both the child care field and parenthood. Her sincere passion and enthusiasm for her work is clearly evident, as she has frequently been overheard commenting that “Working in child care is the best job in GSA.” Liz works and lives in Brecksville, OH, with her husband and two (almost grown) children.

Liz Themelis Selected as Director of GSA’s Child Care Program
Liz Themelis, Deputy Director of GSA Child Care, was recently selected to be the new Director of the Child Care Division, succeeding Eileen Stern who retired in December 2009. One of the original start-up members of the GSA child care team, Liz has been with the child care program for the past 23 years. Having served in various regional and national positions, including Regional Child Care Coordinator for the Great Lakes Region, Liz has extensive experience in all areas of the child care program. Liz is also known for being one of the federal government’s original telecommuting/flexplace pilot employees, working full time out of her home office for the last 19 years. Prior to coming to GSA, Liz served in the Peace Corps from 1981-1983, teaching in central Africa. At the time she joined the Peace Corps, the Corps favorite slogan was “The toughest job you’ll ever love,” which Liz states also applies to both the child care field and parenthood. Her sincere passion and enthusiasm for her work is clearly evident, as she has frequently been overheard commenting that “Working in child care is the best job in GSA.” Liz works and lives in Brecksville, OH, with her husband and two (almost grown) children.

Congressman Cleaver Visits Corporate Kids
On April 8th, Congressman Emanuel Cleaver, II, visited Corporate Kids Child Care Center in Kansas City as part of the center’s Parent Involvement Week. The Congressman was very happy to speak with a class of pre-schoolers about the most important issues facing them: why it is so important to listen to their parents and why they should never run off or leave the house without permission. His own words say it best about the day: “I cannot help but say the highlight of my week was telling a story about my neck tie to a four year old who asked what it was. We then topped a productive meeting with cake. Sometimes this job can really be a struggle, and then there are visits like this and it makes it all worthwhile. Thank you to some of my youngest constituents for a fantastic afternoon!”

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Contact your Regional Child Care Coordinator

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Washington, DC 20405
www.gsa.gov/childcare

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Pacific Rim Region
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408.522.5487

Northeast Region
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Med-Atlantic Region
Lindsey Auemma
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Rocky Mountain Region
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Washington DC Region
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Great Lakes Region
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Greater Southwest Region
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Rocky Mountain Region
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GSA Public Buildings Service
Child Care Division

Volume 13 Issue 2
A Newsletter for Federal Child Care Centers
Spring 2010
21st Annual GSA Child Care Training Conference: “Winning the Challenge for Excellence”

This year’s conference will be held at the Paris Hotel and Casino, Las Vegas, Nevada, July 13 - 15, 2010. The conference begins at 4 PM on Tuesday, July 13 and ends at 5 PM on Thursday, July 15. By request, we will have a pre-conference networking session for Child Care Center Directors on July 13 at 2PM.

Featured speakers include Amy Roloff, wife and mother of A, currently filming the 5th season of the TLC television show, “Little People, Big World.” Carol Weisman, MSW, CSP, internationally known speaker, author, trainer, and consultant specializing in volunteerism and fund-raising, Hap Palmer, MA, accomplished musician, singer/songwriter and educator, and Carol Moore, MS, RNC, Health Care Specialist, educator and speaker specializing in laughter, and ways to cope with stress.

Hotel reservations can be made by calling the Paris Hotel at (866) 266-56)81. The conference rate is $99/00 plus tax, single/double occupancy (each additional adult is $20) and children 18 and under are free. When making a reservation, ask for the “GSA Child Care Conference” room block. The cut off date for hotel reservations is June 18, 2010, so please reserve your room early to ensure availability.

On Wednesday, July 14, 5:00 - 7:30 PM, we will offer tours of Children’s Choice Learning Centers at the MGM Grand Hotel and the University of Nevada, Las Vegas Lynn Bennett Early Childhood Education Center. The cost is $10 and is limited to the first 150 participants that register for the tour.

Conference participants may register on line, by fax, or by mail. The conference brochure with registration information is available on our website at www.gsaconf.org/childcare. For additional information, please call Nancy Norris on (404) 331-1851.

Don’t forget to register for University Credit and Continuing Education Credits with Portland State University at www.ceed.pdx.edu/gsa or use the link on our website.

### Conference Registration fees are as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Early Bird before 6/18/10</th>
<th>Regular Rate after 6/18/10</th>
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</thead>
<tbody>
<tr>
<td>Teachers/Caregivers</td>
<td>$250</td>
<td>$265</td>
</tr>
<tr>
<td>Directors/Assistant Directors</td>
<td>$310</td>
<td>$325</td>
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<tr>
<td>All others</td>
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<tr>
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### Eco-Healthy Child Care

Health Effects of Poor Air Quality

Air quality significantly impacts people’s health. The health impacts from exposure to poor air quality (indoor and outdoor) include: decreased lung function, asthma, bronchitis, emphysema, and even some types of cancer. Children are particularly vulnerable to air pollution because their lungs are still developing and they breathe more air per pound of body weight than adults do.

Indoor Air Quality

Indoor air pollution often 2-5 times greater than outdoor levels of air pollution due to a general lack of adequate air filtration and ventilation. The presence of dirt, moisture, and warmth encourages the growth of mold and other contaminants, which can trigger allergic reactions and asthma. Fortunately, there are many ways to reduce air pollution in both your indoor and outdoor environments.

### 10 Ways to Improve Indoor and Outdoor Air Quality:

1. Do not smoke on child care premises or near children. If you do smoke, wear a smoking jacket, remove it upon entering buildings.
2. Do not idle vehicles. Car exhaust releases pollutants that are harmful to health (especially to children) and the environment. Idling cars release even more pollution than moving cars.
4. Clean spills promptly. For spills on carpets, clean and dry carpets ASAP to prevent mold growth.
5. Prohibit the use of scented candles and artificial air fresheners which contain multiple chemicals, including dangerous solvents, to achieve their fragrance. Use diluted essential oils instead.
6. Use biodegradable, least-toxic cleaning products certified by Green Seal (www.greenseal.org) or EcoLogo (www.ecologo.org). Why? Many ingredients in cleaning products can make indoor air unhealthy to breathe, irritate the skin and eyes, harm the respiratory tract, as well as damage the natural environment.
7. Use Integrated Pest Management (IPM) procedures to manage pests. IPM is an effective, chemically free and environmentally sensitive alternative to pesticides used to control pests with the least possible hazard to people, property, and the environment.
8. Seal all solvent, adhesive, paint, and art supply containers and store in a well-ventilated area.
9. Use non-toxic art supplies. Make sure they are approved by the Art & Creative Materials Institute, Inc. (www.acminet.org) or designated AP Non-toxic, or CP Non-toxic.
10. Remove classroom pets with fur or feathers. Pet allergens can trigger allergic reactions and asthma.

More Information

Eco-Healthy Child Care is a national program created by the Oregon Environmental Council to ensure that child care settings are as healthy, safe and green as possible by reducing children’s exposure to toxins. GSA is proud to partner with the Oregon Environmental Council in support of child care centers going green. If you want to know more on the EHCC Program, contact your Regional Child Care Coordinator or visit www.oeconf.org/our-work/kidswell/ehcc.

Air Quality Resources on the Internet

- Third party certifiers for biodegradable, least toxic cleaning products:
  - www.greenseal.org
  - www.ecologo.org/en
- Indoor air quality tools for schools:
  - www.epa.gov/ias/schools
- Indoor air quality issues for child care facilities: www.asdrg.org/eh/1download/indoorair.pdf
- California Air Resources Board, School Health:
  - www.arb.ca.gov/research/health/school/school.htm
- American Lung Association:
  - www.lungusa.org/site.jsp?x=UIK/Oof/c/22542/LCASA/Home.htm
- National Asthma Education and Prevention Program: How asthma-friendly is your childcare setting?
- Integrated Pest Management:
  - www.ipm.ucdavis.edu

FOR MORE INFORMATION ON EHCC

Call: 503-222-1959 ext 7
Email: husted@oeconf.org
Visit: www.oeconf.org/ehcc

Kite Day @ FAA Little Flyers Child Development Center, College Park, GA.

Congratulations to Edward Zorinsky Child Care Center in Omaha, NE for receiving EHCC endorsement.

Thanks to GSA’s and our providers’ commitment to making child care centers more environmentally-friendly, GSA Child Care Centers are now 96% EHCC endorsed. Just 4 more centers to go to reach our goal of 100% by 9/30/10.

For more information visit www.oeconf.org/ehcc

FOR MORE INFORMATION ON EHCC

Call: 503-222-1963 x119
Email: husted@oeconf.org
Visit: www.oeconf.org/ehcc

Regional Child Care Coordinator or visit www.oeconf.org/our-work/kidshealth/ehcc

FOR MORE INFORMATION ON EHCC

Call: 503-222-1959 ext 7
Email: husted@oeconf.org
Visit: www.oeconf.org/ehcc

Kite Day @ FAA Little Flyers Child Development Center, College Park, GA.