

Congratulations to the following centers on their recent reaccreditations:

- Sound Start, Philadelphia, PA
- Cradle to Crayons, Olympia, WA
- NSF Child Development Center, Arlington, VA

NAEYC
Accreditation

85%
of GSA Child Care
Centers are Accredited



GSA Public Buildings Service
Child Care Division

Center News

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Taking a Bite Out of Biting

by Karen Stephens, taken from "Biting Among Toddlers and Twos: Responses to Try,"

"Identifying conditions and situations that contribute to biting can help parents and care professionals respond wisely, but it can be tricky. The reasons children bite vary immensely. And in truth, an exact cause is sometimes never pinned down with certainty. We do know that by nature, toddlers and twos strive to get what they want, when they want it. And so they sometimes act out or use aggression, such as biting. Very young children rely on non-verbal communication, rather than verbal language, to express wishes and feelings. And so it's critical to observe children's behavior and the conditions that lead to a biting incident. Observation can help us fathom children's motivations or primary goal."

“...an exact cause is sometimes never pinned down with certainty.”

"Some children may be prone to biting when hungry, tired, overwhelmed, frustrated, or enduring teething pain. Others may bite to get an adult's undivided attention or to get a toy from a playmate. Biting is also a way for children to exert a sense of power and control. Children sometimes bite out of exploratory curiosity or interest in textures and sensations. They are equally fascinated by cause and effect. And of course, imitation always comes into play with children's behavior, too."

"Also observe to see if your child bites out of frustration or out of self defense. Reflect on stresses your child may be enduring that may contribute to temper flares. For instance, long-term separation during a parent's work travel can lower kids' frustration tolerance. In some cases, it's the group care environment that contributes to biting. Too few toys, overcrowded conditions, excessive noise, or frequent change in teaching staff whittle away at children's emotional reserves."

Exchange has compiled over 180 articles written by Karen Stephens to parents about common challenges of raising preschool children. ExchangeEveryDay is a free service of Exchange Magazine. View this article online at ChildCareExchange.com. §

Sound Start Partners with City on Pre-K Initiative

The Sound Start Child Care Center in Philadelphia, managed by Hildebrandt Learning Centers, LLC, headquartered in Northeastern Pennsylvania, announced that they had become the newest center partnered in the statewide Pre-K

Counts initiative. The center has partnered with the Philadelphia School District to provide Pre-K Counts programs to children in Philadelphia. This program targets low income families who would otherwise not be able to afford a high quality early learning experience for their preschool children. In addition Sound Start is rated STAR FOUR by the Keystone Stars Quality Initiative

Program, their highest rating and just recently received their third re-accreditation from NAEYC. Congratulations to Anna Russo, director of the center and all the staff for their efforts and hard work in providing high quality child care for Federal and community families in Philadelphia. §

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Department of Transportation Playground Renovation

One of the oldest Federal centers, DOT Child Development Center, in Washington, DC is enjoying their new playground. The newly renovated playground at the FAA building replaces the original playground which was over twenty years old. The newly renovated, 3112 foot square foot playground is divided into two sections: one for infants and toddlers and one for older preschoolers.

The theme of the playground is transportation, to coincide with the mission of the agency. The infant/toddler side of the playground has a large, colorful laughing tree slide and climber, an exploratorium and a play Gazebo. The preschool side of the playground has a trike track with a drive-through train tunnel and a train engine play structure, a gas station, a playhouse, an air traffic control tower, an auto parts store, a music store, and sand and water tables.

New poured-in-place rubberized resilient surfacing replaced the old rubberized surfacing, which had lost much of its resiliency. This safety surface includes multiple colors to define safety zones and paths, and meets ASTM F 1292 standards for impact attenuation and fall zones to help protect children from the impact of head first falls. *continued on page 2.*



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More Information

Contributions and Comments on Center News are welcome and encouraged. Want to receive this Newsletter electronically? Sign up at www.gsa.gov/childcare

20th Annual GSA Child Care Training Conference July 21 - 23, 2009

The conference will kick off Tuesday, July 21 with the opening reception and awards ceremony. Conference highlights include: a general session by the Disney Institute, the NAEYC Academy Staff will have three sessions on achieving and maintaining accreditation, Georgiana Peacock, MD with the Centers for Disease Control and Prevention (CDC) will lead a discussion of child development and early intervention and Joe Frost, EdD will discuss the many faces of natural and built play environments.



The GSA Child Care Training Conference will be held at the Buena Vista Palace Hotel located at 1900 Buena Vista Drive in Lake Buena Vista, just outside Orlando, Florida. Hotel reservations can be made directly by calling 1.866.397.6516. Ask for the "GSA Child Care Training Conference" room block to secure a room at the conference rate of \$109.00 plus tax, single/double occupancy (each additional adult is \$20), and children under 18 are free. There will be a resort fee in the amount of \$7.50 per

room, per night. The conference rate will be honored three days pre and three days post based on availability at the time of the reservation.

Please note, when making your reservation, the hotel will also offer you rooms at rates higher than the reimbursable rate of \$109.00. If you are bringing family or would prefer a view of the water or Downtown Disney, you may book one of these rooms. However, please keep in mind if you are a government employee or an individual being reimbursed by the government you will only be able to claim the rate of \$109.00 a night

plus tax and resort fee. Additional expenses will be borne by you. The hotel reservation cutoff date is June 19, 2009. Reservations made

after that are based on availability at time of reservation and at prevailing rates.

Portland State University will offer CEUs and University Credit to attendees again this year. The Conference registration information will be mailed in late April. If you need more information, call the conference hotline at 202-501-3965 or visit our website at www.gsa.gov/childcare. \$

Conference Registration Rates		
	Early Bird	After June 19, 2009
Caregivers	\$230	\$255
Directors/Assistants	\$290	\$315
All other attendees	\$350	\$375

Uncle Sam's Sponsors Food Drive

Uncle Sam's Child Care Center managed by Bright Horizons in Des Moines, IA donated 384 lbs. of food to the Iowa Food Bank. The center's five classrooms, parents, children and staff competed to see which room could bring in the most canned goods. The children helped pack boxes and earned an ice cream treat.



BOARD'S BUSINESS

by Jill Rhea

How to Survive a Recession

In these uncertain times many boards will be tempted to put their fundraising on the back burner. Resist the temptation to cut back on fundraising. It is more important than ever to reach out to existing donors and look for new individuals. Fundraising is about long term relationships. Now is the time to ramp up fundraising efforts.

How to do this? Don't assume no one is donating. Individual donors are one of the few growth areas in fundraising right now. You don't need to apologize for asking for money in tough times. Use your current situation in your appeal to donors. If you are experiencing an increased demand for child care services as a result of the economy, tell your donors.

Finally, don't forget to attend to your staff. Let them know they are valued and appreciated even if you don't have money for raises. Consider low cost ways to show your staff how much you value them, such as professional development opportunities. \$

continued from page 1

The playground is designed to have multiple play opportunities for children with disabilities, and all structures are in compliance with the Consumer Product Safety Commission (CPSC), the American Society for Testing Materials (ASTM), and the International Playground Equipment Manufacturers Association (IPEMA).

The playground is the William R. "Bill" McAndrew Memorial Playground, and is named as such with a memorial plaque on one of the pillars. Mr. McAndrew was a parent of a child in the center who spearheaded the effort to get a protected playground for the children twenty years ago. Before this playground was built, the children were playing in a public area that had to be policed every morning for debris, broken bottles, and needles. Mr. McAndrew continued to do volunteer work for the DOT Child Development Center long after his children had left, and continued until his untimely death in 2001.

A dedication and ribbon cutting ceremony is planned. Speakers and ribbon-cutters for the event are Ventriss Gibson, FAA Assistant Administrator for Human Resource Management, Sharon Banks, GSA Acting Regional Administrator, Carolyn Kennedy, DOT CDC Board President, and Benjamin Miller, Alexa Lerner, and Mark Fannon, DOT Kindergarten. Distinguished guests include the Playground Project Team, Bart Bush, GSA Regional Commissioner for PBS, and Nancy Czapek, GSA Deputy Regional Commissioner for PBS. \$



Eco-Healthy Child Care

Pesticides

GSA practices Integrated Pest Management (IPM) as an effective and environmentally sensitive way to control pests and weeds. IPM uses techniques that pose the least possible hazard to people, property, and the environment. And IPM is cost effective!

Think twice before buying or using any chemical pest control products. Usually there are non-chemical solutions that work just as well.

Examples of IPM:

- Clean up food and drink spills right away.
- Fix plumbing and other water leaks (pests need water to survive).
- Seal or caulk cracks and holes (insect entryways).
- Remove clutter so pests have fewer places to hide.
- Keep trash in a closed container and take it out frequently; don't let trash pileup.
- Use least-toxic varieties of chemical pesticides as a last resort.

IPM Resources on the Internet

- NW Coalition for Alternatives to Pesticides www.pesticide.org
- UC State IPM Program www.ipm.ucdavis.edu
- California School IPM Program www.schoolipm.info
- Pest Control in the School Environment: Adopting Integrated Pest Management www.epa.gov/pesticides/ipm/brochure

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.

Congratulations & thank you to all for helping us achieve our first goal. Nationally, GSA centers are now 51% Eco-Healthy endorsed. Our goal was 50% by March 1.

Congratulations to the following centers which have received Eco-Healthy endorsement this quarter:

- Harborview, Boston, MA
- Government Center O'Neill FB, Boston
- Government Center JFK FB, Boston, MA
- Kathy Herward CCC, Andover, MA
- Courtyard Kids, Islip, NY
- Federal Kids, Newark, NJ
- TLC Adventures, Rochester, NY
- Children's Beginnings, Syracuse, NY
- FedKids, New York, NY
- Hato Rey, Puerto Rico
- First Foundations, Baltimore, MD
- Little Eagle CCC, Martinsburg, WV
- Start Smart 4 Children, Indianapolis, IN
- Kinderplatz, Ft Snelling, MN
- Stars & Tykes, Dallas, TX
- LaBranch CDC, Houston, TX
- Clever Kids, Denver, CO
- Growing Years, Seattle, WA
- Little Eagles, Seattle, WA
- Cradle to Crayons, Olympia, WA
- Little Aviators, Renton, WA
- Joyful Noise East, Portland, OR
- Joyful Noise Downtown, Portland, OR
- Tundra Tykes, Anchorage, AK
- Fingerprints CDC, Washington DC
- FTC Child Care Center, Washington DC
- USDA CDC, Washington DC
- Mary Switzer NCR, Washington DC
- US Kids, Washington DC
- Just US Kids, Washington DC
- Esther Peterson CDC, Washington DC
- Sheila Watkins CDC, Germantown, MD
- Suitland Federal CDC, Suitland, MD
- Healthy Beginnings, Rockville, MD
- Sunny Days, Riverdale, VA \$

More Information

If you want to know more on the EHCC Program, contact your Regional Child Care Coordinator or visit www.oeconline.org/our-work/kidshealth/ehc