

# ECE-INSIDER

*Division of Child Care Provider Newsletter*



## From the Director's Desk

*Andrea Day*

Everyone at DCC and our partnering agencies are working to acknowledge the important work Kentucky child care providers are doing everyday across the Commonwealth!

2025 will be another year filled with opportunities to grow through professional development, business practices and in more creative ways to support you in your everyday work. We are always planning for new DCC Townhall Topics and ECE-Insider ideas, we want to take this opportunity to hear from you! What topics would you like to hear about? Your feedback is valued as we strive to support the work you do everyday!

Please reach out to Jessica Abner at [Jessica.Abner@ky.gov](mailto:Jessica.Abner@ky.gov) to share your thoughts and ideas! Happy New Year!

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# Fresh Start to 2025!

## De-stressing Tips to Prevent Burn-out in your New Year!

Starting the year off on the right foot is important to feeling refreshed for a new year! Take time to let yourself and your staff or co-workers evaluate and reflect on goals and stress levels starting into the new year. Here are some tips to decrease your stress levels that could be contributing to a feeling of burn-out.

- 1) Practice Mindfulness:** Some mindfulness technique examples are practicing daily gratitude, guided meditations, reflecting on situations in a non-judgemental way. Having staff practice mindfulness is a great way to create normal classroom routines that include mindfulness.
- 2) Breathing Techniques:** Early Childhood classrooms can be a hectic environment that often lead us to quick decisions or reactive responses. Practice breathing before to calm and regulate yourself before making reactive decisions. If you have a transition period use this as a time to breathe to “switch gears”. You can also teach breathing exercises in the classroom as a fun routine to help children learn self regulation.
- 3) Self-compassion:** As educators we give compassion to our children and the families we serve daily, but it can be easy to forget that we deserve compassion as well. When you build your self-compassion by avoiding negative self-talk you are also building your compassion for others.
- 4) Physical Space and Storage:** It’s important to remember that a person’s environment can have an effect on their daily stress. Check the space in your child care program that is just for the adult staff. Make sure they have adult size and comfortable seating, a place to regulate away from the children and personal storage areas. Creating an inviting work environment will help with the transition to work go more smoothly.
- 5) Plan for Educator break time:** While you do have to love children to be an ECE Educator, it’s also reality that teaching children all day is mentally taxing. Have plans for educator breaks by utilizing substitutes for planned break times, and scheduled time off.



# Kentucky H.A.N.D.S. Program

The Lexington Health Department has shared a special documentary showcasing the HANDS program! The documentary is now available online: [www.LFCHD.org/HANDSmovie!](http://www.LFCHD.org/HANDSmovie!) We hope you enjoy this video created through grant funding.

The Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for new or expectant parents in Kentucky. The program provides support to families as they build healthy and safe environments for the optimal growth and development of children.

Our specially trained staff partner with parents to offer support, answer questions, build parenting skills and provide valuable information about healthy growth and development throughout pregnancy and the first two years of baby's life. Any parent may qualify, and services are free. In order to enroll, a parent or caregiver must be pregnant or have a baby under 90 days old.



**Cabinet for Health and Family Services**

275 East Main Street, HS2W-C

Frankfort, KY 40621

(502) 564-3756, option 2

[www.chfs.ky.gov/dph/mch/e cd/hands](http://www.chfs.ky.gov/dph/mch/e cd/hands)



**Kentucky Public Health**  
Research • Prevention • Response

The cost of printing was paid from state funds through the Department for Public Health, HANDS, pursuant to KRS 57.375



**#KYHANDS**



# It's never too early to be thinking about your Professional Development! Check the ECE-TRIS Calendar for Approved Trainings!



**Title**   
*Specify some keywords about the training you would like to find*

**Conference Title**   
*Can search on full conference title or keyword in the conference title*

**Sponsoring Agency**   
*Specify sponsoring agency of the training*

**Location/County**   
*Select the location for Face to Face, Teleconference, or Webinar trainings you would like to see*

**Start Date - End Date**  -   
*Specify a date range in the format mm/dd/yyyy to filter*

**Cost**  Free  
*Check to see free trainings*

**Delivery Method**

<input type="checkbox"/> Face to Face/Classroom	<input type="checkbox"/> Independent Study
<input type="checkbox"/> Teleconference/Conference Call	<input type="checkbox"/> Web-based On-Demand Learning
<input type="checkbox"/> Webinar: Live Online Event	

*Select method of delivery to filter*

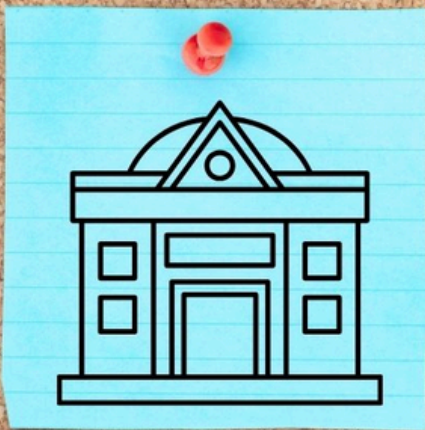
Please pay special attention to the approved Date/Times ranges listed. If you complete a training outside the date range or do not find the training in your search, it is NOT approved for clock hour credit, should NOT be taken, or submitted as ECE-TRIS cannot assign clock hour credit.



# Did You **KNOW?**



## Common Licensing Violations



### Supervision of Children

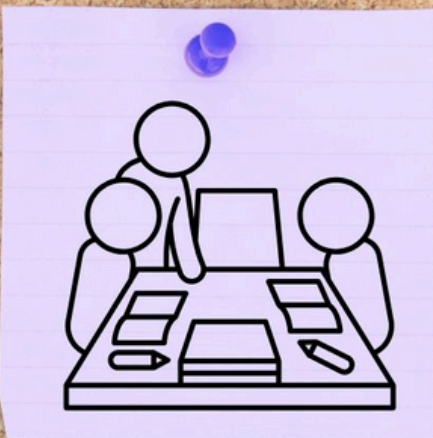
922 KAR 2:120 Child-care center health and safety standards.

Qualified staff are responsible for ensuring that children are supervised by vision and sound at all times. If working with school-age children, the staff member responsible must ensure children are supervised by vision or sound.

### Staff Training Records

922 KAR 2:090. Child-care center licensure

Staff who have supervisory authority over children must maintain 15 clock hours of training annually. Ensure staff are taking the appropriate trainings that have been approved by the Cabinet to avoid citations. ALL training hours must be completed between July 1 through June 30 of the subsequent year. Training hour verification can be checked frequently via ECE-TRIS.



### Staff Belongings

922 KAR 2:120 Child-care center health and safety standards.

Children should never have access to a staff member's personal belongings. Ensure each staff member has a designated place for their purses, backpacks, etc. that is inaccessible to children. Locked away and out of reach is always best practice to keep children safe!

# Supervision Strategies

Active supervision in a child care setting is the first step to creating a safe environment for children, families and staff. It's important to remind staff of the foundational strategies for active supervision. Each month we will explore one of the strategies in-depth from the ECLKC's active supervision resource. You can find a copy of the poster on the last page of the ECE-Insider or, [visit the site here](#).

## Strategy 5: Anticipate Children's Behavior

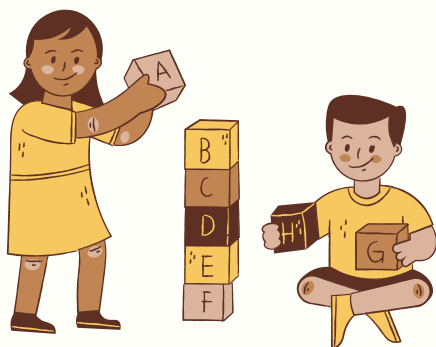
As an ECE Professional you have a wealth of knowledge about children's interests and skills for the age group that you teach. Use your knowledge of the children you serve in your program to make observations about what a child could be doing or preparing to do. Educators who know what to expect from their children know how to best help their children succeed!

### Scenario example:

Maria and Yasmin know that because it is raining they will have to stay inside for indoor play time today instead of playing outside. Yasmin and Maria know that this might cause some of their children to be restless. While Yasmin is actively supervising one small group that want to play in the house center, Maria leads the other small group in a group game of simon-says to allow them to get out some wiggles. Because Maria and Yasmin used their knowledge to anticipate the children's behavior they were able to plan an activity that kept everyone's attention and allowed for easier direct supervision.

Scenarios: <https://eclkc.ohs.acf.hhs.gov/safety-practices/article/active-supervision>

## Additional Resources:



### Division of Child Care

<https://www.chfs.ky.gov/agencies/dcbs/dcc/Pages/default.aspx>

### Division of Regulated Child Care (DRCC)

<https://www.chfs.ky.gov/agencies/os/oig/drcc/Pages/default.aspx>

### Child Care Aware Tips and Tools

<https://www.childcareawareky.org/tips-and-tools/>

### Family Child Care Network

<https://www.fccnky.com/>