

NEWSLETTER

January 2024



Contact Information

Care About Childcare at Utah Valley University is a Child Care Resource & Referral agency that serves Utah, Juab, Summit, and Wasatch counties.

Phone: (801) 863-8589

Fax: (801) 863-7904

Email: childcare@uvu.edu

Mailing Address: Utah Valley University
800 West University Parkway - MS 163
Orem, Utah 84058

Physical Address: 1052 South 400 West
Orem, Utah 84058
(Park in back cul-de-sac, walk in front or back doors)

Phone Hours

Monday

11:00 AM - 5:30 PM

Tuesday

8:00 AM - 5:30 PM

Wednesday

8:00 AM - 5:30 PM

Thursday

8:00 AM - 5:30 PM

Friday

Closed



Upcoming Salt Lake Community Course:

In partnership with the Office of Child Care, Salt Lake Community College will be offering the next Budgeting for Child Care class for Center-based providers.

Virtual Classes start January 11, 2024 at 9 AM, and will repeat every Thursday morning for 6 weeks. Those who complete the program are eligible to receive 12 hours of Business and Leadership Career Ladder credits.

Space is limited, so email: reed.combs@slcc.edu to reserve your spot.



CCQS Informational Meeting

Learn how to increase the professional development in your child care program.

January 23, 2024 | 7pm-8pm |
ZOOM

Register Now

<https://forms.office.com/r/cow2gmRGjN>



REGISTER NOW

*Are you ready to
build the quality within
your child care program?*

Learn about CCQS in 3 steps

- 1 / Reach out to our CCQS Specialist**
Receive one-on-one help with CCQS, set goals, and find the right time to apply for a CCQS Certified Quality Rating
- 2 / Take the course “CCQS: From Application to Award”**
for Center (<https://jobs.utah.gov/jsp/cac/catalog/view/502>)
for Family Child Care (<https://jobs.utah.gov/jsp/cac/catalog/view/980>)
*Upon completion you'll earn a FREE CAC Course Voucher
- 3 / Take the course “Environment Rating Scales
Best Practice Series – Overview”**
(<https://jobs.utah.gov/jsp/cac/catalog/view/504>)
*Upon completion you'll earn a FREE CAC Course Voucher

CCQS SPECIALIST | VALARIE BROWNING
801.863.7453
WELLSVA@UVU.EDU



Utah Career Ladder

Congratulations to all youth and early learning professionals who have been working hard to improve their knowledge, skills, and care! We truly appreciate your efforts to advance on the Utah Career Ladder.

Congratulations to the following individuals:

Ariadne Albor Loeza - Levels 2, 3
Aldana Amaya - Levels 1, 2, 3
Miriam Arroyo - Level 2
Chantal Coyle - Level 4
Anna Desorcy - Level 3
Malibu Flegal - Level 1
Ann Grob - Level 3
Shemay Gunther - Level 10
Ambrey Holloway - Level 2
Helen Jenkins - Level 1
Megan Marshall - Level 2
Olivia Nelson - Level 2
Bailey Pennington - Levels 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
Geraldine Sanchez - Levels 1, 2, 3
Elvira Santafe - Level 3
Rebecca Scanlon - Level 3
Samantha Snyder - Level 2
Alex Soto - Levels 1, 2
Judy Storms - Level 4
Jasmine Takemoto - Level 3
Elizabeth Tesarik - Levels 1, 2
Esther Vallenilla - Level 2
Kimberly Williamson - Level 2
Amanda Banford - Level 2
Betsy Bolivar - Level 2
Kayla Cummings - Level 2
Jessica Garcia - Level 1
Holly Jeppson - Levels 3, 10
Norvina Lawrence - Levels 1, 2, 3
Camille Parkinson - Level 2
Ashlee Stanger - Level 2
Vanessa Osorio - Level 2

Upcoming Nature Explore "Using Your Outdoor Classroom"

Resource & Education Night:

Virtual Workshop to Qualify for the Nature
Explore/ Health & Safety Points in CCQS.
(unfortunately Spanish translation will not
be available)

January 18, 2024

6:30 PM - 8:30 PM

(space is limited, only register if you can
attend)

REGISTER

CLASS SPOTLIGHTs:



Learning to Get Along: Social
& Emotional Development
Virtual

Jan. 9, 11, 16, 18; 7 PM-9:30 PM
(Summer Green)



Goal Setting for Lasting
Change *Virtual*

Jan. 10, 17, 24, 31; 6 PM-7 PM
(Stephanie Anderson)



Preschool & School-
Age Ages & Stages
(2022) *Virtual*
Jan. 16, 18, 20, 23;
7 PM-9:30 PM
(Tori Dunkley)

CDA credential at no cost!

Have you ever considered getting your
Child Development Associate (CDA)? Just click on
the link below and fill out this interest form on how
to get yours. If you have any further questions call
801-863-4589

Click the [LINK](#) for the interest form.

REGISTER NOW >



We want to celebrate those who have quality ratings with CCQS:

Licensed Center:

A To Z Building Blocks in Eagle Mountain

A To Z Building Blocks in Orem

A To Z Building Blocks in Spanish Fork

A To Z Building Blocks on 1st in American Fork

A To Z Building Blocks on 300 East in American Fork

ABC Great Beginnings- Saratoga

Adventure Time Preschool and Child Care

Discovery Foundation for Learning

Kid Stop/American Fork Hospital

Little Geniuses Learning Center LLC

R-Kids Child Care Center/UVRMC

Sunny Center

Sunny Day Preschool & Daycare LLC

Sunny Daycare Inc

UVU Wee Care Center

Way To Grow

Licensed Family Child Care:

Made of Laughter Daycare

Vineyard Daycare

Bronk's Zoo

Lighthouse Montessori Academy, LLC

Cathy Harker Daycare LLC

It Takes a Village Daycare

ABC Educational Home Care

Denise Tubbs

Kindersteps Childcare

If you are interested in participating with CCQS, please contact our CCQS specialist at 801-863-7453 or email: wellsvae@uvu.edu



Welcome Newly
Licensed
Providers:

Bambi D Brereton
Inquisitive Minds



Cold Weather and Children

Although illnesses like colds and the flu occur more frequently during the winter months, the reasons are not always straightforward. One myth is that cold weather can make a child sick, however when it's colder outside children tend to play more time indoors together passing around germs and infections.

Playing together inside means that kids are in closer proximity to each other, sharing the air that could be contaminated with more germs, infections, and viruses. Some viruses thrive and can even spread better in cooler, less humid air. Nasal mucous may be drier and stickier during the winter months, which some people believe can affect the spread of viruses. Lastly, if sleep or eating habits are interrupted during winter travel, the immune system may become more vulnerable and less effective in fighting infection.

Here are some of the most common winter illnesses (symptoms included in link down below):

- COVID- 19
- RSV
- Flu
- Common cold
- Strep throat
- Stomach flu



How to Prevent Getting Sick in the Winter:

There are a few preventative measures you can help your kids practice to reduce the risk of winter illness. Here are a few recommendations:

- Wash hands frequently
- Stay up to date on vaccinations, including your annual flu vaccine or COVID-19 vaccine, if eligible
- Get the RSV shot for babies up to 8-months-old and the booster shot for babies 8-9 months old if they have an underlying health condition that makes them eligible
- Eat healthy foods and drink plenty of water
- Get plenty of rest
- Stay home if not feeling well to prevent germs from spreading

Full-Time Staff

Main Phone: (801) 863-8589

Fax: (801) 863-7904

Email: childcare@uvu.edu

Website: www.uvu.edu/cac

Hours: Monday (11 AM - 5:30 PM)
Tuesday - Thursday (8 AM - 5:30 PM)
Friday (Closed)

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1052 South 400 West
Orem, Utah 84058

Open now! Please come visit us !

Mailing Address:

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