

4CS PROGRAMS

Starting Strong (for home or center programs serving low income families). The goals are program development and the increase of early learning activities.

Ready, Set, Go supports child development home providers who are committed to individual and community growth & promotion of quality child care.

Professional Development Workshops & Institutes are provided. These training opportunities assist providers meet ongoing regulation & professional development requirements.

Support for quality initiatives such as obtaining a CDA credential.

- ▶ *COMMUNITY PARTNERS: 4Cs has a long history of being an engaged member of our community. We are proud to work with many community partners & agencies, and serve on or consult on local boards.*

NEW START-UPS: 4Cs supports new providers to meet DHS regulations to become child development homes or child care center programs.

EXISTING PROGRAMS: Specialized services such as onsite consultation visits, coaching and learning resources are offered in programs to support child care providers from the novice to the mastery level.

Child Care Food Program –CACFP (for child development homes). This program provides nutritional guidelines and partial reimbursements for meals served.

Positive Environments for Positive Behaviors (for centers). Professional development in the form of training & coaching is provided to support the development of social skills and emotional development.



4CS PROGRAMS

4Cs Crisis Child Care

Crisis Care provides short-term emergency care with the goal to reduce the risk of child abuse and/or to reduce the need for foster care placements by providing care at no cost to the families.

- Any family living in Johnson County can access Crisis Child Care if they are dealing with a crisis and their regular child care is not available. Reasons for care:

- General/Mental Health Issues

- Employment Issues

- Homelessness

- Police/DHS Removal

- Domestic Violence

- Crisis Child Care is provided for children birth to 17 years old in DHS accredited child care centers or home-based programs for a maximum of 72 hours as determined on a case-by-case basis.

- Intake information can be taken over the phone and then signed by parent/family member at the child care program before care is provided.

4Cs Home Ties Child Care Center

Home Ties is a small center that feels like home. It provides a warm, safe and nurturing environment for children to grow and learn. The center has been in operation since 1995, is licensed by the *Iowa Department of Human Services* and maintains low teacher-to-child ratios in accordance with recommendations of the *National Association for the Education of Young Children*.

In the first five years of life social-emotional development forms the foundation on which all future learning is built. We are a small, intimate center which allows for individual attention and the development of strong relationships with each child and family. We provide many cooperative play-based experiences for children to learn about friendships and social skills such as taking turns, sharing, and helping one another. We offer different payment options based on families circumstances. We accept private pay, child care assistance and in addition, Home Ties offers some funded child care slots that provide temporary child care at no cost to families that are at risk of homelessness. Home Ties is located in the lower level of the First Mennonite Church, 405 Myrtle Avenue, Iowa City.





Are you Interested in the Child and Adult Care Food Program?

How does CACFP work? Day care homes and centers receive money for serving nutritious meals. The Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture (USDA) oversees CACFP. States approve sponsors and centers to operate the program. States also monitor and provide training and guidance to make sure CACFP runs right. Sponsoring organizations support day care homes and centers with training and monitoring. All day care homes participate in CACFP through a sponsor.

The Child and Adult Care Food Program (CACFP) is a federally funded program that provides meal reimbursement to child care centers, adult day care centers, emergency shelters, before and after school programs, and child development homes. The objectives of CACFP are to:

[Provide a subsidy to eligible child and adult care institutions for serving nutritious meals](#)

[Serve nutritious meals and snacks to children and adults in care](#)

[Foster lifelong healthy eating and physical activity habits](#)

This Program serves:

- Children age 0-12 years in child care centers and family day care homes
- Children through age 18 in At Risk afterschool programs and emergency shelters
- Children of migrant workers, through age 15
- Functionally impaired disabled persons receiving care in a center or home where most children are 18 years old and younger, an in emergency shelters serving children
- Adults age 60 or older or impaired adults of any age in non-residential day care settings



What kinds of meals are served? CACFP meals follow USDA nutrition standards. · Breakfast consists of milk, fruits or vegetables, and grains. · Lunch and Supper require milk, grains, meat or other proteins, fruits, and vegetables. · Snacks include two different servings from the five components: milk, fruits, vegetables, grains, or meat or other proteins.

Stay connected! Iowa CACFP is on Facebook! Use #IowaCACFP in social media posts.

Civil Rights Statement

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

Call: 319-338-7684 Ext. 104 or 106



NEW OPPORTUNITY

FALL 2020 CHILD CARE INSTITUTE

**Soaring Through The 21st Century:
Making Big Changes With Tiny Voices!**

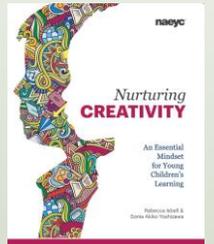
If you missed the 2020 Child Care Institute given by 4Cs, you have a chance to view the online presentation. Please email Michele michele@iowa4cs.com to set up a date and time.

Cost is \$25

Dr. Rebecca Isbell is an Early Childhood Consultant, inspirational keynote speaker, and author of 13 Early Childhood books including her latest, *Nurturing Creativity: The Essential Mindset for Young Children's Learning*, published by the National Association for the Education of Young Children (NAEYC). Her textbook, *Creativity and the Arts with Young Children* (3rd edition) is used in college and universities throughout the United States.

Isbell has a wide range of experiences in the field of Early Childhood Education, including: Distinguished Professor, Director of the Center of Excellence in Early Childhood Learning and Development, and Director of a Laboratory School Program serving Infants-Kindergarten at the East Tennessee State University. In addition, she was a teacher of young children from 2- 6 years of age and a public school music teacher. She also coordinated a program for Gifted and Talented children.

Isbell presents in the United States and at Early Childhood Conferences worldwide. She has shared her expertise and insights in China, Singapore, Canada, Denmark, and Saudi Arabia. Her focus has been on the amazing creative capabilities of young children and the dedicated people who work with them. Isbell continues to help early childhood professionals and parents by providing them with the best learning experiences possible for young children during their critical early years.



Nurturing Creativity: An Essential Mindset for Young Children's Learning



Funding available for Johnson County early childhood projects and supports

Johnson County, Iowa - The Johnson County Empowerment/Early Childhood Iowa Area Board has funds available for programs that provide support to families with children age 0-5 and pregnant women.

This one-time funding is specifically for projects that will be completed by Wednesday, June 30, 2021, and address needs and gaps in early childhood programming that have been created or made worse by the COVID-19 pandemic. Funds are to be used to positively impact children in Johnson County in one of the following results areas:

*Secure and nurturing early education environments;
Safe, stable, nurturing families and homes;
Children healthy and ready to succeed in school.*

**Anyone providing services to Johnson County families is eligible to apply.
Funds are available for programs to operate March 1 to June 30, 2021.
A maximum of \$100,000 is available for allocation and the Board expects to award multiple contracts.**

For additional information or applications contact:

Contact: Samantha Turnbull, Empowerment/Early Childhood Coordinator

Contact phone: 319-356-6090

Contact email: sturnbull@johnsoncountyiowa.gov

[https://jcempowerment.com/
empower@johnsoncountyiowa.gov](https://jcempowerment.com/empower@johnsoncountyiowa.gov)

Proposals must be received by 4 p.m. on **Monday, Feb. 1, 2021**



Classes and Trainings

4Cs is currently transitioning to online for classes and trainings unless otherwise noted. If you are experiencing difficulty with access to technology or internet service, please call our office at **319-338-7684** or email Michele at Michele@iowa4cs.com for information on how we may be able to help.

Online classes will be conducted through Zoom. If you are not familiar with how to use this service, we are more than happy to help with this too! Just give us a call and we can walk you through the process.

In order to join a Zoom class, click on (or copy and paste) the link attached to the class page and an email will be sent to you. Once we receive your payment for the class (unless free) you will receive a link to open the class. When you receive the link, you can press on it to go directly to the class, or save it for a later date.

Click here to sign up for online trainings and classes:

https://secure.lglforms.com/form_engine/s/TPFhzDdljz9c4esqi_TeQ



STEWARDS Of Children® — Darkness to Light

Sarah Leckband Maxwell, RVAP Child Abuse Prevention Coordinator

Tuesday February 9, 2021 6:00pm-8:00pm

Stewards of Children®—the only nationally available program specifically proven to increase knowledge, improve attitudes and change child-protective behaviors. Appropriate for any adult, this training will teach you how to prevent, recognize, and react responsibly to child sexual abuse.

Free

Join Zoom Meeting
<https://us02web.zoom.us/j/84334068945>



Providing Child Care in Your Home

DHS In Home Provider Q & A with Ryan Page

Ryan will spend the hour answering questions and providing the information you need for your In Home Program!

Ryan Page, M.C.J.
Child Care Regulatory Program Manager
Team Lead, Child Care Bureau
Division of Adult, Children & Family Services

Tuesday February 23, 2021
12:00pm-1:00pm

\$10 Fee

Join Zoom Meeting
<https://us02web.zoom.us/j/82813130723>



STEM vs STEAM vs STREAM

Deidra Benser

As a teacher have you ever wanted ideas for STEM in classroom. You will learn different ideas on to bring STEM into your classroom. Teachers will also learn the difference between STEM, STEAM, & STREAM! Great for preschool & school age program teachers. Ideas can be modified for young preschoolers (2-3yr olds)

Deidra Benser, Kindergarten prep teacher (4-5yr old) preschool; Teaching at Little Angels in Iowa City since August 2015 with a BA in Early Childhood from Ashford University. A member of East Central Chapter of Iowa AEYC and past VP, Presidents, and on the local governing board of Iowa AEYC.

Thursday February 4, 2021 6:30pm-8:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85183068162>

\$10 Fee



CPR AND FIRST AID

Iowa CPR Girl

Kristina Kron (formerly Swanson)

Please call Michele in advance to sign up.

Minimum of 4 and Maximum of 9 participants in a session due to COVID-19 regulations

In person class \$70

Blended class \$80 (combo online and in person)

Call or email Michele to sign up!

319-338-7684 Ext. 103 Michele@iowa4cs.com

Other CPR and First Aid Resources

Scott Devore

sdevore0904@gmail.com

563-299-0904

Kate White

NSTS

319-366-4769





Please complete and mail the registration form with a check or money order to:

4Cs Community Coordinated Child Care
Attn: Education and Training
1500 Sycamore St., Iowa City, IA 52240

Please print clearly!

Name: _____

Work Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone: _____ **E-mail:** _____

County in which I provide child care: _____

Check one: Registered Child Dev. Home Non-registered Home Center _____

Other _____

*** * REFUND POLICY * * ***

- All registration fees are non-refundable or transferable.

*** * * INCLEMENT WEATHER STATEMENT * * ***

- In the event of inclement weather, we will make every effort to notify you of a cancellation or postponement—please make sure your contact information is up-to-date. Decisions will be made as early in the day as possible.

Note: If class locations are closed (e.g., if Kirkwood College announces closure—4Cs classes will be rescheduled for a later date.)

Training Date	Title of Training	County Where Training will be Held	Registration Fee



4Cs DOES FINGERPRINTING!

Contact us to make an appointment TODAY!

You will need your photo ID and a
fingerprinting card!

The fee is \$10 per card

Call us at 319-338-7684 to schedule**

****we are unable to guarantee fingerprinting without an appointment
Due to COVID-19, restrictions are in still in place at this time.**

Remember to check our website www.iowa4cs.com
for updates!

4Cs has proudly served our early childhood community since 1972

Check us out on Facebook:
www.facebook.com/4CsCommunityCoordinatedChildcare

For updates on 4Cs training opportunities please check
the DHS Training Registry at:

<https://ccmis.dhs.state.is.us/trainingregistry/>

If you are applying for a training that has a registration fee, your
enrollment **can not be accepted until 4Cs receives your payment.**



Important Information

Johnson County Dept. of Human Services: 319-356-6050

Debbie Ackerman - Supervisor
Becky Paulsen RN Johnson County Public Health
(Johnson County Public Health) (319) 356-6042
Main (319) 688-5891 (319) 688-5879 dackerman@johnsoncountyiowa.gov
rpaulsen@johnsoncountyiowa.gov

Johnson County WIC: 319-356-6042

Johnson County DHS Licensing Consultant for Centers:
Heidi Brown: 563-263-9302 ext. 125 hbrown@dhs.state.ia.us

DHS Child Development Home Registration Staff:

Johnson County: 866-534-3112
Healthy Child Care Iowa (HCCI): 800-369-2229
<http://www.idph.iowa.gov/hcci/>

Child Care Resource and Referral Consultants

<https://iowaccrr.org/staff/>
866-324-3236

Healthy Child Care Iowa (HCCI) Coordinator Heidi Hotvedt, RN Iowa Department of
Public Health heidi.hotvedt@idph.iowa.gov (515) 321-8137
HCCI Professional Development Nurse Clinician Deb Gimer, RN Iowa Department of
Public Health deb.gimer@idph.iowa.gov (515) 782-9989

Iowa Department of Human Services: 866-448-4605

CCA- Child Care Assistance: 866-448-4605

Child Abuse Reporting: 800-362-2178

Iowa Association for the Education of the Young Child (IA- AEYC)
& T.E.A.C.H. Program: 800-469-2392





Get ready for a fun filled zoom training with
a pajama contest!
I have prizes for 1st & 2nd place!

DHS Licensing Consultant Heidi Brown will
be presenting DHS Rules and Regulations
Training.

1/21/2021 6:30PM-8:30PM

Johnson County Centers

2/25/2021 6:30PM-8:30PM

Scott County Centers

3/25/2021 6:30PM-8:30PM

Cedar, Louisa & Muscatine County Centers

RSVP to Lori Mueller lomuellerc@caeiowa.org



GARDEN TO SCHOOL
ONLINE TRAINING

**FOOD,
GARDEN &
AG!**

Wednesday
April 7, 2021
6:00-8:00 pm



<https://us02web.zoom.us/j/88401519246>



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ELISHA HAMM 4CS FOOD PROGRAM ASSISTANT EXT. 106 ELISHA@IOWA4CS.COM

TERRIE DOEHRMANN 4CS ADMINISTRATIVE ASSISTANT EXT. 101 ASSIST@IOWA4CS.COM

MICHELE SHAFFER 4CS HOME TIES DIRECTOR PHONE: 319-341-0050/319-430-9907
IOWA4CSHOMETIES@YAHOO.COM

