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Early Childhood News

From Dubuque County Early Childhood - a nonprofit that builds collaboration around the needs of families with young children.

Shared Vision: "All Children in Dubuque County are Healthy and Successful."

December 2016
www.dcearlychild.org

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Happy Holidays from DCEC!

At Dubuque County Early Childhood (DCEC), our wish this season is that all children have at least one adult who cares and live in a community that values quality early childhood services.



Through DCEC's board of directors, we are working every day toward that mission. Go to our web site to learn more about getting involved - www.dcearlychild.org.

Best wishes from the DCEC Board!

Joel Reicks, Gina Blean, Nancy Bradley, Kris Croatt, Kim Glaser, Jim Guentherman, Linda Martin, Michelle Milbert-Parsons, Nick Patrum, Angela Petsche, Brian Recker, Jake Rios, Bob Shaw, Don Vrotsos, Ashley Weber, Jay Wickham



Upcoming Meetings - Dubuque County Early Childhood

Sustainability Committee - December 2, 2:00 p.m., Dubuque Law Enforcement Center

NOTE: The Dubuque County Early Childhood Board does not meet in December.

NOTE: Meetings are subject to change. To obtain meeting agendas, minutes, or location/directions - contact DCEC at (563) 588-1620, sedward24@aol.com. All meetings are open to the public and are held at locations reasonably accessible to the public. Submit questions or requests for special accommodations to (563) 588-1620.

Easy Way to Support DCEC Over the Holidays

Amazon will donate to Dubuque County Early Childhood for purchases made at smile.amazon.com/ch/20-8792057. It's just like regular Amazon shopping, but with support going to local children for each dollar spent.



New Communication Guides Released for Child Care

The Department of Human Services (DHS) has released



new guides to help explain licensing and registration for child care in Iowa. Licensing is required for all child care centers, and registration is voluntary for home providers under most circumstances. Quality in both types of care is crucial to healthy and successful children.



Here are the new guides available online at www.iowaccrr.org/providers/licensing_requirements/:

Comm 95 - Minimum Health & Safety Standards
 Comm 143 - Child Development Home (CDH) Registration Guidelines
 Comm 204 - Center Licensing Standards & Procedures
 Chapter 109 - Center Licensing Rules
 Chapter 110 - Child Development Homes (CDH) Registration Rules
 Chapter 120 - Child Care Home (CCH) Rules
 Chapter 170 - Requirements for Child Care Assistance

In addition, local Child Care Resource & Referral offices can provide more information. To contact the Dubuque office, call (563) 557-1628.



Connected at the Table: The Importance of Family Meals

By John Ligan, Senior Writer and Digital Media Editor, Child Trends

There are many terrific reasons to sit down and eat with your children. Research shows that children who regularly eat meals with their parents tend to eat more fruits, vegetables, and dairy products, and are less likely to be overweight. A positive family atmosphere during regular meal times has also been shown to reduce the occurrence of eating disorders in adolescents, regardless of demographic characteristics and body-mass index.

Watching parents eat healthily, day in and day out, can positively influence children's own behavior and nutritional choices as they grow. The benefits go beyond nutrition. Eating together can improve parent-child relationships and give kids a sense of stability and connectedness. Children younger than 13 who regularly eat with their families exhibit fewer behavioral problems and mealtime conversations have been tied to improved literacy.

While the frequency of meals with family tends to dwindle through high school, teens who eat with their families tend to be healthier, happier, and less inclined toward risky behavior. They are less likely to think about suicide, take drugs, or suffer from depression, and more likely to get better grades and delay having sex.

Dinner at home seems to be a more accessible experience for families of limited economic means. Low-income families are more likely to eat meals together more often than higher-income ones. In 2011 and 2012, the most recent data available, 51% of 12- to 17-year-olds in households at or below the poverty level ate family meals at least six days a week. By comparison, only 36% of similar-aged young people eat that many family meals if their household income is at least double the poverty level.

The wider trends are less encouraging, however. When parents work multiple jobs, work odd hours, or have to travel long distances to reach the nearest available work -- then finding time for family togetherness can be a challenge. In a perfect world, all parents would have the ability to regularly join their children for meals. But every parent can make the effort to gather their kids around the table at least a couple times a week.

The Family Dinner Project, a nonprofit organization from Harvard University, offers some helpful resources (including recipes and conversation-starters) for families who need a push to get started. There are some easy and effective ways to improve family closeness and children's well-being. Go to: <http://thefamilydinnerproject.org/resources/>.

For More Info

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