Health and Human Services

Iowa Department of Health And Human Services

CHILD CARE CENTER ANNUAL EVALUATION

Name of Center: Up With Kids - United Presbyterian Home

Provider No.: 24850

Address: 1203 E Washington ST, Washington, IA, 52353

County: Washington

Director's Name: Kelsey Liska

On-Site Supervisor: Shelli Sojka

Phone Number: 3196537522

E-Mail: kliska@uphome.org
jklinzman@uphome.org

HHS Visit Date: 02/20/2026

Licensing Period: 06/01/2026 to 06/01/2028

Fire Inspection:

Date Inspected: 04/29/2025

Comments: completed by Washington Fire Department

Report Visit Type:

- [ ] PTO
- [X] Licensing Visit
- [ ] Drop In
- [ ] Administrative Change

License Type:

- [X] Full
- [ ] Provisional

Quality initiative:

- [ ] Accrediation

Program Duration:

- [X] Year-Round
- [ ] School Year
- [ ] Summer Only

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HOURS:	*Year-round*	*School-Year*	*Summer Only*
Sunday			
Monday	6:00 AM to 5:00 PM		
Tuesday	6:00 AM to 5:00 PM		
Wednesday	6:00 AM to 5:00 PM		
Thursday	6:00 AM to 5:00 PM		
Friday	6:00 AM to 5:00 PM		
Saturday			

Program Population Served:

- [X] Infant(0-<24 Months)
- [X] Toddler
- [X] PreSchool
- [X] School Age
- [ ] All Ages

LICENSE CAPACITY	Infants	2 Years	Preschool	School-Aged	Capacity
General	17	7	7	25	56
Summer					0

1. Basic Overview

Up With Kids Day Care is located in the basement of a wing of United Presbyterian Home in Washington. The center occupies large rooms with adjoining restroom and offices at the facility. Additional restroom capacity is located in a hallway. The center provides full day child care for children ages infant through preschool. The center is owned and operated by United Presbyterian Home and serves primarily children of United Presbyterian Home employees. The new program director (December 2025) is Kelsey Liska. Ms. Liska holds an AA. She operated an in home childcare since 2019 prior to accepting this position and was a registered home provider from 2009-2013. This center has been licensed since 1989. Shelli Sojka is the onsite supervisor for the school age program. She has held this position since 2019 and has been employed at the center since 2012. When the Director or Shelli are not in the center a designated person in charge must be appointed that has all required trainings.

Up with Kids Daycare serves as on-site child care for employees who work at The United Presbyterian Home nursing home in Washington, IA. The center also serves some non-employee children. The main facility is located on Hwy. 92 in Washington, IA. Entrance to Up with Kids is located in the back parking lot area near the playground and other buildings at The UP Home. The center is separated by a half wall from the United Presbyterian Home. Staff and residents frequently walk by the area and the Campus Center is across the hall from the daycare. The resident Art Hall is just down the hall from the center space, as are staff coordinator offices.

On 2/20/26 I made an unannounced licensing visit to Up With Kids Daycare and met with Director Liska. At the time of the visit, staff were actively engaged in providing the child care program to the children. All program areas were observed.

Organization Structure: 1 Main Director, on site supervisor, part time staff.

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The visit consisted of classroom observations and activities, ratios, nutritional practices, health and safety practices, playground observation, field trip and transportation practices, and administrative review.

Center Nutrition:

The center contains a kitchen area in the school age room. It has a boundary around it so that children may not access the oven. It contains refrigerator containing a thermometer. Thermometers should be in both the freezing and cooling units. The Director agreed to add one and ensure thermometers are in each unit. Recommended temperatures for cooling are 40 degrees or lower and zero degrees and lower for freezing. The program is aware of CACFP guidelines. Snacks and meals must meet guidelines. No food items in the refrigerator had been opened or were outdated. The refrigerator itself was clean.

Other food storage (dry) was appropriate. No food was stored on the floor. No dry food had been opened which was not placed in a sealed container. No expired food items were observed.

Food allergies are posted in the dining area.

Cleaners are currently kept inaccessible to children. If center staff have questions regarding sanitizing and disinfecting DHS recommended in years past that the classroom receive training from their local Department of Public Health on these matters. Child Care Nurse Consultant Toni Krana is now available to assist the preschool in any health and safety related matter.

Food waste containers are covered.

Center Health and Safety:

The center contains first aid kits. They are kept inaccessible to children. The center has a first aid kit checklist which is reviewed to ensure all items on the list are present.

We reviewed administration and storage of medication. The center does administer prescription or non-prescription medication. All medication must have an intact pharmacy/ physician label and documentation for administration if necessary. Non-prescription medication should be labeled with the child's first and last name if necessary. An ill/injured area can be in the Director's office or the school age room. We discussed the center should review the current medication policy of the center as they have several OTC medications.

Compliance with environmental testing and the necessary maintenance of detection equipment were reviewed. The building has a boiler. The inspection expires annually, and was overdue the day of the visit. Radon testing is mandatory and due every five years thereafter. Testing should be completed in winter months when the ground is frozen. Buildings constructed prior to 1960 must have a visual lead-based paint assessment. The center may ask for assistance from CCR&R or IDPH in completing an annual visual lead paint assessment and possible remediation if necessary.

The carbon monoxide detector should be a UL approved non-battery operated unit. Each unit has an expiration date. The building is on city water, therefore water analysis is not required.

The classroom also has fans and windows to assist with ventilation and temperature control. The windows provide an adequate amount of natural lighting.

The center worked with CCR&R and the ECI board 2 years ago regarding a new changing table for the new infant room.

We reviewed general regulations regarding safety policies and procedures. The program has no pets or plants. The children nap at the center and are spaced at least 2 feet apart. The center added an infant room down the hall. Room capacity for infants (ages 0-2) changed from 10 to 17. The school age room was capped at 25. The total new (2021) capacity for the center is 56.

Volunteers should follow these guidelines: Volunteers should always be under the direct observation of staff. All volunteers and substitutes shall sign a statement indicating whether or not they have one of the following:

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a. (1) Conviction of any law in any state or any record of founded child abuse or dependent adult abuse in any state.
(2) A communicable disease or other health concern that could pose a threat to the health, safety, or well-being of the children.
b. (1) Complete form 595-136 DHS Criminal History Record Check, Form B
(2) Complete Form 470-0643, Request for Child Abuse Information.
(3) Sign a statement indicating the volunteer or substitute has been informed of the volunteer's or substitute's responsibilities as a mandatory reporter.

Each child should have at least 35 square feet of usable floor space in the classroom. In the gymnasium during gross motor activity each child should have at least 75 square feet of space.

Tornado and fire drills for the past year. were reviewed. They should be completed monthly. Documentation was present indicating these had been conducted as required.

We reviewed general regulations regarding sanitation policies and procedures. The restrooms have ventilation. All electrical outlets should be covered or child safe.

Compliance with regulations regarding staff and child hand washing were reviewed. The center reports that hand washing procedures are being followed.

We reviewed rules stating staff demonstrate personal hygiene sufficient to prevent or minimize transmission of illness/disease. The preschool must:
Staff wash their hands upon arrival at center.
Staff wash their hands immediately before eating or food service activity
Staff wash their hands before leaving the restroom with a child or by themselves.
Staff wash their hands before and after administering non-emergency first-aid, unless gloves are worn.
Children's Hand washing
Staff assist children in personal hygiene sufficient to prevent or minimize transmission of illness/disease. Hand sanitizer cannot be used in place of hand washing with soap and water. The Washington County Health Dept. of Public Health can conduct hand washing training.

Safe Sleep has been covered with all staff.

Center Outdoor Play Area:

The outdoor play area consists of a large grass area, a sand box and a large climbing structure with surfacing. Recommended surfacing under climbing equipment would be 6-9 inches deep. Mulch should continue to be raked so that adequate surfacing is achieved beneath the climbing equipment. It is surrounded by metal fencing and has natural shade. Cedar equipment was removed from the area this past year.

The Child Care Weather Watch is utilized if outdoor play is questionable due to weather conditions. The equipment is in good repair. It is recommended CCNC Krana conduct an Health and Safety Risk Assessment on the area. First Aid kits are taken outdoors along with emergency medications.

Center Transportation/Field Trips:

Children have access to the UP Campus which is not considered a field trip. If field trips are taken each child should have field trip permission authorizations on file in the classroom. Ratio for field trips should be followed when leaving campus. Emergency contacts for each child and a first aid kit should be taken on every trip as well as any emergency medication. We discussed regular van maintenance and following manufacturer recommendations for inspections.

Center Administrative Records:

Child misbehavior is addressed by group management techniques, setting fair and reasonable limits, redirection and providing consistency with rules. The center takes a proactive approach to discipline by providing a variety of activities for the children, monitoring the number of children in one area and reinforcing appropriate behavior.

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We reviewed center compliance with regulations regarding required notices and postings. A parent board with Mandatory Reporting and the month's calendar is present. The Child Care Weather Watch should be posted but is not mandatory. A Licensing Consultant information posting is present. A certificate of license was present. Communicable diseases postings were hanging the day of the visit.

Emergency contacts are posted by the phone as well as Poison Control, 911 and the preschool phone number and address. They are also located in the First Aid Kit. Maps are by the program door for evacuation for fire and tornado, as well as the restroom. No Smoking signs were posted. The classroom schedule is posted and a classroom calendar/outline is also posted.

Staff and child records are mostly complete and organized. Child files included immunizations and physicals as well as dental and medical information were reviewed. Emergency contact information, and pick up authorizations on each child are present. The Director agrees to track child files and give notice to parents regarding obtaining updated physicals and other necessary information. Some child physicals are overdue. The Director does an excellent job tracking staff and child information and has informed parents updated physicals are needed.

All employees are required to have current Iowa Criminal Background check verification (SING). All childcare employees must have Fingerprint and SING verification if in ratio. If volunteers or subs are added to the program this year they will be fingerprinted and have Iowa background checks completed and complete all professional development. Employees should have current Mandatory reporter training (due every 5 years) and First Aid/CPR training (every 2 years). 1st Aid and CPR Training must be updated every 2 years. Professional development hours, due annually should be present for all employees. All employees should have current physicals, updated every 3 years. Administration should continue to track staff requirements so this is not an issue in the future. Emergency Preparedness and annual emergency training documentation were present. Staff sign the training yearly.

Incident/injury reports are complete and well written. Policy states this in the handbook. Several policies have been updated or added the past few years.

A (Comm. 204) -- notice should be conspicuously posted. I sent the new Director Comm 204 on 5/12/21.

The center has a specific Emergency Preparedness plan for their program and each room, including the newly added infant room. The center is in compliance with emergency preparedness training and documentation of such.

2. Identify Observed Strengths of the program

Children have supervised interaction with residents.

The new director rearranged rooms and space adding a door to the one year old room to optimize space and flow.

18 months-2 years have their own space (separate from infants)

The Director is typically onsite being readily available for staff throughout the day. She includes staff in decision making regarding curriculum, activities or how to structure the day.

3. Identify the aspects that fall below the standard

1. 109.6(4)d: Center repeats national criminal history checks at a minimum of every four years or when aware of additional history that occurs. Two staff need fingerprints. One is leaving employment this month.

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2. 109.7(1): All staff (within first three months of employment):Iowa's training for the mandatory reporting of child abuse. At least one hour of training regarding universal precautions. Certification in First Aid infant, child, and adult cardiopulmonary resuscitation (CPR) or equivalent certification approved by the Department. A valid certificate indicating the date of training and expiration date shall be maintained. Certification in infant, child, and adult first aid that uses a nationally recognized curriculum or is received from a nationally recognized training organization including the American Red Cross, American Heart Association, American Safety and Health Institute, or MEDIC First Aid or an equivalent certification approved by the Department. A valid certificate indicating the date of training and expiration date shall be maintained. Minimum health and safety trainings, (Essentials) approved by the Department. If significant changes occur to content, the Department may require the training be renewed. According to IPOWER and the Director some staff need CPR/First Aid, Mandatory Reporter training and Essentials training. CPR/First Aid is scheduled for April 18th.

109.9(1)b: All files contain a pre-employment physical exam report completed within six months prior to hire and at least every three years. Physical exams shall be documented on form 470-5152, Child Care Provider Physical Examination Report. Four staff need updated physicals.

3. 109.11(8)c: All centers: Annual inspection prior to heating season of all fuel-burning appliances to reduce risk of carbon monoxide poisoning and shall install one carbon monoxide detector on each floor that conforms to UL Standard 2034. The boiler report is overdue.

4. Any corrective action plans, provisional license, and safety plans-steps to get into compliance

5. Special Notes/Recommendations

Many improvements have been made to the center the past few years. The Director has taken great strides to ensure licensing rules are met and maintained throughout the year.

HHS recommends Director Klinzman contact Child Care Resource & Referral so Consultant Norton may assist with the resolution of these violations and assist with a process to ensure future compliance. IDPH Child Care Nurse Consultant Toni Krana is also available for consultation in health and safety matters.

Based upon this review, it is recommended that this center remain in Full licensing status. The center is directed to correct the items listed in Section IV. The Director gave me a verbal commitment that the noted rule violations would be promptly corrected. It is important to note, all HHS licensing standards and procedures must be maintained during the renewal period.

IHHS encourages you to contact your local nurse consultant with IDPH. Child Care Nurse Consultants work with child care and early education businesses. Businesses may call or send questions to a child care nurse consultant about health and safety policies, health programs, health of personnel, and specific child health or safety issues. The new CCNC is Toni Krana. It is recommended CCNC Krana conduct an updated IPC. On 5-19-2025- CCNC Krana provided guidance on child that parents did not want the center to apply sunscreen. No other interactions with center in the last year. She visited again on 2/18/26 and met with the new director. She stated, "We did a walk through and discussed some issues and how to fix them, one was the baby room had been moved in the last 6 months and did not have a separate hand washing sink, so they were going to either move the room back to the original room or remove the bottle out of the room and have and have them cleaned and prepared in the kitchen area."

IHHS recommends the center consult with Child Care Resource and Referral. They offer centers assistance with meeting the DHS regulations, QRS, infant/toddler concerns, room arrangement and environment, developmental concerns, Best Practice information, CDA assistance, or any questions or concerns you may have. Please visit the following website for more information: http://www.iowaccrr.org/who_we_are/region_5. Your consultant is Tabitha Copeland. Consultant Copeland visited on May 16th 2024. They went over paperwork, and she performed a walk through. They also covered the newest guidance for Boppy pillows, and she suggested those come out of the infant room.

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This past year she provided general support around trainings. She stated at the end of May 2025, "I am visiting on June 4th since you have been there, I will check to see if boppies are gone and support them with other goals. Last on site visit 5-16-24."

The following support has been given to the program over the last year
1-10-25 Emails to support use of the WORKDAY training for mandatory reporter trainings and length of time child and staff files need to be kept. COMM 204 support given
8-27-25 email on Fingerprint questions, given support COMM 204 and sent SING instructions
10-21-25 on-site visit to answer general questions on IQ4K process and trainings for staff
12-5-25 email Support of transition as previous director, Jill K, steps down
1-2-26 Email from new director Kelsey Liska and discussion on supporting as she gets settled.
1-5-26 phone discussion with Kelsey on trainings and items to help with transition
1-26-26 On-site co-visit with CCC Emmeka Hawkins to go over HHS regulations, safe sleep, ratios COMM 204 and other items as she takes over. Introduced to Emmeka Hawkins as new consultant.

New Consultant Emmeka Hawkins also provided the following:

Up With Kids:
• 1.26.26: Co-Visit with Tabithia, intro to the new director Kelsey and Walkthrough
• 1.27.26: Connected Kelsey with the nurse consultant and HHS consultant Jill
• 2.3.26: Assisted Kelsey with staff PD hour and preservice requirement trainings questions

We discussed the following:
• How do you help staff understand the expectation associated with behavior management?
We try to have a lot of conversations around behavior management and how to support each kiddo based on their personality and how they respond.
• How do you help staff recognize their frustration and respond with de-escalation?
We try to recognize their frustration as it begins, before it fully escalates. If the child is escalated, we give our best attempt to redirect and use calming voices and words to help the child de-escalate.
• How do you monitor these skills / expectations?
I monitor these skills by being present in the daycare rooms and observing how staff interacts with the children and handles conflict.

CCR&R can assist the new Director with any child behavior/staff reaction strategies.

Date: 03/06/2026

HHS Licensing Consultant: Jill Seibert

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Non-compliance with any of the mandated regulatory requirements listed above may lead to the cancellation or revocation of your Child Care License. Please take steps necessary to completely address each of the violations noted above.

Child Care Resource and Referral is an excellent resource for providers to access training options and support in your area. You can reach Child Care Resource and Referral at **https://iowaccrr.org**.