
CHILD CARE COMMUNIQUE

Linking families, child care professionals and the greater San Diego community.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CHILDCARE RESOURCE SERVICE

3333 Camino Del Rio S., San Diego CA 92108

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www.crs.ymca.org

CONNECT WITH US!

“Social Media opens up new ways to connect with the communities you serve and the communities you belong to (real and virtual). Most importantly, social media can further your mission by allowing more people to understand, value, and support what you do.”

–Amy Southerland, Communications
Consultant & Specialist
Non-Profit/Philanthropy



WEB SITES

American Academy of Pediatrics:

<http://www.aap.org/advocacy/releases/summertips.cfm>

Tips to help keep children of all ages safe during the summer. Topics include sun, heat, boat and open water safety.

The US Fire Administration:

http://www.usfa.dhs.gov/citizens/home_fire_prev/holiday-seasonal/summer.shtm

Tips on summer fire safety including BBQs, fireworks and campfires.

National Fire Protection Agency:

<http://www.nfpa.org/itemDetail.asp?categoryID=300&itemID=19033&URL=Safe%20Information/For%20consumers/Holidays/&cookie%5Ftest=1>

Tips on common summer fun activities like scooters, bikes and pedestrian safety among other safety tips.

Family Education:

<http://life.familyeducation.com/summer/safety/33585.html>

Provides a checklist for both indoor and outdoor summer safety including allergies, traveling, playgrounds and sporting activities.

CATS Training Updates

Get the latest information about upcoming trainings and activities for parents, providers and child development professionals. Sign up to receive the Childcare Activity & Training Service (C.A.T.S.) Community Calendar updates on a monthly basis via e-mail by following these four easy steps:

1. Visit our web site at www.crs.ymca.org/calendar
2. Click on "Receive Updates" on the left side of the page
3. Complete the requested information and click on "Submit Registration"
4. Check your e-mail for a confirmation message and click on "Account Activation"

Monthly updates on the many trainings and activities in the C.A.T.S. Calendar will now be sent to your e-mail address automatically.

The **Child Care Communique** is published four times per year by YMCA Childcare Resource Service (CRS), a department of the YMCA of San Diego County, 3333 Camino del Rio S. #400, San Diego, CA 92108-3839

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The Child Care Communique is sent as a public service to licensed child care facilities and other professionals in the community. To be placed on the mailing list, call 619-521-3055 x2312.

YMCA Childcare Resource Service Referral and Complaint Policy

YMCA CRS provides free child care referrals to parents for their specific child care needs in licensed and legally exempt facilities in San Diego County. Service is provided to all persons requesting them regardless of income or other eligibility factors. Confidentiality of both parents and providers is maintained. Child care referral lines are open Monday–Thursday from 8:00 a.m. to 4:00 p.m. and Fridays from 8:00 a.m. to 12:00 p.m. or referrals may be accessed online at www.crs.ymca.org.

Consumers are offered a variety of child care options including family child care homes, child care centers, preschools, before and after school care, and in-home agencies. YMCA CRS seeks to promote and develop quality care for children but does not make recommendations regarding particular providers. YMCA CRS strongly encourages parents to visit facilities and review provider histories with Community Care Licensing at 619-767-2200, prior to making the final decision for child care arrangements. Responsibility for selecting a child care provider rests with the parent or guardian.

YMCA CRS has established policies and procedures to ensure all complaints from parents, providers and the community are addressed in a clear and equitable manner. California legislation mandates that child care resource and referral agencies may not refer child care programs that are on probation, under a temporary suspension order or hold a revoked license from Community Care Licensing (CCL). Referrals are resumed when CCL sends written notification which indicates the program can return to active referral status. For a full version of YMCA CRS referral and complaint policies and procedures log on to www.crs.ymca.org, call 1-800-481-2151 or e-mail myresource@ymcacrs.org.

Mission Valley Office 619-521-3055

South County Office 619-474-4707

Child Care Referrals 1-800-481-2151

www.crs.ymca.org

CONNECT WITH US!

by Joangrace Espiritu

Social Media sites like Facebook, LinkedIn, or Twitter have likely been flooding your e-mail accounts within the past few years. Even businesses and non-profit organizations like the Y have started developing an online "social" presence. The idea behind social media is to have a conversation with the people we serve, help answer questions we might have about our services and to give our people a sense of who we are and what we can do to help them.

YMCA Childcare Resource Service started a Facebook page in April 2011 and we've grown to amass 200 friends over the last two months alone. Since there is a lot of information out there on child care, we've been working hard to keep our friends updated with the latest news on the child care world as well as on youth development, healthy living and social responsibility.

How can YMCA CRS Facebook help child care providers?

Through social media channels, we keep our online community informed of tips, events, and news on the latest in child care. Find some of the main topics we discuss and share, below.

Emergency Preparedness Tips: YMCA CRS is part of a community group called the Disaster Preparedness Committee. We help to make sure child care programs "Get Ready and Stay Ready" in case of emergencies like wildfires, earthquakes or floods. Every month, we will post emergency preparedness tips on our Facebook page for providers and parents to download and use.

Ideas: Our child care consultants have a wealth of knowledge about activities, games and recipes to share with children in your care. Visit our page and check out some of their ideas, or post on our wall with ideas of your own to share with our online community.

Events: Be the first ones to know about our events like Child Care Provider Appreciation Day.

News: We'll keep you informed about the world of child care and how it impacts you and your programs.

Contests (in progress): Keep checking our page for contests! We're working on creating contests for child care providers and parents. Some of the prizes we'll give away are Padres tickets, toys and other types of child care supplies or even a chance to be our profile picture of the week.

You tell us? What else would you like to see on our Facebook page? Post your ideas on our wall at www.facebook.com/ymca.crs.

Facebook Facts:

- More than 500 million active users
- Largest photo sharing platform
- Fourth most trafficked Web site

twitter 

Linked 

facebook 

COMMUNITY HIGHLIGHTS

A WORLD OF DIFFERENCE

“It has been my goal, and the ADL’s hope, that every preschool child, preschool teacher, and preschool family will be taught to love and not hate; to accept and not reject; to respect and not fear for our differences.”

– Harvey L. Miller, Founding Funder
The Miller Early Childhood Initiative

The Miller Early Childhood Initiative assists in creating and sustaining bias-free early childhood programs that encourage children to appreciate diversity at an age when the seeds of prejudice can begin to take root. The activities and guidebooks contain projects and advice to assist adults in creating bias-free programs and homes for children ages 3-5.

Topics include:

- Talking with children about bias
- Exposing children to diversity
- Choosing books that reflect the world
- Creating environments that are inclusive of all children and sensitive to their differences.

The initial workshop will be held on Saturday, July 16, 2011 from 8:00 a.m. to 3:30 p.m. and provides an understanding of the impact of prejudice in an early childhood setting. A three-hour follow-up educator workshop will be held to reinforce and further develop anti-bias skills on Wednesday, August 10, 2011 from 6:30 p.m. to 9:30 p.m. Both workshops will be held at YMCA Childcare Resource Service, 3333 Camino del Rio South, 4th Floor Conference Room, San Diego, 92108. Approved for one (1) Continuing Education Unit. Participants must attend both days to receive a certificate of attendance. A World of Difference is brought to you in part by the San Diego regional office of the Anti-Defamation League and YMCA Childcare Resource Service with support from the Harvey L. Miller Family Foundation and the Gumpert Foundation. For registration information call 1-800-481-2151 or e-mail mytraining@ymcacrs.org.

YMCA CHILDCARE RESOURCE SERVICE CLOSED IN NORTH COUNTY

As of June 16, 2011 the North County CRS Office has closed. North County has been a part of CRS history since it first opened in June 1985 at 355 West Vista Way, Vista, CA 92083. The “NC” office then moved to Mulberry Avenue in San Marcos, and then to 150 Valpreda in San Marcos before returning to its Vista roots in July 2006 at 640 Escondido Avenue, now renamed 640 Civic Center Drive. We give a final salute to the last 26 years, to the staff that have worked out of this office and to the numerous families that have been served from our North County location.

NEW ONLINE TRAINING ACADEMY!

Training on your schedule is just a click away at www.crs.ymca.org. Build your career in the early care and education field through the Child Care Aware Training Academy’s professional development online training. The self-paced curriculum is easy to follow, with research-based instruction developed by early learning professionals. After successfully completing a course you will be awarded a certificate listing the Professional Development hours and CEU (continuing education units) you earned. You have 24/7 access to online learning from the comfort of home. Anytime can be class time! New courses are added frequently. Check our website often for the latest offerings. **YOUR TIME. YOUR PACE. YOUR FUTURE.**



LICENSING UPDATE

Implementation of New Civil Penalties

An immediate civil penalty assessment of \$150 per day will be assessed for each of the following violations:

- Fire clearance violations, including: overcapacity, inoperable smoke alarms, and inoperable fire alarm systems (does not apply to Family Child Care Homes);
- Absence of supervision, (a child left unattended, supervised by a person under age 18, or resulting in a child wandering away);
- Accessible bodies of water;
- Accessible firearms, ammunition or both;
- Refused entry of authorized licensing staff;
- Presence of an excluded person on the premises.

For more information on AB 978 and other licensing updates, visit the [Community Care Licensing Quarterly Update](http://cclid.ca.gov/res/pdf/CCUpdateWinterSpring0411.pdf). <http://cclid.ca.gov/res/pdf/CCUpdateWinterSpring0411.pdf>

2011 BARBARA CHERNOFSKY AWARD

“We, as early care and development providers, need to treat all children and families as individuals. We can get some clues from studying child development, but we also need to respect and understand and prepare for those children and families who are different from us and different from the norm. We need to challenge ourselves and those around us to create high quality, creative programs that are inclusive for all children and families. We need to do all of this even when the majority believes that one size fits all. Children are learning from the minute they are born and we are so incredibly lucky to be partners with them as they grow and develop into interesting, productive and successful citizens.”
–Debbie Macdonald, Executive Director, YMCA Childcare Resource Service



Debbie Macdonald, Executive Director, YMCA Childcare Resource Service

On May 12, 2011, the Planning Council and the San Diego Association for the Education of Young Children presented this year’s Barbara Chernofsky Lifetime Achievement Award to Debbie Macdonald of YMCA Childcare Resource Service. This award is presented to individuals who demonstrate exceptional leadership, passion, and commitment in the field of Child Development in San Diego County. For over 35 years, Debbie Macdonald has been a positive force in the area of child development. From her first position as a teacher at a primary school to her current position as Executive Director, her dedication to the field remains strong.

The Barbara Chernofsky Lifetime Achievement Award is presented by the San Diego County Child Care and Development Planning Council. This award is named after Barbara Chernofsky, a professor, author and a major advocate for San Diego children who died of breast cancer in 2003.

Past recipients of the Barbara Chernofsky Lifetime Achievement Award include:

- 2004 Dr. Dorothy Hewes, Professor Emeritus
- 2005 Senator DeDe Alpert and Jean Brunkow
- 2006 Charlene Tressler
- 2007 Dana Lovelace
- 2008 Lois Pastore
- 2009 Rebeca Validivia
- 2010 Betty Bassoff

THE BUSINESS OF FAMILY CHILD CARE

Building an Effective Marketing Plan

Are you struggling to keep your child care spaces filled? Learn effective strategies to productively market your services and secure and retain enrollment.

You will learn to:
Build your professional image;
Develop phone and interview communication skills;
Understand the benefits of community involvement; and
Social networking.

Training for family child care programs will be held on August 25, 2011 from 6:30 p.m. to 9:30 p.m. at YMCA CRS, 3333 Camino del Rio South, #400, San Diego, CA 92108. Cost is \$15 per person. For registration information contact 1-800-481-2151 or e-mail mytraining@ymcacrs.org to request a registration flyer.

DISASTER PREPAREDNESS TRAINING

- Is your child care program ready for disasters like wildfires, earthquakes or floods? YMCA Childcare Resource Service offers Disaster Preparedness training to help child care centers and family child care programs prepare for different types of disasters. Training includes learning what types of disasters are most likely to occur locally, developing an emergency plan, making and practicing an evacuation plan, and other tasks related to preparing for a disaster. Cost is \$15 per person. For registration information contact 1-800-481-2151 or e-mail your request for a registration flyer at mytraining@ymcacrs.org.

Get Ready – Stay Ready! It’s your professional responsibility.

For Centers:

- September 14, 2011 – 6:30 p.m. to 9:30 p.m.
- YMCA CRS Mission Valley
- 3333 Camino del Rio South, #400
- San Diego, CA 92108

For Family Child Care Homes:

- August 31, 2011 – 6:30 p.m. to 9:30 p.m.
- YMCA CRS Mission Valley
- 3333 Camino del Rio South, #400
- San Diego, CA 92108

- September 20, 2011 – 6:30 p.m. to 9:30 p.m.

- YMCA CRS South County
- 2602 Hoover Ave. Suite 101, National City, CA 91950

HEALTHLINE...

Sun Safety

With summer in full swing, it is vital to protect the children in your care from the sun. Teaching children to enjoy the sun safely at an early age is important because 50% of their lifetime sun exposure occurs during childhood and adolescence. Practicing proper sun protection is the first step in decreasing their risk of developing skin cancer later in life.

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC. UVA and UVB rays are able to pass through the ozone layer causing skin aging, wrinkling, sunburn, cataracts, immune system damage and skin cancer such as melanoma. One of the best ways to protect your skin is to wear sunscreen when you are outside. Select a sunscreen that is SPF 30 or higher. Read the label to ensure that the sunscreen protects against both UVA and UVB rays. Children six months or younger should not wear sunscreen, but should be kept out of the sun completely. Apply sunscreen 30 minutes before going outside and remember to reapply every 2-3 hours and after swimming or sweating.

Follow these tips to protect your children from the negative effects of the sun:

1. **Avoid the sun when it is strongest: between 10:00 a.m. and 4:00 p.m.**
2. **Always use sunscreen when outdoors.**
3. **Cover up with clothes and wear a hat.**
4. **Try to seek shade from trees, umbrellas or canopies while outside.**
5. **Wear sunglasses that protect against UVA and UVB rays.**
6. **Watch the UV index.**

It is important to practice sun safety all year long. Protecting yourself from the sun on a daily basis will help lower your risk of developing skin cancer later in life.

The YMCA Childcare Resource Service HealthLine provides a variety of free health and behavior services for children, parents and child care providers including consultations, workshops and training. Call the HealthLine at 1-800-908-8883 Monday-Friday from 8:00 a.m. to 5:00 p.m. for more information.



TIPS

Enjoy these Tips from Your CRS Child Care Consultants on fun and healthy things to do while keeping children moving this summer.

I have always liked to play music for children. Music and movement is a fun way for them to move their bodies and release energy. *-Anita*

Setting up an obstacle course in your backyard or at a playground can be very fun. Use a variety of obstacles to challenge their skills such as a jump rope, balance beam, tunnel, or a ball and cones. Also, scavenger or treasure hunts around the neighborhood or yard are always a blast. You can also join your kids for some fun outdoor games. Remember the games like Mother May I, red light/green light, Simon says, or hopscotch? *-Karen*

I enjoy doing dance and aerobics with children because it is a good active way to stay healthy and to keep a good heart rate. Also, children are not just exercising but practicing their fine and large motor skills as well as having a good time. *-Tanya*

On a warm summer night my girls and I like to play night time soccer with their glow in the dark soccer ball. So that we don't crash into each other, I buy glow sticks and we each get three: one for each foot and one to hang as a necklace. After an active game of soccer we enjoy roasting apple slices over an open flame. *-Cynthia*

WHAT'S IN THE CRS RESOURCE LIBRARY?

The Resource Library has the following materials available on the topic of keeping active.

Resource Books:

Linking Up! by Sarah Pirtle

Use music and movement to promote caring, cooperation and communication in the classroom with this book.

Wiggle, Giggle & Shake: 200 Ways to Move and Learn by Rae Pica

Wiggle, Giggle & Shake challenges children to think and solve problems, to recognize and explore their feelings, and to physically participate in their own learning. Includes 200 movement-inspiring activities for children ages 4 to 8.

Moving & Learning Across the Curriculum: 315 Activities & Games to Make Learning Fun by Rae Pica

This book offers everything needed to use movement as a teaching tool.

Jump For Joy! Over 375 Creative Movement Activities for Young Children

by Myra K. Thompson

More than 375 movement activities based on children's books, holidays, dance, stunts, and tumbling help children improve creative thinking, problem solving, and social skills.

The Cooperative Sports & Games Book by Terry Orlick

Terry Orlick has created and collected over 100 brand new games based on cooperation, not competition, with the perfect one for every occasion.

Videos:

Up Down & All Around

An exercise and movement program designed for people of all ages and abilities to exercise and creatively move together.

Zoe's Dance Moves

Get ready to dance! It's a toe-tapping, finger-snapping good time when Paula Abdul gives Zoe her very first dance lesson!

CDs:

Bean Bag Rock & Roll by Georgina Stewart

Songs from the 50's and 60's and clever activities help kids learn concepts such as body identification and directionality (high/low, right/left, up/down). Routines promote coordination, team work and following directions.

Diaper Gym by Priscilla Hegner

A sensational collection of musical play activities to help nourish a baby's total development. Massage, rock, cuddle and sway your baby to familiar songs and nursery rhymes stimulating early development.



Toy Library Saturdays

Mission Valley: July 16, August 13, September 17
National City: July 30, August 27, September 24

Please call for an appointment

Contact the Resource Library

Mission Valley: 619-521-3055 ext. 2304
National City: 619-474-4707 ext. 1317

Rock'N Roll Fitness Fun by Georgina Stewart

Kids' fitness aerobics are even more fun and motivating when set to this great classic rock 'n roll music. Easy routines follow the themes of the songs.

Zoom-E-Oh by Kindermusik

How many different ways can you zoom? This album of get-up-and-go songs will have you on your feet in no time.

IDEAS

Try these snacks as a healthy option this summer! These recipes are taken from *Healthy Snacks for Kids* by Penny Warner.

Apple Smacks

- 4 apples, sliced
- ¼ cup raisins
- ¼ cup water
- ¾ cup rolled oats
- 1/3 cup flour
- ¼ cup wheat germ
- ¼ cup margarine
- 2 tbs. honey, if desired
- 1 tsp. cinnamon

Spray an 8-inch square pan with nonstick cooking spray. Lay apple slices on pan. Combine remaining ingredients and sprinkle over apples. Bake at 350 for 35 minutes. Spoon into small dishes. Top with yogurt if desired. Makes 4 servings.

Fruit Bricks

- 3 pkg (1/4 oz each) unflavored gelatin
- ¾ cup boiling water
- 1 can (12 oz) frozen orange, apple or grape juice concentrate

Dissolve gelatin in boiling water. Add concentrate and stir until mixed. Lightly spray a 9x13 inch pan with nonstick cooking spray. Pour mixture into pan. Chill for several hours. Cut into squares for building blocks or use cookie cutters to make interesting shapes.

Jack's Beanstalks

- 1 can (16 oz) kidney beans
- ½ cup grated cheddar cheese
- ½ tsp. chili powder, if desired
- 8 celery stalks

Drain beans and save a little liquid. Mash beans with a fork adding a little bean liquid for a creamier texture. Stir in cheese and chili powder (if using). Simmer mixture in a small saucepan over low heat until cheese melts. Refrigerate. When cooled, stuff celery stalks with mixture. Cut into bite-sized pieces. Keep refrigerated in airtight containers. Makes 8 servings.

Banapple Bars

- 1 cup pineapple juice
- 1 banana

Combine juice and banana in a blender container. Blend on high speed until smooth. Pour mixture into paper cups. Cover cups with foil. Make a slit in the center of each foil cover. Insert popsicle sticks. Freeze. Makes 2 servings.

Orange Plus Two

- 1 cup orange juice
- 1 cup cranberry juice cocktail
- 1 cup club soda
- Ice

Mix orange juice, cranberry juice and soda together in a pitcher. Pour juice over ice in serving glasses. Makes 2 to 4 servings.

Tomato Balloons

- Small to medium sized tomatoes
- ¼ cup low fat cottage cheese
- ¼ cup water-packed tuna, drained

Cut stem end off tomato and scoop out insides. Mix cottage cheese and tuna. Stuff into tomatoes.



YMCA CHILDCARE RESOURCE SERVICE ANNUAL BAJA LUNCHEON

Thank you to all of our sponsors who supported our fundraiser for the Baja YMCA!

The Annual Baja Luncheon benefitting the Baja YMCA and the YMCA of Japan took place on April 8 at the First United Methodist Church in Mission Valley. With the exciting raffle prizes and generous food donations we collected from the community, YMCA Childcare Resource Service raised over \$4,000. The proceeds from this event help fund social service programs that unify and build family and community in the Tijuana region. This year, a portion of the proceeds went towards the Japan YMCA Earthquake Response Fund to assist them in their work with children and families in the affected areas.

Thank you to our sponsors!

Anthony's Fish Grotto
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 Ipent.com
 Landmark Theatres
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 Pala Casino Spa & Resort
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 San Diego Air & Space Museum
 San Diego Automotive Museum
 San Diego Botanic Garden
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 San Diego Coaster Company
 San Diego History Center
 San Diego Jump Company
 San Diego Museum of Man
 San Diego Natural History Museum
 San Diego Padres, Latino Relations
 SeaWorld San Diego
 Skateworld Roller Rink
 Souplantation
 Stone Brewing Co.
 The Cheesecake Factory Incorporated

The Fish Market
 Timken Museum of Art
 Tri City Pawn
 UltraStar Cinemas
 Ultrazone
 USS Midway Museum
 Viejas Band of Kumeyaay Indians
 World Market
 Zoological Society of San Diego
 Acapulco Mexican Restaurant Y Cantina
 Fiesta de Reyes
 Kennedy's Carne Asada of Escondido
 On the Border Mexican Grill & Cantina

