
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

INCREASING AWARENESS

Reducing the risk of SIDS in
your child care program



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WEB SITES

Children need adults to let others know that the knowledge and experiences gained in early childhood shape a child's entire life. Just one person speaking out can make a difference, just as one child can make a difference in your life. Here are some web sites on how you can get involved and stay informed on the issues surrounding children and quality child care.

Child Care Aware Parent Network
www.ccaparentnetwork.org

This organization within the National Association of Child Care Resource and Referral Agencies (NACCRRA) provides resources on advocating for affordable, quality child care.

Parent Voices
www.parentvoices.org

A parent-led, grassroots organization dedicated to advocating for affordable and accessible child care for all families.

Congress.org
www.congress.org/congressorg/dbq/officials

Find elected officials, including members of congress, state legislators, local officials, and more.

Official California Legislative Information
<http://www.leginfo.ca.gov>

Find updated information on Bills, California Law and legislative information.

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 license 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 am to 4:00 pm and Fridays from 8:00 am to 12:00 pm 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@ymcacr.org.

Mission Valley Office 619-521-3055
South County Office 619-474-4707
Child Care Referrals 1-800-481-2151

www.crs.ymca.org

INCREASING AWARENESS

Reducing the risk of SIDS in your child care program

In 2008, **Sudden Infant Death Syndrome (SIDS)** was one of the top five leading causes of death in an infant (birth to one year) in California. San Diego County accounted for over 16 percent of SIDS deaths which was the second highest percentage according to the California Department of Public Health. Sadly, since 2008, the number of SIDS cases in San Diego County has increased.

SIDS is the sudden death of an infant (under one year of age) that remains unexplained after thorough investigation including autopsy and medical examination. Most deaths occur when a child is two to four months. SIDS is unpreventable and unpredictable, but research shows there are various factors that can be changed in your home or your child care program to lower the risk of a child dying from SIDS. Here is a list of the **Top 10 Recommendations for Safe Sleep** from the American Academy of Pediatrics.

1. **Back to sleep for every sleep**—To reduce the risk of SIDS, infants should be placed for sleep on their backs for every sleep by every caregiver until one year of age. Side sleeping is not safe and is not advised.
2. **Use a firm sleep surface**—A firm crib mattress, covered by a fitted sheet, is the recommended sleeping surface to reduce the risk of SIDS and suffocation.
3. **Room-sharing without bed sharing is recommended**—There is evidence that this arrangement decreases the risk of SIDS by as much as 50 percent. In addition, this arrangement is most likely to prevent suffocation, strangulation, and entrapment that might occur when the infant is sleeping in an adult bed.
4. **Keep soft objects and loose bedding out of the crib** to reduce the risk of SIDS, suffocation, entrapment, and strangulation.
5. **Pregnant women should receive regular prenatal care**—There is substantial evidence linking a lower risk of SIDS for infants whose mothers obtain regular prenatal care.
6. **Avoid smoke exposure during pregnancy and after birth**—Both maternal smoking during pregnancy and smoke in the infant's environment after birth are major risk factors for SIDS.
7. **Avoid alcohol and illicit drug use during pregnancy and after birth**—There is an increased risk of SIDS with prenatal and postnatal exposure to alcohol or illicit drug use.
8. **Breast feeding is recommended.**
9. **Consider offering a pacifier at nap time and bedtime**—Studies have reported a protective effect of pacifiers on the incidence of SIDS. The protective effect persists throughout the sleep period, even if the pacifier falls out of the infant's mouth.
10. **Avoid overheating**—Although studies have revealed an increased risk of SIDS related to overheating, the definition of overheating in these studies varied. Therefore, it is difficult to provide specific room temperature guidelines for avoiding overheating.

For the full report, visit the Official Journal of the American Academy of Pediatrics report:

[SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment](#)

Our Resource & Referral department has a variety of services to help you learn more about SIDS.

At our resource library you can find:

- **Video:** Sudden Infant Death Syndrome: A Video on Helping to Reduce the Risk
- **Binder:** SIDS Program: Information Manual for Child Care Organizations. This binder includes information on Sudden Infant Death Syndrome including pamphlets, resources, and support groups.

In addition to resource materials, our **Child Care Initiative Project** not only helps child care providers get their license, but also helps providers expand programs to include infants and toddlers in a safe and healthy way. **Contact us at 1-800-481-2151 for more information on any of these services.**



Did you know...

4 out of every 10 child care requests are for children under 2 years? That's a huge number of infant and toddlers that need quality care.

If you are licensed to care for infants and toddlers, keep your profile updated with that information by calling our referral line at 1-800-481-2151.

Source: 2011 Child Care Portfolio by the California Child Care Resource & Referral Network

COMMUNITY HIGHLIGHTS

LEAD IN YOUR OLDER TURF?

"Childhood lead poisoning is an environmental health problem that causes adverse effects on children's development and later in adulthood. On average in San Diego County, there are approximately 114 cases per year (56 cases in the City) of lead poisoning in children" according to the City of San Diego Lead Safety and Healthy Homes program. Some older varieties of artificial turf (also called synthetic turf, synthetic lawn, or indoor/outdoor grass) were made with lead, a chemical that is well known for its potential to harm children's health. If children at your preschool, child care center, family child care home, playground, or school play on artificial turf, take advantage of the free turf screenings by the Center for Environmental Health (CEH). To request a free screening and learn more, call CEH at 510-655-3900, or e-mail turf@ceh.org.

2012 CHILD CARE AND DEVELOPMENT STATE BUDGET POLICY WORKSHOP

Learn the mechanics of the state budget process and how the Governor's January version of the 2012–2013 budget impacts children, families, and child care. The State Budget Policy Workshop provides an overview of political issues and California's state budget. Discussion topics include: State & Federal Child Care Legislation, Federal Impacts on California, Licensing/Early Care and Education Issues, and Advocacy/Local & State Activities. The workshop will be held January 27, at Neighborhood House Association, 5660 Copley Drive, San Diego, 92115 from 8:30 am to 2:00 pm. To register, log on to the On the Capitol Doorstep's Web site www.otcdkids.com or request a registration form by calling 530-297-5420. Presented by On the Capitol Doorstep, Child Development Policy Institute, and Children's Defense Fund California; sponsored by Lakeshore Learning Materials and YMCA Childcare Resource Service.

29TH ANNUAL INVOLVED EXCEPTIONAL PARENTS' DAY CONFERENCE

Involved Exceptional Parents' Day (IEP Day) is a unique one-day conference for parents of children with special needs and the professionals who work with them. Nearly 300 parents and professionals come together each year, to learn in a collaborative effort. This year's conference will be on Saturday, March 17, 2012 at the Handlery Hotel in Mission Valley. We will have workshops, a resource fair, lunch and a keynote address. The theme this year will be "Today & Tomorrow: Transitions through Life." For more information call Sandra Bishop at 858-576-2966 or log on to www.iepday.org.

LEGISLATIVE BREAKFAST FOR THE EARLY CHILDHOOD COMMUNITY

Please join the early child care community and invited legislative representatives to discuss vital policy issues affecting children and families in child care on **February 17, 2012, 8:00 am to 10:30 am, at the Double Tree Hotel, 7450 Hazard Center Drive, San Diego, 92108**. Topics of discussion will include the impact of the state budget on children and families, an overview of child care subsidy programs that support families and results from the 2010 San Diego County Child Care Needs Assessment which focuses on the need for, and supply of, child care services in San Diego County.

Special guest speakers include Dr. Randolph E. Ward, Ed.D., County Superintendent of Schools and Tim Fitzharris, Legislative Advocate from the Child Development Policy Institute. This event is co-sponsored by YMCA Childcare Resource Service, San Diego County Child Care and Development Planning Council, Public Policy Committee, San Diego Association for the Education of Young Children, and Volunteers of America. **Pre-registration is required by February 3, 2012. The cost to attend is \$10.00 which includes continental breakfast and materials.** For registration information contact Debra Boles at 619-521-3055 ext. 2319 or e-mail your request for a registration flyer at mytraining@ymcacrs.org.

ACTIVE PHYSICAL PLAY IN THE NATURAL ENVIRONMENT

Let's get moving! Children are naturally drawn to and take pleasure in active play. Play is an essential part of early childhood development. Learn how to incorporate developmentally appropriate movement-skill development through fun interactive physical play. Join the San Diego County Office of Education for an energizing workshop on active play. You will leave this 2 hour workshop with activity ideas and inspiration to bring back to your child care program. **Workshop cost is \$15 dollars.**

Workshop Information:

Date: January 10 and 17, 2012

Time: 6:00 pm - 8:00 pm

Place: San Diego Office of Education (Room 401)

6401 Linda Vista Rd., San Diego, CA 92111

Register [HERE](#)

Date: January 11 and 18, 2012

Time: 5:30 pm - 7:30 pm

Place: North County Regional Ed. Center (Com Lab 1&3)

255 Pico Ave., San Marcos, CA 92069

Register [HERE](#)

Date: January 12 and 19, 2012

Time: 5:30 pm - 7:30 pm

Place: South County Regional Ed. Center (Com Lab 2&4)

800 National Blvd., National City, CA 91950

Register [HERE](#)

LEGISLATIVE UPDATE

Here are brief descriptions of some of the new bills that were signed in to law by Governor Brown. Legislation will take effect January 1, 2012. For the complete text of bills or to order copies, call 916-445-2323. If you have questions about a bill, contact the consultant.

SB 309 (Liu): School-age Child Care Centers: Non-minor Students.

Authorizes the California Department of Education (CDE) to approve or deny a written request from a school-age child care program to enroll or retain a non-minor (defined as 18 years of age or older with exceptional needs) in their program and specifies timing for that request. **Consultant: Andy Lane 916-651-4021.**

SB 429 (DeSaulnier): After School Education and Safety Programs: Supplemental Grants.

Provides flexibility to 21st Century and ASES programs with supplemental grants to serve students during the summer. Programs may change locations to address needs of pupils and school closures but must notify CDE of changes. Programs operating 6 hours per day must provide free or reduced meals for eligible pupils and establish an attendance and early release policy. Any new school that establishes an ASES or 21st Century program is eligible to receive a supplemental grant to operate during off-school times. **Consultant: Cynthia Alvarez 916-651-4007.**

SB 929 (Evans): Child Passenger Restraints

Requires a child that is younger than 8 years, unless the child is over 4 ft. 9 in., to be properly secured in an appropriate child restraint in the rear seat of a motor vehicle. Other vehicle restraint provisions are included. Note: This bill removed the 6 years/60 lbs. requirement and replaces it with the 8 years/4 ft. 9 in. requirement.) **Consultant: Margie Estrada 916-651-4002**

SB 299 (Evans): Employment: Pregnancy or Child Birth Leave

Ensures that employer-provided health insurance coverage is continued for women on pregnancy disability leave. Amendments would make it unlawful for an employer to refuse to provide reasonable accommodation for an employee for conditions related to pregnancy, childbirth or a related medical condition, if she so requests, with the advice of her health care providers. An employer must maintain and pay for coverage under a group health plan during approved leave time and may recover the cost of the group health plan under specified circumstances. **Consultant: Bobby Sardo 916-651-4002.**

AB 2084 (Brownley): Child Day Care Facilities: Nutrition.

Requires a licensed child day care facility to follow specified guidelines relating to the provision of beverages (milk, juice and water). Includes the exclusion of a child, with documentation from a physician, from any of the requirements (e.g., 1% milk or nonfat milk, no beverages with added sweetener) if the child's health would be adversely affected.

SAVE THE DATE:

Positive Parenting in a Changing World - Parenting Conference
Saturday, March 24
NTC Promenade

For additional information, contact the San Diego County Commission on Children, Youth and Families at 619-338-2049.



HEALTHLINE

NEW BEVERAGE GUIDELINES FROM COMMUNITY CARE LICENSING

Beginning January 1, 2012, new legislation, AB 2084 (Brownley) Child Day Care Facilities: Nutrition, will go into effect requiring all licensed child care facilities to provide the healthiest beverage options possible. Community Care Licensing will be looking for compliance with the new beverage guidelines on their licensing visits.

The new guidelines require that **whenever milk is served, only low fat (1%) milk or nonfat milk is served to children 2 years or older and no more than one serving (4 oz) of 100% juice is served each day.** Beverages with added sweeteners are not allowed to be served and drinking water must be readily available and accessible for consumption throughout the day. A great way to ensure water is readily available and accessible is to have a child sized pitcher of water and cups sitting out in the classroom and outside as well as on the table during meals and snack. This will encourage children to have water when they are thirsty and help them develop healthy drinking habits.



LICENSING UPDATE

INSURANCE SCAMS TARGETING LICENSED CHILD CARE PROGRAMS

FRAUD ALERT: Child Care Providers should be aware of another scam in California targeting licensed child care programs. Individuals claiming they represent insurance businesses in California are contacting child care providers regarding insurance. Individuals give the provider the impression they have connections with the Community Care Licensing Division (CCLD) and that due to the licensee's compliant licensing record, they are eligible for health insurance. CCLD does not endorse insurance organizations for child care providers (liability, health or other). If you are contacted by anyone claiming to be associated with CCLD and trying to sell you insurance, call 619-767-2200.



WHAT'S IN THE CRS RESOURCE LIBRARY?

The Resource Library has the following materials available on the topics of advocacy and legislation.

BOOKS:

The Future of Children Series

Describes knowledge and experiences in selected areas that are relevant to improving public policies in the U.S. that have an impact on child protection.

Speaking Out: Early Childhood Advocacy by Stacie G. Goffin and Joan Lombardi. A guidebook about how public policy is made and what you can do to influence decisions in favor of children's best interests.

Advocates in Action: Making a Difference for Young Children by Adele Robinson and Deborah R. Stark

This guide offers practical advice on influencing policy and practice to the benefit of young children and the early childhood community.

San Diego County Report Card on Children and Families

A summary of the overall well being of San Diego's children and families through various reports.

Leadership in Early Care and Education by Sharon L. Kagan and Barbara T. Bowman, Editors. A guide to early childhood leadership including: management, advocacy, advancing good practice, and community leadership roles.

VIDEOS:

Leave No Children Behind

Marian Wright Edelman presents a compelling argument for a national campaign on behalf of children -to leave no child behind.

Leaders as Advocates

National Head Start Association President, Ronald Herndon's inspiring and challenging keynote address at the 1994 conference of NAEYC's National Institute for Early Childhood Professional Development.

NEWSLETTERS/BROCHURES:

The Legislative Process: A Citizen's Guide to Participation

Easy to read guide on the legislative process, and how to work the process, write a letter, understand a bill and other legislative terms.

On the Capitol Doorstep

A publication that gives updates on public policies affecting children in California.



Toy Library Saturdays

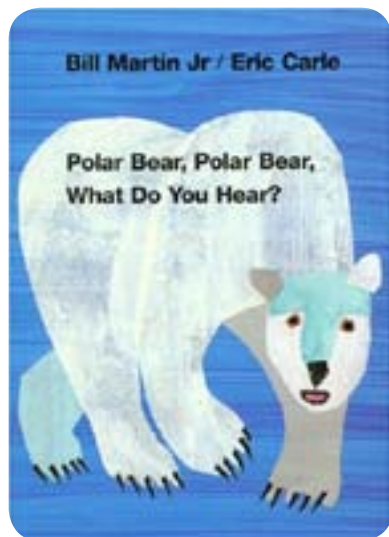
Mission Valley: Jan. 7, Feb. 4, Mar. 3
National City: Jan. 28, Feb. 25, Mar. 24

Please call for an appointment.

Contact the Resource Library

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

IDEAS



LITERACY ACTIVITY: POLAR BEAR, POLAR BEAR, WHAT DO YOU HEAR?

Materials Needed:

- Book - Polar Bear, Polar Bear, What Do You Hear? By Bill Martin and Eric Carle

Before reading *Polar Bear, Polar Bear, What Do You Hear?*, ask the children what they think the story will be about. After reading, ask the children to tell you what has happened in the story. Talk about some of the words in the story such as "bellowing," "yelping," and "trumpeting." Explain that these are all words that mean a loud kind of noise. Ask the children, "What other noisy words can you find in this book?"

Source: twigglemagazine.com

PARACHUTE POPCORN

Place several foam or whiffle balls on a parachute and have the children stand around the parachute holding onto the edges. Have the children shake the parachute vigorously to "pop" all of the balls out.

Idea from: *The Ultimate Playground & Recess Game Book* by Guy Bailey



RETRIEVE THE BALL

Place several colored balls on the ground under the parachute. While standing around the edge of the parachute, have the children shake the parachute up and down while calling on a child to go under and retrieve a certain colored ball. As the child comes out from underneath the parachute call on another child until all of the balls have been retrieved.

ST. PATRICK'S DAY PLAY DOUGH

Materials Needed:

- 1 cup flour
- ½ cup salt
- 2 tsp cream of tartar
- 1 cup water
- 1 tbsp oil
- Green food coloring or kool-aid
- Medium size saucepan

Combine flour, salt and cream of tartar in a saucepan. In a separate bowl mix the water, oil and food coloring. Gradually stir the liquid ingredients into the flour mixture. When the mixture is smooth, cook over medium heat, and stir constantly until a ball forms. Remove mixture from heat and knead until smooth. Keep play dough in plastic bags when not in use to prevent drying.

Idea from: www.preschoolkids.net



TIPS from Your CRS Child Care Consultants

To become a more informed advocate for children and families, use these excellent resources:

The Legislative Bill Room. To receive more information about a bill or order copies of bills, contact the Bill Room at 916-445-2323. Callers need to know the number of the bill (e.g. SB 1661 or AB 3049) and legislative year the bill was active if it is not a current bill.

Legislative Counsel of the State of California. For status updates on bills, a daily calendar for both houses, and answers to common questions, log on to www.leginfo.ca.gov. The site includes links to other legislative publications.

On The Capitol Doorstep and Legislative Update. To receive continuous information on bills and public policy issues that affect young children in California, subscribe to *On The Capitol Doorstep* and/or the *Legislative Update*. Included in both publications is contact information for the legislative consultant who is assigned to each bill and can answer questions or hear concerns. Contact the editor, at 916-442-5431 or visit www.otcdkids.com to begin a subscription.

To obtain a list of local legislators, contact any of the following sources:

- YMCA Childcare Resource Service, 1-800-481-2151 or www.crs.ymca.org
- Registrar of Voters, 858-565-5800 or www.sdvote.com
- San Diego Union-Tribune, www.signonsandiego.com

To be added to a list serve for state and federal legislative action, log onto these sites:

- Child Development Policy Institute at www.cdpi.net
- Children's Defense Fund at www.childrensdefense.org

To join a local advocacy group, call the following groups:

- San Diego County Child Care and Development Planning Council, 858-292-3727
- San Diego Association for the Education of Young Children, 858-273-1773
- San Diego County Family Child Care Association, 619-260-3753

These organizations help parents advocate for children:

YMCA Childcare Resource Service (CRS). See the "Speak Out for Children" web page on the YMCA CRS Web Site (www.crs.ymca.org)

Parents Voices. This advocacy group is made up of parents who take action on behalf of children. Log on to www.parentvoices.org for more information.

Child Care Aware Parent Network. Click on "Raise Your Hand for Action" to find resources and let your voice be heard. Tell your story and utilize the free webinars for parents. www.ccaparentnetwork.org

