



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CHILDCARE RESOURCE SERVICE

3333 Camino Del Rio S., San Diego CA 92108

Volume 34 Issue No. 4

October | November | December 2014

www.crs.ymca.org

CRS CONNECT

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

WE BELONG TOGETHER

By Joangrace Espiritu
CHILDCARE RESOURCE SERVICE

THE CONCEPT WAS SIMPLE-TO BRING CHILDREN OF ALL ABILITIES TOGETHER. This was our goal this summer when students from YMCA Childcare Resource Service's Teens in Motion, an afterschool program for high school students with special needs, joined the youth day campers at Rancho Family YMCA on August 12. The day started off with both groups feeling excited, nervous, and a little scared but by the end of the day, there was only one thing on everyone's mind – friendship.

"There was some really great interaction happening between our teens and the campers," says Kim McDougal, Executive Manager at YMCA Childcare Resource Service. "At first the staff facilitated organized games and play between the groups; by the end of the day, they were playing basketball and soccer together without us. Additionally, the Rancho Family YMCA camp leaders were very welcoming and flexible when it came to adapting the games to fit our needs."

Everyone had a great time but they also learned important lessons that day. According to the booklet "What is Inclusion?" by KIT, Kids Included Together, "Researchers have found that all children make important developmental gains in inclusive settings. Children with and without disabilities learn from each other and contribute as equals." Teens in Motion benefited from the new friendships formed

and the feeling of acceptance and at the same time, the day campers were taught a lesson on diversity that will last a lifetime. Kim also went on to describe her observation of one of our teens with a group of day campers. "Julia is one of our students who is blind and deaf. At any one time she was surrounded by a group of 5 or 6 girls communicating with her through sign language. Julia was teaching them to sign and they were eager to learn and didn't want her to leave once the bus came."



DIVERSITY AND INCLUSION ARE INTEGRAL IN STRENGTHENING FAMILIES. According to research done by KIT, an inclusive environment, "...teaches children to respect differences, to demonstrate acceptance and have a better understanding of diversity. [According to studies] children in inclusive settings show less prejudice and more positive attitudes towards people with disabilities."

This was evident in the experience between Teens in Motion and Rancho Family YMCA. Children were asking open and honest questions about the students and were engaging in conversation about diversity with each other and the camp leaders. When asked what they thought about their new friends, one 9-year-old camper from the Rancho Family YMCA stated, "Everyone here is normal humans, they are just born differently."

Continue on page 2...

CRS CONNECT 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 South, Suite #400 San Diego, CA 92108-3839

Executive Director: Carolyn Woempner, PhD

Editor: Laurie Han

Design: Erika Ramirez Lee

Copy Editor: Joangrace Espiritu

CRS CONNECT is sent as a public service to families, 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@ymca.org.

Mission Valley Office 619-521-3055
South County Office 619-474-4707
Child Care Referrals 1-800-481-2151
Website www.crs.ymca.org

TRAINING UPDATES

Get the latest information about upcoming trainings and activities for parents, providers and child development professionals. Sign up to receive the Training 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"

Continued from page 1...

Teens in Motion is an afterschool program for high school students with special needs. This program currently operates at three sites: Clairemont High School, Rancho Bernardo High School, and Viking Academy. To learn more about this program, visit the Teens in Motion webpage.

The Rancho Family YMCA is proud to include children of all abilities, experiences, and backgrounds in programs and camp. Children with physical, medical, cognitive, or developmental needs, are welcome in camps, gymnastics, sports, swimming, and other programs at the Y. Through generous support of donors, Rancho Y is able to provide Inclusion Aides for children with special needs. For more information visit the Rancho Family YMCA webpage.

"Everyone here is normal humans, they are just born differently."

SOURCE: "What is Inclusion?" kitionline. N.d. 20 August 2014

OCTOBER IS CHARACTER DEVELOPMENT MONTH AT THE YMCA!

Children and their families all across the county will be engaged and focused on the YMCA core values of Caring, Honesty, Respect and Responsibility during the month of October. Through a special grant and partnership with SDG&E, we dedicate the month to challenging others to accept and demonstrate the values through a variety of programs and activities.

Contact your Y and learn more!
www.ymca.org



EMBRACING DIVERSITY

Diversity and inclusion are the pillars of who we are as an organization.

OCTOBER 22 IS UNITY DAY (NATIONAL BULLYING PREVENTION MONTH)

Join the movement! **The End of Bullying Begins with Me:** that's the message during National Bullying Prevention Month in October. This year, October 22, 2014 is Unity Day; a time where everyone can come together to send a large message of support and hope and unite against bullying. To see how your child care program can be involved visit: <http://www.pacer.org/bullying/nbpm/unity-day.asp>

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

By Kiana Maillet-Davis, MPA
Paiute-Shoshone

Every year in November, the President of the United States makes a declaration to dedicate this month to the indigenous people of this land. This is a great opportunity to teach your students about the many different Native American cultures throughout the United States, especially those here in San Diego County. Did you know that California has one of the largest Native American populations and that San Diego County has the most reservations in the United States? This month, dedicate part of your curriculum to this celebration in an age appropriate, culturally sensitive manner.

Teaching children about Native American culture can occur in a number of ways, some of which may be more appropriate than others. While dramatic play is an important part of child development and can teach children many things, dressing as other cultures can send the wrong message and devalue the culture itself. Dressing children in stereotypical or even traditional costumes, making crafts



such as feather headbands, and having activities such as children dancing around fake villages or fake fires should be avoided. Native American dress, crafts, artifacts, and ceremonies cannot be generalized to all tribes and may also be considered sacred. Re-enacting these things could come off as offensive and hurtful.

Instead of trying to recreate Native culture, introduce it to children by highlighting historically accurate information and building on the important role of Native American leaders in the past and present. For example, if you want to create a Thanksgiving celebration, move away from the "Pilgrims and Indians" theme and focus on giving thanks, perhaps also sharing information on the Fall Harvest and how this skill helped families survive. Exercise historical responsibility when sharing information with children. It's okay to enjoy a meal together and be thankful for what you have, but stay away from stereotyping a culture and continuing historical inaccuracies.

Continued on page 4...

EMBRACING DIVERSITY

Continued from page 3...

Another way to help children learn about Native American Heritage is to teach them tribe specific information keeping in mind that each tribe has its own unique culture and is its own sovereign nation. You could teach about the indigenous people specifically from this area: the Kumeyaay, the Luiseño, the Cupeño, and the Cahuilla people. If you can, take a field trip to one of the museums that may be celebrating Native American Heritage or attend a local gathering or Pow Wow. Speak of indigenous people, not only in the past, but in the present as well. Today, Native Americans continue to play an important role in this country and make strides in their communities. Just recently, [Diane Humetewa](#) (Hopi) became the first Native American woman federal judge and the [Schimmel sisters](#) (Umatilla) are making headlines in women's sports.

Take the time to educate yourself before incorporating Native American Heritage Month into your own curriculum. Groups such as the [Native Talk Storytellers](#) are willing to come into the classroom to do presentations and they also have an extensive resource list available on their website. Most importantly, if you have Native American families at your school, take the opportunity to learn from them, and [avoid common mistakes](#). Ask them how they would like to see your class celebrate this month and invite them to come in and present about their specific tribe(s). The best education comes directly from the source. ♦



RESOURCES ON NATIVE AMERICAN HERITAGE:

Many colleges and universities hold special public events, lectures and performances in November. Some of these include: The Department of American Indian Studies at San Diego State University and Palomar College, California State University San Marcos California Indian Culture and Sovereignty Center, and the Department of Ethnic Studies at University of San Diego and the University of California San Diego.

San Diego State University: <http://www-rohan.sdsu.edu/~aminweb/index.htm>

Palomar College: www2.palomar.edu/pages/ais

CSU San Marcos: www.csusm.edu/cicsc

University of San Diego: www.sandiego.edu/cas/es

UC San Diego: ethnicstudies.ucsd.edu/index.html

Indian Country Today Media Network: <http://indiancountrytodaymedianetwork.com>

www.manataka.org | www.kumeyaay.com | www.nativetalk.org | www.californiaindianeducation.org

DECEMBER CELEBRATIONS *Check out our [archives](#) for activity ideas!*

Hanukkah

Hanukkah is celebrated for eight days each November or December. People of Jewish faith light a menorah to remember an ancient miracle in which one day's worth of oil burned for eight days in their temple.

Christmas

People celebrate this Christian holiday on December 25, to mark the birth of Jesus. Many cultures around the world celebrate Christmas from December 24 to January 6.

Kwanzaa

Kwanzaa, "First Fruits," is based on ancient African harvest festivals and celebrates ideals such as family life and unity. This holiday is celebrated from December 26 to January 1.

RESOURCE LIBRARY

Our Resource and Toy Lending Library has these materials available for Character Development month.

BOOKS

Sharing Time

By Elizabeth Verdick

This book offers toddlers simple choices (take turns, use the toy together, wait for another time) to make sharing easier, and shows them where to turn for help when sharing is difficult.

Friends at Work and Play

By Rochelle Bunnett

This book presents a variety of tasks that children can learn to do and in the process contribute to making the neighborhood better.

My Friends

By Taro Gomi

Vibrant illustrations and a simple, rhythmic text are perfectly blended in this spirited homage to friendship as a little girl recounts all the things she has learned from an enchanting menagerie of animal friends.

It's My Turn

By David Bedford and Elaine Field

When Oscar and Tilly go to the playground, they are not keen to wait their turn to play on the swings, slides and all the exciting things there. Will the two friends find a way to play together?

Share and Take Turns

By Cheri J. Meiners, M.Ed.

Sharing is a social skill all children need to learn. Concrete examples and reinforcing illustrations help children practice sharing, understand how and why to share, and realize the benefits of sharing.

TOYS

Peapod Teeter Totter

The smiling, peapod-shaped toy can be used as a rocker by a single child, or as a teeter-totter with little ones at each end.

Toddler Basketball Game

Toddlers can join in the fun, with a basketball hoop made just for them! This hoop is a big 14" across and only 24" high, so even little ones can shoot and score again & again. Plus, the padded rim & tip-resistant metal base keep children safe as they play!

No Fail Froggy Catch

This set will help children build confidence as they play no fail games of catch. Includes: 2 two-sided mitts and 3 bug balls.

Chutes and Ladders Game

Chutes and Ladders is ideal for younger children who are still learning to take turns and just beginning to recognize numbers (the spinner stays in the single digits). It's also a gentle introduction to the higher numbers as players climb to 100 at the top of the board.

Candy Land Game

Start down the "magical" road to "sweet" surprises! This adorable version of the classic Candy Land game features the fun illustrations that kids love. Do you want to be Mally Mallo or Giggly Gumdrop? Choose your sweet character and then dance your way along the rainbow path to Peppermint Forest, the Lagoon of Lord Licorice and Princess Frostine's Ice Palace!



COMMUNITY HIGHLIGHTS

Child Care Initiative Project

We are currently looking for people who want to join our Child Care Initiative Project (CCIP). CCIP is a state funded project that focuses on supporting quality child care by offering free training and support for individuals starting their first family child care home or those currently licensed who wish to begin serving infants and toddlers, offer non-traditional hours or increase their current licensed capacity from a small to large license. **Participants attend training sessions including a Ticket to a Successful Family Child Care Business Series with diverse topics such as health and safety, child development, and sound business practices.** Participants who complete the required training hours and other program components receive technical assistance and other incentives.

Begin a new and rewarding career and learn how to provide quality care for infants and toddlers.

To learn more about CCIP contact Karen Hageman at 619-521-3055 ext. 2328 or for Spanish speaking providers, contact Maria Romero at 619-521-3055 ext.1313.

Health & Safety Training Grant

YMCA Childcare Resource Service has vouchers available for Health & Safety training classes.

Vouchers are available to child care centers, licensed family child care providers and license-exempt child care providers to complete CPR, First Aid and/or Preventive Health Practices.

There is a \$5 co-pay for CPR and First Aid and \$10 for Preventive Health Practices that is paid to the trainer contracted with YMCA CRS to accept vouchers. Funding is limited. Vouchers are issued on a first come, first serve basis. Child care centers can receive vouchers for a director, assistant director and two teachers.

Licensed family child care providers can receive vouchers for the licensee, co-licensee and one assistant. If you are interested in applying, complete this online [APPLICATION](#) and return it to the CRS Mission Valley Office (3333 Camino del Rio S #400, San Diego, CA 92108). **For more information: contact Laurie Han at 619-521-3055 ext. 3350 or visit our website to download the [NOTES](#) and [GUIDELINES](#) for the grant.**

San Diego Child Care and Development Planning Council

The Planning Council Vision

Every family throughout San Diego County has equal access to affordable quality early childhood education and care environments that support the optimal development of the child and family.

The Planning Council Mission

The San Diego County Child Care and Development Planning Council plans, advises, and collaborates to strengthen early childhood education and care environments and resources.

Planning Council Updates

- The Planning Council will be seating 12 new members in January 2015.
- Doug Regin has resigned effective November 1, 2014. A new coordinator will be announced soon.
- The Annual meeting of the California Child Care Coordinators Association will be hosted by the local Planning Council in San Diego on October 16 and 17.

For information, contact Doug Regin at dregin@sdcoe.net.

HEALTHLINE

UNDERSTANDING FEELINGS AND EMOTIONS

CALL THE HEALTHLINE
AT 1-800-908-8883

Understanding our feelings and emotions and being able to express them appropriately is not an innate skill. Much like teaching children to ride a bike without training wheels, we need to teach children to understand and express their feelings. As adults, we have learned to identify the triggers associated with feelings such as anxiety, anger and fear along with ways to help us regulate our emotions during difficult times. However, the opposite is true for children.

Children need to learn how to label their feelings and emotions, and self regulate. It is important to remember that as parents, it is our responsibility to teach our children how to cope with their feelings and express them appropriately.

Here are some suggestions that can be applied in assisting children with understanding their feelings and how to appropriately express themselves in any situation.

Children learn best through modeling, therefore when you, the parent, are feeling a certain way, verbally express that feeling and describe what that feels like physically. Encourage the children to express their feelings in the same way.

Provide a solution to help children cope with their feelings such as taking deep breaths, reading books on feelings and emotions, validating the child's feelings and providing them with a designated area where the child can go to calm down. This is self-regulation!

Practice makes perfect, so it is important to continue working on labeling your child's feelings and helping them to self-regulate on a daily basis. Provide positive praise when you see them using this skill.

LET'S GO LOCAL! PRODUCE SHOWCASE

Celebrate the nationwide movement toward healthy, affordable, and sustainable food by making farm to institution a reality. Community Health Improvement Partners (CHIP) is pleased to host the second annual Let's Go Local! Produce Showcase on October 24, 2014.

When: Friday, October 24th
Time: 2:00-5:00 PM
Where: The Ranch, 441 Saxony Rd.
Encinitas, CA 92024

The Let's Go Local! purpose is to:

- Connect institutional buyers (schools, hospitals, universities, child care centers) with growers and distributors specializing in local produce sales
- Create an opportunity for growers to explore institutional retailing through direct and distributor sales

CHIP is a San Diego-based nonprofit whose mission is to address priority health needs through collaboration. Poor nutrition and obesity have been at or near the top of the list of San Diego County's health concerns for

over a decade. In 2006, CHIP established the San Diego County Childhood Obesity Initiative, a public-private partnership with the mission of reducing and preventing childhood obesity through policy, systems, and environmental change. The Initiative has identified increasing access to healthful foods and beverages as one of its primary goals. To help meet this goal, the Initiative launched the San Diego County Farm to School Taskforce, a collaborative of more than half of San Diego County's school districts and a number of businesses and public health leaders in cooperation with Whole Foods Market, and the Nutrition in Healthcare Leadership Team, a collaborative of 17 hospitals, to increase healthy, local, and sustainable procurement within San Diego County schools and hospitals.

This year, CHIP is teaming up with Orange County Food Access, a coalition of hunger, health and food systems stakeholders dedicated to creating access to healthy, local food options for Orange County's most nutritionally vulnerable residents, and to expand the event's reach to include more regional institutions and growers, particularly those from Orange County. If you are interested in exploring farm to institution, the Let's Go Local! Planning Committee invites you to attend this event. We anticipate more than 35 local produce vendors and 40 San Diego and Orange County institutions. **Come join the movement!**

TIPS

FROM YOUR CHILD CARE CONSULTANTS

During the month of October, the Y celebrates Character Development month.

OUR TOP 10 TIPS ON HOW TO CREATE AN ANTI-BULLYING ENVIRONMENT AT YOUR CHILD CARE PROGRAM

1. Talk about **kind acts** with the children. Have the children help you complete random acts of kindness and reiterate what it means to care and offer help to others. Make bracelets incorporating the kind words with the children.
2. Teach children the **importance of their words** and how their words can hurt people. Talk about kind words such as thank you and please, and the impact they have on people; this can help children distinguish the difference from hurtful and kind words.
3. Create a **friendship board** in your child care. Take pictures of the children in the classroom and post them on a board or poster paper; talk to the children about being friends and respecting one another. (Make sure to get permission from parents to take pictures).
4. Have a special **screening of the film "Bully"** (this is for older school age children or perhaps for younger audiences with parental consent) then have a discussion with the children that discusses realistic changes they can make to combat bullying. Refer to www.thebullyproject.com for a viewing guide and resources designed specifically for educators, parents and students.
5. Emphasize **cooperative versus competitive** games in your program. Teaching children to work together, instead of working against one another, you can teach them to value the contributions of all members instead of isolating children whose skills vary from their peers which could lead to bullying.
6. **Read books** to the children about preventing bullying.



7. To create a sense of a team have the children wear the same color on any clothing of choice. Select a color once a month. Each color could have a meaning, for example red for friendship, or gold for respect. Tell the parents ahead of time so all children can participate in the color of the month. **Celebrate Unity Day on October 22!**
8. **Make a kindness jar**; you can have the children watch for acts of kindness and help them write down the name of the child who did the act of kindness and what the act was. At the end of each month you can read off the names and acts from the jar as a group.
9. Post a list of **anti-bullying rules** to clearly outline the rules and consequences. To teach children about bullying create a poster on what is bullying: verbal abuse, threats, spreading lies or rumors, teasing and exclusion.
10. Download the **Bullying. No Way!** badges and make badges for the kids to wear. Children can personalize their badges however they like.

IDEAS YMCA CORE VALUES

October is Character Development Month! The Y is guided by four Core Values; **Honesty**, **Respect**, **Caring** and **Responsibility**. Here are some ideas you can use with children in your care that promote these values.

RESPECT

Practice respect for others. Talk to the children about the importance of saying hello or good morning and good bye. A good song to sing with your little ones in the morning is:

The Good Morning Song

“Good morning (ex: Noah)

Good morning (ex: Isabella)

Good morning (ex: Jasmine)

We’re glad you’re here today!”

(You can say children’s names when you sing this song, as well as parents and providers.) Encourage the children to say good morning and hello to all their friends when they arrive and to say good bye before they leave. If the child is unwilling or shy, a simple smile will do.

RESPONSIBILITY

Walk to a local polling place on Election Day, November 4th. Talk to the children about the importance of responsibility and what it means. It is our responsibility as citizens to vote so our voices may be heard. Encourage the children to practice responsibility every day by helping to clean up the play area or snack area while singing:

The Clean Up Song

“Clean up, clean up. Everybody everywhere!

Clean up, clean up. Everybody do your share.”

Encourage the children to help each other. The older children can help the younger children by tying their shoes, buttoning or zipping up sweaters. Give younger children age appropriate tasks to do as well, such as picking up and throwing away trash, and putting away small toys.

CARING

Play games that promote friendship and sharing!

Guess Who Friend

Have the children sit together. One child will be in the middle on a chair with a blindfold so he/she can’t see, someone from the group will get up and make an animal noise or a funny noise and sit back down. The child in the middle must then try to guess which of his friends made the noise. Give the child up to three tries, before another child takes a turn.

Colorful Sharing

Talk about sharing and what it means to share. Pass the beanbag around the circle and have each child share an idea when the child is holding the beanbag. Help the children think of ideas! What do you like to play? What do you like to draw? What is your favorite food? Where is your favorite place to go? They will begin to think about communication. They will find that speaking their thoughts is a safe and fun thing to do. Children can also bring an item from home that they would like to share with their peers.

HONESTY

This game promotes honest communication.

My Guides

Arrange your outside area like an obstacle course. Divide the children in groups of two. The children will then take turns navigating through the obstacles that you created, but the twist is the child going through the obstacle will be blindfolded and his/her teammate will need to guide them through it.



LICENSING UPDATE

Care and Supervision

Recently, several child care programs were cited when children were left indoors or outdoors during transition time. In some cases, children left outside wandered away from the facility and were found down the street. The California State Legislature has a zero tolerance policy for lack of care and supervision resulting in a child being left unattended or a child wandering away from a licensed child care facility. Licensees are required to follow all licensing requirements which include providing appropriate care and supervision to all children and ensuring staff members and volunteers do everything they can to prevent children from wandering away from the facility.

Staff are required to supervise indoor and outdoor play areas so that children's safety can be easily monitored. This involves establishing and implementing proactive plans, strategies and standards of conduct that ensure no child will be left alone or unsupervised. Facility plans should include specific actions and methods of communication and parallel backups to minimize any chance for system breakdowns.

Best Practices that could be used as part of a child protection system:

- When transitioning to a new area of the facility, such as coming inside after outdoor play, the teacher and assistant will count heads aloud and agree that all children are accounted for prior to transitioning to a new area, whether it is at the facility, or offsite. This includes moving groups of children between the classroom and play yard.
- Licensees will establish policies that ensure outdoor play areas are enclosed by fencing which is at least four feet high, and staff are assigned to stay close so that all children can be seen at all times and prevented from wandering off or getting into unsafe areas.
- Licensees will have a written, rehearsed plan in place that details the course of action when a child is missing. This includes identifying designated personnel positions assigned to:

- Conduct a search
- Supervise children while the search is being conducted
- Contact local law enforcement by calling 911
- Notify the missing child's parents or authorized representatives of the situation and the steps being taken to locate their child.
- Report the incident to Community Care Licensing (CCLD) by telephone or fax within 24 hours
- Complete and submit to CCLD an Unusual Incident/ Injury Report form within 7 days of the incident (LIC 634 for Centers and LIC 634B for Family Child Care Homes).

Licensees should have systems in place to assess employees' continuing fitness and suitability for their positions. There are many other effective strategies. Licensees must evaluate their own needs and risks and adopt appropriate strategies that meet licensing requirements.

Always remember that nothing takes the place of visual observation. The requirement for Child Care Centers (Title 22 Regulation, Section 101229) to include visual observation in their supervision responsibilities means the facility is not just maintaining the staffing ratio required by regulations, but that staff members are also in the same area or play yard with the children. The purpose is not to restrict children from playing freely in a playhouse or playground structure but rather to allow children to play while being continually observed. This can be accomplished if staff are physically near, readily available, continually panning and moving about the area, aware of the ongoing activity of each child, and able to intervene when needed.

Visual observation is an important responsibility in order to prevent children from leaving the facility and to prevent injuries, accidents and other health and safety risks from occurring. Talking on a cell phone or having general/social conversations with another staff person will draw a staff person's attention away from the children.

COMMUNITY CARE LICENSING: 619-767-2200

DISASTER PREPAREDNESS TIPS FOR YOUR CHILD CARE PROGRAM

GET READY AND STAY READY! Print and post our monthly [Disaster Preparedness Tips](#). Download a [print-ready version here](#) on Earthquake Safety check out our archives for more topic. www.crs.ymca.org

QUALITY RATING AND IMPROVEMENT SYSTEM

What is a QRIS?

A Quality Rating and Improvement System (QRIS) is used to assess the quality of early learning and care programs.

A rating along with a review of licensing files and a match for family needs can help identify a quality program. A QRIS rating is similar to rating of restaurants. A restaurant with an “A” rating could be seen as more desirable than a restaurant with a “C” rating. Eventually, statewide parents will be able to view a child care program’s QRIS rating when considering choosing their options for care. Parents may also be given a program’s rating during the process of receiving referrals from the state funded child care resource and referral agency serving their county.

Currently the California QRIS is being implemented with the Race to the Top–Early Learning Challenge (RTT) consortia throughout the state. RTT is federal funding to improve the quality of early learning programs across the nation. San Diego County has a RTT consortium through the San Diego Quality Preschool Initiative (QPI). Our QPI is funded by First 5 San

Diego and administered by the San Diego County Office of Education, Early Education Program. California’s QRIS has 7 different elements: Child Observation; Developmental and Health Assessments; Minimum Qualifications for Lead Teachers/FCC Home; Effective Teacher–Child Interactions–CLASS Assessments; Ratios and Group Size; Program Environment Rating Scale(s); and Director Qualifications. Within each element there are five tiers.

California is progressing towards a statewide QRIS system that may eventually be required for all licensed early care and education programs. As San Diego’s only resource and referral agency, here at YMCA Childcare Resource Service, we will continue to keep child care programs informed for how they can prepare to participate in QRIS. We are here to help you. Watch for more information and opportunities to attend trainings related to QRIS.

This table is an example for the element Minimum Qualifications for Lead Teachers/Family Child Care Home.

Elements	Licensed in Good Standing	2 Points	3 Points	4 Points	5 Points
3. Minimum Qualifications for Lead Teacher/ FCC Home	Meets Title 22 Regulations [Center: 12 units of Early Childhood Education (ECE)/Child Development (CD) FCCH: 15 hours of training on preventive health practices]	<input type="checkbox"/> Center: Associate Teacher Permit FCCH: Associate Permit	<input type="checkbox"/> Teacher Permit AND 21 hours professional development (PD) annually	<input type="checkbox"/> Associate’s Degree (AA) in ECE/CD OR Master Teacher Permit OR Site Supervisor Permit OR AA in any field + Teacher Permit AND 21 hours PD annually	<input type="checkbox"/> Bachelor’s Degree in ECE/CD (or closely related field) OR Master’s Degree in ECE/CD (or closely related field) OR BA/MA + Teacher Permit OR BA/MA + Site Supervisor Permit OR BA/MA + Program Director Permit OR BA/MA + Teaching Credential AND 21 hours PD annually

To learn more about QRIS visit the California Department of Education at: www.cde.ca.gov/sp/cd/rt/rttelcapproach.asp.

EARLY CHILDHOOD ENVIRONMENT RATING SCALE–REVISED (ECERS–R) AND FAMILY CHILD CARE ENVIRONMENT RATING SCALE–REVISED (FCCERS–R) TRAINING

Learn how to use these scales to identify areas of strength and areas for improvement within your child care program, and how to develop a quality improvement plan. The Early Childhood Environment Rating Scale–Revised (ECERS–R) is designed to assess and score over 40 environmental criteria in child care programs, including program structure, activities, parents and staff interactions, personal care routines and more for preschool–kindergarten aged children, from 2 through 5 years of age. The Family Child Care Environment Rating Scale–Revised (FCCERS–R) is designed to assess and score more than 30 criteria in family child care homes including, physical environment, health, safety, social development, program structure, activities and more.

COST: \$40 per person (Includes materials)

TIME: 6:30 pm – 9:30 pm (All trainings)

REGISTER: Call 800–481–2151 (All trainings) or Email mytraining@ymca.org

FCCERS–R: October 7 and 21, 2014

LOCATION: AMN Healthcare Building
12400 High Bluff Road, San Diego 92130

FCCERS–R: October 9 and 23, 2014

ECERS–R: November 6 and 19, 2014

LOCATION: YMCA Childcare Resource Service
3333 Camino del Rio South, #400, San Diego 92108

THANKS FOR THE RIDE!

In Spring of 2014, our Y participated in a fundraising campaign to raise money for **Teens in Motion**, an after school program for high school students with special needs. Our goal was to raise \$10,000 to rent school buses to transport students to a few community outings over the summer. Through the generosity of our donors, not only did we reach our goal, but we surpassed it and raised over \$16,000. We were able to rent school buses for ALL of our sites to take two trips a week out into the community. For our teens, these buses represent so much more than a mode of transportation.

HERE ARE FIVE WAYS YOUR GIFT MADE AN IMPACT:

1) 85! That is the number of teens with disabilities in our program who were able to build friendships and create lasting memories not only with each other but with other teens in the community for a more inclusive experience.

2) QUALITY TIME! An average 20 minute trip to Balboa Park from one of our sites would take over 2 hours on public transportation. This year, our teens were able to spend more time having fun with their friends and experiencing new things.

3) BEAT THE HEAT! Some of our sites have experienced heat waves with temperatures reaching 100 degrees during summer. The buses allow us to escape the heat and head for cooler areas in San Diego.

4) THE FAB FAIR! Multiple sites were able to come together for a group field trip at the San Diego County Fair. This could not have happened without using school buses since our sites are spread out across the county.

5) THE GIFT THAT KEEPS ON GIVING! Funds raised will also go towards transporting teens to field trips during the Thanksgiving, Winter and Spring school breaks.

At the Y, strengthening community is our cause. For more information on our Teens in Motion program and how you can make an impact, visit our [webpage](#).

