

# CRS CONNECT



YMCA CHILDCARE RESOURCE SERVICE

3333 Camino Del Rio S., San Diego CA 92108

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[www.crs.ymca.org](http://www.crs.ymca.org)

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

## IT TAKES HEART

**FRIDAY, MAY 6, 2016, IS PROVIDER APPRECIATION DAY!** It is a special day to recognize child care providers, teachers and educators of young children everywhere. Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is celebrated each year on the Friday before Mother's Day.

**YMCA Childcare Resource Service has held annual recognition events for child care providers for over a decade.** We have hosted events at the San Diego Padre's Petco Park, San Diego Junior Theatre, Reuben H. Fleet Science Center, New Children's Museum and YMCA Camp Surf. We recognize that it takes a special person to dedicate themselves to the care and well-being of children. This year CRS will host child care providers for a fun-filled day at YMCA Camp Surf in early September, 2016. We expect better weather and warmer water, and we will have lots of activities and a luncheon for providers. **(PROVIDERS: Look for an email invitation in August!)**

### **Why do we recognize Child Care Providers?**

According to the 2011 U.S. Census, over 60 percent of children aged 0-5 years old were in some form of child care each week on a regular basis<sup>1</sup> (includes center-based and home-based, nonrelative caregivers). Preschool age children of working mothers spend an average of 36 hours per week in child care<sup>1</sup>. Quality child care is essential to a child's healthy development.

Whether care is given by the parent, relative caregiver, or child care provider in a home or center, children are dependent upon adults to guide their mental, physical and social-emotional development. Provider Appreciation Day is a day to honor the dedicated providers who care for our children of all ages.

**Provider Appreciation Day is only one of the ways to recognize the child care providers who educate and nurture our children during their most critical years of development.** Parents can recognize their child care provider by becoming an advocate for early childhood educators. (Continued on page 2)



**It takes  
a big heart to  
shape little minds.**

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**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](http://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](http://www.crs.ymca.org), call 1-800-481-2151 or e-mail [myresource@ymca.org](mailto: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](http://www.crs.ymca.org)

(Continued from page 1)

Contact community groups, child care agencies, government leaders and others to support child care providers in your community. Vote for candidates who support early education and paying child care providers and teachers a living wage.

Another way to personally recognize your child’s provider is to write a thank you note, bring flowers or a gift card, donate art supplies, or volunteer time to help on a field trip. When parents and child care providers work together our children reap the rewards. Remember, it takes a big heart to shape little minds. ■

<sup>1</sup>Source: U.S. Census Bureau, Survey of Income and Program Participation, 2011

## SERVING THOSE WHO SERVE

**YMCA Childcare Resource Service – Military Respite Care Project (MRCP) is proud to provide Navy families with high quality respite services.** Respite care provides occasional child care for family members who are primary caregivers for individuals with disabilities. Eligible Navy families receive 40 hours of respite care per month for children birth through 18 years old. Families use respite for a variety of reasons: enjoying favorite activities with the family, catching up on household tasks, scheduling appointments, having date nights, or relaxing without having to leave the comfort of their home.

### BRIGHT SPOTS OF THE MILITARY RESPITE CARE PROJECT:

- **Served over 400 children** identified with multiple disabilities such as autism, down syndrome, cerebral palsy, etc.
- **Our Navy families in San Diego showed the largest number of Respite Care Hours** used nationwide with 195,482 hours reported during the 2014–2015 fiscal year.

### WHAT OUR NAVY FAMILIES HAVE SAID ABOUT MRCP:

“My respite provider is wonderful, educated timely, mature, strong and always ready! She is so helpful with the everyday stressors of our military lifestyle. The Navy EFMP Respite Care Program is wonderful for our special needs families!”

“My respite provider is great and reliable. She has helped me see that it is okay to leave home and do my errands during respite care and that was great! Also this is an excellent program and I am so glad our social worker informed me of this program. Using this program has been very helpful to our whole family. Thank you YMCA and Navy EFMP Respite Care Program!”

“Everything is going great. This program is the best ever! A few times we needed our provider at the last minute so my wife could take one of our sons to the hospital and she came right over. In the past we would have to call around or more than likely take both kids to the hospital instead of just one. She makes things so easy.” ■

# YOUR CHILD CARE CONNECTION

**THE RESOURCE & REFERRAL DEPARTMENT** at YMCA Childcare Resource Service has four core services for families and child care providers that promote and increase the quality of child care throughout San Diego County. Come meet the staff who are the heart of the R&R Department!

## CHILD CARE REFERRAL SERVICE

- **Are you looking for child care? Call the experts at 1-800-481-2151!**  
We provide free child care referrals for children birth through school-age for parents of all incomes. Our Child Care Consultants can help you create a child care plan and provide keys to choosing quality care that meets your child and family needs.
- **Does your child have a disability?** We provide specialized referrals to programs that have experience, training, or education in a variety of disabilities.
- **Are you in the military?** We can provide referrals to child care programs that meet the requirements that help you qualify for the national fee assistance program for military families.

## QUALITY IMPROVEMENT SUPPORT

**Are you a child care provider dedicated to providing a quality environment for young children?** Do you want to get ready for the Quality Rating Improvement System (QRIS)? We can help! Our Quality Improvement team can coach you to QRIS quality standards through training, one-on-one support, and technical assistance. Evidence-based quality assessment tools will be used. Learn more about QRIS on page 7 of this newsletter.

## TRAINING AND PROFESSIONAL DEVELOPMENT

Do you need training hours or want to continue developing your skills as a child care provider? Our Training team offers over 100 trainings each year in English and Spanish. Check the R&R Training Calendar at [www.crs.ymca.org](http://www.crs.ymca.org).

**Are you a state-funded Title 5 center?** Enroll in our AB212 CARES Stipend program and receive reimbursement for college units toward a Child Development degree.



**Thinking about becoming a licensed family child care provider?** Join our Child Care Initiative Project (CCIP) and receive training and technical assistance to open your home to infants and toddlers or increase your license capacity. Enroll in our Ticket to a Successful Family Child Care Business series to learn good business practices, and how to set up and market your program to attract and retain families.

**Do you need help with challenging behaviors in your classroom?** Our team of behavior support experts will work with you in the child care or classroom setting to provide a more supportive, positive and enriching environment for all children.

## RESOURCES, RESOURCES, RESOURCES

Do you need different toys for your child care program? Call our Resource Consultant at 619-521-3055 ext. 2304 or email [myresource@ymca.org](mailto:myresource@ymca.org). Borrow puppets, Legos, blocks, children's books and other materials from our Toy Lending Library. Download the [monthly curriculum builder](#) for ideas on new themes and activities. Also, stay in compliance with licensing regulations by using Licensing's self-assessment tools available by request at our library or by calling our toll free number.

## CONTACT US TODAY!

YMCA CRS: 1-800-481-2151

Child Care Referrals: [myreferral@ymca.org](mailto:myreferral@ymca.org)

Quality: [myqualitysupport@ymca.org](mailto:myqualitysupport@ymca.org)

Training: [mytraining@ymca.org](mailto:mytraining@ymca.org)

Resources: [myresource@ymca.org](mailto:myresource@ymca.org)



# CELEBRATING DIVERSITY

## STRENGTHENING COMMUNITIES

We recognize and honor the diversity surrounding us all. By celebrating differences and similarities we gain a deeper understanding of each other. By being intentional in understanding each other, we strengthen that which binds us despite our differences, and develop a greater sense of connection -- creating the energy needed to positively change our world.

### APRIL

**April 2** is World Autism Awareness Day, created to raise awareness of the developmental disorder around the globe.

**April 22 (sunset) – April 30 (sunset)** is Passover; a Jewish holiday celebrated each spring in remembrance of the Jews' deliverance out of slavery in Egypt in 1300 B.C.

### MAY

**May** is Asian-American and Pacific Islander Heritage Month. May commemorates the immigration of the first Japanese to the United States on May 7, 1843, and marks the anniversary of the completion of the transcontinental railroad in 1869; the majority of the workers who laid the tracks were Chinese immigrants.

**May 1** is Lei Day in Hawaii; it is a statewide celebration of Hawaiian culture.

**May 6** is Provider Appreciation Day; it is celebrated each year on the Friday before Mother's Day. This special day recognizes child care providers, teachers and other educators of young children.

**May 8** is Mother's Day, held on the second Sunday of May in the United States. It celebrates motherhood and it is a time to appreciate mothers and mother-figures.

**May 21** is World Day for Cultural Diversity for Dialogue and Development, a day set aside by the United Nations as an opportunity to deepen our understanding of the values of cultural diversity and to learn to live together better.

### JUNE

**June 5** at sunset marks the beginning of Ramadan, the Islamic month of fasting, and will continue for 30 days until July 5. Muslims abstain from eating and drinking from dawn until sunset, in efforts to teach patience, modesty, and spirituality.

**June 14** is Flag Day in the United States. This day is observed to celebrate the history and symbolism of the American flag.

**June 19** is Juneteenth, also known as Freedom Day or Emancipation Day. This celebration honors the day in 1865 when slaves in Texas and Louisiana finally heard they were free, two months after the end of the Civil War.

**June 19** is Father's Day; this holiday is celebrated in the United States on the third Sunday of June. Father's Day commemorates fatherhood and appreciates all fathers and father-figures.



# LICENSING UPDATE

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## SAFE USE OF HEATERS IN CHILD CARE FACILITIES

When using a portable or space heater in a licensed child care facility, make sure it is operated in a safe manner. Select only heaters that have a type of coating that will not get hot to the touch, otherwise they must be made inaccessible to children in care to protect their health and safety. The heater must be UL (Underwriter Laboratories) listed or approved.

### Follow these guidelines when using heaters:

- Keep portable heaters at least three feet away from curtains, bed linens, and combustible materials.
- Do not use portable heaters with extension cords, including power strip cords.
- Portable heaters must not be used to dry articles of clothing or other items.
- Place heaters on the floor only and not on tops of tables or other furniture.
- Be sure portable heaters are securely positioned so they will not topple over.
- Select newer model heaters that have an automatic shut-off when toppling occurs.
- Ensure the heater does not become so hot it will burn or injure a child.

**For additional fire safety information, contact your local fire department or the Office of the State Fire Marshal at 916-445-8200.**

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## CRS TRAINING CALENDAR

Get the latest information about upcoming trainings and activities for parents, providers and child development professionals. Sign up to receive CRS Community 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/webcal](http://www.crs.ymca.org/webcal)
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 Training Calendar will now be sent to your e-mail address automatically.

# MAKING A DIFFERENCE



# \$31,910

Amount raised during this year's Annual Support Campaign for YMCA CRS Programs!

## THANK YOU FOR YOUR SUPPORT!





# COMMUNITY HIGHLIGHTS

## ASK THE EXPERTS – EVERYTHING YOU WANTED TO KNOW ABOUT LICENSING AND MORE!

Do you know your rights and responsibilities as a licensed child care program? The Southern California Child Care Advocate, Aaron Ross, will be available to answer questions on a variety of topics regarding new Community Care Licensing regulations, updated requirements related to provision of incidental medical services, common deficiencies, proper documentation and records, handling unusual incidents, child care provider appeal rights, transporting children, and more.

**DATE:** May 4, 2016

**TIME:** 6:00 PM to 9:00 PM

**LOCATION:** Palomar Family YMCA

1050 North Broadway, Escondido, CA 92026

**COST:** \$15

**REGISTRATION:** Call 1-800-481-2151 or send an e-mail to [mytraining@ymca.org](mailto:mytraining@ymca.org) for a registration flyer.

## 2016 FAMILY CHILD CARE INSTITUTE

The Family Child Care Institute, hosted by NAFCC, provides more than 20 hours of professional development opportunities. The Institute offers opportunities to learn about best practices in early education and family child care's place on the hill, including how to become advocates for our profession and the children as the Office of Child Care moves forward with groundbreaking initiatives such as the Child Care Development Block Grant and the Early Head Start - Child Care Partnerships. You can sign up for in-depth sessions such as leadership skills, record keeping, and more.

**DATE:** Wednesday, July 6, 2016 - Saturday, July 9, 2016

**PLACE:** Town and Country Resort & Convention Center

**INFORMATION:** <http://www.nafcc.org/Institute>

## ZOE FOR PRESIDENT

No other organization in America can take care of people and communities from birth through retirement like the Y can. From early-education and childcare to health and physical activity classes for seniors, the Y can support us throughout our lives. In a sea of polarizing debates, ads and media, the Y will launch a breakthrough campaign to elect Zoe, a baby who may run for president in 2064. Zoe represents the potential the Y sees in every child to one day become president if they're nurtured properly and given the right opportunities.

The Zoe for President Campaign is launching at the crux of the national election, when the country is focused on how we can better our nation. The Y is using this opportunity to change its perception and address how it contributes to the same cause. In the next 10 months be on the lookout for:

- Banners at our front desk promoting Zoe
- Stickers and magnets to distribute to kids
- More videos about Zoe's campaign agenda
- Facebook posts about what Zoe can do for our CRS constituents

For more information, visit <http://zoefforpresident.net/>.

## NATURE EXPLORE WORKSHOPS

On June 4, YMCA Childcare Resource service is sponsoring two Nature Explore educator workshops for adults who work with children in schools, early childhood and environmental education programs. Nature Explore workshops are research-based and support comprehensive learning while reconnecting children with nature.

### TOPICS:

**Choosing Effective Indoor and Outdoor Materials (9:00 AM – 12:00 PM)** will help you discover strategies for effectively using a variety of motivating yet inexpensive indoor and outdoor materials, including materials from nature.

**Heart-Centered Teaching Inspired by Nature (1:00 PM – 4:00 PM)** begins with an appreciation for the wonders of the world, the people around us and ourselves. It honors individual gifts and helps children learn authentically. Discover a set of "tools" for cultivating a more joyful approach to teaching.

**DATE:** June 4, 2016

**LOCATION:** CDA Hilltop Child Development Center

690 Corte Maria Ave, Chula Vista, CA 91910

**COST:** \$40 for one workshop, \$75 for both (Please bring a sack lunch if planning to stay for both workshops.)

**REGISTRATION:** Deadline to register is May 30.

To sign up, visit the Nature Explore website at [www.natureexplore.org](http://www.natureexplore.org). For more information, call 402-467-6112 or e-mail [info@natureexplore.org](mailto:info@natureexplore.org)



# QUALITY RATING AND IMPROVEMENT SYSTEM

## Developmental and Health Screenings

This is the seventh in a series of articles designed to help child care programs begin preparing for California’s Quality Rating and Improvement System (QRIS). See past issues of the CRS CONNECT for the first six articles:

- What is QRIS? ([CRS CONNECT: FALL 2014](#))
- How You Get Started? ([CRS CONNECT: WINTER 2015](#))
- The Environment Rating Scales ([CRS CONNECT: SPRING 2015](#))
- The Classroom Assessment Scoring System (CLASS) ([CRS CONNECT: SUMMER 2015](#))
- Minimum Qualifications for Lead Teachers/Family Child Care Home (FCCH) ([CRS CONNECT: FALL 2015](#))
- QRIS Refresher ([CRS CONNECT: WINTER 2016](#))

The California QRIS has 7 elements it uses to determine the tier level of a child care program. In this article, we will look at the requirements for Developmental and Health Screenings. Each element of QRIS has five different levels. For the developmental and health screenings element, a program will earn 1 point for meeting Title 22 licensing regulations.

To earn 5 points, programs must collect the Health Screening Form at entry and then either collect the screening form annually thereafter or ensure vision and hearing screenings are conducted annually while also ensuring all children are screened using the ASQ & ASQ-SE, if indicated, at entry. Also, programs must use the screening results to make referrals and implement intervention strategies and adaptations as appropriate to receive full points.

**This table shows the requirements for developmental and health screenings for San Diego QRIS through First 5 Quality Preschool Initiative.**

Elements	Licensed in Good Standing	2 Points	3 Points	4 Points	5 Points
2. Developmental and Health Screenings	Meets Title 22 Regulations	<input type="checkbox"/> Health Screening Form (Community Care Licensing form LIC 701 “Physician’s Report-Child Care Centers” or equivalent) used at entry, then: 1. Annually <b>OR</b> 2. Ensures vision and hearing screenings are conducted annually	<input type="checkbox"/> Program works with families to ensure screening of all children using a valid and reliable developmental screening tool at entry and as indicated by results thereafter <b>AND</b> Meets Criteria from point level 2	<input type="checkbox"/> Program works with families to ensure screening of all children using the ASQ at entry and as indicated by results thereafter <b>AND</b> Meets Criteria from point level 2	<input type="checkbox"/> Program works with families to ensure screening of all children using the ASQ & ASQ-SE, if indicated, at entry, then as indicated by results thereafter <b>AND</b> Program staff uses children’s screening results to make referrals and implement intervention strategies and adaptations as appropriate <b>AND</b> Meets Criteria from point level 2

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

If you are interested in staying up to date on the QRIS and learning how to begin building a quality portfolio, contact Laurie Han at 619-521-3055 ext. 3350 or e-mail [myqualityportfolio@ymca.org](mailto:myqualityportfolio@ymca.org).



# IDEAS

## Fun ways to incorporate Spring into your program curriculum.

### CANVAS PAINTING

Invite the children to paint a gift of love on a canvas to show appreciation to the child's parent, grandparent, aunt, uncle, or caregiver. Children can choose to paint anything they wish, for example shapes, dots, rainbows, hearts, blots of color, flowers, etc. Place butcher paper or newspaper on either children's tables or the floor so the children can work on their canvas painting, making sure each child has their own space to work in. Remember there is no right or wrong way to paint. Invite the children to have fun and be creative.

#### Materials:

- Small canvas frames
- Assorted paints
- Smocks for children
- Paint brushes and cups



### PARENT APPRECIATION DAY & THANK YOU CARDS

Host a Parent Appreciation Day at your child care program to acknowledge and thank all parents, and parent figures, on behalf of their children and you as their caregiver. Create a "Parent Appreciation Day" banner and post it in an area where the parents can see it when they arrive in the morning. You may also set out refreshments or treats for the parents to enjoy.

#### Instructions for making cards:

Have the children decorate one side of the construction paper. Set paper aside and ask each child the reason they would like to thank their parent or caregiver. Write down their answers on the white paper (older children can write it themselves) and attach to the colored construction paper to make a card. Have each child write their name on their card. Have children present the cards to their parent(s).

#### Materials:

- Colored construction paper
- Blank sheets of white paper (write THANK YOU on top)
- Different colored markers or crayons

### GET PHYSICAL!

Create an area where the children can stand with their partner. Give one beanbag per pair. Children will work with their partner to warm up, stretch, and pass the beanbag back and forth.

#### Materials:

- 1 beanbag per 2 children
- 4 cones
- Music player (CD player, ipod, etc.)
- 1 playground ball per 2 children

### TWIST AND TURN

Have the children stand back-to-back with their partner. While bending their knees and keeping their hips forward they will pass the beanbag by twisting and turning from side to side. They can start slowly then faster if they are able too.

### BEND AND STRETCH

Have the children move 1 small step away from their partner. They will see if they can pass the beanbag between their legs when they bend, then over the head as you stretch. Have them start slowly to avoid bumping each other.

### FRUIT TASTING ACTIVITY

#### Materials:

- Seasonal spring fruits: Apricots, blackberries, blueberries, cherries, figs, lemons, loquats, nectarines, oranges, peaches, plums, raspberries, strawberries, etc.
- Plastic knife and small plates

**Have a seasonal fruit tasting party!** Set out whole and sliced seasonal fruits on the table. Allow the older children to cut the fruit into slices, while the younger children set the table with napkins and plates. Ask children to match the slices to the whole fruits. How many fruits can the children name? Give the children bowls and allow them to create their own seasonal fruit salad with the sliced fruit.

(Source: [www.sparkpe.org](http://www.sparkpe.org))



# TIPS FROM YOUR CHILD CARE CONSULTANTS

## NATIONAL WALKING DAY

National Walking Day is the first Wednesday of April. Here are the **TOP 10 TIPS FROM YOUR CHILD CARE CONSULTANTS** to celebrate National Walking Day at your child care program!

**1) GO ON A WALK:** Children like to learn and explore something new; take a walk to the Farmers Market, Post Office, Fire Department or Library. Talk to them about what they will be doing before going on your walk, talk about the different things you see during your walk and when you arrive. After your visit you can talk to the children about what you saw and can also create an activity that reflects the place you visited.

**2) USE A RING WALKING ROPE:** Keep the children safe while walking outside (see image below, provided by [www.LakeshoreLearning.com](http://www.LakeshoreLearning.com)).

**3) PLAY "WHAT AM I?"** During your walk, a player chooses any object and says "What am I?". The other players ask questions to guess the object but only yes or no responses can be given to the questions. For example, Can you be eaten? Can you be found in a house? Do you use electricity?

**4) EXERCISE AND COUNT:** Count all the things that you find along your walk. Try to pick a theme such as trees, flowers, or dogs. At the end of your walk you review what you saw and number of things you counted.

**5) SOUNDS:** Listen for different sounds during your walk and try to identify the sounds you hear.

**6) SAFETY TALK:** Talk about the importance of safety before going on your walk. Teach the children the importance of staying in line or holding hands with a friend. Set rules for children to follow to keep them safe.

**7) SING A SONG AS A GROUP:** this will help children enjoy their walk and keep them connected to you.

**8) PACK A BAG:** Be prepared and pack a bag with some safety and useful items such as snacks, water, wipes, first aid kit, cell phone and extra diapers for your little ones.

**9) KNOW YOUR PLACES:** Inspect the destination before taking the children so that you know the best route and what to expect during your walk.

**10) MAKE IT FUN:** Have children pick a move that can be imitated by everyone while walking. One child can say "let's hop with one foot" or "bark like a dog" or "clap your hands twice".



# RESOURCE LIBRARY

**SPRING IS HERE** and we have our typical San Diego weather back! Here are books and toys available in our Resource and Toy Library that you can use for outdoor play and learning.

## BOOKS

### AMANDA PIG ON HER OWN

by Jean Van Leewen

When big brother Oliver leaves for school, Amanda tries to play by herself. But the games she always played with Oliver are no fun without him. Amanda thinks she will never have any fun again, but she discovers the troubles and joys of being by herself.



### CULTIVATING OUTDOOR CLASSROOMS

Filled with both simple and large scale ideas, Cultivating Outdoor Classrooms provides support as you design and implement outdoor learning environments. There are many ways outdoor spaces can be transformed into fully functioning classrooms where children explore, experiment, and spend quality time in nature.

### THE OUTDOOR SPACE NATURALLY: FOR CHILDREN BIRTH TO FIVE YEARS

This book will challenge your perceptions about early childhood outdoor play spaces and inspire change! It reveals how to do better for children other than a quick fix, generic and synthetic play spaces and this publication provides the foundation for creating natural, dynamic and engaging play spaces. At its heart, the creation of a natural play space is a collaborative venture between children, parents and staff that is locally vital and evolves over time. The inspiring photographs and case studies illustrate the potential.

## TOYS

### **BEANBAG LEARNING CENTER**

It's a breeze to master basic shapes with a fun filled beanbag toss. This activity is perfect for a variety of active learning games. This set includes 12 bean bags in four different shapes, each labeled with it's corresponding name to build print awareness and vocabulary too.

### **GET OUT AND GET MOVING OBSTACLE COURSE**

Setting up creative, challenging and fun obstacle courses has never been easier. Use the cones, poles, ropes, traffic signs, and spots to set up hurdles and direct traffic. Children will have fun while developing and refining their gross motor skills.



### **ADD IT UP ARCHERY**

Take aim at addition! Sized just right for children. This super-safe archery set lets kids shoot for a bull's-eye as they practice math! Children just use a flexible plastic bow to shoot safe, suction-cup arrows at the target—adding up the numbers as they play!





# WELLNESS CHAMPIONS

## STAYING HEALTHY & BACK TO BASICS

**AS A CAREGIVER, it's important to maintain your own health and well-being as well as the children you care for.** According to the American Heart Association, high blood pressure in women is the leading risk factor for death in the United States<sup>1</sup>. Luckily, high blood pressure and heart disease are frequently preventable and controllable. Lowering sodium intake, engaging in physical activity, reducing stress and scheduling regular wellness visits with your health practitioner can reduce your chance of heart disease.

### LOWERING SODIUM INTAKE

Ninety percent of children consume too much salt<sup>2</sup>. Scientific research indicates that lowering sodium intake helps to lower blood pressure in both adults and children. Most of this sodium comes from processed foods, packaged foods, and foods sold in restaurants. It is important to read the nutrition labels of the foods you purchase. Pay attention to the % Daily Value of sodium and the number of Servings Per Container. Prepare a variety of fresh fruits and vegetables, fish, poultry, nuts and legumes at home to control how much salt is added to your favorite recipes.

### ENGAGE IN PHYSICAL ACTIVITY

Physical activity is important for heart health. Anything that moves your body and burns calories is considered physical activity. The American Heart Association recommends 30 minutes of physical activity five times a week. Find the physical activity that you enjoy and get moving. Walking, hiking, biking, running, taking an exercise class, doing yoga, swimming, skating, playing tennis, kayaking, dancing, and playing volleyball are great ways to engage in physical activity. Remember to stay hydrated with water as you move.

### REDUCE STRESS

Chronic stress can lead to unhealthy lifestyle choices which are associated with high blood pressure. Some of these choices include eating unhealthy, lack of physical activity, spending excessive amounts of time working, and putting others' needs above your own. It is important to take time for you. If you give to others when you are not taking care of yourself you will cause stress on your body and deplete yourself. Plan time to do something that is relaxing and that you enjoy. Some ideas include: reading, meditating, taking an interesting new class, getting more sleep, laughing, and even breathing deeply.

**Remember,  
you cannot  
take care  
of others  
if you are  
not healthy.**

### SCHEDULE REGULAR WELLNESS VISITS

Seeing your health care practitioner for regular wellness visits can help you maintain good health. Many health care practitioners cover wellness or preventative care visits and various free clinics can be found online. Before the visit, make a list of problems that you are experiencing as well as questions that you may have. During the visit, have the health care practitioner explain test results, set goals for optimal health and get information to take home. These visits are important for your health and to lead by example. ■

**By taking care of your health, you are a good role model for the children in your care. Remember, you cannot take care of others if you are not healthy.**

Sources:

<sup>1</sup> [http://www.localheart.org/idc/groups/heart-public/@wcm/@cmc/documents/downloadable/ucm\\_465204.pdf](http://www.localheart.org/idc/groups/heart-public/@wcm/@cmc/documents/downloadable/ucm_465204.pdf)

<sup>2</sup> [http://www.localheart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_469563.pdf](http://www.localheart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469563.pdf)

# EARLY CHILDHOOD EDUCATION: SUPPORTING QUALITY IN A NEW FRAMEWORK

Date: Friday, May 6, 2016

Time: 11:00 am - 2:00 pm

Place: Handlery Hotel, 950 Hotel Circle North San Diego, 92108

Info: Debra Boles, 619-521-3055 ext. 2319

Cost: \$20 Pre-registration/*Includes light lunch, materials and parking*



Please join the Early Care and Education community and invited Legislative Representatives, City Officials, County Board of Supervisors, and County Board of Education to discuss vital policy issues affecting children and families.

**Special Guest Speaker**  
**Debra McMannis, Director,**  
**California Department of Education, Early Education and Support Division (EESD)**

How will implementing Federal changes brought about by the reauthorized Federal Child Care and Development Block Grant (CCDBG) affect your early childhood program? Bring your questions and receive reliable information directly from EESD regarding the California Child Care and Development Fund (CCDF) Plan and the Quality Rating and Improvement System (QRIS).

This special event is sponsored by YMCA Childcare Resource Service, San Diego County Child Care & Development Planning Council, San Diego County Office of Education, Volunteers of America, Child Development Associates, and The League of Woman Voters of San Diego.



Space is limited! Send registration form below, and check or money order payment:  
YMCA CRS, Attn: R&R Training, 3333 Camino del Rio South, Suite 400, San Diego, CA 92108  
Sorry, no refunds or credits. Substitutes will be allowed if you are unable to attend.

**LEGISLATIVE LUNCH (May 6, 2016)**

**\$20.00 enclosed per person**

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUPPORTING EACH OTHER

## The Influence of Culture on Caregiving

### YMCA CHILDCARE RESOURCE SERVICE

What is your role in helping each child in your care form a healthy cultural identity?

Join us to...

- Actively explore the concepts of culture, values, beliefs and assumptions
- Discuss the similarities and differences between your own and another's culture and child-rearing beliefs and practices
- Learn the importance of "cultural reciprocity", an approach for resolving culturally based dilemmas with families

**Location:** Palomar Family YMCA

**1050 North Broadway**

**Escondido, 92026**

**Date:** Thursday, June 23, 2016

**Time:** 6:00 PM – 9:00 PM

**Cost:** \$15

**Info:** 1-800-481-2151 or mytraining@ymca.org

**Space is limited so register today!** Doors will open 15 minutes prior to start time for registration. Adults only please. If you need special accommodations to participate in this training, please contact us at 1-800 481-2151.

Check or money order only, no cash accepted.

Make check payable to: **YMCA CRS** Sorry no refunds, credit or substitutions if unable to attend.

**To reserve a space, complete and mail registration to:**

YMCA Childcare Resource Service, Attn: R&R TRAINING, 3333 Camino del Rio South, #400, San Diego, CA 92108

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**Influence of Culture on Caregiving... (June 23, 2016)**

**\$15 Check or Money Order enclosed**

**CCIP Voucher Enclosed**

**Free to Easter Seals (ESSC) and MRCP Providers**

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_