
CRS CONNECT



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.ymca.org/crs

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

SCHOOL'S OUT! BUT LEARNING NEVER STOPS

By Ariana Steck

AS THE SCHOOL YEAR COMES TO AN END, many children and families look forward to how they will spend their summer break. Field trips, vacations, and special visits to and from family all make summer a memorable time. As you're building these memories, it's important to keep in mind something else that can happen over summer: learning loss.

Summer learning loss, sometimes referred to as the **summer slide**, is the concept that children lose knowledge and academic skills over the months when they are not enrolled in school. This learning loss disproportionately effects children from low income families **who lose an average of 2.5 months of reading skills over summer break**. When this summer learning loss occurs every summer over the course of a student's life, they continue to fall further behind in school widening the gap between those children who continue learning over the summer and those who do not. These seemingly small losses add up over time and can have startling impacts on a child's current academic year and their future.

Summer learning loss is not limited to only school age children. Children in early education are also impacted by this phenomenon. As the preschool year comes to an end, it's important to ensure summer break encourages and embraces learning. Look around you at all of the ways learning can happen. View everywhere you go and everything you see as an opportunity to teach and learn.

Count how many butterflies you see on a walk. Look for all of the items that are red when you visit the grocery store. See how many shapes you can find in the natural world. **Read a story every day and turn your setting into a print rich environment** by labeling items your child interacts with. Use bath time to reflect on all of the things you learned each day.

Focus on non-academic skills too. Help with routines and structure by ensuring your summer break follows a daily schedule. Teach your child the importance of sharing and socializing while visiting the park. Many libraries offer story times where your child can practice sitting quietly while patiently listening.

The loss of academic skills and knowledge over the summer makes starting the school year even more difficult for children, parents, and teachers. It's important to not just rely on the learning that takes place during the months a child is in school and ensure that learning is embraced and supported during the summer as well. Help avoid summer learning loss by making learning a priority this summer. ❖



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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–Friday from 8:00 am to 4:00 pm or referrals may be accessed online at www.ymca.org/crs.

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.ymca.org/crs, 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.ymca.org/crs

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 training calendar at: <http://bit.ly/crstrainingcalendar>
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"

CRS DISASTER PREPAREDNESS TIPS

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 topics online: www.ymca.org/crs

**BEST. SUMMER. EVER.
YMCA SUMMER CAMP!**
Our summer camps are in session until August 12. Check out camp schedules at www.ymca.org/camp.

LICENSING UPDATE

E-LEARNING MODULES

THE CHILD CARE LICENSING PROGRAM IS PLEASED TO ANNOUNCE THE SOFT LAUNCH OF THE NEW E-LEARNING MODULES!

These online modules were accomplished as a result of the Federal Race to the Top-Early Learning Challenge Grant. These modules will serve to educate child care providers on how to ensure compliance with licensing laws and regulations, provide technical assistance to child care providers and consumers related to health and safety of children, and provide the public and licensing staff with resources and information related to child care licensing.

View these modules online at <https://cclcd.childcarevideos.org> or via link from the Child Care Licensing Homepage at <http://www.cclcd.ca.gov/PG411.htm>. The e-learning modules are a valuable tool for individuals working with both prospective and current child care providers, as well as those who want to learn more about child care licensing in California. Please view the videos and share!

FOR TECHNICAL SUPPORT: Please contact the Community Care Licensing Child Care Advocate Program office main line at: 916-651-6040.

Download the most recent Licensing Update [HERE](#).

FIVE SIMPLE STEPS TO FOLLOW WHEN VISITING A CHILD CARE PROGRAM

LOOK Begin by visiting several child care homes or centers. On each visit, think about your first impression. Does the program look safe for your child? Are the caregivers and teachers talking and playing with children? Do they talk with each child at the child's eye level? Are there plenty of toys and learning materials within a child's reach? You should always visit a home or center more than once. Stay as long as possible so you can get a good feel for what the care will be like for your child. Even after you start using the child care, continue to come back and check it out.



LISTEN Do the children sound happy and involved? What about the teacher's tone of voice? Do they seem cheerful and patient? A place that's too quiet may mean not enough activity is planned. A place that's too noisy may mean there is a lack of guidance.

COUNT Count the number of children in the group and the number of staff members caring for them. A small number of children per adult is most important for babies and younger children. The license should be posted and list the number of children allowed.

ASK The knowledge and experience of the adults caring for your child is very important. Ask about the background, education, and experience of all staff: caregivers, teachers, and program directors. What special training do they have?



BE INFORMED There are opportunities for caregivers/teachers to participate in quality improvement activities such as the Quality Preschool Initiative, First 5 IMPACT, Infant-Toddler Quality Rating Improvement System and YMCA CRS Quality Improvement Support Initiative. Is your caregiver involved in these activities? Does your caregiver belong to any professional organizations? Has your child's caregiver achieved national accreditation? Do they have child development units or a degree?

NEXT STEPS After you've visited the programs, contact Community Care Licensing to review their program files. You have the right and responsibility to review complaints or violations before placing your child in care. Visit <http://cclcd.ca.gov/PG3581.htm> or call CCL 1-844-538-8766.



CRS CONSULTANT TIPS

Tips for Summer Fun and Water Safety from your CRS Child Care Consultants

SUN SAFETY

When the warm weather begins, make sure children drink plenty of water to keep their bodies hydrated. Enjoy a cold treat to stay cool.

On hot days, avoid the peak sun hours of 10 AM to 4 PM for outdoor activities. Have children wear light weight clothes.

Use sunscreen with an SPF of at least 30 to protect children from sunburn while outdoors.

Children younger than 6 months should be kept out of direct sunlight or dressed in clothing that covers their skin to protect them from sunburns.

Have children wear hats if they're going to be in the sun for an extended period of time.



WATER SAFETY

Swimming pools can be fun during the summer. To keep children safe, buy safety floaters for the children and always have an assistant with you if you have more than two children.

Be sure your pool is fenced off and kept inaccessible to children when not in use.

Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, water table, bucket of water), no matter what skills your child has acquired and no matter how shallow the water. For younger children, practice "reach supervision" by staying within an arm's length reach.

Take a CPR course. Knowing these skills can be important around the water with your child.

Establish safety rules for everyone if in a pool or beach area.

BE PREPARED

Have an emergency kit with you at all times and local emergency numbers on hand. Items to include in an emergency kit are: cell phone, emergency cards for the children, water, medications for children with chronic conditions, bandages, antibiotic cream, crushable ice packs, Benadryl, an epi-pen if a child has a known allergy, sunscreen, hats, sunglasses, insect repellent and tweezers.



RESOURCE LIBRARY

Here are books and toys available in our Resource and Toy Lending Library that you can use during the hot Summer months ahead.

TOYS

BIG BUBBLES KIT

Not only is bubble play an easy way to have fun with children, it's also a fun way to work on a host of developmental skills. This bubble play kit includes bubble bowls and a variety of bubble wands for children to choose from.

FUN N' FILL WATER PLAY MAT

Water play with infants without getting wet. Mat fills with water and has five water pals to push and grab. The textured squiggle design adds a sensory experience and is great for tummy time!



POND INSPIRED WATER TABLE PLAY

This fantastic water play table will keep multiple children occupied with splashing fun. The pond-themed table includes a frog squirter, frog launcher, water spinner, and slide sized perfectly for small water toy animals.

Children will love turning the center spinner to get the

water swirling and will have a blast launching the frog into the water.

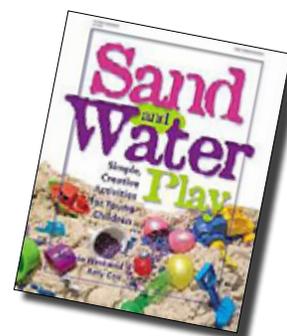


BOOKS

SAND AND WATER PLAY:

Simple, Creative Activities for Young Children
By Sherrie West & Amy Cox

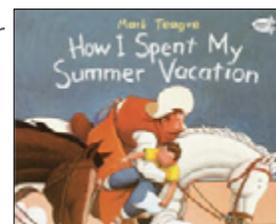
Learn creative new ways to help children think and discover on their own, with over 70 sand and water table ideas. Designed for children ages three to six, Sand and Water Play introduces fun materials like aquarium rocks, bird seed, mud, rock salt, and more to engage children's minds and hands.



HOW I SPENT MY SUMMER VACATION

By Mark Teague

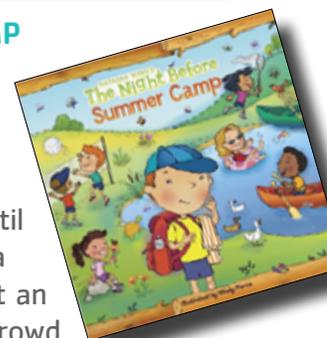
Some kids spend their summer vacation at camp. Some kids spend it at Grandma's house. Wallace Bleff spent his out West on a ride, a rope, and a roundup he'll never forget.



THE NIGHT BEFORE SUMMER CAMP

By Natasha Wing

The first day of summer camp is almost here, and one little camper doesn't know what to expect. For a while everything seems to be fine until rest time rolls around and he gets a bad case of nervous butterflies. But an unlikely friend appears out of the crowd and reassures him that the best cure for the summertime blues is tons of summertime fun!

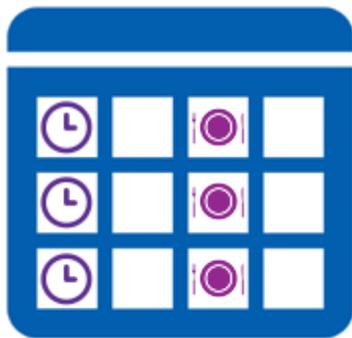


BEHAVIOR SUPPORT

FIVE TIPS TO HELP CHILDREN WITH TRANSITIONS

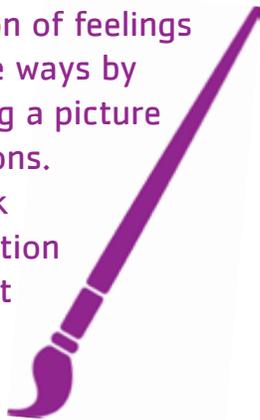
SUPPORTING A CHILD'S TRANSITION FROM PRESCHOOL TO KINDERGARTEN is a year-long task for both parents and educators. For children with challenging behaviors teachers and parents can focus on supporting social emotional development. Encouraging the child's ability to think logically, speak clearly, and interact well with his peers and adults are important for a child to be successful in school. Here are some ideas and activities for both parents and educators to help with the transition. **Child care providers can reserve these books and toys at the CRS Resource Library by calling Andrea at 619-521-3055 ext. 2315!**

Practice playing games that require taking turns (Hi Ho Cherry-O, Memory, and Candy Land).



Create a visual schedule to provide a safe and secure environment while encouraging exploration.

Promote expression of feelings in age-appropriate ways by drawing or painting a picture of different emotions. Have the child look at their own reflection by making different expressions while holding a mirror.



Use story time to develop your child's social awareness by reading books, such as, **Alexander and the Terrible Horrible, No Good, Very Bad Day** by Judith Viorst, **On Monday When it Rained** by Cheryl Kachenmeister, and **The Way I Feel** by Janan Cain.



Read books that help children develop social skills such as, **The Rainbow Fish** by Marcus Pfister, or **Little Blue Little Yellow** by Leo Lionni.

A key element to helping a child succeed in school is communication and consistency between parents and educators working as a team. Priscilla Villafaña and Margaux Marquez are Behavior Support Specialists for the YMCA Childcare Resource Service. For consultations or more information contact us at 619-521-3055 or e-mail us at pvillafana@ymca.org or mhmarquez@ymca.org.

COMMUNITY HIGHLIGHTS

BEHAVIOR SUPPORT WORKSHOPS

Learn evidence-based behavior strategies to improve overall classroom management! Workshops are available on evenings and weekends at our CRS Mission Valley location, or schedule a time to host a workshop in the comfort of your own child care site.

SOCIAL EMOTIONAL DEVELOPMENT OF INFANTS AND TODDLERS

Promoting social and emotional competence plays a crucial role in preparing for learning success. Learning strategies will include the importance of the social emotional climate of infant and toddler care settings, significance of caregiving routines, identifying ways the physical environment can promote positive development and how to build social emotional skills.

Contact: Priscilla Villafaña at 619-521-3055 ext. 2326 or e-mail pvillafana@ymca.org

Date: Tuesday, July 19, 2016

Time: 6:30 PM to 8:30 PM

Location: YMCA CRS Mission Valley
3333 Camino del Rio South, #400
San Diego, CA 92108

EMBRACING THE CHALLENGING CHILD

Looking at challenging behavior from a different perspective, this workshop will focus on developmentally appropriate techniques that early childhood educators can use to build a positive relationship with children having challenging behaviors. In addition, participants will be given tools to increase expressions of warmth and affection between educator and children in daily routines, room arrangement, materials and equipment.

Contact: Priscilla Villafaña at 619-521-3055 ext. 2326 or e-mail pvillafana@ymca.org

Date: Tuesday, September 20, 2016

Time: 6:30 PM to 8:30 PM

Location: YMCA CRS Mission Valley
3333 Camino del Rio South, #400
San Diego, CA 92108

TICKET TO A SUCCESSFUL FAMILY CHILD CARE BUSINESS

Are you thinking about entering a rewarding and challenging career as a professional licensed family child care provider? **Ticket to a Successful Family Child Care Business** was created to support the success of newly licensed family child care providers. The modules are designed to offer basic information vital to the provider's business practices and professional development.

Cost: \$15.00 per session; voucher approved for Child Care Initiative (CCIP) participants.

Register: Call to register or learn more about CCIP at 1-800-481-2151, or e-mail mytraining@ymca.org.

Location: All Ticket Series training modules will be held at YMCA Childcare Resource Service, 3333 Camino del Rio South, Suite #400, San Diego, 92108.

Dates/Times: Description of Module:

July 30 9:00 AM-12:00 PM	Mod. 1 Understanding the Business of Family Child Care
August 25 6:30-9:30 PM	Mod. 2 Creating a Safe and Inclusive Family Child Care
September 15 6:30-9:30 PM	Mod. 6 Baby's First Years in Family Child Care
September 24 9:00 AM-12:00 PM	Mod. 3 Planning Activities for the Family Child Care
October 27 6:30-9:30 PM	Mod. 4 Professionalism in Family Child Care
November 19 9:00 AM-12:00 PM	Mod. 5 Positive Guidance in Family Child Care



COMMUNITY HIGHLIGHTS

GET READY – STAY READY! DISASTER PREPAREDNESS TRAINING

Is your Family Child Care Program ready for disasters like wildfires, earthquakes or floods? YMCA Childcare Resource Service offers Disaster Preparedness training to help child care centers and family child care programs prepare for different types of disasters. Training includes learning what types of disasters are most likely to occur locally, developing an emergency plan, making and practicing an evacuation plan, and other tasks related to preparing for a disaster.

TRAINING FOR FAMILY CHILD CARE HOMES

Cost: \$15 per person

Register: Call 1-800-481-2151 or e-mail mytraining@ymca.org

Date: August 18, 2016

Time: 6:30 PM to 9:30 PM

Place: YMCA CRS Mission Valley
3333 Camino del Rio South, #400
San Diego, CA 92108

POSITIVE PARENTING PROGRAM

Increase your confidence as an early childhood educator! The Jewish Family Service presents a way to handle challenging behaviors. Positive Parenting is a program that helps find positive solutions to common childhood behavior issues using strategies proven by more than 25 years of research. The free, two-part training series for those working in early childhood education is funded by the San Diego County Health and Human Services Agency.

Register: Call 1-800-481-2151 or e-mail mytraining@ymca.org

Date: August 24 & August 31, 2016

Time: 6:30 PM to 9:30 PM

Place: YMCA CRS Mission Valley
3333 Camino del Rio South, #400
San Diego, CA 92108

QUALITY RATING AND IMPROVEMENT SYSTEM (QRIS)

The Environment Rating Scale is currently being used in Quality Rating and Improvement System (QRIS) program improvement efforts throughout the United States. 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. Learn how you can use this reliable instrument to identify areas of strength and areas for improvement within your child care program, develop a quality improvement plan and prepare to participate in the proposed QRIS for California.

FCCERS-R TRAINING

Cost: \$20 for the class only; \$40 includes scale.

CCIP Participants: Voucher approved class; additional \$24 for scale.

Register: Call 1-800-481-2151 or e-mail mytraining@ymca.org

Date: August 16, 2016 & August 30, 2016

Time: 6:30 PM to 9:30 PM

Place: YMCA CRS Mission Valley
3333 Camino del Rio South, #400
San Diego, CA 92108

CENTRALIZED ELIGIBILITY LIST

APPLYING FOR CHILD CARE FINANCIAL ASSISTANCE

The Centralized Eligibility List (CEL) is a one-stop application for subsidized child care programs in San Diego County. Programs use the CEL to enroll families all year long, and some will be soon be gearing up for the new program year. Participating agencies that use the CEL to enroll include Alternative Payment Programs like Childcare Resource Service and Child Development Associates, where families select an eligible provider of their choice (informal, center, or family child care). There are also programs that enroll for their own child care facilities, such as Child Development Associates preschools, Chicano Federation, Easter Seals, and Educational Enrichment Systems. Here are some important tips for parents and partnering agencies about the Centralized Eligibility List:

• APPLICATION PROCESS

When a parent has completed the application, he or she will receive a response that the application has been received and that they will be notified by an agency once funding is available. When an agency has space for new families, that agency will contact the parent directly.

• CONTACT INFORMATION

The San Diego Centralized Eligibility List (CEL) is managed by the YMCA Childcare Resource Service. CRS CEL staff will contact families via E-mail for available space in subsidized funding. Families should refer to the website (www.childcaresandiego.com) or CEL phone number (1-800-521-0560) for CEL information.

• UPDATE APPLICATION

Parents should update their application every 3-5 months and report any changes to family information. During the enrollment process, the family's income and eligibility must be verified and match what they reported on CEL to avoid delays in service.

• SELECTION PROCESS

Selection of families is based on families with the greatest need according to income and other factors, NOT the length of time a family has been waiting. Priority enrollment is based on family factors and funding available with the several agencies who use CEL, and because the number of families on the list changes every day, there is no way to identify how long the wait time might be.

• LACK OF ACCESS TO A COMPUTER

If a parent does not have access to a computer, a paper application can be obtained by calling CEL at 1-800-521-0560. Mail the completed application to: Centralized Eligibility List, 2602 Hoover Ave., #102, National City 91950. The CEL Administrator will enter the application on the website.

THE WEBSITE TO APPLY for subsidized care is www.childcaresandiego.com. Assistance creating or accessing an application can also be obtained by calling 1-800-521-0560, or 619-521-3055 ext. 2400 for Spanish. Together with partnering child care programs, we look forward to another successful year helping families in San Diego county access affordable, quality child care.

IMPACT OF ALTERNATIVE PAYMENT ON SAN DIEGO COUNTY

Child care payments made to:



6,165 children received subsidized child care services which allowed their parents to continue working or go to school.

COOL CURRICULUM IDEAS

KEEP CALM AND CARRY ON! Summertime activities to help children relax when the days get hot.

COOL POTATO

Materials:

- A large sponge (e.g. car wash sponges)
- A CD player or ipod to play music
- Extra clothes for the children (if needed)

Everyone sits in a circle. Play music or sing a song. Pass the wet sponge around the circle. When the music is stopped (just play a short segment) or the song is over, the person left with the wet sponge can squeeze it over their head. Refill the wet sponge and play again until all the children get a chance to get some water on their head to help keep them cool.

WET SPONGE RELAY

Materials:

- Two buckets per team
- One large sponge per team

For each team, fill one bucket with water and put an empty bucket at the end of the playing area. Form two teams. Each team makes a line next to a bucket filled with water. When the game starts, the first member of each team puts the sponge in the water, puts it on their head, runs towards the other end of the playing area, squeezes the water into an empty bucket and runs back. Continue on with the rest of the players. The first team to fill the bucket to overflowing (or half way if you choose) wins the relay race. Be sure to play on a surface that is not going to get slippery from the water.

BLOWING BUBBLES

Materials: Bubble bottles with wands

Fun and simple, one of our favorite things to do is to blow bubbles! It is especially nice to do in the shade on a hot day. Buy some bubble bottles for the children or make your own homemade bubble recipe.

Homemade Bubble Recipe:

- 4 cups of water
- 1/2 cup of corn syrup
- 1/2 - 2/3 cup of dish soap

Using fairly warm water, add the corn syrup to water and stir it until it dissolves. Add the dish soap and stir until combined.

YOGA POSES FOR CHILDREN

Have the children learn some basic yoga to help with relaxation. Our CRS Resource Library (619-521-3055 ext. 2315) has a video on basic yoga movements called **Up, Down, Move All Around**.

CONSCIOUS DISCIPLINE RELAXATION TIPS

When emotions are running high, the first step to calming down is taking deep breaths. One technique used by the Conscious Discipline methodology is called S.T.A.R. (Smile, Take and Relax):

SMILE – change the facial muscles to release tension

TAKE – a deep breath bringing oxygen to the brain and...

RELAX – when the body is in a calm relaxed state, then parents and teachers can mirror their state of being as they coach children through the process of anger and upset to calm state.

Try to remember the S.T.A.R. technique every day. For more information on additional breathing techniques, visit the Conscious Discipline website at https://consciousdiscipline.com/resources/safe_place_breathing_icons.asp



(Image courtesy of www.namastekid.com)