
CHILD CARE COMMUNIQUE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CHILDCARE RESOURCE SERVICE

3333 Camino Del Rio S., San Diego CA 92108

Volume 32 Issue No. 2

April-May-June 2012

www.crs.ymca.org

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

A BREATH OF FRESH AIR



Get outside this summer and check out these articles on how to bring the great outdoors into your child care program:

Web sites: Here are some useful web sites with ideas on outdoor play. (page 2)

Ideas: Here are three outdoor activities you can do with the children in your care inspired by the book *Quick as a Cricket* by Audrey Wood. (page 9)

In the Resource Library: Our library is full of books, magazines and videos on outdoor play. Make an appointment to visit us. (page 10)

Also in this issue:

- Child Care Provider Appreciation Day (page 4)
 - Community Highlights (page 6)
 - Licensing Update (page 12)
-

WEB SITES

As parents and providers we need to encourage children to play outside and adults need to be involved in their play. Children need to get at least one hour of outdoor play a day. Below are a few web sites that have ideas for getting out and playing in the great outdoors.

National Wildlife Federation–Geocaching

The National Wildlife Federation has launched [Be Out There](#), a campaign to bring the outdoors into everyday living with simple tools for families, schools and the community.

Kaboose

Kaboose is the premier family and parenting destination for kids' crafts, holiday fun and activities, healthy food recipes, expert health and nutrition and free online games.

Let's Move

[Let's Move!](#) is a comprehensive initiative, launched by the First Lady, Michelle Obama. The goal is to solve the challenge of childhood obesity within a generation so that children born today will grow up healthier and able to pursue their dreams.

San Diego Family Magazine

San Diego Family Magazine connects families that live in San Diego County to activities occurring around the county every month.

CATS Training Updates

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

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

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

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

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

YMCA Childcare Resource Service Referral and Complaint Policy

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

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

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

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

www.crs.ymca.org



HEALTHY HABITS FOR HEALTHY COMMUNITIES

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



www.5210SanDiego.org

In partnership with:



Facilitated by:



Adapted from the Let's Go! program in Maine.

5210 EVERY DAY AT YMCA!

5210 Every Day! is designed to encourage behaviors that can prevent childhood obesity. The San Diego County Childhood Obesity Initiative along with our organization are supporting, this messaging campaign which is simple and easy to remember and is designed to encourage healthy eating habits and more physical activity! The message is simple: get 5 or more servings of fruits and vegetables, 2 hours or less recreational screen time, 1 hour or more of physical activity and 0 sugary drinks.

WILL YOU HELP US SPREAD THE WORD?

Risks for future health problems are at an all-time high for San Diego's children. You can help us by displaying 5210 posters and information on bulletin boards, walls, at events and even on your website or social media sites! The materials are free and easy to post and distribute to families and kids.

Here's what we'd like you to do:

- Visit the YMCA Childcare Resource Service Web site to download and print out materials: www.crs.ymca.org
- Visit the 5210 San Diego Web site for local resources: www.5210SanDiego.org
- Join our Facebook Group to share ideas with other childcare providers in your area: and ask your families and staff to join, too
- Contact Sandy Young at 619-295-7140 or sandy@jwalcher.com if you'd like to pick up materials for free (while supplies last)

Thank you for supporting 5210; we look forward to success!

NATIONAL CHILD CARE PROVIDER APPRECIATION DAY: MAY 11, 2012

The second Sunday in May has long been recognized as the day to honor mothers and their commitment to children. The Friday before Mother's Day, May 11, 2012, is Provider Appreciation Day, a special day to recognize child care providers, teachers, school-age program staff, child care center directors and staff, and all those who work with children and are responsible for their education and care. It is estimated that there are nearly 2.8 million child care providers in the United States and that more than 11 million children under age 5 are in their care.

Every day, child care providers and early care educators help to strengthen our community, working tirelessly to bring about meaningful, enduring change right in our neighborhood. On Saturday, May 19, 2012 and Sunday May 20, 2012, YMCA Childcare Resource Service will honor more than 1,000 child care providers and early care educators at the 4th Annual Child Care Provider Appreciation Day at UltraStar Cinemas in Hazard Center and at the San Diego Padres PETCO Park. These events are family friendly and include a private screening of a family movie at UltraStar on Saturday with a resource fair, drawings for door prizes and Make & Take crafts from Lakeshore. Sunday at PETCO Park we will have up to 50% off tickets to the Padres vs Angels game, resource tables, giveaways for providers and children, meal deals and a FriarFit Instant Recess fitness break at the Park at the Park.

"By applauding the dedication of child care providers, we remind our communities of the importance of quality child care, and let providers everywhere know that we recognize and value their important work," said Linda K. Smith, Executive Director of the National Association of Child Care Resource & Referral Agencies (NACCRRRA). "It is important that the care a child receives during the first five years of life be of quality because approximately 90 percent of brain development occurs during those years."

"It takes a special person to work in the child care field and these individuals are often unrecognized," says Debbie Macdonald, Executive Director YMCA Childcare Resource Service. "This day offers an opportunity for parents to show their child care providers their appreciation."

To learn more about Provider Appreciation Day or for ideas on how you can thank your child care provider, visit <http://www.crs.ymca.org/events.html>.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE MAKE A DIFFERENCE

CHILDCARE RESOURCE SERVICE Child Care Provider Appreciation Day

SATURDAY, MAY 19 8:30 AM - 12:00 PM
Family Movie & Resource Fair at UltraStar Theater, Mission Valley
Make & Take Craft Activities & Raffle sponsored by Lakeshore
Discount Tickets: \$6

SUNDAY, MAY 20 1:05 PM
Padres vs Angels Game at PETCO Park
\$9 Upper Reserved | \$14 Toyota Terrace Pavilion | \$26 Field Box
Log on to www.padres.com/promo
Enter the promo code: **CHILDCARE**

Giveaways, meal deals, raffle prizes,
community resources...and more!

For more information call Joangrace Espiritu:
619-521-3055 Ext. 2106
Email: jespiritu@ymcacrs.org



Use your smartphone
app to scan the code.



COMMUNITY HIGHLIGHTS

FAMILY CHILD CARE CONFERENCE April 28, 2012

The San Diego County Family Child Care Association's (SDCFCCA) 23rd Annual Conference will be held on April 28. Learn to identify the many developmental skills children master through open-ended art and how to select developmentally appropriate materials and activities. Other workshop topics provided in English and Spanish include: Guidance & Behavior, Health & Nutrition, Family Child Care Business Practices, and many more. Anna Reyner, nationally recognized arts advocate, dynamic arts instructor and Director of Training for Discount School Supply will be the keynote presenter. Vendors and door prizes will also be available! Cost is \$45 for SDCFCCA members and \$55 for non-members. Lunch is available for an additional fee of \$15.

Conference Details

When: Saturday, April 28, 2012

Time: 7:30 am to 3:00 pm

Where: Double Tree Hotel, 7450 Hazard Center Drive, San Diego, 92108

For more information, contact Lori Marquez at 760-436-9171.

CONNECTIONS THROUGH ART TRAINING

Connections through Art is a two-day workshop series presented by the Preschool Learning Foundations Project. Visual and performing arts offer preschool children a variety of opportunities for self-expression and creativity. At this workshop, learn how to help children develop skills in visual art, music, drama and dance.

Cost is \$15 and is available in English and Spanish. Check out the [flyer](#) for more details.

Contact Kara Casares at kcasares@sdcoe.net or 858-571-7220 or Maria Gomez at maria.gomez@sdcoe.net or 858-569-3184 for general information on the workshop series.

ROCK SOLID: PROMOTING SOCIAL AND EMOTIONAL COMPETENCE OF YOUNG CHILDREN MAY 12, 2012

Help the children in your care get along with others, feel secure and become confident, engaged learners. Rock Solid: Promoting Social and Emotional Competence of Young Children teaches skills to early care providers that will enhance the social emotional development of young children. Learn ways to promote children's success through positive relationships with children, families, and colleagues; supportive environments where EVERY child feels good about learning; and intentional teaching of social-emotional skills that help children manage expectations and routines and reduce challenging behaviors. This training is designed for center based staff and family child care providers, especially those serving military families.

Rock Solid utilizes research based curriculum and resources focusing on the social emotional development so that children can be successful in school and in life. Registration is free to licensed center based staff and licensed family child care providers.

Pre-registration is required. To register, click [here](#). Registration closes on May 5 at 9:00 pm. No walk-ins are allowed. For registration information or help with online registration, e-mail WestEd at teachingpyramid@wested.org or call 760-682-0200.

Event Information:

When: May 12, 2012

Time: 8:30 am – 3:30 pm (Lunch on your own)

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

DIRECTOR'S WORKSHOP AND 2012 BARBARA CHERNOFSKY AWARD BREAKFAST

For Child Care Center Directors and Large Licensed Family Child Care Providers



Presentations:

- 5 Simple Steps To Manage, Motivate and Retain Great Staff
Keynote speaker, Julie Bartkus, founder and President of Motivate Teachers
- Special Licensing Presentation
Holly Daasnes, Community Care Licensing Advocate

A full day of professional development includes:

- Staff Motivation
- Special Art presentation from Discount School Supply
- Positive Guidance
- Infant Toddler Foundations
- Health & Nutrition
- Dual Language Learners
- Family Violence & Trauma
- CLASS
- Door prizes, vendors and resources
- 2012 Barbara Chernofsky Award Breakfast

2012 Barbara Chernofsky Award Breakfast

Time: 8:00 a.m. – 9:00 a.m.

Cost: \$30

Director's Workshop

Time: 9:30 a.m. – 3:30 p.m.

Advanced Registration: \$45 (lunch included)

On-site Registration: \$65 (lunch not included)

Advanced Registration for both Awards Breakfast and Director's Workshop: \$70 (\$5 discount)

Advance registration and payment due by May 7, 2012.

Presented by



One person per form. Check or Money order, no cash accepted. Please make check payable to: SDAEYC

To register for Director's Workshop and/or Breakfast, complete and mail registration form with payment to:
YMCA Childcare Resource Service • Attention: R&R Training • 3333 Camino del Rio South, Suite 400 • San Diego, CA 92108

Name: _____ E-Mail: _____

Address: _____

City: _____ Zip: _____ Phone: _____

- Enclosed \$70 for BOTH events (check payable to SDAEYC)
- Enclosed \$45 Director's Workshop ONLY (check payable to SDAEYC)
- Enclosed \$30 Barbara Chernofsky Award Breakfast ONLY (check payable to SDAEYC)

HEALTHLINE

Join First Lady Michelle Obama's Let's Move Child Care Initiative today and take the pledge to fight childhood obesity! To take the pledge, visit www.healthykidshealthyfuture.org. After filling out a quick assessment of your program's current practices and committing to a few action items, you can download a certificate to display at your center to show you are committed to preventing childhood obesity.



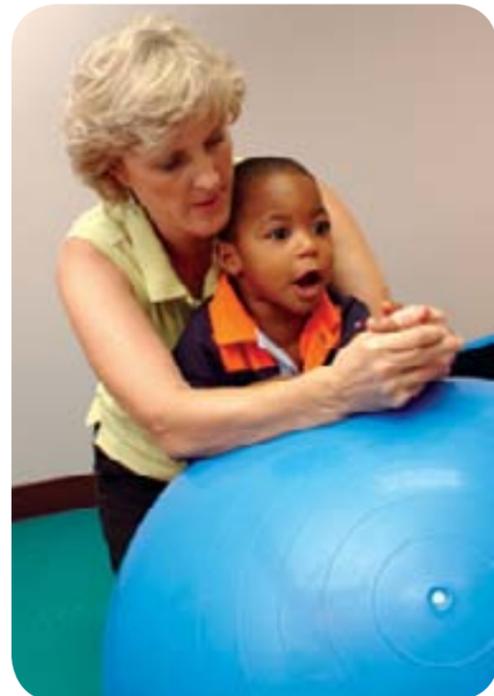
These actions will support First Lady Michelle Obama's five goals:

- 1) Increasing the amount of time children spend being physically active in child care
- 2) Reducing the amount of time children spend at a computer or TV
- 3) Increasing the amount of fruits and vegetables children are eating
- 4) Eliminating the consumption of sugary beverages and
- 5) Encouraging breastfeeding at your center.

By taking this pledge and making small changes in your center, you can join the movement to create a healthy future for children.

RESPITE UNIT

Lending a helping hand



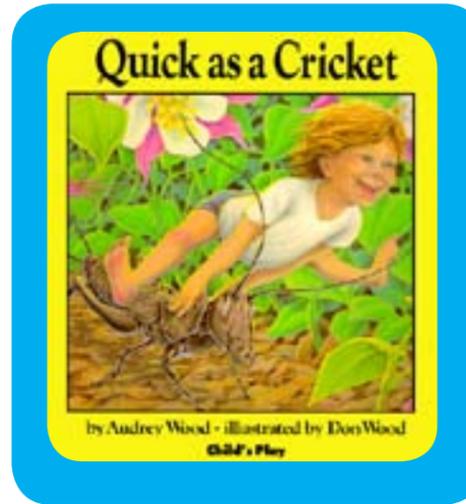
When a child is first diagnosed with a disability, parents experience a range of emotions including sadness, anger and disappointment. There is so much to learn. Words and acronyms like IFSP, CES, PT, OT, CCS, failure to thrive, CP, SSI, hydrocephaly, and medically fragile. Doctors, geneticists, and therapists want to run this test, stretch this heel, evaluate this eye movement, while the parent is still trying to figure out why a pincer grasp is so important. Parents are expected to complete piles of paperwork that look oddly similar. Often it feels like the paperwork will never stop.

Our Respite Unit Department offers care to clients of the San Diego Regional Center to support families who have children with cognitive disabilities. Currently, we serve over 600 families and provide after school care for 70 teenagers and young adults in our Teens in Motion Program.

For those parents who feel guilty because they cannot quite find the time to do the hip flexor stretches with their baby, at the same time helping their first grader finish his or her homework, stirring the spaghetti sauce with their right hand and paying the bills with their left, we can provide the relief the family needs by lending a helping hand.

For more information about the Respite Unit, visit us [online](#) or contact Michelle Perkins at 619-521-3055 ext. 1402.

IDEAS GET OUTSIDE AND PLAY



THEME BOOK: QUICK AS A CRICKET BY AUDREY WOOD

Sit outside in a circle and read Quick as a Cricket to the children. Encourage the children to stand up, move around and mimic the animal sounds in the book.

Related activities:

1. A CRICKET AND FRIENDS HUNT

Encourage the children to seek out friendly insects. Offer jars without lids to the children to collect insects. Teach children how to use a magnifying glass to observe the insects. Have the children draw the insects they find in their notebook, and then let the insect go. When finished, discuss the differences and similarities of the insects.

Materials needed:

- Magnifying glasses
- Jars
- Notebook

2. ANTS ON A LOG

For snack time, give each child a celery stick, plastic knife, a small handful of raisins or craisins (optional), and a dollop of peanut butter (check for allergies) or cream cheese. Encourage the children to spread peanut butter or cream cheese on their "log" (celery stick). Have the children count 5 or more "ants" (raisins or dried cranberries) and put them on their log. Sing The Ants Go Marching while the children build their creations.

Materials needed:

- Plastic knives
- Celery sticks
- Raisins or dried cranberries (like Craisins)
- Peanut butter or cream cheese spread



3. GARDEN TEA PARTY (INSPIRED BY THE TEA PARTY ON PAGE 25 OF QUICK AS A CRICKET)

Set up child size tables and chairs outside. Cover the table with a tablecloth. Set the table with plastic tea cups, napkins and spoons. Have the older children serve the younger children their "tea" (remember to serve a healthy beverage or water). If it is near snack time, serve their healthy snack while the children sip their "tea".

Materials needed:

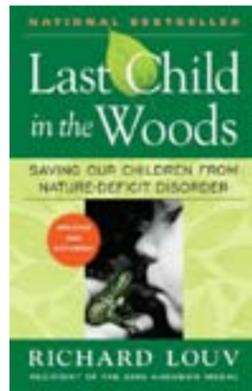
- Play tea set
- Napkins
- Small tables
- Chairs
- Tablecloth



WHAT'S IN THE CRS RESOURCE LIBRARY?

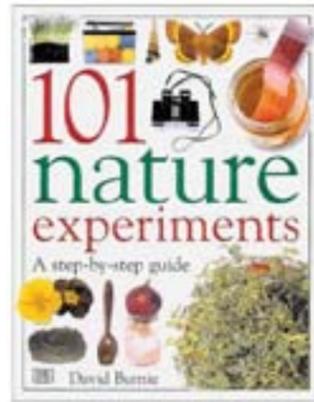
We have the following materials available on the topics of springtime, nature and the outdoors.

BOOKS:



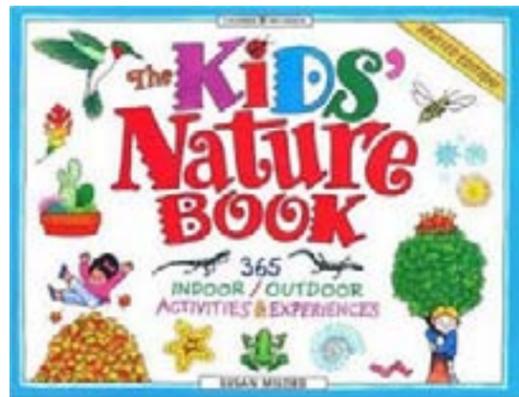
Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv

Last Child in the Woods created a national conversation about the disconnect between children and nature. Louv's message has started an international movement.



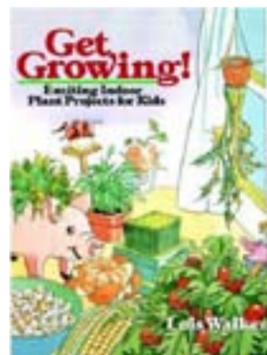
101 Nature Experiments: A Step By Step Guide by David Burnie

Understand the basic principles of nature through experiments using simple, everyday objects.



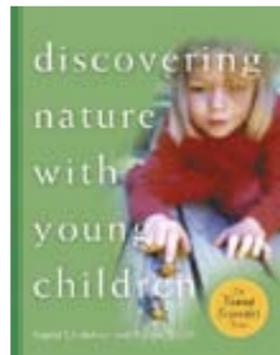
The Kids' Nature Book: 365 Indoor/Outdoor Activities and Experiences by Susan Milord

This book is filled with creative experiences for hands-on fun and learning to challenge and motivate young scientists and naturalists.



Get Growing: Exciting Indoor Plant Projects for Kids by Lois Walker

This fascinating guidebook offers easy-to-follow instructions for the budding gardener. There are 11 exciting plant projects using foods found in the kitchen and includes recipes and craft projects related to each plant discussed.



Discovering Nature with Young Children by Ingrid Chalufour & Karen Worth

Explore the wide-ranging elements that make up the natural world around us. This comprehensive curriculum expands and extends the role science has traditionally played in the early childhood classroom.

VIDEOS:

NAEYC: Sharing Nature with Young Children

This video demonstrates ways of making ordinary natural occurrences into exciting learning experiences for young children.

Exploring Science and Nature (DVD)

Help children learn about science and nature through exploration.

Discovering Nature With Young Children by Ingrid Chalufour & Karen Worth

A wonderful training companion to both the curriculum and trainer's guide, this video contains real-life vignettes of complete curriculum in action in the classroom. This is perfect for staff training and development.

MAGAZINE ARTICLES:

Seeds in the Window, Soil in the Sensory Table: Science Education Through Gardening and Nature-Based Play by Alyse C. Hachey and Deanna L. Butler

This article in the NAEYC Spotlight on Teaching Preschoolers 2 magazine, provides guidelines on how to integrate nature into your classroom curriculum.

From the One-Hour Field Trip to a Nature Preschool: Partnering with Environmental Organizations by Patti Ensel Bailie

From the July 2010 NAEYC Young Children Journal, this article discusses how to bridge the gap between environmental education and early childhood education.

WEB SITES ON SPRINGTIME, NATURE AND OUTDOORS

Children & Nature Network

The Children & Nature Network is leading a movement to connect all children, their families and communities to nature through innovative ideas, evidence-based resources and tools.

Growing up Wild

This is an early childhood education program that builds on a child's sense of wonder about nature and invites her or him to explore wildlife and the world.



Toy Library Saturdays

Mission Valley: April 28, May 19, June 30
National City: April 7, May 5, June 7
Please call for an appointment.

Contact the Resource Library

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

GRANDPARENTS RAISING THEIR GRANDCHILDREN

by Pamela B. Smith, Director, Aging & Independence Services

SYMPOSIUM FOR GRANDPARENTS

The County of San Diego has an initiative to help grandparents who are raising their grandchildren. As part of that effort, a Grandparents Raising Grandchildren symposium will be held in five different locations on Saturday, April 21. The East County event will be held from 9:00 a.m. to 3:00 p.m.; the other events will be 9:00 am to 1:00 pm.

Keynote speakers include Steve Breen, U-T San Diego editorial cartoonist and creator of Grand Avenue, a comic strip about a grandmother raising young twin grandchildren; Michael Morris, author of Slow Way Home, who was partially raised in his grandparents' home; and Susan Kelly, Ph.D., professor from Georgia State University who directs Project Healthy Grandparents.

Grandparents Raising Grandchildren symposium will be held at the locations listed below. The speakers will be live at the Jacobs Center and their talks will be webcast to the other locations.

There will be free child care available at all the event sites; grandparents can request child care at the time of registration.

- Jacobs Center, 404 Euclid Ave., San Diego 92114.
- North County Lifeline Vista Townsite, 642 Vista Village Dr., Vista 92083.
- San Diego Children's Discovery Museum, 320 N. Broadway, Escondido 92025
- Norman Park Center, 270 F. St., Chula Vista 91910
- Meridian Baptist Church, 660 S. 3rd St., El Cajon 92019.

For more information about the Grandparents Raising Grandchildren symposium, visit www.211sandiego.org/grandparents. To register, call toll-free 855-238-5978.



LICENSING UPDATE

Self Assessment Guide for Child Care Programs

A Self Assessment Guide has been created to help licensed child care centers or family child care homes perform periodic assessments of their program. This guide will identify problems and help programs stay in compliance with licensing regulations in order to operate a healthy and safe program for children and be prepared for the next site inspection from Community Care Licensing Division (CCLD).

The Self Assessment Guide lists some of the most common problem areas found by CCLD staff during visits to centers and family child care homes. The guide does not provide a complete list of licensing regulations. For a copy of licensing regulations for centers and family child care homes visit www.cdss.ca.gov.

The **Child Care Center Self Assessment Guide** and the **Family Child Care Home Self Assessment Guide** are available in English and Spanish. For questions and clarification about regulations, required forms, or other licensing requirements, contact your assigned Licensing Program Analyst or the daily Duty Officer at 619-767-2200.