
CRS CONNECT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CHILDCARE RESOURCE SERVICE

3333 Camino Del Rio S., San Diego CA 92108

Volume 34 Issue No. 1

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www.crs.ymca.org

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

FULFILLING A COMMUNITY NEED

ACCORDING TO THE 2000 CENSUS SPECIAL REPORT, 21.8 % of families raising a child with a disability are in poverty. Parents of children with disabilities are not always able to work the traditional hours from 8:00 am-5:00 pm. This makes it more difficult for parents to find employment under tight schedule constraints. One study found that income discrepancies between families with a child with autism and those with typically developing children is likely due to mothers leaving the workforce and taking lower-paying jobs. In some cases, the mother may have to leave the work force permanently to take care of her child with developmental disabilities.

The YMCA Teens in Motion (TIM) program exists to fulfill the needs of working parents whose teens have aged out of a typical child care setting. Staying home independently may not be an option. Working parents who have teenagers and young adults with disabilities are limited in the type of care offered in our community. The TIM program has been providing quality afterschool programming for teens and young adults with disabilities for more than 10 years. The strength of this program and the commitment to teens and families is grounded in the Y's four core values; honesty, responsibility, respect, and caring. These core values are an integral part of the daily interaction between staff and teens in the TIM program.

When teenagers and young adults with disabilities are enrolled in the TIM program they are greeted by enthusiastic staff who share the Y's core values. The uniqueness of the program includes the fact that all of the sites are on typical high school campuses. One of the goals is to provide activities and social experiences similar to those that many typical teenagers experience.



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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.

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

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

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

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.

EMBRACING DIVERSITY

Diversity and inclusion are the pillars of who we are as an organization. In this issue of CRS CONNECT we celebrate the lives of two important individuals; Martin Luther King Jr. and Cesar Chavez. Both of these men have taken non-violent approaches to changing the world for the better.

January 16 – Martin Luther King, Jr. Day

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

NAME: Martin Luther King Jr.

BIRTH DATE: January 15, 1929

DEATH DATE: April 04, 1968

BEST KNOWN FOR: Martin Luther King Jr. was a Baptist minister and social activist, who led the Civil Rights Movement in the United States from the mid-1950s until his death by assassination in 1968.

March 31 – Cesar Chavez Day

"Preservation of one's own culture does not require contempt or disrespect for other cultures."

NAME: Cesar Chavez

BIRTH DATE: March 31, 1927

DEATH DATE: April 23, 1993

BEST KNOWN FOR: As an activist, union leader and labor organizer, Cesar Chavez dedicated his life to improving treatment, pay and working conditions for farm workers.

Information from www.biography.com

(Continued from page 1...)

The Y. So Much More.

For more than 160 years the YMCA has helped people learn, grow and thrive. At the Y's Teens in Motion program staff believe that everyone is entitled to these same opportunities. Teens in Motion sites are providing quality programming for a very specific population that aligns with the Y's areas of focus of youth development, healthy living, and social responsibility.

Youth development is paramount to the Teens in Motion program. Staff encourage leadership by including youth in the decision making of their program. Staff promote opportunities for volunteerism within the program as well as outside the program. TIM provides a safe, supportive environment that allows teens to make mistakes and then grow and learn from those mistakes.

Healthy living is another fundamental part of the Teens in Motion program. Staff offer many activities during the summer and school year that include swimming, outdoor sports, and yoga. In addition to recreational activities staff offer healthy snacks that include organic fruits and vegetables. Staff are mindful of students who have dietary restrictions and provide gluten free food.

Social Responsibility is encouraged throughout the Y and the TIM program strives to make social responsibility a key part of its programming. Participants in the program learn about the value of volunteerism and giving back to their community. Teens in the program have volunteered at Feed America San Diego, helped with recycling, and planted gardens.

Oh, the places we'll go!

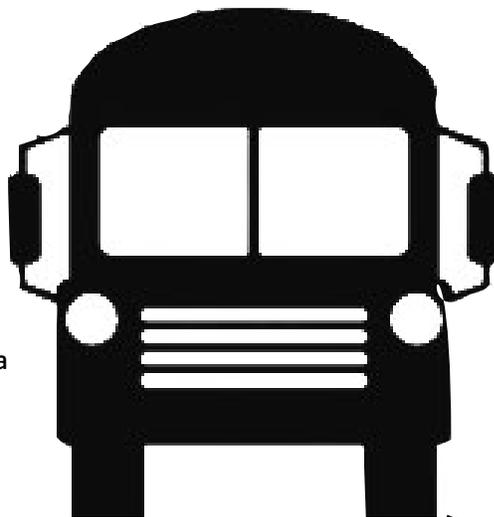
Last year the need to raise funds for Teens in Motion became obvious. The word was out to families and professionals that the YMCA was operating a stellar afterschool program for teens with disabilities. This directly led to the tripling of enrollment and became a major problem. In the past TIM relied on public transportation to access community activities and field trips. With such a large number of students, public transportation could no longer be the only mode of transportation.

Multiple wheelchair access was a problem. Public buses could only hold two wheelchairs; if the bus already had a wheelchair occupying a space the group was forced to split up or the whole group had to wait for the next available bus. This extended the traveling time and limited the amount of time the teens would have during the field trip or community activity.

The Teens in Motion program now rents buses from the Grossmont School District. The reality of the situation is that renting these school buses is a financial challenge. The goal of Teens in Motion is to raise \$10,000 to provide up to 10 community outings for each Teens in Motion site.

Access to the community is a right everyone should have including students with disabilities. With your support we can make that happen.

For more information about how you can support teens with disabilities, log on to our web site: www.crs.ymca.org/giving.



COMMUNITY HIGHLIGHTS

SAN DIEGO COUNTY PLANNING COUNCIL

Here are the latest updates from the San Diego Child Care and Development Planning Council:

Five new members will join the Planning Council this year. The first meeting for the Council will be held at San Diego County Office of Education on **January 13, 2014 at 9:00 am**. All are welcome to attend.

On January 15, 2014, the Planning Council, in partnership with the YMCA Childcare Resource Service, will host an open [Community Meeting for Early Care and Education \(ECE\) Professionals](#) and other community members. The meeting will be from 6:30 pm to 8:30 pm in Room 306 of the San Diego County Office of Education, 6401 Linda Vista Road, San Diego, 92111. This is an opportunity for the ECE community and others to give their input on emerging issues facing all early care and education programs and families. Participants who reserve a space will be provided a light dinner at a cost of \$5.00, payable at the door. **RSVP by January 13, 2014 to Doug Regin at dregin@sdcoe.net.**

The Planning Council has a new Web Site address: <http://www.sdcoe.net/student-services/early-education/Pages/san-diego-county-child-care-and-development-planning-council.aspx>

If you would like to receive our monthly newsletter, please send an e-mail to dregin@sdcoe.net.

2014 CHILD CARE AND DEVELOPMENT STATE BUDGET POLICY WORKSHOP

Learn the mechanics of the state budget process and how the Governor's January version of the 2014-2015 budget impacts children, families, and child care. Now in its 25th year, the State Budget Policy Workshop provides an overview of political issues and California's state budget.

Friday, January 30, 2014

8:30 am to 2:00 pm

Neighborhood House Association

5660 Copley Drive, San Diego, 92111

Discussion topics include:

- Child Care Legislation
- Federal Impacts on California
- Licensing/Early Care and Education Issues
- Advocacy/Local & State Activities

Pre-registration of \$110 due by January 17, includes lunch and materials. For more information call 530-297-5420 or go to www.otcdkids.com.

PCAN: BUILDING RELATIONSHIPS TO UNDERSTAND AND RESPOND TO ABUSE AND NEGLECT

Building effective relationships with families is an important strategy to promote healthy child development. Learn strategies to respond effectively to parents and specific children's needs. Participants will learn to:

- Use self-awareness and careful observation to form a flexible response
- Identify ways in which your own culture influences your relationship with families
- Assess your program's readiness to respond to suspected abuse and neglect

Saturday, February 1, 2014

9:00 am – 12:00 pm

YMCA CRS Mission Valley

3333 Camino del Rio S. Suite #400 San Diego, CA 92108

Cost: \$15.00 per person (Free to CCIP and QPI participants)

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

2014 LEGISLATIVE BREAKFAST

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 in early care and education programs.

Friday, April 25, 2014

8:00 am to 11:00 am

Handlery Hotel

950 Hotel Circle North, San Diego, 92108

Topics of discussion will include local and statewide information on the San Diego Quality Preschool Initiative, Parent Signature Program, Race-to-the-Top Early Learning Challenge Grant and the Quality Rating & Improvement System (QRIS). Learn how these programs benefit children and families and increase the quality of early childhood education by supporting the professional development and retention of early childhood educators. Special guest speakers include Camille Maben, Executive Director, First 5 California and Lucia Garay, Executive Director, Early Education Program and Services, San Diego County Office of Education. This event is co-sponsored by the San Diego County Child Care and Development Planning Council, Public Policy Committee, YMCA Childcare Resource Service and Volunteers of America.

Pre-registration of \$10 by April 18, includes breakfast, materials and parking. For information contact Debra Boles at 619-521-3055 ext. 2319 or e-mail mytraining@ymcacrs.org.

WHAT'S IN THE CRS RESOURCE LIBRARY?

The Resource Library has the following materials available on the topic of **Community**:

RESOURCE BOOKS

Play Lady

By Eric Hoffman

A moving story about how the kids in the neighborhood help their "Play Lady" after her yard is vandalized.

My School, Mi Escuela

By Rebecca Emberley

This book features colorful images and simple words in both English and Spanish for the young reader.

My City, Mi Ciudad

By Rebecca Emberley

This colorful book helps children discover the sights and sounds that can be found in the city while learning words in both English and Spanish.

Family Pictures / Cuadros de Familia

By Carmen Lomas Garza

A memoir about celebrating birthdays, making tamales, finding a hammerhead shark on the beach, picking cactus, going to a fair in Mexico, and confiding to her sister her dreams of becoming an artist. These day-to-day experiences are told through fourteen vignettes of art and a descriptive narrative, each focusing on a different aspect of traditional Mexican American culture.

MAKE AN APPOINTMENT FOR THE RESOURCE LIBRARY!

Appointments available Monday-Friday from 8 am to 5 pm, or the 2nd and 3rd Saturday of each month from 8 am to 12 pm.

Call 619-521-3055 ext. 2304 or e-mail myresource@ymcacr.org to schedule an appointment, pre-order toys, and arrange to pick up your order at a CRS workshop.

TOY LENDING

Community Career Costumes

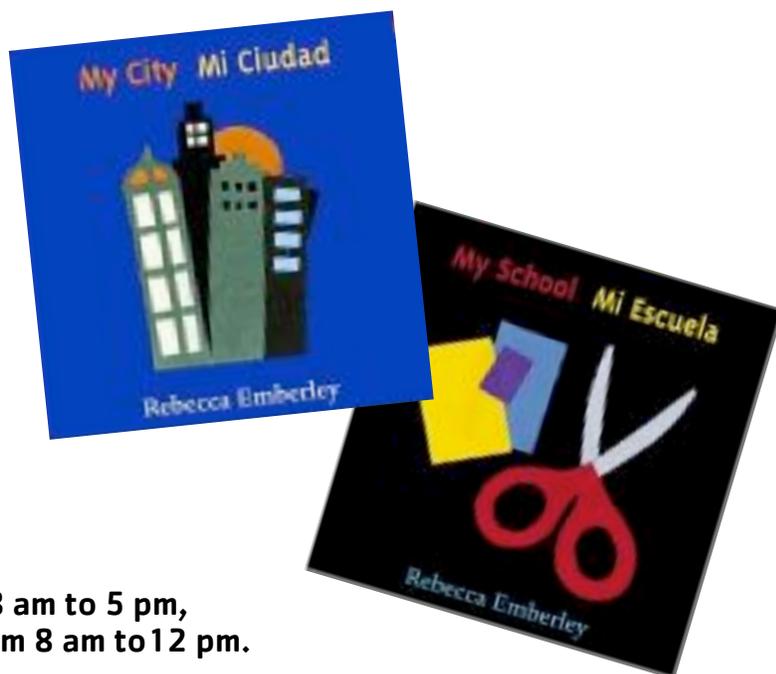
A realistic, easy-on costume set that includes an astronaut, firefighter, doctor and more!

Community Garages

Turn any block play space into a bustling community...with our realistic, super-sturdy garages! Each one has drive-through openings on both ends, so kids can zip in and out of the post office, roll into the auto shop for a tune-up, drop "passengers" off at school and more!

Let's Talk! Community Helpers Puppets

Kids learn all about their community and the people who keep it running with this delightful puppet set! Friendly puppets have easy-working mouths and arms plus detailed costumes sewn right on, so the clothing never gets lost.



HEALTHLINE

HEALTHY EATING, ACTIVE LIVING

Kaiser Permanente has funded a project to address the obesity epidemic in the community of Lemon Grove. The Healthy Eating Active Living (HEAL) Zone Initiative provides opportunities for the community to develop and implement strategies to improve opportunities for healthy eating and active living in multiple settings.

Community Health Improvement Partners (CHIP) is a non-profit organization in San Diego that assesses community health needs through collaboration. CHIP is the lead agency for the Lemon Grove HEAL Zone and will be working with community entities in Lemon Grove from all sectors- city government, schools, health care, early childhood, community residents, faith institutions, service organizations, media, and business to reach the goals of the HEAL Zone Initiative.

LEMON GROVE HEAL ZONE GOALS

The Lemon Grove HEAL Zone’s 44 work plans aim to achieve three overall project goals:

- Reduce calorie consumption
- Increase consumption of healthy foods and beverages
- Increase physical activity

EARLY CHILDHOOD DOMAIN STRATEGIES

The Early Childhood Domain is part of the San Diego Childhood Obesity Initiative and is comprised of early care and education providers and stakeholders committed to the prevention and reduction of childhood obesity. This domain workgroup assists parents, teachers, administrators, and child care providers in the promotion of healthy nutrition and physical activity among young children. The following is a partial list of strategies that aim to engage all licensed family and center-based early care and education providers to prevent childhood obesity.

Implementation of 5210 healthy messaging:

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

Farm to Preschool programming:

- Focus on creating healthy lifestyles through good nutrition and experiential opportunities such as gardening; improving healthy food access at home and within the community
- Sourcing local foods in school snacks and meals;
- Promoting and increasing access to local foods for providers and families;
- Offering nutrition and/or garden-based curricula;
- School gardening;
- In-class food preparation and taste testing;
- Field trips to farms, farmers’ markets and community gardens;
- Parent workshops;
- Implementing preschool wellness policies which address Farm to Preschool principles
- Collaboration with clinical health care providers to reinforce the importance of healthy child care environments and selecting a provider who has adopted a wellness policy.

YMCA CRS INVOLVEMENT

CHIP recognizes the YMCA Childcare Resource Service as a leader and expert in the field of early care and education in San Diego County. As a result, YMCA CRS has been contracted to work with licensed family and center-based early child care providers and centers to implement strategies that support the HEAL Zones goals.

Over the next 12 months the YMCA will be providing education, coaching, training, materials, and support to family-based child care providers and centers in Lemon Grove. The plan is to identify areas of improvement, develop a plan, and get into action! At the completion of work with our Wellness Coach, providers and centers will receive a decal from the Lemon Grove HEAL Zone to proudly display at their location. YMCA CRS will identify those successfully completing the program as a “Wellness Champion” and they will have the opportunity to receive priority referrals from YMCA CRS referral line to parents seeking child care.

Effective wellness policies may include the following elements:

- Provide adequate physical activity each day including outdoor free play time
- Nutritional standards for meals, snacks and beverages
- Elimination of unhealthful food and the use of food/physical activity as reward or punishment
- Healthy role modeling by staff and caregivers
- Limited screen / TV time
- Healthy celebrations
- Support for breastfeeding

YMCA Childcare Resource Service and Community Health Improvement Partners (CHIP) are committed to promoting health in early childhood and support all of San Diego County.

If you are in Lemon Grove and want to learn more about the HEAL Zone contact Kim Woodworth at 619-521-3055 ext. 2615. If you are not in Lemon Grove and are seeking support or want to join the San Diego County Childhood Obesity Initiative Early Childhood Domain call Kim McDougal at 619-521-3055 ext. 2517.



LICENSING UPDATE

AUTHORIZED VISITS

This is a message from the Community Care Licensing department on inspection authority. For a complete copy of Community Care Licensing Regulations log on to www.cclid.ca.gov and open the Law and Regulations tab.

Any authorized officer, employee, or agent of the California Department of Social Services (CDSS) may, upon presentation of proper identification, enter and inspect any place providing personal care, supervision and services. Entry and inspection may occur at any time, with or without advance notice, to secure compliance of or prevent violation of regulations adopted by CDSS, in accordance with Health and Safety Code, Section 1596.852. The inspection authority includes but is not limited to:

- Making an announced or unannounced site visit
- Investigating a verbal or written complaint
- Investigating complaints of unlicensed care
- Interviewing staff and children
- Observing the physical condition of children in care
- Auditing and copying facility records
- Authorized inspections and site visits can be conducted only during the period beginning one hour before and ending one hour after the facility's normal

business hours or at any time child care services are being provided. However, the department may enter outside this time period to protect the health and safety of any child in the facility.

During inspections, areas that are deemed off limits on a facility sketch are not generally inspected. However, when children are present or suspected to be in an area designated as "off-limits," inspection of these areas is necessary and permitted in order to determine the adequacy of care and supervision. If an off-limits area contains any item(s) that are to be inspected by CDSS, such as firearms, ammunition, medication, toxins, etc., then the area is no longer off limits.

QUESTIONS?

Contact your assigned License Program Analyst or the Duty Worker at Community Care Licensing 619-767-2200.

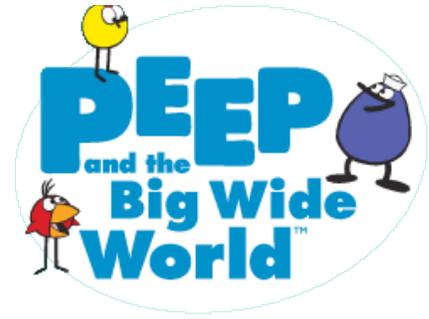
SAVE THE DATE!

SUNDAY, JUNE 8
Padres vs Nationals Game
PETCO Park

Giveaways, community resources, fun with the Friar, San Diego Padres...and more!
Find out how you can become a community sponsor, volunteer, or join us at this popular annual event.

Contact YMCA Childcare Resource Service:
Erika Ramirez Lee, 619-521-3055 ext. 2233
eramirezlee@ymcacrs.org





SERVING THE NEEDS OF FAMILY CHILD CARE PROVIDERS

Peep and the Big Wide World is the award-winning preschool science series that airs on public television. The early childhood team behind Peep has now developed science units and training specifically for family child care providers. We hope you might be interested in testing these resources. (Materials are available in both English and Spanish.)

WHO: For this pilot test of the new resources, we are looking for family child care providers currently caring for children 3 to 5 years of age, both English and Spanish speaking, who have access to a computer and the internet.

WHAT: You will get training on using science activities with preschoolers and you will access the new science units online and then use them with the children in your care.

WHEN: The pilot study runs from January to May 2014. There are up to 3 curriculum units to test over that time period.

THANK YOU! Family child care providers who participate will receive the following:

- a set of 10 children's picture books (choice of English or Spanish)
- a set of six magnifying glasses for children
- a \$25 gift card

CONTACT US! To participate contact Debra Boles by January 15 at: dboles@ymcacrs.org or call 619-521-3055 ext. 2319. Space is limited.

PEEP and the Big Wide World Pilot Curriculum Study
is offered in collaboration with YMCA Childcare Resource Service.