

Y CHILD CARE COMMUNIQUE

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

January/February/March 2011

Childcare Resource Service: A Department of the YMCA of San Diego County. Funded by California Department of Education, Child Development Division.

Legislative Changes for Child Care

The New Year, 2011, will bring some positive legal changes to the early care and development field. First on the national level, Congress passed the Healthy, Hunger-Free Kids Act of 2010. This act will dramatically improve access to nutritious meals and enhance the quality of meals children eat in and out of school and in child care settings. As well, new school food safety guidelines will be created and nutrition standards for all foods sold in schools will be developed. Some of the most important changes are:

- Provides more meals for at-risk children nationwide by allowing the Child and Adult Care Food Program (CACFP) to reimburse providers for children after school
- Promotes nutrition and wellness in child care settings by establishing nutrition requirements for CACFP
- Supports breastfeeding for low-income women
- Eliminates junk food from schools

The second important piece of legislation, AB2084 (Brownley) was passed by the California Legislature. The emphasis of this bill is to implement simple nutrition standards for beverages served in licensed child care including:

- Serve only lowfat or nonfat milk to children over 2 years of age
- Eliminate sugar-sweetened or artificially-sweetened beverages
- Limit juice to a maximum of one serving of 100-percent juice
- Promote water consumption

Third, the Federal Product Safety Commission adopted new crib-safety specifications which will ban all drop-side cribs that create gaps in which babies can become trapped and suffocate or strangle to death. The new rules will go into effect in about six months. It will be illegal to resell almost all current cribs. Child care centers will need to replace their current cribs within two years.

Did you know that San Diego County has two unique committees working on health and safety for early care and development providers, families and children? The first committee is the Disaster Preparedness Committee which meets the third Tuesday of each month at 1:00 p.m. at YMCA CRS. The other committee is the San Diego County Childhood Obesity Initiative (COI) early childhood domain. This committee focuses on improving nutrition and physical activity for child care programs. The COI committee meets the fourth Tuesday of every month at 10:00 a.m. at YMCA CRS. For more information, please contact Joangrace Espiritu at 619.521.3055 x 2106.



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 a.m. to 4:00 p.m. and Fridays from 8:00 a.m. to 12:00 p.m. or referrals may be accessed online at www.ymcacrs.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.ymcacrs.org, call 1.800.481.2151 or e-mail myresource@ymcacrs.org.

Mission Valley Office 619.521.3055
 North County Office 760.726.9100
 South County Office 619.474.4707
 Child Care Referrals 1.800.481.2151

www.ymcacrs.org

YMCA Childcare Resource Service Helping Families and Child Care Providers Connect, Share and Grow since 1980

For 30 years, YMCA Childcare Resource Service has been committed to promoting the well-being of families, children and those who care for them. On November 19th, CRS opened its doors to the San Diego community in order for the community to learn about this unique department of the YMCA of San Diego County. CRS has been a leader in enhancing the quality of child care programs and supporting families. Parents, child care providers and community members took a tour of the main office and met the faces behind the different CRS units which include Alternative Payment, Resource & Referral, HealthLine, Child Development Services, Centralized Eligibility List, Respite Unit and the newest department for subsidized child care, Stage 1. Each visitor was entered into a drawing to win fabulous prizes such as a costume trunk for dramatic play and bicycles to promote gross motor skills. Community sponsors included ABC Twiggles, Disguise Inc., The Jumpitz, San Diego Padres, Step 2, Sweet! Cupcake Catering and sister branches Jackie Robinson Family YMCA, Rancho Family YMCA and Southbay Family YMCA.

RANCHO FAMILY YMCA
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We build strong kids, strong families, strong communities.

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 YEARS

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 ABC
 Twiggles
 Multi-Sensory Program
www.abctwiggles.com



The Business of Family Child Care “What you need to know about IRS Audits”

Participants will learn how to keep first-rate books and tax records to make the most of their family child care business deductions and successfully manage an IRS audit. In depth information will be provided regarding proper hiring of employees as assistants or substitutes and appropriate taxes and with holdings required by the IRS. Information will be presented by a qualified tax preparer. Cost is \$15.00 per person. For more information contact 1.800.481.2151 or mytraining@ymcacrs.org.

Thursday, January 20th 6:30 p.m. – 9:30 p.m.
YMCA CRS, 3333 Camino del Rio South, Ste. 400
San Diego, CA 92108

Positive Parenting Project

Increase your confidence as an early childhood educator! The Jewish Family Service presents a training series for those working in early childhood education that will demonstrate how to encourage resilience, increase independence, respect and cooperation in children. Gain knowledge about ways to encourage and promote a child and a family's ability to “bounce back” and recover from the many stressors in life by developing coping skills and building a positive outlook. Training is an evidence-based program to provide early childhood educators with a “toolbox” of skills that they can master easily and quickly. The free, three part training series will be held on January 26, February 2 and 9, 2011 from 6:30 p.m. to 8:30 p.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South, Ste. 400, San Diego. For more information contact 1.800.481.2151 or e-mail mytraining@ymcacrs.org.

Disaster Preparedness Training

Is your 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. Disaster Preparedness training for family child care programs will be held on February 16, 2011 and for center based programs on February 24, 2011 from 6:30 p.m. to 9:30 p.m. at YMCA CRS, 3333 Camino del Rio South, #400, San Diego, CA 92108. The cost is \$15.00 per person. For registration information contact 1.800.481.2151 or e-mail your request for a registration flyer at mytraining@ymcacrs.org. Get Ready – Stay Ready! It's your professional responsibility.

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 early 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. The training modules will be held at YMCA Childcare Resource Service, 3333 Camino del Rio South, #400, San Diego, 92108. Cost is \$15.00 per workshop, free to all CCIP and LEEP participants. To learn more about qualifying to receive free training and support to obtain your family child care license or registration information contact 1.800.481.2151 or e-mail to mytraining@ymcacrs.org.

January 15 8:00 a.m. – 12:00 p.m.
Mod 1 Setting up the Child Care Environment

February 5 8:00 a.m. – 12:00 p.m.
Mod 2 Family Child Care Business and Planning
Practices

March 12 8:00 a.m. – 12:00 p.m.
Mod 3 Planning activities for the Developing Child

April 12 6:30 p.m. – 9:30 p.m.
Mod 4 Provider and Family Relationships

May 24 6:30 p.m. – 9:30 p.m.
Mod 5 Positive Guidance of Young Children

2011 Child Care and Development State Budget Policy Workshop

Don't miss this opportunity to be informed about the state budget and current legislation. The State Budget Policy Workshop provides an overview of political issues and the California state budget. Join child development colleagues and advocates to learn the mechanics of the state budget process and how the Governor's January version of the 2011-2012 budget may impact children, families and child care. Discussion topics will also include State & Federal Child Care Legislation, Federal Impacts on California, Licensing and Early Care and Education Issues and Local & State Advocacy Activities.

The workshop will be held on **January 28th at Neighborhood House Association, 5660 Copley Drive, San Diego, 92111 from 8:30 a.m. to 2:00 p.m.** To register, log on to www.otcdkids.com or call On the Capitol Doorstep at 530.297.5420. The State Budget Policy Workshop is presented by On the Capitol Doorstep, Child Development Policy Institute and Children's Defense Fund California, and sponsored by YMCA Childcare Resource Service and Lakeshore Learning Materials.

Planning Council Update

New Members to the Planning Council

The San Diego County Child Care and Development Planning Council would like to welcome its newest members:

Name	Membership Category
Instar "Star" Bales	Community, Chaldean American Association
Christy Jeanne	Consumer, North County Serenity House
Karen Matsuda	Provider, Chicano Federation of San Diego
Lucille Segura	Provider, VIP Village
Dana Weevie	Discretionary, North County Serenity House

As a state-mandated advisory board to the County Board of Supervisors and County Superintendent of Schools, council members will assess and make recommendations to improve access to quality child care and development services for children and families in San Diego County.

If you would like more information on the work of the Council, or would like to know how you can be involved, please contact:

Zaneta Salde Encarnacion, Council Coordinator
zencarnacion@sdcoe.net

San Diego County Child Care and Development Planning Council
San Diego County Office of Education
6401 Linda Vista Road, Room 315
San Diego, CA 92111
Tel: 858.292.3727

Licensing Update

According to the American Dietetic Association (ADA), all child care programs should meet children's nutrition and nutrition education needs in a safe, sanitary, and supportive environment that promotes healthy growth and development. Below are the following recommended benchmarks by the ADA:

MEAL PLANS

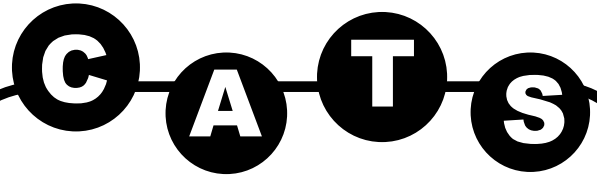
- Menus should be nutritionally adequate and consistent with the dietary guidelines for Americans.
- Food should be provided in quantities and meal patterns that balance energy and nutrients with children's ages, appetites, activity levels, special needs and cultural or ethnic differences in food habits.
- Parents should be involved in the nutrition component of their child care facility.

FOOD PREPARATION

- Plenty of fresh or frozen fruits and vegetables and whole grain products should be offered to children.
- The addition of fat, sugar, and sodium should be minimized.
- Food preparation and services should be consistent with best practices for food safety and sanitation.

PHYSICAL AND EMOTIONAL ENVIRONMENT

- Furniture and eating utensils should be age appropriate and developmentally suitable to encourage children to accept and enjoy mealtime.
- Child care personnel should encourage positive experiences with food and eating.



CATS Training Updates

Get the latest information about upcoming trainings and activities for parents, providers, child development professionals and CARES participants. 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.ymcacr.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.

NUTRITION CONSULTATION AND TRAINING

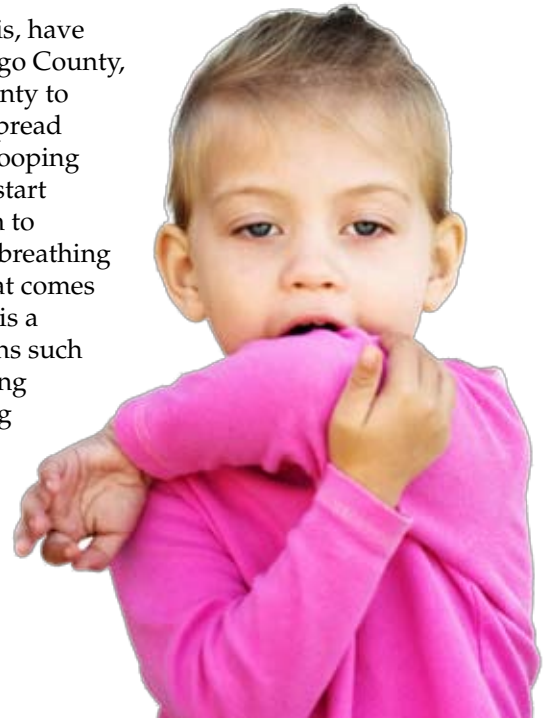
- Caregivers should receive appropriate training in nutrition and food service.
- Child care programs should obtain consultation and technical assistance from a dietetic professional on a regularly scheduled basis.
- Nutrition education for children and for their parents should be a component of the child care program.
- Child care programs must comply with local and state regulations related to wholesomeness of food, food preparation facilities, food safety, and sanitation.

To read more about the *Position of ADA: Benchmarks for Nutrition Programs in Child Care Settings*, visit the Journal of the American Dietetic Association at: <http://www.adajournal.org/content/positionPapers#2005>

From the Spring 2010 CCL Update

Ask the HealthLine...

Twenty-one new cases of whooping cough, also known as pertussis, have been reported in teens and children at 17 schools around San Diego County, California. This raises the total reported cases this year in the county to 931. Whooping cough is a highly contagious respiratory disease. It is spread through the air or by direct contact with infected mucous or saliva. Whooping cough can be prevented by immunizations. Early symptoms generally start mild and include those of a common cold. Symptoms gradually worsen to violent coughing attacks which may lead to vomiting, red or blue face, breathing problems, extreme tiredness, sweating spells, and a “whoop” sound that comes when trying to draw a breath after a coughing spell. Whooping cough is a very serious disease in infants and can lead to other health complications such as pneumonia, ear infections, swelling of the brain, and death. Beginning symptoms in infants are often mild and will suddenly get worse leading to severe respiratory distress. To protect yourself and young infants everyone should be immunized against whooping cough and be up-to-date with all other immunizations. Some other ways to help limit the spread of whooping cough are washing hands often, coughing into elbow or sleeve, disinfecting the environment, good ventilation, and carefully monitoring all children and adults for coughs. For more information about whooping cough please call the YMCA Childcare Resource Service HealthLine at 1.800.908.8883.



TIPS from Your CRS Child Care Consultants

Becoming an advocate takes time, dedication and information. The best way to get started is by knowing what resources already exist. Use these *Tips From Your CRS Child Care Consultants* as a resource to become a more informed advocate for children.

Local legislative information can be obtained from:

- YMCA Childcare Resource Service, 1.800.481.2151 or www.ymcacrs.org
- Registrar of Voters, 858.565.5800 or www.sdvote.com

Local advocacy groups can be accessed through:

- San Diego County Child Care and Development Planning Council, 858.292.3727
- San Diego Association for the Education of Young Children, 858.273.1773
- San Diego County Family Child Care Association, 619.260.3753

For bill and public policy information contact:

- Legislative Bill Room
To receive more information about a bill or order copies of bills, contact the Bill Room at 916.445.2323. Callers need to know the number of the bill (eg: SB 1661 or AB 3049) and legislative year the bill was active, if it is not a current bill.
- Legislative Counsel of the State of California
For status updates on bills, a daily calendar for both houses, and answers to common questions, log on to www.leginfo.ca.gov. The site also includes links to other legislative publications.
- On The Capitol Doorstep and Legislative Update
To receive continuous information on bills and public policy issues that affect young children in California, subscribe to On The Capitol Doorstep and/or the Legislative Update. Included

in both publications is contact information for the legislative consultant who is assigned to each bill and can answer questions or hear concerns. Contact the editor, at 916.442.5431 or www.otcdkids.com to begin a subscription.

To be added to a list serve for state and federal legislative action log onto:

- Child Development Policy Institute at www.cdpi.net
- Children’s Defense Fund at www.childrensdefense.org

To learn how to advocate for children as a parent visit:

- YMCA Childcare Resource Service (CRS): www.ymcacrs.org
See the Speak out for Children page on the CRS web site for more information on how adults can help children.
- Parents Voices: www.parentvoices.org
This advocacy group is made up of parents who take action on behalf of children.
- Parent Network Action Center: www.naccra.org/for_parents/
The Child Care Aware Parent Network Action Center (formerly Parent Central) is the hub of advocacy activity. You can subscribe to Parent Network Action eNews to receive information on advocacy as well as many other topics.

What's in the CRS Resource Library?

The Resource Library has the following materials available on the topics of public policy and advocacy for young children.

Resource Books:

Leadership in Early Care and Education by Sharon L. Kagan and Barbara T. Bowman, Editors. A guide to early childhood leadership including: management, advocacy, advancing good practice, and community leadership roles.

Advocates in Action: Making a Difference for Young Children by Adele Robinson & Deborah R. Stark. Offers practical advice on influencing policy and practice to the benefit of young children and the early childhood community.

Speaking Out: Early Childhood Advocacy by Stacie G. Goffin & Joan Lombardi. A guidebook about how public policy is made and what you can do to influence decisions in favor of children's best interests. *San Diego County Report*

Card on Children & Families This report card is a continuation of a series of reports that provides a summary of the overall well being of San Diego's children and families.

The Future of Children Series Contains summarized knowledge & experience in selected areas that are relevant to improving public policies in the U.S. that have an impact on child protection.

Videos:

Leave No Children Behind Marian Wright Edelman presents a compelling argument for a national campaign on behalf of children -To leave no child behind.

Leaders as Advocates National Head Start Association President, Ronald Herndon's inspiring and challenging keynote address at

the 1994 conference of NAEYC's National Institute for Early Childhood Professional Development.

Newsletters/ Brochures:

On the Capitol Doorstep newsletter
A publication that gives updates on public policies affecting children in California.

Be a Children's Champion
Today, more than ever, young children need you to be their champion and to advocate on their behalf.

The Legislative Process: A Citizen's Guide to Participation
Easy to read guide on the legislative process, and how to work the process, write a letter, understand a bill and other legislative terms.

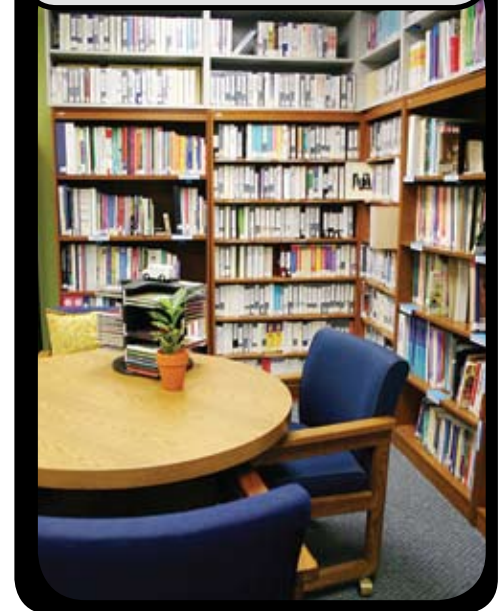
Toy Library Saturday:

Mission Valley: Jan. 8, Feb. 12, Mar. 12
National City: Jan. 29, Feb. 26, Mar. 26
Vista: Jan. 8, Feb. 5, Mar. 5

Please call for an appointment.

Contact the Resource Library:

San Diego: 619.521.3055 ext. 2304
National City: 619.474.4707 ext. 1317
Vista: 760.726.9100 ext. 3317



Web Sites

Children need adults to let others know that the knowledge and experiences gained in early childhood shape a child's entire life. Just one person speaking out can make a difference, just as one child can make a difference in your life. Here are more online resources on how you can be an advocate for children's issues.

www.cachildlaw.org – Children's Advocacy Institute

This organization founded at the University Of San Diego, School of Law, works to improve the status and well-being of children in our society by representing their interests and right to a safe, healthy childhood.

www.rrnetwork.org – California Child Care Resource & Referral Network

Under the public policy section of the website you can find information on legislation and advocacy. Offers updates on policies at the state and federal level.

www.cdpi.net – Child Development Policy Institute

The Child Development Policy Institute's mission is to help establish sound public policy that benefits the children of California. Website offers information on advocacy, events, and other useful links for resources at the state and federal level.

www.childrennow.org – Children Now

Organization combines research and advocacy to benefit children on a variety of topics including media, health, education and child care.

www.childrensdefense.org – Children's Defense Fund

The Children's Defense Fund was established in 1973 as a non-profit working to help children nationwide. Website offers information on child advocacy resources and ways you can get involved.

www.4children.org – Children's Advocate: The Online Magazine of the Action Alliance for Children

Offers information on advocacy opportunities, the state and federal budgets, voting, and much more! You can also sign up for a bimonthly newsletter which contains information on a variety of topics.

• IDEAS • ideas •

Rainy days are sure to come our way in January, February and March. This means you will need plenty of indoor activities! Enjoy these rainy day favorites submitted by *Your CRS Child Care Consultants* with the children in your care.

Bingo or Lotería

Bingo or Lotería is a favorite game at our house especially when it is raining. We can play in Spanish or English and it also helps with practicing numbers. These games are fun for everyone and appropriate for all ages. If you have a child that is too young to know letters or numbers, pair them up with an adult or older child and make it fun for everyone.

- Janet

Rainsticks

This activity is a fun way to use recycled materials to create something new. Children will love making their own rainstick and hearing the dried beans as the move through the tube.

What you'll need:

- Paper towel tube or other long cardboard tube
- Aluminum foil
- Small dried beans, un-popped popcorn, dry rice, or tiny pasta.
- Construction paper
- Glue
- Scissors
- Crayons or markers

Steps:

Trace the end of the tube onto a piece of construction paper. Draw a bigger circle around that circle and then draw a lot of spokes between the two circles. Cut along the spokes. Put glue on the spokes and glue this cap onto one end of your tube. Cut a piece of aluminum foil that is about half the length of your tube and about 6 inches wide. Crunch the aluminum foil into two long, thin, snake-like shapes. Then twist each one into a coil like shape. Put the aluminum foil springs into tube. Pour in the dry beans until about 1/10 full. Make another cap from construction paper (the same as the first three steps) and cap your tube. Decorate.

- Tanya

Playdough

Making playdough is a fun way to keep children busy while they have fun using the cookie cutters to create their own cutouts. It is also a good sensory activity which practices fine motor skills. Math can be incorporated if the children assist you in measuring and pouring the items needed to make the recipe.

What you'll need:

- 1 cup cold water
- 1 cup salt
- 3 cups flour
- 2 teaspoons vegetable oil
- Tempera Paint or food coloring
- 2 tablespoons of cornstarch
- Assortment of cookie cutters

Steps:

In a bowl, mix water, salt, oil and enough tempera paint or food coloring to make a bright color. Gradually add flour and cornstarch until the mixture reaches the consistency of bread dough. Allow children to sculpt, use cookie cutters, and play with the dough. Store covered in a plastic container or large plastic bag.

- Anita

Get Outside!

Enjoy the rain! If it's just a light drizzle go outside for a walk anyway. Bundle children up in warm clothes, a rain jacket and rain boots. While you are walking, sing rainy day songs such as "Singing in the Rain", "The Itsy Bitsy Spider" and "Rain, Rain Go Away". You can also have the children pretend to be fish, frogs, sharks or even ducks. Children enjoy catching raindrops on their tongues. Plus, the streets look very different from under an umbrella.

- Rennea & Cynthia

Make a Fort!

Make a fort using blankets and sheets. Drape the sheets over dining room chairs or living room furniture and go inside. You can read or tell stories with flashlights or even pretend to be thunder and lightning by clapping your hands to mimic thunder and the flickering of a flashlight to mimic lightning.

- Cynthia & Rennea

