

Y CHILD CARE COMMUNIQUE

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

March/April 2010

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

Child Care and Biting

When children are together in child care, eventually one toddler is going to bite another toddler. Biting is a stage that many toddlers go through. It is helpful to know that biting is not a predictor of later aggressive behavior, and it should not be grounds for expulsion from a child care program. Studies show that one out of 10 toddlers and 2 year olds are biters. The occurrence of biting in child care is highest in September, lowest in the summer and usually peaks around 10:00 a.m.

Biting is most common when toddlers are under stress or going through a developmental change. Once a child can use words and has a little more control over his or her behavior, biting will be less of an issue.

Why Toddlers Bite

- Their back teeth are coming in and their gums hurt.
- They still use their mouths to explore the world.
- They don't have the words to tell you what they want.
- They don't understand having to wait for something.
- They do understand there are things they want to do, but are unable or not allowed to do.
- They may not be getting enough oral stimulation in their diet.
- The setting may be overwhelming.

Prevent or Minimize Biting

Biting is less common in a calm environment. Child care providers should do as much as possible to avoid unnecessary commotion and competition for toys and adult attention including:

- Watchful adult supervision
- Teething toys (that are sanitized frequently)
- Children being encouraged to share, wait and use their words
- Daily activities that engage toddlers in sensory activities such as using straws, crunching on ice or blowing a whistle
- Foods that have a variety of tastes, temperatures and textures that require sucking, gumming, munching, crunching and chewing
- Supervised use of toothbrushes and oral stimulation brushes that allow children to massage their gums
- Planning for individual children's needs, interests and developmental levels

Respond to Biting

Biting is scary for the whole group - the child being hurt, the child doing the biting and the group that witnesses the results. A good program will have procedures in place to deal with biting once it occurs. Caregivers should respond calmly and take steps to minimize future incidents.

If your child is bitten, you should expect your child to be comforted and given appropriate first-aid. You should receive a written injury report. When you hear your child has been bitten, stay calm. Let the caregiver explain what happened. Find out what steps are being put in place to reduce chances that this will happen again. Please note that your child care provider is legally not allowed to tell you who did the biting. If your child is repeatedly being bitten and you think that your provider is not taking care of the problem, you should notify Community Care Licensing at 619.767.2200.

(Continued on page 2...)



The *Child Care Communique* is published six 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.

Guest editorials and announcements are welcome and may be addressed to the editor, 3333 Camino del Rio S. #400, San Diego, CA 92108-3839. Opinions expressed by guest writers do not necessarily reflect the views of YMCA CRS. Efforts to preserve the intent of each submission will be made with final editorial authority resting with the editor. Submissions will be considered for publication as space and time allow.

YMCA CRS Referral 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 8:00a.m. to 4:00p.m. and Fridays from 8:00a.m. to 12:00p.m. or a message may be left 24 hours a day.

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 referral and complaint policies are available to parents, providers, or other interested persons by calling 1.800.481.2151 to request a copy.

YMCA CRS Programs

Administration..... 619.521.3055
 Alternative Payment 619.521.3055
 Centralized Eligibility List..... 1.800.521.0560
 Special Needs Unit..... 619.521.3055
 North County Office 760.726.9100
 South County Office 619.474.4707
 HealthLine 1.800.908.8883
 Child Care Referrals 1.800.481.2151
 On-line Referral Search.....www.ymcacrs.org
 Inclusion Specialist 619.521.3055 x2325
 CATS Calendar..... 619.521.3055 x2315
 Resource Library 619.521.3055 x2304
 San Diego CARES 1.866.CARES SD
 Military Family Programs 1.800.441.9199

www.ymcacrs.org

If your child is the biter, you should expect your child to be comforted as well. It's scary to lose control and bite. Once your child is calm, he or she should be helped to see that the child who was bitten has been hurt. Then your child should be redirected to another activity.

The provider should consider the best strategies to use with your child to prevent future biting. Your child may need a teething toy, a different toy, or a reminder about learning to share or wait.

Problem Solve Together

The child care provider and parent should spend time together watching and understanding a toddler who bites. Share positive techniques to reduce incidents of biting, hitting or other specific aggressive behaviors. Look for patterns in the biter's environment and emotional state during each biting episode.

- Does the time of day make a difference?
- Was the child uncomfortable, sick, hungry, sleepy, bored or excited?
- How long has it been since the child last ate?
- Does the child feel crowded?
- Is the child over stimulated or under stimulated?
- Does the child always bite the same individual?
- Has there been a change at home or at the child care program that affects the child's stress level?

Consider which prevention strategies will be most successful in reducing the toddler's urge to bite in the future. Make a plan to support the biter's needs and help the child be successful. Work together to guide the child toward self-control and away from biting. The key is understanding, for adults and children alike.

Taken from The Daily Parent prepared by NACCRRRA with funding from the Citi Foundation, New York, New York.

Web Site Resources on the Topic of Biting

For information on biting in the child care setting visit:

http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/bitingen060604_adr.pdf

To view a fact sheet for families on biting visit:

<http://www.ucsfchildcarehealth.org/pdfs/factsheets/bitingen011804.pdf>

<http://www.ucsfchildcarehealth.org/>

<http://nrckids.org/resources/list.htm>

<http://www.healthychildren.org/>

<http://www.aap.org/healthtopics/childcare.cfm>

<http://www.talaris.org/>



National Provider Appreciation Day at Petco Park

May 7, 2010 is National Provider Appreciation Day. This is a chance to recognize the tireless efforts of the special people who care for children of working parents. Today's child care professionals are the world's unsung heroes. Throughout the month of May we celebrate child care providers and the importance of quality care! Providers, parents and children are all invited to attend Provider Appreciation Day at Petco Park on May 2, 2010. We are recognizing providers with special ticket prices, giveaways, free resources for providers and families, and a Padres promotional item for children who attend the Sunday game against the Milwaukee Brewers.

Tickets for the event are available at 50% off regular ticket rate. Upper Reserved seating is available for purchase at \$7.00 each and the Field Pavilion is \$12 each. This event is co-sponsored by the San Diego Padres, the YMCA Childcare Resource Service, the San Diego County Child Care and Development Planning Council, the San Diego County Office of Education and First 5 San Diego.

Tickets may be purchased online at www.padres.com/promo. To receive the 50% off discount ticket price enter the promotional code **CHILDCARE**. Groups who wish to sit together should contact Karla Moreno, San Diego Padres Group Sales, at 619.795.5146.

More Provider Appreciation Events 2010

Log on to www.ymcacrs.org to learn more about upcoming events to celebrate Provider Appreciation Day and the importance of quality care!

May 2	Provider Appreciation Day at Petco Park	50% tickets/giveaways
May 8	San Diego Junior Theatre	2-for-1 tickets to Seussical
May 15 & 16	Reuben H. Fleet Science Center	2-for-1 admission
May 22 & 23	The New Children's Museum	2-for-1 admission
May 1 - 23	San Diego Zoo	special promotion



2010 Census: It's in our Hands

The goal of the 2010 Census is to count everybody living in the United States on April 1, 2010, count them only once and count them in the right place. With one of the shortest questionnaires in history, the 2010 Census asks for name, gender, age, race, ethnicity, relationship and whether you own or rent your home. It only takes about 10 minutes for the average household to complete. You will receive your questionnaire in March 2010 by U.S. mail or hand delivery. Households should complete and mail back their questionnaires upon receipt. Census takers will visit households who do not return questionnaires to take a count in person. The U.S. Census Bureau does not ask about the legal status of respondents in any of its surveys and census programs. By law, the Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement entities.

IT'S IN OUR HANDS

The census population totals determine which states gain or lose representation in Congress. It also determines the amount of state and federal funding communities receive over the course of the decade. Census

data will directly affect how more than \$4 trillion is allocated to local, state and tribal governments over the next 10 years. For more information on the 2010 Census, visit www.2010.census.gov.

YMCA CRS Resource Library Self Learning Modules

Attention all center and home-based child care providers: help children develop powerful learning experiences through literacy and everyday activities and gain valuable tools in the process with Self Learning Modules. Modules are available at the YMCA CRS Resource Library and can be completed in the comfort of your own home! They are also counted toward San Diego CARES Professional Development Training hours.

Several modules are available:

Let's Go Learning Adventures help children develop language, use math and science, and enhance their social relationships by exploring a post office, grocery store, restaurant or taking a neighborhood walk.

Talk, Read, Write is filled with practical advice for incorporating language and literacy learning into everyday activities.

Early Literacy: Sharing Books with Young Children provides early literacy activities and focuses on how books can be used in an early care and education setting.

All Self Learning Modules are available in English and Spanish at all three YMCA CRS Library locations for \$10 - \$15 per module. Modules may include a study guide, video or DVD, early literacy resources and guidelines for self-assessment. A certificate is awarded upon successful completion of the self-assessment tool and other applicable requirements. For more information or to pick up a Self Learning Module call 1.800.481.2151 or e-mail myresource@ymcacr.org.

SDCFCCA 21st Annual Conference

Kati Bee, a resourceful teacher and upbeat songwriter will present quality teaching supplements that encourage imagination at the San Diego County Family Child Care Association 21st Annual Conference. Her melodies urge children and adults to join spontaneously in a romping fun time that helps overcome fears through song and play. Additional workshop topics approved for SD CARES Professional Development Training hours include early literacy, guidance and behavior, health and safety, special needs, cultural diversity and business practices. Workshops will be provided in English with a selection of workshops in Spanish. Vendor exhibits will also be available.

The conference will be held on May 15, from 7:30 a.m. to 3:00 p.m., at the Double Tree Hotel, 7450 Hazard Center Drive, San Diego, 92108. Early Bird registration postmarked by May 9th is \$45 for SDCFCCA members and \$55 for non-members. Lunch is included with registration. This event is co-sponsored by YMCA Childcare Resource Service. For more information contact Lori Marquez at 760.436.9171.

The Power of Positive Caregiving Training Series

Increase your confidence as an early childhood educator! The Power of Positive Caregiving training series is an evidence-based program that provides early childhood educators with a "toolbox" of skills that they can master easily and quickly. Learn how to encourage resilience and 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. This free series is presented by Jewish Family Services. Trainings may be attended individually but completing the series is recommended to receive full benefit from the training curriculum. Each workshop is approved for three SD CARES Professional Development Training hours. For more information call 1.800.481.2151 or e-mail to mytraining@ymcacr.org

East County: March 4, March 11 and March 18

6:30 p.m. – 9:30 p.m. at the John A. Davis YMCA, La Mesa
OR

South County: March 25, April 1 and April 8

6:30 p.m. – 9:30 p.m. at Health & Human Services, Chula Vista

KPBS: This Emotional Life

How does the stress of war affect military families? What kind of struggles do families of deployed military personnel face? KPBS is addressing the impact of repeated deployments on military men and women, their families and their children. Through outreach efforts, KPBS and YMCA Childcare Resource Service will incorporate This Emotional Life into ongoing trainings for military parents and caregivers of military children. Participants will receive military reintegration and early childhood attachment toolkits focusing on the emotional challenges military families face during all phases of deployment.

To learn more about what happens when a child is separated from a parent that has been deployed, register for Talk, Listen, Connect! and This Emotional Life on May 25, from 6:30 p.m. to 9:30 p.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South, 4th Floor Conference Room, San Diego, 92108. Cost is \$15.00 and approved for SD CARES Professional Development Training hours. Workshop fee will be waived for respite providers participating in the YMCA CRS Military Respite Care Program. For registration information call 1.800.481.2151 or e-mail mytraining@ymcacr.org.

Stay Informed of Product Recalls!

It is important to stay current on consumer recalls. To help keep the children in your care and your family safe, check for recalls daily and share the information with others.

For up-to-date recall information visit the California State Department of Consumer Affairs at www.consumeraffairs.com and click on "Recalls" at the top of the page.

SD CARES Update



**Don't miss out on your stipend payment for Year 9!
Payment documentation must be received by June 30, 2010**



This is the last year of guaranteed funding for San Diego First 5 CARES participants who are employed in Title 22 centers and family child care homes. Payment documentation received after June 30th will not qualify for a stipend payment. Participants employed in Title 5 programs funded through the California Department of Education, Child Development Division (CDE/CDD) receive stipends payments through our CDE/CDD AB212 contract, which will continue unless eliminated by changes in the state budget.

In order to earn a stipend, you must complete all program requirements including:

- 6 hours of CARES-approved Professional Development training (Permit and Degree Track)
- Minimum number of college units towards your CARES approved degree or higher level Child Development Permit (3 for Entry and Permit Track, 6 for Degree Track)
- Environmental Rating Scale (ERS) training, self assessment, improvement plan, and verification of two improvements (for participants in their 2nd year of enrollment in CARES, and annually thereafter).

- Applied for a Child Development Permit (Permit, Degree and Advisor Track)
- Continued working at the same child care program 9 additional months with at least 3 children under the age of 5 (under the age of 13 for CDE/CDD funded programs)
- New or continuing application for CARES Year 9 (July 1, 2009-June 30, 2010) submitted and approved
- College Plan and Year 9 CARES Education Plan on file with SD CARES

CARES staff members are available to assist you with completing the program requirements necessary to earn a stipend. To connect with CARES staff:

- Attend Evening Hours the first Thursday of each month from 4:00 p.m. to 7:00 p.m. at the YMCA CRS Mission Valley office.
- Attend CARES Office Hours at all community colleges in San Diego County and SDSU. Contact CARES for dates and times or log on to www.ymcacrs.org (SEARCH: CARES deadline).
- Make an appointment during office hours.
- Call 1.866.CARES SD (1.866.227.3773) or send an e-mail to caressd@ymcacrs.org.

San Diego CARES is funded by the First 5 Commission of San Diego County and the California Department of Education, through the County of San Diego.

Planning Council Update

Register Now for the 2010 Director's Workshop

The San Diego County Child Care and Development Planning Council will host their annual Director's Workshop on May 6. The workshop is a unique professional development opportunity for child care center directors and large license family child care providers. In response to past participant feedback, this year's workshop will be a full-day event so that participants have the opportunity to attend two break-out sessions.

As a state-mandated advisory board to the County Board of Supervisors and County Superintendent of Schools, the Council will continue to 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 to register for the workshop or learn more about the work of the council, please contact:

Zaneta Salde Encarnacion, Council Coordinator
858.292.3727 / 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

Licensing Update

Change in CPR/First Aid Requirements for Small Family Child Care

Assembly Bill 1368 adds small family child care licensees to existing law that requires child care center directors and licensees of large family child care homes to have at least one staff member who has a current course completion card in pediatric first aid and pediatric CPR on-site when children are present, and is present with the children when they are off-site for program activities. This means that when a director or licensee leaves part of the group on-site at the facility and takes the other children off-site on a walk to the park, there must be staff with each group that have current CPR/First Aid certification. A notice of deficiency will be issued at the time of a site visit to any licensee who has not complied with this requirement. The licensee must develop a plan to correct the deficiency within 90 days of receiving the notice. The facility's license may be revoked if it fails to correct the deficiency within the 90-day period.

Follow the law and ensure multiple staff are trained to respond when a child chokes or is injured. For Emergency Medical Service Authority (EMSA) approved classes that meet Licensing requirements, contact YMCA CRS at 1.800.481.2151 or log on to www.ymcacrs.org and search the C.A.T.S. Training Calendar for classes throughout San Diego County. If you have questions about the new law, contact the Community Care Licensing office at 619.767.2200.

Ask the HealthLine...

Q: Scott just turned 3 and was transferred to my classroom. He does not talk much and has limited vocabulary for his age. He communicates by hugging the other children or squeezing their arm to greet them. He tries to initiate play in the block corner by running over another child's hand with a truck or bopping them on the back with a block. He follows children all around the yard but they run from him or tell him to "Go away". He is a sweet child who is always smiling and happy. I feel sad that his lack of appropriate communication and social development is making it hard for others to want to be his friend. I have tried giving him cues and have modeled appropriate greetings but nothing seems to be working. What can I do? Do you think Scott needs special evaluation and help? His parents are not concerned and feel he will work it out on his own.



A: Encourage and promote the use of language for all interactions. If you see Scott hugging another child during a greeting, prompt him to use his words as well. You may need to model a lot of language for him, but stick to simple phrases and build from there. Have him repeat the phrase back to you to ensure that he is able to verbalize the words. "That's very nice of you to hug Mary, but you can also tell her 'Good morning'"

Remember to praise highly any time he uses his words. Like any behavior, his language will likely recur if he is rewarded for it.

"Scott, I really like how you used your words and asked Mary to play. Great job!"

Redirect inappropriate behaviors. If Scott is seen acting aggressively towards another child, redirect him by having him use his words. Again, you may need to model a lot of the language for him. With lots of practice and consistency, he will learn to generalize language across different settings.

Know what resources are available. Although parents aren't always receptive to teachers' concerns, it's important to continue to be supportive and know where to direct parents if they ever decide to seek help. A behavioral assessment and referrals to community resources are one of the first steps to addressing the behavioral problem. If there are any concerns for a child's behavior or development, contact the YMCA Childcare Resource Service HealthLine at 1.800.908.8883.

The YMCA Childcare Resource Service HealthLine provides a variety of free health and behavior services for children, parents and child care providers including consultations, workshops and training. Call the HealthLine at 1.800.908.8883 Monday-Friday from 8:00 a.m. to 5:00 p.m. for more information.

• IDEAS • ideas • IDEAS • ideas • IDEAS • ideas

Spring time brings out many different creatures, especially birds!

Use these bird inspired ideas to help children enjoy one of the many things spring has to offer.

Bird Treat Bags

- Nylon netting
- Suet (available from a butcher)
- Birdseed
- String

Cut 6-inch squares out of nylon netting. Mix together suet and birdseed. Place a spoonful in the center of the nylon netting square. Bring the corners together and tie them with string. Hang bags in nearby trees. Show your children pictures of birds that frequent your area. Look for birds on a walk in the neighborhood or view the trees where the Bird Treat Bags hang. Ask the children to look for birds of different sizes and colors and to listen for the sounds that the birds make. Have the children observe how birds fly, how they sit when they rest, how they look for food and what they eat.



Adapted from 1.2.3 Science Totline & Nature Theme-a-Saurus Totline.

Foot Print Chicks

- Yellow construction paper
- Colored construction paper
- Glue

Trace around each child's foot on a piece of yellow construction paper. (Do not trace individual toes). After cutting out the foot shape, have the child glue it, toes pointing down, on a different colored piece of construction paper. Talk about how to add an eye, a beak and legs on the shape to turn it into a chick. Provide markers or additional materials such as beads, wiggly eyes, feathers, twigs and pipe cleaners to complete the chick. Let the children be creative.

Adapted from Nature Theme-a-Saurus Totline.

"Birdseed" Snack

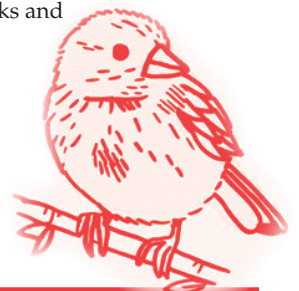
- Raisins (black and golden)
- Sunflower seeds
- Banana chips or dried pineapple
- Dried cranberries
- Dry cereal like cheerios or wheat chex

Place each ingredient in a bowl. Invite the children to make their own "birdseed" for snack by taking a scoop of each and mixing together in a paper cup or bowl.

Bird Picture Book

- Construction paper
- Bird pictures
- Glue sticks
- A bird book to identify birds

Ask parents to help children find pictures of birds and bring in to class (magazine pictures, post cards, photos, etc). During circle time, talk about the identifying marks of each bird and find it in the book. Help the children glue the pictures on pages of construction paper and add appropriate back ground such as water, trees, grass, flowers and rocks. Print the name of the bird on the page. Make a cover for the book and protect pages with clear contact paper. Punch a hole in the top left hand corner of each page and secure the book pages with a metal ring. Place picture book on the science table with bird seed, nests, feathers and a basket of books and stories about birds.



What's in the CRS Resource Library?

The Resource Library has the following materials available on the topics of biting and child guidance:

Resource Books:

So This Is Normal Too? by Deborah Hewitt examines sixteen challenging behaviors, each with its own chapter, such as: separation, toilet training and biting.

Behavioral Challenges in Early Childhood Settings by Connie Jo Smith is an easy-to-use reference guide that will help child care providers respond effectively to emergencies and urgent problems, whether medical or behavioral, with confidence. Provides a list of signs and symptoms, prevention tips and criteria for seeking additional help.

No Biting: Policy and Practice for Toddler Programs by Gretchen Kinnell discusses why toddlers bite, how to respond to biting and how to develop a plan to address repeated biting. It also explores what parents think of biting, how to respond to their suggestions and demands, and how to create biting policies. Includes sample newsletter articles to educate parents.

The Emotional Life of the Toddler by Alicia F. Lieberman answers many questions on young child behaviors and gives an insightful profile of the roller coaster emotional world of the toddler.

Teeth Are Not for Biting by Elizabeth Verdick is a colorful, durable children's board book that helps prevent biting and teaches positive alternatives.

Journals and Magazines:

All About Biting by Linda Crisalli discusses various situations in which a child may bite along with ideas of how to handle them. Exchange Magazine November / December 2008.

Brochures:

When a Child Bites (Children's Home Society) talks about why a child bites and what you to do when biting occurs.

Love & Learn: Positive Guidance for Young Children (NAEYC) discusses what to do to help children develop self-control through understanding.

Helping Children Learn Self-Control (NAEYC) teaches the difference between discipline and punishment and gives basic techniques in proper child guidance.

Videos:

Daily Dilemmas: Coping with Challenges offers specific techniques to help child care providers ease daily challenges that arise during transition times such as naptime or times when behaviors such as biting occur.

It's Mine! Responding to Problems and Conflicts is designed for adults working in infant-toddler settings and shows many strategies to use to respond to children's social conflicts.

Toy Library Saturday:

Mission Valley: March 27 & April 17

National City: March 27 & April 24

Vista: March 13 & April 3

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. 3316

TIPS from Your CRS Child Care Consultants

Although there are lots of wonderful things to do outside in the spring, don't forget that you can still enjoy quiet time inside with a book! Below are *Tips from your CRS Childcare Consultants* on their favorite books to read in the spring.

Salta y Brinca by Ellen Stoll Walsh*

The book is about a frog named Betsy who decides she wants to do circles and pirouettes instead of just hopping and jumping like the rest of the frogs. This book shows that Betsy has courage and is not afraid to be creative. Even though she knew that the other frogs were hoping and jumping she wasn't afraid to be different and try out new steps on her own. I chose this book because Betsy encourages creativity. – Tanya Lora

Book Fiesta! Celebrate Children's Day/Book Day; Celebramos El día de los niños/El día de los libros by Pat Mora

This is one of my favorite spring time books because it discusses the "Day of the Child/ Día del Niño" holiday which occurs in April. This celebration is fun for the entire family and the illustrations in the book are great! The Day of the Child celebration brings back great childhood memories for me and this book helps to keep those nice memories and make new ones with my own child (a Bilingual English/Spanish book). – Janet Loza

In the Small, Small Pond by Denise Fleming*

This book is good for preschoolers because it introduces great language and action words. The illustrations are beautiful and in every picture you can have the children look for the frog as he makes his way through the small, small pond. If you check this book out from our North County Resource Library it is available with magnet pictures. – Karen Spangler

Make Way For Ducklings by Robert McCloskey*

This is one of my favorite spring time books! The story originated in Boston and is about Mrs. Mallard and her 8 ducklings looking for a place to live. The names were my favorite: Jack, Kack, Lack, Mack, Nack, Ouack, Pack and Quack. I remember when I visited Boston the tour guide told us the story while we were tracing the actual path of Mrs. Mallard and her 8 ducklings. It really brought the book to life. – Sue Dahl

Rainy Day Slug by Mary Palenick Colborn

The three year olds in my classroom loved this book not only for the rhyming words but for the surprise at the end. After we read the book we went on our own adventure like the slug in the book, coming up with our own rhyming

words. This is a great book that children can learn after only a few readings because of the repetition of words. They will also enjoy reading it back to you. – Rennea Goff

The Little Red Hen by Byron Barton*

This classic story is a favorite among children. It shows them how hard the little red hen worked to make her bread and how she enjoyed it when she was done. The story encourages children to be supportive and work as a team to accomplish goals. It is also easy for them to follow along and predict what the animals will say next. – Ariana Steck

A sembrar sopa de verduras by Lois Ehler*

This book is a very colorfully illustrated preschool story about how to grow vegetable soup. The story takes you step by step on growing a vegetable garden, picking the vegetables and making them into soup. It is a nice spring time book that can lead a caregiver to grow a vegetable garden with the children in her care. – Cynthia Thomas

*Available in the CRS Resource Library

COMMUNITY CALENDAR

**Approved for SD CARES professional development training hours.*

For additional trainings go to www.ymcacr.org (Search: CATS) to view the CATS Calendar.

March 2 (part 1) 6:00 p.m. – 10:00 p.m.
March 16 (part 2) 6:00 p.m. – 9:00 p.m.

Family Child Care Environment Rating Scale (FCCERS)*

In depth instructions on how to use the rating scale, complete a self-assessment and develop a quality improvement plan. Approved for SD CARES participants required to complete quality improvement plans. Participants must attend both sessions, in order.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

March 4 & 25 (part 1)
March 11 & April 1 (part 2)
March 18 & April 8 (part 3)

All trainings are from 6:30 p.m. – 9:30 p.m.

Positive Parenting*

See page 4

March 6 9:30 a.m. – 11:30 a.m.

LEEP: Family Literacy and Language*

Explore how to use everyday activities and interactions as opportunities to foster relationships and language development. Understand the importance of children's home language as a foundation for learning. **For home based caregivers only.**

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

March 6 6:00 p.m. – 8:00 p.m.
(Mission Valley)

April 10 1:00 p.m. – 3:00 p.m.
(Vista)

Introduction to Inclusion *

Understand the definition of a disability and identify barriers and benefits of inclusion.

Loc: YMCA CRS

Info: 1.800.481.2151

March 9 6:00 p.m. – 8:00 p.m.
(Vista)

April 10 12:00 p.m. – 2:00 p.m.
(Mission Valley)

Respectful Accommodations*

Overview of the philosophy of inclusion and insight into what constitutes a "respectful accommodation" for children with disabilities or other special needs.

Loc: YMCA CRS

Info: 1.800.481.2151

March 10 6:00 p.m. – 8:00 p.m.
(Mission Valley)

April 28 6:00 p.m. – 8:00 p.m.
(Vista)

Talk, Listen, Connect*

Learn practical techniques to help children cope with temporary family separation. Recognize stages of deployment and how to provide support to families with deployed service members.

Loc: YMCA CRS

Info: 1.800.481.2151

March 11 1:00 p.m. – 4:00 p.m.
March 12 9:00 a.m. – 4:00 p.m.

KIT Inclusion Symposium ~ Dual Support: Strategies for Working with Children and Their Families*

This symposium will focus on communicating effectively with families and helping children learn how to solve their problems in an inclusive setting.

Loc: KIT's National Training Center on Inclusion, 92106

Info: 858.225.5680

March 13 & March 20 8:30 a.m. – 2:00 p.m.
UC Davis: The Culture and the Care of Young Children (part 1 & 2)*

This training addresses ways to help children with sleeping, eating and toileting, and the role of providers in helping each child form a healthy cultural identity. Must attend both sessions to receive certificate and credit for attendance.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

March 13 1:00 p.m. – 3:00 p.m.

Partnering with Families*

Learn to communicate successfully with parents and what to do when challenges arise.

Loc: YMCA CRS, Vista

Info: 1.800.481.2151

March 20 8:00 a.m. – 12:00 p.m.
Ticket to a Successful Family Child Care Business: Planning Activities for the Developing Child, Module 3*

Learn how to plan activities while using simple themes in a multiage group environment.

For Family Child Care Providers only.

Loc: YMCA CRS, Vista

Info: 1.800.481.2151

March 24 6:00 p.m. – 9:00 p.m.

Environmental Rating Scale "Review" for Early Childhood, Family Child Care & Infant/Toddler*

Refresh your environment rating scales skills. Practice how to use the rating scale, complete a self-assessment on your classroom and develop a SD CARES Improvement Plan.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

March 27 8:00 a.m. – 11:00 a.m.

KPBS: Ready to Learn About Conflict*

Learn how to teach children to work through conflict in productive and positive ways.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

April 6 6:30 p.m. – 9:30 p.m.

KPBS: Sesame Street Beginnings - Language to Literacy*

Learn the best practices of language and literacy, including how to create a print-rich environment.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

April 10 9:30 a.m. – 11:30 a.m.

LEEP: Guiding and Disciplining Children*

Learn specific strategies and techniques to use when guiding children as they grow.

For home-based caregivers only.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

April 13 6:30 p.m. – 9:30 p.m.

Ticket to a Successful Family Child Care Business: Positive Provider and Family Relationships, Module 4*

Building positive relationships with families is key to operating a successful child care business. Learn how to address parent concerns and handle difficult conversations. **For Family Child Care Providers only.**

Loc: YMCA CRS, Vista

Info: 1.800.481.2151

May 15 7:30 a.m. – 3:00 p.m.

San Diego County Family Child Care Association ~ 21st Annual Conference: Inspiring the Journey of Our Children*

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