



# CHILD CARE COMMUNIQUE

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

October/November/December 2010

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

## ARE YOU READY?

**W**ildfires are a constant danger in California, the Santa Ana winds that blow in October can turn a spark into an inferno. In October 2007, wildfires forced more than 900,000 people in Southern California to evacuate, making it the largest evacuation in California history. Not only is California prone to wildfires, but earthquakes, tsunamis and floods are a menace. How ready are you to handle a disaster?

Disaster preparedness is crucial to the safety of your family and the children in your child care home or center. The American Red Cross and FEMA recommend preparing an emergency supply kit, developing a plan and practicing your plan so that everyone will remember what to do. The first step to preparedness is to be informed!

Child care providers should talk to children's families before, during, and after an emergency or disaster. Families should be made aware of your emergency preparedness plans before an emergency takes place. Make sure families know how to contact you and you know how to contact them. Each family should know the location of your evacuation site, and have two local emergency contacts and two out-of-state emergency contacts for you. Local and out-of-state emergency contacts may be able to help the family know where their children are if you are not able to be reached or service in the area has been disrupted. Each child in your care should have an emergency card. Record the following information on each child's emergency card:

- Parents' or guardians' home phone number, cell phone number, work phone number, home e-mail address and work e-mail address
- The names, cell phone numbers, home phone numbers and e-mail addresses of two local emergency contacts (preferably individuals that do not live or work with parents)

- The names, cell phone numbers, home phone numbers, and e-mail addresses of two emergency contacts who live outside the area
- Names and contact information of adults allowed to pick up the child
- Names of immediate family members
- Updated information on child's health
- Allergies
- Medications
- Doctor's name and phone number
- Health insurance information

Update the cards with families at least every three months. Make sure all the information on the emergency card is current. Keep children's emergency cards together in one location so they can be easily accessed. Make sure all staff members know where children's emergency cards are kept. After an emergency has taken place, remember to update your emergency plan and change it as needed. Communicating with families about your emergency plan will help you get ready and stay ready in the event of an emergency.

### WILDFIRES

- Learn about the wildfire risks in your area.
- Clear all flammable vegetation within 100 feet of your home or business. Select low-growing and drought-resistant plants when landscaping your home or business.
- Treat wood shingle roofs with fire retardants on a regular basis and clean all gutters of debris.
- Make sure driveway entrances and your house or building number and address are clearly marked. Plan and practice two ways out of your neighborhood in case your primary route is blocked.

ADDRESS SERVICE REQUESTED

YMCA Childcare Resource Service  
A Department of the YMCA of San Diego County  
3333 Camino del Rio South • Suite 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](http://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](http://www.ymcacrs.org), call 1.800.481.2151 or e-mail [myresource@ymcacrs.org](mailto: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](http://www.ymcacrs.org)

- Select a place for family members to meet outside your neighborhood in case you need to evacuate. Identify someone who is out of the area to contact if local phone lines are not working.
- Be ready to leave at a moment's notice. Listen to local radio and television stations for updated emergency information. If you are evacuated, do not return to your home or business until fire officials say it is safe.

### EARTHQUAKE

- Repair defective electrical wiring, leaky gas lines, and inflexible utility connections (get a professional to work with gas and electrical lines).
- Bolt down and secure to the wall studs your water heater, refrigerator, furnace and gas appliances.
- Place large or heavy objects on lower shelves. Fasten shelves, mirrors and large picture frames to walls. Brace high and top-heavy objects.
- Store bottled foods, glass, china and other breakables on low shelves or in cabinets that fasten shut.
- Anchor overhead lighting fixtures.
- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each drill.
- Hold earthquake drills at your home and your business: Drop, cover, and hold on!
- Participate in the 2010 ShakeOut on October 21 at 10:21 a.m. The California ShakeOut drill is held on the third Thursday of October each year ([www.shakeout.org](http://www.shakeout.org)).

### DURING AN EARTHQUAKE

- **DROP** down onto your hands and knees. This position protects you from falling but allows you to still move if necessary.
- **COVER** your head and neck (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won't fall on you), and cover your head and neck with your arms and hands.
- **HOLD ON** to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.
- Stay indoors until the shaking has stopped and you are sure exiting is safe. Most injuries during earthquakes occur when people are hit by falling objects when entering into or exiting from buildings. Do not use the elevators.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture. If in bed, stay in bed - hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- If outdoors, move away from buildings, streetlights, and utility wires. If in a moving vehicle, stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses and utility wires.

### TSUNAMI

- Tsunamis are ocean waves produced by earthquakes or underwater landslides that can travel at speeds of 450 to 600 miles per hour in the open ocean.
- If near the shore during an earthquake, estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake.
- Move inland 2 miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

### FLOOD

- Flooding occurs in known flood plains when prolonged rainfall over several days, intense rainfall over a short period of time, or a debris jam causes a river or stream to overflow and flood the surrounding area.
- Learn about your area's flood risk and elevation above flood stage. Be alert to signs of flooding, and if you are in a flood-prone area, be ready to evacuate at a moment's notice.
- Listen continuously to a NOAA Weather Radio, a portable battery-powered radio or television for updated emergency information during a flood watch. Follow the instructions and advice of local authorities.

For more information on preparing your child care home or center for disasters, call YMCA Childcare Resource Service at 1.800.481.2151.

# Emergency Supply Kit

## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Pocket knife and can opener for food (if kit contains canned food)
- Local maps
- Cell phone with charger

## Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov) or [www.redcross.org](http://www.redcross.org)
- Sleeping bag or warm blanket for each person.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, plastic utensils and paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



### Sources:

Ready America, accessed August 20, 2010,  
<http://www.ready.gov/america/getakit/index.html>.

FEMA, accessed August 20, 2010,  
<http://www.fema.gov/areyouready/earthquakes.shtm>.

American Red Cross, accessed August 20, 2010,  
<http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/Earthquake.pdf>.



## KPBS Challenging Behaviors: Where Do We Begin?

Do you know what challenging behavior is? Do you want to learn how to help children self-regulate? YMCA Childcare Resource Service, in collaboration with KPBS, present *Challenging Behaviors: Where Do We Begin?* This training, developed by Family Communications, is designed for all early childhood educators to address the strong feelings challenging behaviors may evoke. Participants will gain greater understanding of the behaviors that we call "challenging" and learn how to support self-regulation in children through a variety of strategies. The trainings will be offered on **October 26, 2010 at YMCA Childcare Resource Service, 2602 Hoover Avenue, National City** and **November 17, 2010, at YMCA Childcare Resource Service, 640 Civic Center Drive, Vista from 6:30 p.m. to 9:30 p.m.** The cost is \$15.00 per person and approved for three (3) AB212 CARES Professional Development Training Hours. For registration information, contact 1.800.481.2151 or e-mail your request for a registration flyer to [mytraining@ymcacr.org](mailto:mytraining@ymcacr.org).

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## 2010 Tax & Record Keeping Workshops for Family Child Care Providers

Learn how to better prepare and organize taxes and records for your family child care business. Gain expert advice on identifying allowable deductions, hiring employees and choosing a qualified tax preparer. This workshop also includes a question and answer session. Cost is \$15.00 per person. Workshop fee is waived for CCIP and CCYN participants. For more information, contact 1.800.481.2151 or e-mail [mytraining@ymcacr.org](mailto:mytraining@ymcacr.org).

**Wednesday, October 13, 6:30 p.m. – 9:30 p.m.,  
YMCA CRS, 3333 Camino del Rio South Ste. 400,  
San Diego, CA 92108**

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## Early Childhood Environment Rating Scale-Revised (ECERS-R)

Learn how to identify areas of strength within your child care program as well as areas for improvement and how to develop a quality improvement plan using *The Early Childhood Environment Rating Scale-Revised (ECERS-R)*. The ECERS-R scale is designed to rate the environment of preschool classrooms. YMCA Childcare Resource Service is hosting a two-part training on ECERS-R on **October 6 and 20, 2010 from 6:00 p.m. to 9:00 p.m.** The cost is \$35.00 per person and includes a copy of the ECERS-R Scale. This training is approved for the AB212 CARES ERS training requirement. Participants must attend both parts to receive a certificate. For registration information, contact 1.800.481.2151 or e-mail your request for a registration flyer to [mytraining@ymcacr.org](mailto:mytraining@ymcacr.org).

## Ticket to a Successful Family Child Care Business

Are you thinking about entering a rewarding and challenging career as a licensed family child care provider? *Ticket to a Successful Family Child Care Business* is a training series created to support the early success of newly licensed family child care providers. The modules are designed to offer basic information vital to a 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. Workshop cost is waived for CCIP, CCYN and LEEP participants. To learn more about qualifying to receive free training and support from the CCIP program or registration information contact 1.800.481.2151 or e-mail [mytraining@ymcacr.org](mailto:mytraining@ymcacr.org).

**November 6, 8:00 a.m. – 12:00 p.m.**

**Mod 3** Planning Activities for the Developing Child

**December 8, 6:30 p.m. – 9:30 p.m.**

**Mod 4** Provider and Family Relationships

**January 19, 6:30 p.m. – 9:30 p.m.**

**Mod 5** Positive Guidance of Young Children

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## Positive Parenting Program

Increase your confidence as an early childhood educator! Jewish Family Services presents *Positive Parenting Program*, a three part training series for early childhood educators. This training will demonstrate how to encourage resilience, independence, respect and cooperation in children. Discover ways to encourage 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 is an evidence-based program that will give early childhood educators a "toolbox" of skills that they can master quickly and easily. The training series is free and will be held on October 5, 12, and 19, 2010 from 6:30 p.m. to 8:30 p.m. For more information, contact 1.800.481.2151 or [mytraining@ymcacr.org](mailto:mytraining@ymcacr.org)

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## 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](http://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.

## Planning Council Update

### Preparing the Child Care Community for Disasters

The Disaster Preparedness Committee of the San Diego County Child Care and Development Planning Council has been working county wide to strengthen disaster preparedness and communication within the child care community.

On July 28, 2010, the committee's work was highlighted at the Administration on Children and Families (ACF) National Human Services & Disasters Virtual Leadership Training. Committee Chair, Debbie Macdonald, presented on the Children's Issues During Disasters panel to share the local collaborations, communication system, and local results of the work. A copy of the presentation can be reviewed at [www.humanservicesep.org/agenda.pdf](http://www.humanservicesep.org/agenda.pdf)

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 learn more about the work of the council, please contact:

**Zaneta Salde Encarnacion, Council Coordinator**  
[zencarnacion@sdcoe.net](mailto: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  
 (858) 292-3727

## Licensing Update

### Preparing for a Disaster Regulation 102417 (Family Child Care Homes) Regulation 101174 (Child Care Centers)

Family child care homes and child care centers are required to have a written disaster plan of action. All children, age and ability permitting, and staff shall be instructed in their duties under the disaster plan. Child care centers and family child care homes are required to conduct disaster drills at least once every six months. Drills must be documented.

Child care center regulations also require centers to have contingency plans for action during disasters to include, but not limited to:

- Fire safety plan
- Means of exiting
- Transportation arrangements
- Relocation sites that are equipped to provide safe temporary accommodations for children
- Supervision of children during evacuation or relocation, and contact after relocation to ensure that relocation has been completed as planned
- Means of contacting local agencies, including but not limited to the fire department, law enforcement agencies and civil defense and other disaster authorities.

## Web Sites

### Ready.gov: Prepare. Plan. Stay Informed.

[www.ready.gov](http://www.ready.gov)

Ready.gov offers information for getting ready for an emergency. Tips are focused towards citizens, businesses and kids. Each section gives information on how to make an emergency supply kit, plan and be informed. The kid's section of the web site allows children to be active in the kit and planning stages. Once children have helped get prepared, they can take a quiz to graduate from Readiness U!

### FEMA: Are You Ready?

[www.fema.gov/areyouready](http://www.fema.gov/areyouready)

This web site offers an in-depth guide to citizen preparedness. You can view the entire guide electronically or view sections of interest. Sections include: Why Prepare, Basic Preparedness, Natural Hazards, Technological Hazards, Terrorism and Recovering from Disaster.

### NACCRRRA – Children and Disasters

[www.naccrra.org/disaster](http://www.naccrra.org/disaster)

NACCRRRA offers tips for child care providers and families. Downloadable emergency forms are available for child care providers. Also available are 10 questions parents should ask child care providers about their disaster preparedness plan.

### County of San Diego: Office of Emergency Services

[www.co.san-diego.ca.us/oes](http://www.co.san-diego.ca.us/oes)

The County of San Diego's Office of Emergency Services web site offers a Family Disaster Plan and Personal Survival Guide. This guide can serve as a checklist when completing your family's plan.

### San Diego Fire-Rescue Department

<http://www.sandiego.gov/fireandems/cert/disaster.shtml>

San Diego Fire and Rescue offers a downloadable checklist of items to have on hand during an emergency as well as important phone numbers to know. Links for additional disaster information are provided.

Children must be informed of their duties as required in the disaster plan as soon as they are enrolled in the family child care or center.

To review a complete copy of regulations for family child care homes and child care centers log on the Community Care Licensing Division (CCLD) website at <http://cld.ca.gov>.



## Ask the HealthLine...

### The Flu

Influenza (the flu) is a highly contagious respiratory illness caused by influenza viruses. Severity of symptoms can run from mild to very severe, and at times can lead to death. Some people, such as the elderly, young children, and people with certain health conditions, are at high risk for serious flu complications. In the last two years, a new flu virus (called 2009 H1N1), spread worldwide causing the first major outbreak in more than 40 years. For the upcoming flu season the H1N1 virus is expected to continue to cause illness, along with other influenza viruses.

### The Flu Vaccine

The single best way to avoid the flu is to get a flu vaccine which can be administered through a shot or a nasal-spray. The vaccines being distributed this year will protect against three influenza viruses that research suggest will be most common, including 2009 H1N1 and two other influenza viruses (an H3N2 virus and an influenza B virus).

### Who should get vaccinated?

On February 24, 2010, vaccine experts voted that everyone 6 months and older should get a flu vaccine each year starting with the 2010-2011 influenza season. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

### Who should not get vaccinated?

The following people should not be vaccinated without first consulting a physician:

- People who have a severe allergy to chicken eggs
  - People who have had a severe reaction to an influenza vaccination in the past
  - People who have developed Guillian-Barre syndrome within 6 weeks of getting an influenza vaccine previously
  - Children younger than 6 months of age (influenza vaccine is not approved for use in this age group)
  - People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen
- If you have questions about whether you should get a flu vaccine, consult your health care provider. For information about free flu vaccines please call the HealthLine at 1.800.908.8883.



## TIPS from Your CRS Child Care Consultants

Get a head start on your disaster preparedness plan with these simple Tips From Your CRS Child Care Consultants. Visit the web sites on page 5 in this edition for additional preparedness information.

### 1. Develop a Plan

The first step in being prepared for an emergency is developing a plan of action. Determine what you will do if an emergency occurs, where you will go, who will help you, who you will contact, how parents can reach you and when you will practice the plan. Also create multiple disaster kits that include all necessary items such as contact cards, first aid supplies, water, non-perishable food and flashlights.

### 2. Practice

Practice your evacuation plan with the children in your care. As new children enroll be sure that the child and parent are familiar with your disaster plan. Provide a refresher for those families who have already been enrolled. Be sure to practice various drills on a monthly or quarterly basis.

### 3. Make Updates

The emergency contact information for each child in care should be current. Have parents double check cell phone numbers, addresses and all emergency contacts. Cards should be updated at least twice a year. Doing this at the same time you check the batteries in your smoke detector will serve as a good reminder. Also have them review your emergency preparedness plan and ask any questions they may have.

### 4. Stay Informed

Be sure to contact YMCA Childcare Resource Service for the latest information on health and safety. The Resource Library offers additional information on disaster preparedness for child care providers and families.



## What's in the CRS Resource Library?

The Resource Library has the following materials available on the topic of the Disaster Preparedness.

### Resource Books:

**What happened to the World?** by Jim Greenman  
This book is for anyone who works with children and families to make sense of a world where the sky can fall, thousands die, war is proclaimed, and our sense of safety and security disappears in a day. It is designed to help adults understand a child's fears, grief and struggles.

### **Is Child Care Ready?**

by NACCRRRA, This guide is designed to ensure that child care programs in their states and communities are prepared to respond to disasters and to continue to serve the children and families that need child care.

### Videos:

**Taking Charge: Preparing for Disaster** Designed to assist child care providers in the development of a comprehensive disaster

plan, this video helps ensure an effective response to emergency situations or conditions.

**Taking Charge: Coping with Disaster** Child care providers learn how to ease tensions throughout an event and achieve post-crisis recovery for such disasters as earthquakes and fires.

### **Earthquake Preparedness: What Every Childcare Provider Should Know**

This video provides tips on stocking emergency supplies, securing non-structural items to prevent injury, dealing with parents, conducting drills and speaking to children about earthquakes.

### Magazines and Journals:

**Preparing for Disaster: Taking the Lead**  
by Judith Colbert, PhD  
In this article in the September/October 2008 issue of "Exchange" magazine, Dr. Colbert

discusses what steps to take before, during and after a disaster.

### Brochures:

**When Disaster Strikes: Helping Young Children Cope** by Jane M. Farish  
From NAEYC, this brochure provides ideas on how to help children cope, handle stress and take care of yourself during a disaster.

### **Helping Children Cope with Disaster: Family Emergency Preparedness**

This publication from the Federal Emergency Management Agency and the American Red Cross, talks about how children respond to disaster, gives advice for parents and how to teach children to call for help.

### Toy Library Saturday:

Mission Valley: Oct. 9th, Nov. 13th, Dec. 11th  
National City: Oct. 30th, Nov. 20th, Dec. 18th  
Vista: Oct. 2nd, Nov. 6th, Dec. 4th

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

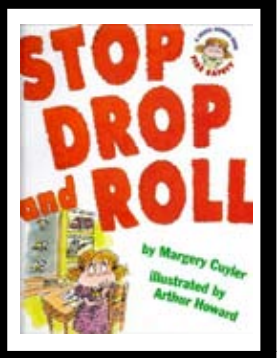


## • IDEAS • ideas •

Being part of an emergency can leave both children and adults under stress. Since children usually respond to situations depending on how the adults in their life respond to them, be sure you are prepared. Here are some ideas to help respond to children in care who have been exposed to a natural disaster.

- Practice emergency drills: Children can feel more in control if they know what to do during an event. Practicing drills can help ease their fear during a real disaster.
- Provide stability and routine: Return to routines and develop stability as quickly as possible after a disaster. This will help children feel safe again.
- Re-enact the event: Let children re-enact the event during dramatic play. This will allow children to gain control over the situation.
- Arrange group time: Encourage children to talk about the disaster while others are listening. They can discover they are not the only one who was scared. Also share your feelings with the group and let them know how you coped.
- Do art activities: Creating art about their own experience can help children communicate how they feel about the disaster. Different art activities can also be used for stress relief and coping.
- Read books about the event: If you can't find any, let the children create their own story book and share.

Taken from *The Crisis Manual for Early Childhood Teachers: How to Handle Really Difficult Problems*  
Gryphon House.



## YMCA CRS HealthLine Intensive Behavioral Consultation



The HealthLine program is excited to offer a new **free** behavioral health service called *Intensive Behavioral Consultation* to child care providers across the County of San Diego. An *Intensive Behavioral Consultation* is designed to offer support to a provider who is having difficulties with challenging behaviors in their early learning environment.

### A Behavior Health Specialist can coach the provider to:

- Promote social-emotional skills to improve children's behavior
- Improve classroom structure and physical environment
- Implement positive reinforcement and student involvement
- Promote positive teacher-family interaction

### What would this service look like?

- Initial intake meeting to discuss provider's main concerns and needs
- A total of 5-7 sessions, lasting 2-3 hours per session
- Sessions include observation and a meeting to discuss recommendations

The Intensive Behavioral Consultation service is not directed at a particular child but at improving overall classroom management.

The service is intended to mentor teachers in managing challenging behaviors in the early learning environment. All referrals are provider/director initiated.

To take advantage of the Intensive Behavioral Consultation please call Tiffany Houston at (619) 521-3055 x2402 or e-mail: [thouston@ymcacr.org](mailto:thouston@ymcacr.org).

*Intensive Behavioral Consultation is part of Healthy Development Services, a network of developmental, speech and language and behavioral services funded by First 5 San Diego that help prepare children ages birth through five to be ready to succeed in school.*



## YMCA Childcare Resource Service

Helping Families  
and Providers **Connect,**  
**Share** and **Grow**  
since **1980**

Celebrate 30 years of service to the community. Come to our Open House. Learn about the resources, services and programs we offer to help San Diego families and child care providers.

**Date:** November 19, 2010

**Time:** 3:00 pm to 7:30 pm

**Location:** YMCA CRS Mission Valley  
3333 Camino Del Rio South Ste. 400  
San Diego, CA 92108

**Contact:** Joangrace Espiritu  
619.521.3055 ext.2106  
[jespiritu@ymcacr.org](mailto:jespiritu@ymcacr.org)  
[www.ymcacr.org](http://www.ymcacr.org)

