

Y CHILD CARE COMMUNIQUE

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

November/December 2009

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

Me and My Shadow

Meet Ruby. She is 4 years old. She likes computers, is very energetic, and is very excited about preschool. She also destroys other children's work, purposely throws toys on the floor during clean up, and struggles to sit in circle time for more than 10 seconds. Ruby's teacher stops the whole class to attend to her disruptive behavior. Ruby has the reputation as a troublemaker and is sometimes wrongly accused of misbehavior. Some of the children will not play with Ruby and she is isolated. Ruby acts up even more. Ruby is at risk of getting expelled from preschool.

Meet Tim. He is Ruby's "shadow." Tim is a behavioral health specialist who observes Ruby in the classroom and gives her that extra individual support she needs. Tim gives Ruby a sensory ball to fidget with during circle time and she is able to sit a little bit longer. When Ruby is about to destroy another child's Lego creation, Tim redirects her to engage with the child in a productive way. Tim senses Ruby is about to throw toys on the floor, so he preps her for the next activity.

After a series of shadowing sessions, Ruby will be able to sit in circle time for more than 10 seconds, transition to another activity without disruption, and socialize with the other children in a functional way.

A behavioral "shadow" mainstreams a child who is experiencing difficulty navigating in a classroom or group setting. The shadow helps the child by following him or her through the class and acts as an aide to provide assistance towards independence.

Behavioral shadowing helps with:

organization/navigation within the classroom, disruptive/inappropriate behaviors, social and emotional development and cognitive development. Not only will behavioral shadowing help the child ease into a large group setting, but it will also provide support for the teacher to help all children thrive by creating a positive environment.

Organization/Navigation within the Classroom

Shadowing can help a child and teacher with the classroom environment. Some children can have difficulties in:

- Transitions
- Flexibility with time
- Listening the first time
- Following multiple step directions
- Group instructions
- Staying on topic
- Staying on task through completion

Shadows can give individual support to the child by reinforcing positive behaviors as well as providing teachers with techniques to be consistent.

Disruptive/Inappropriate Behaviors

With aggressive behaviors, shadows are able to observe the child and redirect behaviors before they happen through self-regulation and self-soothing techniques. Some techniques include listening to calming music, blowing bubbles to help with impulse control and establishing a safe area in the room to calm down. In the event that the behaviors have already occurred, shadows can facilitate problem solving with other children.

Some aggressive behaviors include:

- Biting
- Lashing out
- Toy snatching
- Tantrums

Social and Emotional Development

Social competency is one of the best predictors of how children will adjust to life as adults. Shadows are able to model appropriate social skills to help with difficulty in:



(Continued on page 2...)

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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.–12:00p.m. or a message may be left 24hrs 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

- Peer Interaction
- Self help/ awareness (i.e. controlling anger, dressing themselves)
- Adaptive skills (i.e. transition difficulties, flexible to changes in environment)
- Play skills (i.e. taking turns, sharing)

Cognitive Development

Shadowing will help children who have difficulty with:

- Fine and gross motor skills
- Expressive and receptive language (i.e. verbalize feelings and needs, following directions)
- Problem solving

Children will learn to verbalize their needs instead of reacting in a physically aggressive way. With a shadow's help, children are able to understand their own strengths and the teacher is able to have realistic expectations.

Strategies and Techniques

Behavioral shadows use non-disruptive strategies in the classroom setting. Some examples include:

Motivation/reinforcement – using a reward system for positive behaviors in addition to verbal reinforcement.

Social stories – shadow makes up stories about the child in specific social situations and what the desired outcome should be. For example, “Once upon a time, there was a girl named Ruby who always put her toys away during clean up time.”

Visual Schedule – the shadow uses visual cues for easing transitions. An example would be a picture chart that outlines the schedule of the day using pictures.

The objective of behavioral shadowing is to ease the child who is exhibiting challenging behaviors into a group setting. With help from the shadow, the child will gain a sense of independence, socially appropriate adaptive behaviors and be able to function, learn and navigate in a group environment while taking instructions from the teacher, other school/center instructors, and family child care providers.

To learn how you can receive behavioral shadowing sessions for your classroom or your preschool child, contact the YMCA Childcare Resource Service HealthLine at 1.800.908.8883.

Behavioral Shadowing is a new service provided by the YMCA Childcare Resource Service HealthLine. It is offered in conjunction with First 5 Healthy Development Services.

Web Sites

The following web sites offer information on understanding children's health and behavior for both parents and providers.

Center on the Social and Emotional Foundations for Early Learning <http://www.vanderbilt.edu/csefel/>

Promotes the social emotional development and school readiness of young children birth to age 5 and offers resources and training modules.

American Academy of Pediatrics <http://www.aap.org/>

Articles on health topics such as child and family emotional well-being and coping. Information on ADHD.

American Academy of Child & Adolescent Psychiatry <http://www.aacap.org/>

Current information on issues affecting children, teenagers, and their families. Includes a child and adolescent psychiatrist finder for children affected by behavioral disorders.

About Our Kids <http://www.aboutourkids.org/>

The family section includes how to keep kids healthy socially, emotionally, at home and school, as well as developmentally.

The Program for Infant/Toddler Care <http://www.pitc.org/>

An extensive collection of multimedia resources related to early childhood that includes articles, audio and video sources, PowerPoint's, DVD's, and much more!

Free Behavior Charts <http://www.freeprintablebehaviorcharts.com/>

Designed and developed by a parent and family therapist, this site provides a unique blend of expertise and practical parenting. Behavioral tips and charts are available for download.

Ages and Stages of Behavior

At almost every age, children may behave in ways that adults will not find easy or pleasant. However, with time and positive guidance from adults these "trying" behaviors usually go away. The chart below lists some typical behaviors by age group.

Age/Stage	Typical Behaviors
Toddlers	<ul style="list-style-type: none"> • Tantrums • Terrible Twos-"No!" being the most used word • Emerging independence • Bites or hits
Preschoolers	<ul style="list-style-type: none"> • Tests limits • Asks "Why?" a lot • Good at finding excuses for behavior • Reluctant to take responsibility for own actions
Young School-Agers	<ul style="list-style-type: none"> • Stubborn, refuses to do something • Bossy, likes to be in control • Doesn't like criticism • Still emerging independence, wants things own way

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Things to Consider When Looking at Behavior

Child Development:

Children's behavior often indicates their physical, emotional and mental growth status. Regular visits to the doctor can determine if the child is growing and developing similarly to other children in his or her age range.

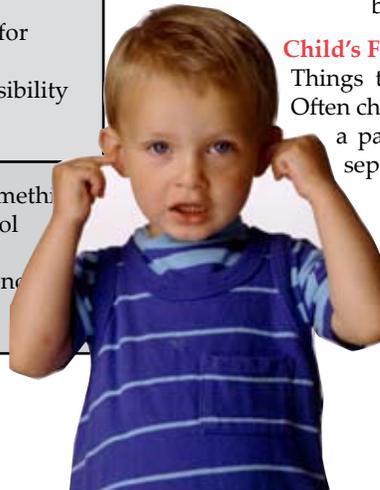
Child's Physical Well-being:

Many children have physical issues that will make them cranky and act out. Check to see if the child with behavior problems:

- Sleeps enough;
- Eats a well balanced diet without too many sugary foods;
- Has iron or protein deficiencies or;
- Is sick (any kind of illness could have behavioral effects).

Child's Family Life:

Things that occur at home affect children's behavior. Often children are affected by a family member's illness, a parent's job problem, a new baby, a move, or a separation or divorce.



The best way to prevent challenging behavior is to foster children's social and emotional needs and skills.

New Children's Museum is Going Animal

Have you ever wondered what it would be like to be a bison, a rabbit, or a spider? Do you ever pretend to be an animal? Every artist in the New Children's Museum new exhibition, *Animal Art*, explores how and why animals excite the human imagination.

- Why do we look at animals?
- What do we see when we look at animals?
- What can we learn from animals?

These questions are posed throughout this exhibition, and visitors are encouraged to use them as a guide to learn more about the artists' ideas, and the animals they study.

Visit the New Children's Museum with your entire family! There are many ways to enjoy *Animal Art* together.

- Think about how people are different from animals;
- Create artwork with an actual artist in one of the brand new, hands-on studio workshops
- Play in the galleries with a staff of gallery guides who lead games every day and are armed with animal jokes!

The New Children's Museum is located at 200 W Island Ave, San Diego 92101 and is open daily except Wednesdays. Become a member and enjoy free membership all year long. For more information, log on to www.thinkplaycreate.org or call 619.233.8792.

Mommy, Daddy, Grammy, Grandpa and ME!

I hear, and I forget... I see, and I remember, I do, and I understand! Spend a special day with your child in a natural wonderland of discovery. Pack a picnic lunch and enjoy the outdoors together:

Sunday, December 12th "Habitats in the Park"
from 12 p.m. to 3:00 p.m.

This outdoor education workshop series for families will be held at Camp Cahito in beautiful Balboa Park, 3101 Balboa Drive, San Diego 92103 (between Upas Street and Quince Street off 6th Avenue). There will be a different outdoor focus each week that includes many activities about nature, animals and more. The cost for one adult and one child (2-8 years old) is \$15.00 each session. If two children attend, two adults must also attend. This is a one-on-one workshop where the child is the focus and quality time is spent together. Advance reservations are required. For more information contact Katie Zolezzi at kzolezzi-campfire@sbcglobal.net or 619.291.8985.

Supporting Positive Behavior

All children display some type of behavioral challenge. However, some children have a more difficult time managing their behavior. This may be related to a disability they have. *Supporting Positive Behavior*, a workshop for child care providers developed by Kids Included Together (KIT), teaches how to prevent negative behaviors before they occur and how to create a child care environment that offers positive behavior support to children with behavioral challenges.

YMCA Childcare Resource Service will present two Supporting Positive Behavior workshops in December.

Tuesday, December 8

6:00 p.m. – 8:00 p.m. YMCA CRS Vista Office

Saturday, December 19

8:00 a.m. – 10:00 a.m. YMCA CRS National City Office

Workshops are approved for two (2) San Diego CARES Professional Development Training hours. For a registration form and more information call 1.800.481.2151, send an e-mail to mytraining@ymcacr.org, or view the CATS Training Calendar online at www.ymcacr.org (search: CATS).

Families Stand Together

In today's economic climate, approximately two out of three middle class families are at high risk of sustaining or losing their economic security. Moreover, increases in job loss and income cuts have made families struggle with basic costs like housing, medical care, transportation, food, clothing, and child care. Too often, parents are being forced to make difficult decisions that affect their children's well-being. In this kind of environment, even basic family activities like talking, playing, and spending time together can easily be overlooked. To help families cope with these challenging economic times Sesame Street created *Families Stand Together*, an educational outreach kit for families. Resources to help guide families during these tough times are available at www.sesameworkshop.org/toughtimes.

YMCA Childcare Resource Service in support of *Families Stand Together* will distribute **FREE** bi-lingual educational outreach kits countywide consisting of:

- A bilingual (English/Spanish) outreach kit with a DVD featuring families who are living through difficult economic challenges as well as content to help children and families talk about the feelings and stresses during economic insecurity.
- A printed children's story which offers support and strategies for families during economic transitions.
- A parent/caregiver guide which provides strategies on how to meet challenges as a family, ideas about how to explain difficult situations to young children, and tips on planning for the short- and long-term.

Free kits are available at all three YMCA CRS offices (Mission Valley, Vista, and National City). To reserve and collect your kit, please call YMCA Childcare Resource Service at 1.800.481.2151 or send an e-mail to myresource@ymcacr.org.

Licensing Update

The following information highlights Title 22 Personal Rights regulations for Family Child Care Homes. Applicants and licensees are responsible for reading and understanding regulations. 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://cclld.ca.gov>.

Regulation 102423 Personal Rights

Each child in care has rights that shall not be waived or abridged by the licensee regardless of consent or authorization from the child's parent including:

1. To be treated with dignity
2. To receive safe, healthful and comfortable accommodations
3. To be free from corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse, or other actions of a punitive nature including, but not limited to: interference with eating, sleeping or toileting; or withholding shelter, clothing, medication or aids.

The licensee shall give a consumer education handout to parents (PUB 72). A copy of the brochure can be found on the CCLD web site.

Planning Council Update

The A-B-C's of Family Friendly Workplace Policies and Procedures

Would you like to learn about how your workplace can become more productive and increase employee retention? The San Diego County Child Care and Development Planning Council has launched a campaign to support family-friendly policies in the workplace. The video presentation titled *The A-B-C's of Family-Friendly Workplace Policies and Procedures* showcases local success stories and provides information for businesses on how they can better meet their employees' child care needs.

To learn more about family-friendly workplace practices and to schedule this free presentation, 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
 (858) 292-3727**

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.

SD CARES Update

This is the last year of guaranteed funding for SD CARES through the First 5 Commission of San Diego. Don't miss out on earning a stipend in Year 9!

Be sure to:

- Submit your CARES Educational Plan
- Submit your college plan (Permit and Degree Tracks) detailing the coursework you need to complete in order to complete your degree
- Enroll in or have completed the minimum number of college units to earn a stipend (3 units for Entry and Permit Track, 6 units for Degree Track)
- Enroll in or have completed 6 professional development training hours (Permit and Degree Track)
- Apply for a CA Child Development Permit (Permit and Degree Track)

First 5 San Diego CARES has provided stipends for licensed family child care providers and staff working at private, for profit or non profit child care centers with children 0-5 years. San Diego CARES is not included in The Commission's new 5 year strategic plan which begins July 1, 2010. The California Department of Education (CDE) funds the AB212 CARES program for state funded child development programs. CDE will continue to fund AB212 CARES unless there are changes in the state budget next year. **Be sure you are on track to complete all program requirements and submit complete payment documentation by June 30, 2010 to earn a stipend in Year 9.**

If you have questions about the requirements or need assistance with receiving a stipend, please contact San Diego CARES at 1.866.CARES SD (1.866.227.3773), send an e-mail to caressd@ymcacrs.org or attend Evening Hours the first Thursday of each month in the Mission Valley office of YMCA CRS from 4:00 p.m. - 7:00 p.m.

Request free support from a CARES Advisor and reach your stipend goals!

Advisors can help you find CARES approved trainings, assist with your Permit Application and guide you through the process of completing your ERS assessment and improvement plan.

Call or send an e-mail to SD CARES to request Advisor services today!

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.

Ask the HealthLine...

Q: I have a 4 year old in my preschool classroom who screams. I cannot seem to reason with her. Amy often screams when it is time to clean up, time to sit down for lunch and time to come to circle time. It is upsetting for everyone. What can I do?

A: First, acknowledge her feelings of frustration and anger. Acknowledging the feelings of a child is a powerful tool. It conveys acceptance of the child's feelings and sincerity of care.

"I know you are mad because it is time to put away the paints and get ready for circle time."

Encourage Amy to use words to describe her feelings and to say what she wants instead of screaming and crying. Be clear that you will listen to her when she stops screaming and crying.

"When you stop screaming and use your words to tell me what you want, I will listen. I am waiting."

Teach Amy more about expressing her feelings by reading books that help children identify and talk about them. By visualizing different emotions, Amy will learn a vocabulary of "feeling" words.

It appears that Amy may also be struggling with transitions. **It is important to maintain a consistent routine and to assist her through the changes by giving her verbal and visual reminders of the next transition.**

"Amy, in 5 minutes I will be ringing the cleanup bell. Our story book today is about lions that ROAR! When you hear the bell, hang up your paint smock and come to the rug."

These techniques help in minimizing the disruptions. Above all, when a child's behavior becomes overwhelming to providers or parents, a behavioral assessment may find the source of the difficulty. Suggestions and community resources will be provided to address the behavior problem. To obtain help for behavioral concerns, 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

We may not see snow everywhere in San Diego County but that doesn't mean you can't turn your room into the ultimate Winter Wonderland! These snow inspired activities are not only fun but some are also sensory activities to help children relax.

Polar Bear Special

- 1 cup of milk
- 1 banana
- 1 strawberry
- Waxed paper
- Measuring cups

Have children peel banana halfway. Place on waxed paper and freeze for 30 minutes. Remove banana from freezer and peel all the way. Place frozen banana in blender. Add milk and blend. Pour into cups and top with strawberry.

The Cooking Book: Fostering Young Children's Learning and Delight (NAEYC)

Jar Snowman

- Large plastic jar with lid
- Fiberfill or cotton balls
- Four buttons
- Two Twigs
- Orange felt scrap or construction paper
- Large pom-pom

Let the children clean the label and excess glue off the jars while soaking in warm water. Dry the jars and have the children stuff with fiberfill to make the body of the snowman. Slip two buttons between the side of the jar and the stuffing to create his buttons. Insert two twigs for arms, an orange carrot shaped nose, and two more buttons for eyes. Put the lid on the jar and glue down the pom-pom for a winter hat. To help it stick better, lay masking tape down first and then glue.

Crafts for All Seasons by The Millbrook Press



Snowflakes Falling Down

Sung to: "Row, Row, Row Your Boat"

Snowflakes falling down (lower hands while fluttering fingers)

Falling to the ground

Big, white fluffy flakes (make circles with thumbs and index fingers.)

That do not make a sound. (put finger to lips and shake head.)

1.2.3. Colors by Totline

Shaving Cream Snow

Spray shaving cream down on a flat, non-porous surface. Allow the children to draw and sculpt in the shaving cream with their hands.

What's in the CRS Resource Library?

The Resource Library contains several resources to help families and educators work with children who have challenging behaviors.

Resource Books

Successful Strategies for Working or Living with Difficult Kids by Joy Divinyi provides effective tools for understanding difficult behavior and changing it through preparation and response. It is a valuable guide for anyone working with challenging children and teenagers.

So this is Normal Too? Teachers and Parents Working Out Developmental Issues in Young Children by Deborah Hewitt is an easy-to-understand child development guide for teachers and parents on 16 different challenging behaviors. Included are suggestions for a plan of action to be agreed to by both parent and teacher, and a well-designed planning form.

Log on to www.ymcacr.org (search: Library) to search our inventory of books, DVDs, videos and toys. Apply for a library card at www.ymcacr.org (search: Library). Request a visit form our Resource in Motion van by calling 1.800.481.2151.

Positive Discipline A – Z: 1001 Solutions to Everyday Parenting Problems by Jan Nelson, Lynn Lott, and H. Stephen Glenn is a reference guide to help parents solve problem behavior in children, as well as help children gain self-confidence and self-discipline, learn responsibility, and develop problem-solving skills.

Videos

Discipline: Appropriate Guidance of Young Children (NAEYC)
Illustrates how to handle difficult situations that arise among preschool children: hitting, taking turns, and temper tantrums.

Daily Dilemmas: Coping with Challenges
Offers techniques to help ease challenges for teachers and children in the classroom.

Brochures

"Helping Children Learn Self Control" (NAEYC)

"Managing Challenging Behaviors in Child Care: A Guide for Parents/El Manejo de Comportamientos Desafiantes en el Cuidado de Niños: Una Guía para Padres" (English/Spanish)

Toy Library Saturday:

San Diego: November 21 & December 19
National City: November 7 & December 5
Vista: November 21 & December 19

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

Got Kids? Need child care? You've come to the right place!

The YMCA Childcare Resource Service offers **free** child care referrals to parents and guardians for their specific child care needs. Child care consultants will provide you with referrals to licensed and legally license-exempt facilities in San Diego County. Choosing a child care provider is one of the most important decisions you will ever make as a parent or guardian.

Below are *Tips from Your CRS Child Care Consultants* on why calling us for child care referrals makes sense.

- We are the only child care resource and referral agency contracted with the California Department of Education to provide free services to families throughout San Diego County, regardless of income.
- We maintain a referral database of all licensed and legally license-exempt child care centers and licensed family child care homes in San Diego County.
- We have a memorandum of understanding with community care licensing to receive notice when a program is placed on probation or its license is suspended or revoked.
- We create a customized profile so that we can refer you to programs that can potentially meet your family's specific needs.
- We help you become informed about your choices and your rights including how to check a program's public record of complaints and site monitoring visits **before** enrolling your child.
- We provide information on the types of care available, licensing requirements, appropriate staff to child ratios, and the average cost of care.
- We review the *5 Steps to Choosing Quality Child Care* and give you suggestions on questions to ask and things to look for when selecting a provider.
- We provide a free Parent Resource Packet of valuable consumer education information. This packet contains brochures on how to choose child care for children of any age or ability, a list of referrals for community services, information on applying for child care fee assistance, a list of YMCA CRS resources for families, and much more!

To obtain child care referrals and a Parent Resource Packet, call the Child Care Referral Line at 1.800.481.2151. Referral lines are open Monday-Thursday 8:00 a.m. to 4:00 p.m. and on Fridays from 8:00 a.m. to 12:00 p.m. A referral call typically takes 15-20 minutes to ask questions about your child care needs and complete a search of our database to create a referral list. We can read your list over the telephone or e-mail, fax or mail it to you. If these times are not convenient, leave a message at any time and your call will be returned within one business day. Log onto our web site at www.ymcacr.org and submit a request for child care referrals or search for child care using our online system. Call the child care experts! We are here to help you become an informed consumer of child care.

COMMUNITY CALENDAR

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

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

December 2 or December 19

6:00 p.m. – 7:30 p.m.

Talk, Listen Connect *

Loc: YMCA CRS, Vista

Info: 1.800.481.2151

~ or ~

December 2 or December 15

6:00 p.m. – 7:30 p.m.

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, Mission Valley

Info: 1.800.481.2151

December 4

5:30 p.m. – 7:30 p.m.

Learn About Reggio*

Learn about the Reggio Emilia approach to early childhood education and how to use emergent curriculum that builds upon the interests of the children.

Loc: San Diego Miramar College

Info: Dawn Burgess,
123burgess@sbcglobal.net

December 8

6:00 p.m. – 8:00 p.m.

Positive Behavior Support *

Loc: YMCA CRS, Vista

Info: 1.800.481.2151

~ or ~

December 19

8:00 a.m. – 10:00 a.m.

Positive Behavior Support *

Learn how to prevent negative behaviors before they occur and create environments that offer positive behavior support to children with behavior challenges.

Loc: YMCA CRS, National City

Info: 1.800.481.2151

December 19

10:00 a.m. – 12:00 p.m.

Partnering with Families*

Learn to communicate successfully with parents, how to set up your relationship for success and what to do when challenges arise.

Loc: YMCA CRS, National City

Info: 1.800.481.2151

**New and Improved
CRS Web Site!**

Log on to
www.ymcacrs.org to
check our new look.

