

Create Positive Behavior Change

Many theories abound on the most effective way to extinguish negative behaviors. These styles often come in and out of vogue among the users. The effectiveness of behavior programs are consistent mainly because children are complex and what motivates each of them varies. Even in a single child different behaviors will have entirely different motivations.

All behaviors are communication. Even “bad” behavior is trying to communicate something to us. It is our job to figure out what that behavior is trying to tell us. Behaviors usually have one of four motivations: sensory (S), escape (E), attention (A), tangible (T). If a child spits and learns that this always results in being sent to their room, they may use this behavior when they want to go to their room but cannot communicate that need. We typically try to stop a bad behavior by saying, “Stop spitting” or “We don’t spit”, rather than asking ourselves *why* the child is spitting or *what* need is being met by spitting. We must play detective and look for a

pattern. Each time the child is finished eating, shopping, visiting, etc., they spit and consequently are sent to their room, to the car, or home. In this particular example, the child is using spitting to “escape” unpleasant or boring situations.

After identifying the motivation, it is especially important to give the child an appropriate replacement behavior to communicate this need. The caveat is that the replacement behavior must be at least as effective as the negative behavior, or the child will continue to use the most effective method of communicating this need. In order to do this, it is important to pay attention to the signals that often precede the bad behavior. Be sure to offer plenty of assistance to help the child be successful using the replacement behavior. If you notice the child is finished eating, ask them if they are all done. Signing “all done” is also helpful since it adds a visual input in addition to the auditory request. The replacement behavior might be to have the child signal “all done”, say “all done” or raise their hand. The idea is to teach a replacement behavior and the skills that the child will need to use this new behavior in order to be successful.

When making verbal requests, offer a choice between two options (rather than a yes or no answer), both of which are acceptable to you. It is also important to note that most often requests are made with only auditory input or verbal requests. It is very important to give other cues and feedback when making a verbal request. If you are requesting a child put their belongings in their cubby, compliance will increase when you are standing near their cubby and pointing to it.

Another technique often used is to reward good behavior and ignore bad behavior. “Catch them being good” is a fantastic technique for giving children feedback about positive behaviors and letting them know when they got it right. But ignoring bad behavior is ignoring the child’s need. Remember, all behavior is trying to communicate a need. Ignoring bad behavior will just result in an escalation of that behavior.

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For more information on Positive Behavior Support, check out our Positive Parenting Solutions, Play and Learn and Guiding Young Children’s Behavior classes or come to the Day for Early Childhood Conference and hear Bob Brunson present on “How to Raise Emotionally Healthy Children”.

Actividad: Peek-A-Boo

Del Libro *The Laughing Baby*

El juego de Peek-A-Boo existe en muchas culturas y sorprendentemente, es una parte importante en el desarrollo de un bebé. Esconde tu rostro, y de repente destapa tu rostro sorprendiendo a tu bebé al verte aparecer por diferentes lados. O puedes tapar la cara de tu bebe y después destápala para que te vea. Entre más grande sea la sorpresa mejor, especialmente cuando el bebe entra mas en edad. Yo no había jugado peek-a-boo con mi bebe de cuatro meses ya que no se me había ocurrido que estaba lista mi bebe para aprender. Otra lección que aprendí de mi niño de 4 años es que cuando el saltaba de debajo de la mesa y sorprendía a la bebé, a la bebé le encantaba. Nunca había escuchado tantas risas/carcajadas que provenían de un bebé tan pequeño, que comenzamos a jugar juegos de peek-ha-boo y a cantar con ella.

La idea de la “existencia y no existencia”, es la esencia del juego de peek-a-boo, es muy significativa en la lingüística y para el desarrollo temprano ya que gradualmente el niño se da cuenta de que lo que desaparece detrás de una silla vuelve a aparecer. Preste atención a la alegría de los niños que hablan temprano como en sus observaciones de “el perrito se fue/el perrito no está!”. Los niños lo repitieran una y otra vez porque les fascina.

Panecillos de Calabaza

Estos panecillos saludables están cargados de vitamina A. Para panecillos con sabor diferente trate de añadir chispas de chocolate, pasas o especias de otoño.

- 1 taza de calabaza molida * calabaza en latada*
- 1/2 taza bien oprimida de azúcar morena*
- 1/2 taza de mantequilla derretida*
- 2 huevos*
- 2 tazas de harina de multiuso (o 1 taza de harina de multiuso y una taza de harina de trigo integral)*
- 2 cucharaditas de polvo para hornear*
- 1/2 cucharadita de sal*



- ~ Pre-caliente el horno a 375 grados. En un tazón grande o tazón de una batidora eléctrica, mezcle la calabaza, el azúcar morena, la mantequilla derretida y los huevos.
- ~ En un tazón separado cierna la harina, el polvo de hornear y la sal.
- ~ Agregue los ingredientes secos a la mezcla de calabaza, bata o revuelva todo hasta que este bien combinado. Cuchare la mezcla en un recipiente para 12 panecillos forado de fundas de papel para panecillos. Cocinar en horno por 20 minutos. Hace 10 a 12 dependiendo del tamaño.

* Calabaza Molida

Utilicé este puré de calabaza en sus recetas favoritas de calabaza. Pre-caliente el horno a 375 grados. Corte una calabaza de tamaño mediano, como la calabaza de azúcar, por la mitad. Con un tenedor pinche la cascara y colóquela en una hoja de lamina para hornear con la cortada así arriba. Cocine en el horno por 50 minutos, o hasta que se sienta suave al hundirle el tenedor. Deje enfriar la calabaza, luego saque las semillas con una cuchara grande. Saque la calabaza desasiéndose de la cascara. Machuque la calabaza con un machucador o póngala en un procesador de alimentos para hacer puré. Sale cerca de 4 tazas, dependiendo del tamaño de la calabaza.

Fifth Disease or “Slapped Cheek” in the Child Care Setting

“Slapped Cheek” or Fifth Disease is a mild rash caused by a virus (parvovirus B19). Outbreaks most often occur in winter and spring, but a person may become ill with Fifth Disease at any time of the year. Children and adults can get the illness. The Fifth Disease virus lives in the nose and throat. It can be spread from person to person through coughing, sneezing, kissing on the lips, and sharing food, eating utensils and mouthed toys. Women who develop Fifth Disease during pregnancy may pass the infection to their unborn babies.

It is contagious one to two weeks before the rash appears. Once the rash appears, a person is no longer contagious. A child who has been diagnosed with Fifth Disease need not be excluded from child care. If a pregnant woman becomes infected with Fifth Disease for the first time, there is a small risk (less than 10 percent) that the fetus may suffer damage, including the possibility of miscarriage or stillbirth. The woman herself may have no symptoms or a mild illness with rash or joint pains. Pregnant women who have been exposed to Fifth Disease should consult their health care provider.

Symptoms begin with a mild fever and complaints of tiredness. After a few days, the cheeks take on a flushed appearance that looks like the face has been slapped. There may also be a soft, light rash on the chest, arms and legs, but not all infected persons develop a rash. As the rash appears, the child usually begins to feel better, and the fever resolves. The rash may last for over a week and may recur in response to sunlight or a warm bath.

- Make sure that all children and staff use good hand-washing practices especially after wiping or blowing noses; after contact with any nose, throat or eye secretions; and before preparing or eating food.
- Clean and disinfect all mouthed toys and frequently used surfaces on a daily basis.
- Play outdoors as much as possible.
- Make sure that the child care facility is well ventilated, either by opening the windows or doors or using a ventilation system.
- Make sure that children are not crowded together, especially during naps on floor mats or cots.
- Teach children to cough and sneeze into their elbow and away from people.

If an outbreak of Fifth Disease occurs, notify all parents and staff members. Pregnant women and parents of children who have a damaged immune system, sickle cell anemia, or other blood disorders may want to consult their health care providers.

This article reprinted with permission from the California Childcare Health Program

Parent-Provider Solutions

I recently enrolled a toddler from a family whose home language is not English. English is the only language spoken in my program. The family is concerned how speaking one language at home and another language in child care will affect their toddler's language development, and so am I. What information is available to caregivers about children who are English language learners?

Statewide the number of young children who are English language learners has grown dramatically and according to experts will continue to grow. Children have an amazing capacity to learn language whether it's two languages simultaneously or adding a second language. In child care, we can connect with home by incorporating words and phrases, storybooks, nursery rhymes and songs in the child's home language. In the early stages of acquiring a second language, it is not uncommon for a child to be quiet; listening and taking in new vocabulary, grammar and syntax. Children transfer what they know about language and literacy skills from one language to another. When a child mixes words of the two languages in the same sentence, it has been interpreted by some adults as a sign of language confusion. Research has shown that “code mixing” is an indicator of how advanced the child's language capabilities are by being able to go back and forth between two languages. Young children also show the capacity of speaking one language at home and another at child care. Determining the language and literacy goals with the family will be of benefit to the child. In the CfC lending library is a Resource Guide by the CA Department of Education entitled *Preschool English Learners*. It is full of helpful information and strategies.

CfC Resource Lending Libraries:

Looking for songs and rhymes from around the world?

Visit your local Resource Lending Library, where you can check out *The Laughing Baby* by Anne Scott. This resourceful binder is a delight. Part I: Reasons for Rhymes has various nursery rhymes, sensory integration through playing, some food for thought with diet and play information. Part II: Rhymes for Verse and Play offers numerous rocking songs, peek-a-boo play, clapping, bouncing, lifting, tickling play songs and inspiring finger play.

Wikki Stix

In celebration of Day of the Young Child on June 20, 2009 CfC hosted a booth at LTCC featuring fun hands-on activities using Wikki Stix. Our child care community was introduced to them back in April at the CfC 18th Annual Provider Appreciation Brunch. These fun non toxic twistable stix are great for tactile and sensory exploration. CfC's Resource Lending Libraries have expanded their resources to include Wikki Stix. You may now find a wide variety of wikki stix available for sale in the Alpine, South Lake Tahoe and Cameron Park Resource Lending Libraries. For more information on wikki stix visit: <http://www.wikkistix.com/>

CfC Resource Lending Libraries Newly added resources include:

- ~ Wikki Six Educational Resource Manual
- ~ Ten Things Every Child Needs for the Best Start in Life! DVD
- ~ Seeing Infants With New Eyes, On Their Own With Our Help and See How They Move DVD's
- ~ The Happiest Baby on the Block & The Happiest Toddler on the Block DVD's by Harvey Karp, M.D.

Curriculum Corner: Peek-A-Boo From The Laughing Baby

Peek-A-Boo play can be seen in many cultures and is, not surprisingly, an important part of an infant's development. You hide your face, then suddenly surprise your baby by where and when you come out. Or, cover baby's face and then let her see you. The greater the surprise, the better, especially as the baby gets older. I had not played peek-a-boo with my four-month-old because it hadn't occurred to me that she would be ready for it. In yet another lesson taught by my four-year-old, however, I found that when the other one would jump from under a table and surprise the baby, the baby loved it. I had never heard so much laughter come from any baby so small, and needless to say, we started playing peek-a-boo games and songs with her. The concept of object permanence, which is the essence of peek-a-boo, is quite significant in linguistic and early child development, as the child gradually becomes aware that what disappears behind a chair will appear again. Notice the delight that early talkers will take in their observations of "all gone doggie." Children will tell you this repeatedly; it is fascinating to them.

There Were Two Blackbirds From The Laughing Baby

There were two blackbirds,	(Both hands behind back)
Sitting on a hill	
The one named Jack,	(Bring out one hand with index finger up)
The other named Jill.	(Bring out the other hand with index finger up)
Fly away, Jack!	('Fly' hand to behind back)
Fly away, Jill!	('Fly' other hand to behind back)
Come again, Jack!	(Bring back the finger)
Come again, Jill!	(Bring back the other finger)



Subsidy Program News:

The subsidy staff at Choices for Children is required to maintain strict standards with regard to the completion of Attendance Logs. We underwent a state review during the month of March with the end result being that unless Attendance Logs are completed properly and there is evidence that parents are signing their children in and out daily, the Logs may be considered “created” and we may be unable to issue payment. Because we want parents and providers to be successful with our paperwork, please keep the following pointers in mind:

- Notify your local CFC office right away if you are missing Attendance Logs for any of the subsidized children in your care. Do not wait until the end of the month!
- Parents have the bulk of the responsibility for signing their child in and out each day. Review your Attendance Logs often to be certain signatures are on the correct line, actual times of drop off/pick up are entered (not rounded up), and there is a signature and reason for any absence that may have occurred.
- Providers must initial children in and out of care if the child has a split schedule (school-age children, children in state preschool, etc.)
- Both the parent and provider must sign the bottom of the form before it is submitted for payment.
- Certificates for Child Care Service must be signed and returned for each child in your care before Choices can issue payment for the child’s care.
- Attendance Logs are due on the 1st of the month following care and are late after the 5th!

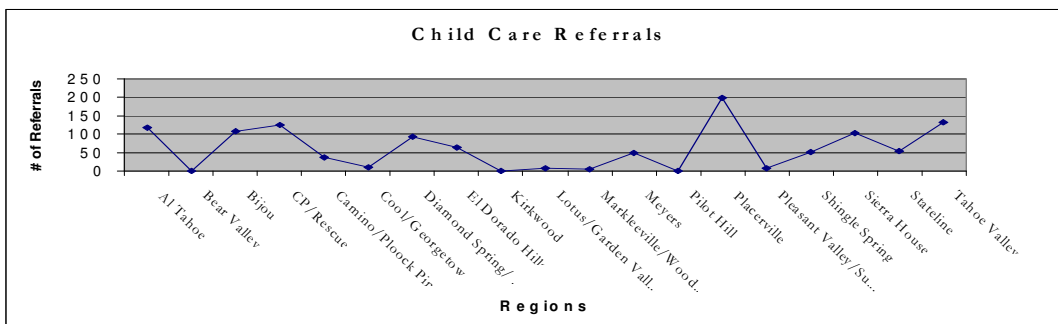
Subsidy staff are available in both Cameron Park and South Lake Tahoe during the business hours of 8:30 to 4:00, Monday through Friday to answer any questions or provide any assistance you may require. Thanks for your efforts!

Parents and providers that work with the Choices for Children child care subsidy program will notice changes to familiar paperwork. We are in transition from one database to another and as a result your Certificates for Child Care Services, Attendance Logs, and Notices of Action will have a new look but will maintain the same importance to each family’s file. Please feel free to contact your local CFC office if you have any questions or concerns about the changes to our forms.

Choices for Children’s child care subsidy program continues to serve enrolled, eligible children up to their 13th birthday (21st birthday if the child has special needs that require the supervision of an adult) through the Alternative Payment and CalWorks Stage 2 and 3 programs. Families are eligible for subsidized child care if their gross monthly income is below 75 % of the state median income for their family size and if they have a qualifying need for child care services. If you or someone you know meets these requirements but is not currently receiving subsidized child care services, you may contact Choices for Children for placement on the Centralized Eligibility List. This list will connect you with all subsidized child care programs in El Dorado or Alpine counties. The wait time on the CEL varies based on a family’s income and eligibility and whether or not programs are enrolling.

Resource & Referral Update

The following information provides data gathered over the last six months on referrals given in El Dorado and Alpine Counties. The total number of referrals given from January 1st, 2009 to June 30, 2009 was 1,164.



Get Actively Involved

No, this isn't about physical activity but rather about *activism*. Due to the economic downturn, we may feel that we've lost some control over our lives. This is where activism, or advocacy, if you will, comes in.

Championing a cause can give us back some of that control we've lost and make us feel as though we can have an influence in the direction that our lives are heading. Another benefit is modeling to our children that all of us can do something about our situation in life, becoming part of the solution.

Activism does not have to be overly time consuming, nor does it need to cost you money. To get started, think about issues or causes that mean something to you. Here are a few examples: education, special education, literacy, safety, health issues, healthcare, human, personal, animal rights; drug, alcohol use, abuse policies, Homeland Security; the economy; the environment; hunger; or child abuse. A next step could be to contact your elected representatives and share your views and concerns. (Keep in mind that written letters have the most impact.) Not sure who to contact or how? Check the government pages of your phone book or do an internet search. A letter to the editor of your local paper can also be a way to advocate.

Another way to show your commitment is by volunteering with local agencies. If literacy is your cause, for instance, you could spend a few hours a month volunteering with literacy programs at your library, or helping to restock books, donating your used books, or helping out with one of their annual events.

Those of us whose personal time is already committed can still do *something*. There are several internet sites that donate to causes just by a mouse click. Add [www: theChildHealthsite](http://www.theChildHealthsite.com), [theHungersite](http://www.theHungersite.com), [theLiteracysite](http://www.theLiteracysite.com), [theRainforestsitesite](http://www.theRainforestsitesite.com), [theAnimalRescuesite](http://www.theAnimalRescuesite.com), and [theBreastCancersite .com](http://www.theBreastCancersite.com) to your list of favorites and go there daily to provide free help, food and services to those in need. Donating your gently used castoffs to charity shops can also be a way to give back.

Be sure to have a family discussion about what you are choosing to do and help your children to decide if they have a cause to which they wish to contribute their time.

And thanks in advance for making a difference in our world.

Nutrition Corner: Pumpkin Patch Muffin

These moist, wholesome muffins are loaded with vitamin A. For flavored muffins, we tried chocolate chip, raisin and pumpkin pie spice.

*1 cup Pumpkin Mash * or canned pumpkin*

1/2 cup packed brown sugar

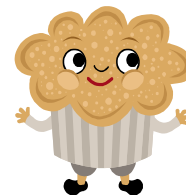
1/4 cup melted butter or margarine

2 eggs

2 cups all-purpose flour (or 1 cup all-purpose and 1 cup whole-wheat flour)

2 tsp. baking powder

1/2 tsp. salt



~ Preheat the oven to 375 degrees. In a large mixing bowl or bowl of an electric mixer, mix or blend the Pumpkin Mash, brown sugar, melted butter and eggs.

~ In a separate bowl, sift the flour with the baking powder and salt.

~ Add the dry ingredients to the pumpkin mixture and stir or blend only until combined. Spoon the batter into a 12-cup muffin tin lined with paper liners. Bake the muffins for 20 minutes. Makes 10 to 12 muffins.

**Pumpkin Mash*

Use this pureed pumpkin in all your favorite pumpkin recipes. Preheat the oven to 375 degrees. Cut a medium-size pumpkin, such as a sugar pumpkin, in half. Prick the skin with a fork, and place on a cookie sheet, cut-side up. Bake for 50 minutes, or until it is very soft when poked with a fork. Let the pumpkin cool, then scoop out the seeds with a big spoon. Scoop out the pumpkin meat and compost the skin. Mash the pumpkin meat with a potato masher or puree in a food processor. Makes about 4 cups, depending on the size of the pumpkin.

Recipe from FamilyFun

Concerns About H1N1 (Swine) Flu in Child Care

An informational meeting for child care professionals will be held at 6:30 pm, Tuesday, September 29th at the El Dorado County Office of Education, 6767 Green Valley Rd., Placerville in Room B2. This meeting will be presented by the Early Care and Education Council, the Health Services Department and Choices for Children.

With the approaching flu season many people are concerned about the H1N1 virus or the swine flu. Young children are typically in the high risk group for complications from influenza. Children in group care have more opportunities for exposure to infectious diseases, however, by implementing appropriate precautions, infections can be kept to a minimum.

Recommendations from the Center for Disease Control (CDC) for child care include a daily health check for each child. As the child arrives, observe the following: does the child appear well, are they cranky, clingy, or acting differently; coughing, or having difficulty breathing; very pale, flushed, clammy, unusual rash or itching; runny nose; red, crusty or goopy eyes; sores in the mouth; or feel unusually warm or cold. Ask the parent about how the last evening and morning has been with the child. A health check just takes a few moments. Be sure to review the illness policy with parents regularly. Remind parents to have a back-up plan should their child become ill and not be able to attend child care.

Frequent hand washing is the best preventative measure to minimize infection. Wash the child's hands when the child arrives, after diapering or toileting; after being outdoors; after arts and crafts; after coughing, sneezing or wiping their nose and before eating. Teach children to be thorough in hand washing by washing front and back, between fingers and up to the wrists (even the up to the elbows) and sing the alphabet song through twice. Additionally, teach children to cover their mouth and nose when coughing and sneezing by using a tissue or coughing and sneezing into their elbow; then wash their hands immediately.

Regularly disinfect items that get touched frequently such as door knobs, keyboards, tables, chairs and toys. Be especially aware of toys or other items that a child may have put into their mouth and remove the item from play until disinfected.

"Bon Voyage" and Best Wishes, Patti!

Patti Moeszinger, our R&R Coordinator for the past 3 years, retired on August 28th, 2009. She actually contributed 6 total years at Cfc as she worked in the Child Care Food Program from 2000-2003. We will miss Patti's dedication, enthusiasm, and empathetic ear. She made many innovative contributions to Cfc such as the Cfc website. Patti developed positive relationships with parents, providers, and staff and we all enjoyed her upbeat personality and great sense of humor. You may run into Patti around town as she plans to enjoy her retirement with her husband while continuing to live in El Dorado County. We will all miss Patti!

Welcome R&R Coordinator

Cfc would like to welcome our new R&R Coordinator, Lorraine Ortiz, who will be starting on September 14th. Lorraine is actually already part of our company CDI, Continuing Development Inc., where she has been the Centralized Eligibility List Statewide Administrator for the Child Development Contracts Department in Sacramento. She is fluent in Spanish and has wonderful customer service and computer skills. Please join us in welcoming her.

Join us in Welcoming our Newest Child Care Providers:

Western Slope:

Candace Burns
Angelica & Bernadette Asevedo
Rose Irwin

South Lake Tahoe:

Teresa Ramirez

California Budget News

On July 28th, Governor Schwarzenegger signed the long-awaited budget deal to close California's deficit of more than \$24 billion. It was not a time of celebration, even though it took a lot of time and negotiation by the legislature to create a budget that the governor was willing to sign. After the failed propositions in May, the governor and many members of the legislature determined that California voters wanted to see Sacramento balance its budget without any new taxes. As a result, cuts have been made to many programs and services and a variety of "revenue solutions" and borrowing will at least temporarily ease the state's financial pain.

The budget saves the CalWorks and Healthy Families programs from elimination, but it does reduce funding for these and other health and human services programs. Specifically, time limits for cash aid will be reduced and assistance will be cut for recipients that do not meet program requirements. Healthy Families, the state's children's health care program, has been placing new applicants on a waiting list since July 17th and the cuts to this program may require the state to drop coverage for some current beneficiaries.

Latchkey funding at center-based programs for school-age children has been eliminated. It was the determination of the legislature and the governor that most of the children served by the Latchkey program could be served by other after school programs including 21st Century Learning Center funding and the After School Education and Safety program (ASES). Children that are being served currently by Latchkey funding may have their subsidy through August. Families will receive priority for placement in other subsidized programs if they add their names to the Centralized Eligibility List.

Other notable spending cuts and changes include: \$9.3 billion from education, \$334 million from developmental services programs that serve special needs children, state employee mandated furlough days saving \$820 million, \$785 million from prison spending, \$226 million cut from in-home supportive services, an increase in payroll withholding to save \$1.7 billion, and \$6 million reduced from state parks, translating to approximately 100 parks closing.

A deal to allow drilling for oil off of Santa Barbara, expected to earn \$100 million, was not approved by the legislature along with a plan to withhold gas tax monies from local government, prompting the governor to blue pencil, or make line-item vetoes that will result in additional cuts to various programs including a reduction to county funding for Medi-Cal administration, elimination of state funding for various services offered by the Office of AIDS Prevention and Treatment, and cuts to funding for the state Department of Aging and the Department of Mental Health.

The budget maintains a \$500 million reserve. Analysts say that this will be necessary if revenues continue to decline. Some experts are saying that since the budget package relies on around \$8 billion in accounting maneuvers and spending shifts that we may be in for another budget deficit next fiscal year even if the economy begins to recover.



It's been acknowledged by everyone involved with the creation of this budget that these cuts and changes will be difficult for most Californians. We look forward to continuing to serve families and children through Choices for Children's variety of programs and will weather these tough times. As the governor stated, "... California always comes back...there is nothing happening here that will make people shy away and not want to come to California."



Health & Safety Scholarships

Choices for Children is pleased to announce the continuation of reimbursement of Health & Safety training in El Dorado and Alpine counties. To be eligible, child care center staff, family child care providers and license-exempt child care providers must fill out the 2009-2010 scholarship form and provide copies of training cards. Forms are available at your local Choices for Children or on the CfC website at:

www.choices4children.org

Training must meet community care licensing mandated course requirements. Training cards must either have an EMSA sticker or show they were issued by the American Red Cross or the American Heart Association. Health and Safety code, Section 1596.866 requires child care providers to attend 15 hours of Health & Safety training (4 hours each of pediatric CPR & Pediatric First Aid and 7 hours of a preventive health practices course). In addition, Health and Safety training taught by a home study course or online does not meet licensing requirements. Training must be taught through in-service training, workshops or classes.

Licensing New Fees

Please note that due to the budget compromise, the application/annual fees increased by 10%. The annual fee and application fee are now \$66 for small FCCH and \$127 for large FCCH. The annual fee for centers licensed for 31-60 children is \$440 and \$550 if licensed for 61-75 children. The application fee is \$880 for centers licensed for 31-60 children and \$1,100 if licensed for 61-75 children. For more information on current fee schedule visit www.cclld.gov or call CfC. These new fees were effective as of 7/28/2009.

CfC Tahoe Clothing Closet

If families need clothing for their children, please refer them to the "CfC Tahoe clothing closet". The Tahoe office keeps gently used children's clothes for infants and preschoolers for families in need. This service is free and anonymous.



Save the Date!
for
**The 18th Annual
Day for Early Childhood Conference**

featuring **Bob Brunson**
**"How to Raise Emotionally Healthy
Children"**

Date: **November 14th, 2009**

Location and time to be determined



Positive Parenting Solutions is a series of four classes to help parents build better behaviors by using a positive approach to create self-motivated, cooperative, and respectful children. The series focuses on children from ages one to five years.

Cameron Park at Camerado Middle School, October 1, 8, 15 and 22nd.

El Dorado Hills at White Rock Village Apts., January 6, 13, 20 and 27th.

Placerville at Schnell School, February 4, 11, 18 and 25th.

Camino at Camino Elementary, May 5, 12, 19 and 26th.

Family Connections El Dorado Teddy Bears' Picnic



Saturday, September 19, 2009
11:00 a.m. - 3:00 p.m.
Rainbow Orchards,
2569 Larsen Rd., Camino

Games, Entertainment, Food, & Parade

For information contact Family Connections
530-626-5164
or www.familyconnected.org

Barton Health Care System We Will Never Forget! Celebrating Health & Emergency Preparedness Awareness

What: FREE Medical Health Checks for
the Entire Family

When: Friday, September 11, 2009
3 - 7 pm (No appointments. Walk-in only)

Where: South Lake Tahoe Airport

Family Workshops for Emergency Planning

Attend at either 4 p.m., 5 p.m. or 6 p.m. in the Council Chambers, inside the Airport. Bring the entire family for free expert information and instructions on how to organize your family's emergency disaster plan, then break into family groups and design your personalized disaster plan and escape route with help from American Red Cross and Emergency Management Community Coalition members.

Questions? Call 530-543-5615

United Way

Choices for Children is beginning our second year of participation in the United Way campaign. With donations received from the campaign last year, we've been able to reach out to our families in need during these tough economic times.

Please keep Choices for Children in mind when you consider making a contribution to a non-profit organization. To make a donation through United Way, access the United Way Website at: <http://unitedwaygcr.org/>
The Choices for Children agency code is: 3248
Thank you for your support!



Glenview Apartments, Cameron Park on Tuesdays:
9/22, 10/13, 10/27, 11/10, 1/12, 1/26, 2/9, 2/23,
3/9 and 3/23

White Rock Village, El Dorado Hills on Tuesdays:
9/15, 10/6, 10/20, 11/3, 1/5, 1/19, 2/2, 2/16, 3/2
and 3/16

Schnell School, Placerville on Thursdays: 9/17, 10/1,
10/15, 11/5, 1/7, 1/21, 2/4, 2/18, 3/4 and 3/18

Faith Episcopal Church, Cameron Park on
Wednesdays: 9/2, 9/16, 10/7, 10/21, 11/4, 12/2,
1/6, 1/20, 2/3, 2/17, 3/3, 3/17, 4/21, 5/5 and 5/19

Camino Community Church, Camino on Thursdays:
9/10, 9/24, 10/8, 10/22, 11/12, 12/10, 1/14, 1/28,
2/11, 2/25, 3/11, 3/25, 4/22, 5/13 and 5/27

**Locations, dates and times are subject to change*

Para clases en Español, llame al (530) 676-0707

September:

Watch for our Play & Learn fall schedule in the mail

5- Second Annual Soapbox Derby in Bear Valley. Email Bear Valley Business Administration for more information at: www.bearvalleyvillage.com

5- Alpine Kid's outing to Wild Waters in Reno. Contact Edie at 530-694-2934 for more information.

5- Kirkwood 5K/10K and Kids Fun Runs at 9:00 a.m. \$25 if you register by Aug. 29, \$30 after. \$5 for kids 1/2 mile or 1-mile fun run. For more information please visit:

<http://www.tahoemtnmilers.org/> or register at Kirkwood 5K/10K Adventure Trail Run.

7- Office Closed

10- FIRST 5 California interactive van will be at the Alpine Learning Center. Call John Fisher at 530-694-1149 for more details.

12- Dinner & Barn Dance 4 pm- 9 pm. Fundraiser to benefit the Woodfords Volunteer Fire Department. \$35.00 per person. For more information and directions call (530) 694-2508.

26-27- The Candy Dance Arts and Crafts Faire in Genoa 9 a.m. to 5 p.m.

26-27- National Alpaca Farm Days 9:00 a.m. to 5:00 p.m. both days. This free event is open to the public to promote awareness of alpacas. The event is located at Tahoe Breeze Alpacas, 1625 Orchard Road in Gardnerville. For more information please view their website at:

<http://www.tahoebreezealpacas.com/> or call 877-773-7717. They are also open year-round to visitors, schools, 4H clubs, etc.

October:

3- Annual Scarecrow Festival 9 am-3 pm The East Fork Gallery provides kits (for a small fee) to create your very own one of a kind scarecrow. Artists are on hand to assist with your creations. Come join the crowds and the fun. Face-painting available. All proceeds go to the East Fork Gallery - a non-profit venue supporting local artists.

East Fork Gallery. For more information, please call 775-782-7629.

11- 1st Annual "Run Ed Run" at the DHS Track 7:00 am registration. Adult runs begin at 9:00 am 5K/10K Run/Walk & Kids Fun Run at 11 am. Benefits Douglas County student, schools and teachers. \$20 5k / \$25 10k / Kids Run \$5 Pre-register at: www.wactive.com or visit www.douglascountyeducationfoundation.org.

28-30 Office closed for staff training

31- Annual Halloween Parade at the Markleeville library at 5:00 pm

November:

26 & 27- Office closed

