

Attention: Children at Play

We have heard it before, “The Power of Play”, “Play is Learning”, “ Play is FUNdamental”. Despite these messages, American children are spending less time “playing”, according to the American Academy of Pediatric in their report *“The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds”*. Instead of using their imaginations to build something from a set of wooden blocks, children are pushing buttons to activate an electronic toy programmed by an adult. Instead of kicking around a ball just for fun, young children, sometimes as young as 4, are signed up for weekly sport lessons. But what is play? According to Dr. Bruce Perry, play takes many forms, but the heart of all play is pleasure. ***If it isn’t fun, it isn’t play.***

Humans are by nature curious. This curiosity drives a child to explore. A child, who explores, discovers her world and these discoveries bring her pleasure. And with pleasure comes the powerful drive to repeat the pleasurable activity. So the child continues to explore her world through play. This repetition brings mastery; the child really begins to understand her world, which gives her a sense of accomplishment and confidence. A confident child feels comfortable with her world and will be more likely to explore and as a result will continue to discover and learn more than a child driven to memorize their letters and numbers with little internal motivation. (*“Curiosity, Pleasure and Play: A Neurodevelopmental Perspective” B. Perry, L. Hogan, S. Marlin*)

The benefits of free play are not limited to cognitive development. Children engaged in self-directed play can de-stress and try to make sense of their world. For example, a young girl whose baby brother requires surgery may pretend she is a surgeon saving patients. This helps her feel in control of her world during a stressful time. Free play can help children strengthen their gross motor skills as they push an overturned laundry basket or skip rope. Children can strengthen their fine motor skills as they scribble grocery lists or tie fabric scraps together to make a fort. Children enhance their language skills when they play “copy cat”. Children learn social skills when they play together. If children disagree, they must learn to come up with a win-win situation before they will agree to continue playing. Through free-play, children learn problem solving, strategizing, planning, trial and error- all skills that are priceless in the classroom.

With all of the evidence supporting child-directed play, why is it so hard to allow children time to play on their own? Media and society often send parents messages that conflict with the principles of free-play. In the book, *“Einstein Never Used Flashcards”* by Kathy Hirsh-Pasek and Roberta Michnick Golinkoff, the authors suggest balance is the key. It’s not that signing children up for activities or buying educational products is entirely bad. The emphasis should be on the process not the product. Lessons should be based upon children’s expressed or observed interests and limited in time commitments. Caregivers should always be sure to preserve plenty of free-time with open-ended toys, such as dolls, blocks, playdough and balls. Encourage creativity and imagination. We can’t let play be lost. It’s too important for our children’s health, happiness and future.

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Ayuda hacer su festividad un tiempo de alegría

El regreso a la escuela da entrada a uno de los periodos de stress más alto del año – los días de Fiestas. Usted tiene el poder de elegir este año como el año que controlará o reducirá el nivel de stress empezando a planear desde hoy como usted y su familia recibirán y celebrarán los días de Fiestas..

Enfocar Puedes empezar por re-enfocar que es realmente lo más importante para tu familia. Probablemente aumentar la cercanía y dar más sentido a las relaciones con nuestras familias, amistades y comunidad. Después pon atención en como puedes lograr esto.

Planea Has planes para lo que puedas hacer hoy. Determina un presupuesto par regalos, viajes, comidas, etc. Ten en mente que fue lo que te causo stress el año pasado y elige cuales poden ser evitados.

Regalar en lugar de recibir Ayuda a tus hijos a pensar en regalar en lugar de recibir. Pueden ser enseñados a pensar en las necesidades de otros y es una gran oportunidad para comenzar. Piensa en maneras de regalar. Puede ser que sean regalos hechos a mano para sus amistades o familiares, involucrarse con una agencia de la comunidad, adoptando un niño del programa “*arbol que da*”, llevando a cabo actos de gentileza, visitando asilos de ancianos, donado comida a centros donde se sirve comida a los necesitado, libros, juguetes y ropa a refugios locales o tiendas de segunda, participando en limpiar su vecindad o simplemente un sonrisa o una palabra amable. La familia experimentará la alegría de dar y la vez aprenderá el sentido de responsabilidad social.

Abrace el corazón Nutre las conexiones familiares en vez de dar énfasis en las posesiones. Pregúntele a sus hijos que sienten en sus corazones después de dar un regalo o de hacer algo por una persona. Los adultos pueden ser el modelo ejemplar del sentimiento bueno que viene al dar de nosotros mismos.

Relajarse Entre tus planes trata de planear un tiempo libre. Es de sumo placer regalar pero también se necesita ocuparse de nosotros mismos antes de ocuparse de otros. Planea comidas simples en casa, no tiene nada de malo en rehusar invitaciones para poder dormir suficientemente.

Fomentar gratitud Escribe notas (cartitas) de agradecimiento o constrúyelas con la familia. Pueden ser de agradecimiento por regalos que recibieron o simplemente para reconocer actos de bondad compartidos. Estas notas (cartitas) pueden servir como practicas de escribir o un simple dibujo para los que no saben escribir.

Canciones

Los Pollitos de Nancy Abraham Hall y Jill Syverson- *Stork*

Los pollitos dicen “pío, pío, pío”
cuando tienen hambre,
cuando tienen frío.

La gallina busca
el maíz y el trigo,
les da su comida,
y les presta abrigo.

Bajo sus dos alas
acurrucaditos
hasta el otro día
duermen los pollitos

La Rana

Cucú es el ruido de una rana. Este canción describe lo que este pequeña rana ve desde el estanque. Versos adicionales pueden ser agregados para describir lo que pasa en el cuarto donde los niños estén cantado

Cucú, cucú cantaba la rana
Cucú, cucú debajo del agua,
Cucú, cucú pasó un caballero
Cucú, cucú con capa y sombrero
Cucú, cucú paso una señora
Cucú, cucú con traje de cola,
Cucú, cucú pasó un marinero
Cucú, cucú vendiendo romero
Cucú, cucú le pidió un ramito,
Cucú, cucú no le quiso dar,
Cucú, cucú y se echó a llorar.

<http://.tsl.state.tx.us/ld/projects/ninos/songsrhymes.html>

Too Sick for Child Care?

As the fall season approaches bringing it's changing colors, crisp winds and warm smells from the kitchen, it also brings more of those dreadful communicable diseases. Child care providers are faced more often with the dilemma of whether or not to exclude children from care due to illness. Child care providers often want to continue to care for the child so parents can continue to work, but are conflicted by their desire to keep the other children in their care safe and healthy. But there is help! Free help, convenient help, available at the click of a mouse or a quick dial of the phone. **The California Childcare Healthline** is a free service, provided by the Child Development Division of the California State Department of Education. The program's entire purpose is to support child care providers to provide healthy environments for the children in their care. Their website is full of easily accessible information which advise whether a child should or should not be excluded from care, based on symptoms, diseases, etc. Friendly health professionals are available for those who prefer a quick phone call.

But that's not all! The Child Care Health Line team is available to help child care providers identify and care for children with special needs in their care. Wow! Inclusion Specialists at your fingertips! What a great way to hone your skills while offering an exemplary environment for all children to grow and learn.

But that's not all...no that's not all! The California Childcare Healthline can help you prepare your facility in the event of a disaster. Natural disasters can be an unpleasant subject to focus on, but the Angora Fire in Tahoe reminded us how real and devastating natural disasters can be and how important it is to be prepared. Log on to their website at www.childcarehealth.org or call them toll-free at 1-800-333-3212. Their "warmline" is available Monday through Friday from 8:30 am to 4:30 pm. If there is no answer during those hours, the health professionals may be on another line assisting a client and ask that providers **please** leave a message and they will return your call within 24 hours. You can also email one of the nurses at brose@ucsfchildcarehealth.org and she would love to email you back with help.

Parent/Provider Solutions

Q: My child is three years old, almost four and although there are preschool activities throughout the day, he spends a lot of time just playing in child care. I am concerned he won't be ready for Kindergarten unless I put him into a more academic program. We both love his child care provider and his friends and would rather not change child care. What should I do?

A: You share the concerns of any parent whose child is approaching school-age. You want your child to be successful in school and wonder what is the best way to prepare him. High quality early childhood programs should have a mix of adult/teacher directed activities and child directed activities. Both types of activities can be playful and learning experiences at the same time. Many adults don't realize the learning benefits of play. Play helps develop your child's motor skills and coordination. Lots of physically active play is an antidote to childhood obesity. Play builds the groundwork for academics. Children learn about cause and effect, gravity, counting, use of space, size and shapes; lessons needed to understand math and physics concepts later on. Playing with other children increases cooperation, empathy, builds friendships and social problem solving. Knowing how to get along well with others is a necessary lifelong skill. The natural talking that goes along with play expands the use of words supporting early reading and writing skills. And it is just plain fun! Studies have shown that children who play a lot in childhood become happier adults. It is easy to underestimate the value of play. Remind yourself that play is a child's work. Now go outside, have some fun and play with your child. For more information on the importance of play, check out these resources:

"Play: Essential for all Children" from the Association for Childhood Education; American Association for the Child's Right to Play - www.ipausa.org ; *"Play's Role in Brain Development"* pamphlet by the Association for Childhood Education International; Position statements and the journal, *Young Children* at www.naeyc.org ; *"The Power of Play"* pamphlet from ZERO TO THREE www.zerotothree.org/play Article Excerpted from: *"Time for Play, Every Day: It's Fun - and Fundamental"* from Alliance for Childhood;

CfC Resource Lending Libraries:

CfC Resource Lending Libraries have recently taken on a new look. If you haven't had a chance to visit your local CfC Resource Lending Library, please do. You will be happy to view all new the items purchased. The Tahoe and Alpine Resource Lending Libraries have expanded their inventories to include a broader variety of age appropriate toys, educational VHS and DVD's, child development and parent guide books, and special needs resources. Stay tuned for the Fall Cameron Park Library update.

The new Alpine office and it's well-organized Lending Library is located near the Early Learning Center on 100 Foothill Road. Recently purchased items include consumable craft supplies such as paint, multicultural crayons and markers, sunprint paper, color diffusion paper and craft kits under \$2 such as paint your own piggy bank, rain stick etc.

CfC Tahoe has also made some changes to its Resource Lending Library. Get ready to experience a WOW moment when you see the transformation. The open space has a distinct parent/teacher area with free consumables, low cost craft supplies, a variety of teacher and parenting magazines with informative articles and a wall reserved for educational toys organized by age groups: infant/toddler, preschool and school age children.

Newly added resources include: "Looking at the Basics of Developmentally Appropriate Practice" VHS from NAEYC, "It's Mine! Responding to Problems and Conflicts" DVD from High/Scope Educational Research Foundation, "Raising Cain: Exploring the Inner Lives of America's Boys" DVD hosted by Michael Thompson, PH.D, "It Takes Two to Talk- A guide to Promoting the Communication Development of Children with Language Delays" DVD by The Hanen Center, "Discovery - Pathways to Better Speech for Children with Down Syndrome" DVD by Will Schermerhorn, "A World Full of Language Supporting Preschool English Learners" DVD developed by WestEd for the California Department of Education, "A Practical Guide to Solving Preschool Behavior Problem" Book by Eva Essa, "Ages & Stages- Birth through Eight Years" by Karen Miller, "The ADHD Practical Advice for Parents from Parents" by Colleen Alexander-Roberts, "Healing Childhood Ear Infections- Prevention, Home Care, and Alternative Treatment" by Dr. Michael A. Schmidt, "The Inclusive Early Childhood Classroom" by Patti Gould and Joyce Sullivan, "The Out-of-Sync Child" by Carol Stock Kranowitz, M.A and, "Teaching Young Children with Autism Spectrum Disorder" by Clarissa Willis.

Curriculum Corner:

"The Baby Chicks Sing" by Nancy Abraham Hall and Jill Syverson-Stork.

Baby chicks say "pio, pio, pio"
when they are hungry.
when they are cold.

The hen looks
for wheat and corn,
she gives them their food,
and she keeps them warm.

Under her two wings
tucked in and snuggled tight
until the next day
they sleep all through the night.

"Cucú" is the sound of a frog. This song describes what a little frog sees from a pond. Additional verses may be added at any time to describe what is happening in the room in which the children are singing.

Cucú, Cucú sang the frog
Cucú, Cucú under the water
Cucú, Cucú a man walked by
Cucú, Cucú with coat and hat
Cucú, Cucú a women walked by
Cucú, Cucú with a long dress
Cucú, Cucú a sailor walked by
Cucú, Cucú selling rosemary
Cucú, Cucú the little frog asks for a sprig
Cucú, Cucú but he doesn't give her any
Cucú, Cucú so she starts to cry

<http://.tsl.state.tx.us/ld/projects/ninos/songsrhymes.html>

The Importance of Planning Ahead: Provider Handbooks, Rate Sheets, and Policies

Running a successful child care business, whether a center or a family child care home, requires detailed planning in the design of your program, from the curriculum and supplies to the structure of your day. One other important factor that is vital to the success of your business is the written communication with parents enrolled in your program concerning rates and program policies. Without clear policies on when and how you expect to be paid, guidelines for acceptable behavior for both children and parents in your program, and policies for notification when a parent plans to take a vacation or leave your program permanently, you may face challenges that could be avoided with advance planning.

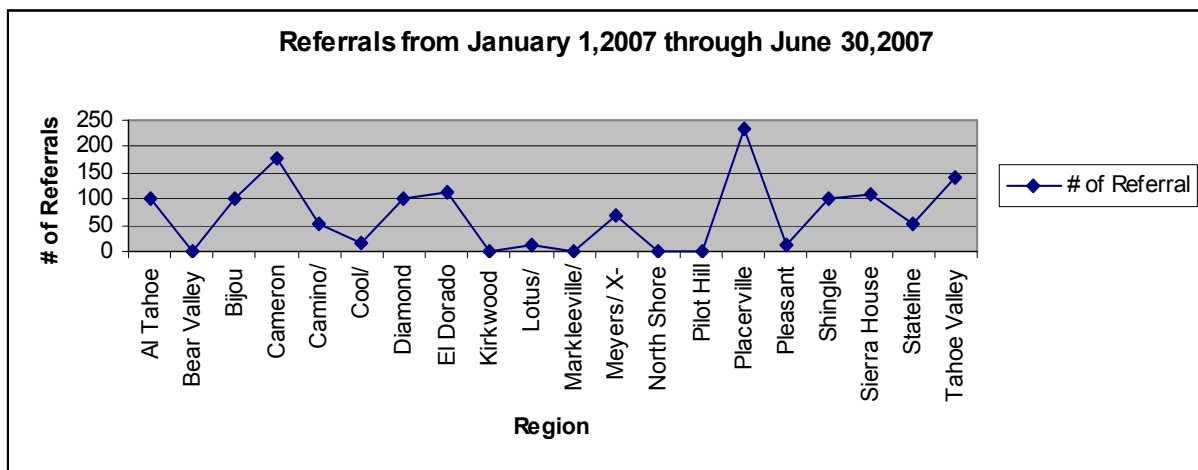
Choices for Children’s child care subsidy program now requires all licensed providers, whether center-based or family child care homes, to submit current copies of your personal program rate sheets and any handbooks or policies that you use in your program. The Choices for Children Rate Agreement is not enough. Any forms that you give to a newly enrolled family, whether subsidized or privately paying, must also be brought to Choices for Children to be included in your provider file. This ensures that we have the best knowledge of your program rates and policies so that we can better serve families in your care and pay for

your services at or near the rates you would charge anyone accessing your services. In addition, please remember that you are required to post your current rates next to your facility license during your business hours.

Families enrolled on the Choices for Children child care subsidy program are required, just as any other families that you serve, to follow your policies. Choices for Children acts on behalf of enrolled subsidy families to pay for child care services, however, we are not responsible for payment if parents do not follow your policies or if paperwork is not completed and returned to Choices for Children in a timely fashion. Any family beginning care at your facility should be given an introduction to your rules and policies. You may choose to have families sign a contract when they enroll that details your expectations regarding payment, notices, meals, toys from home, vacations, or anything else that you require parents in your program to agree to. If you do not currently have written policies or contracts but would like to implement these, you can contact Choices for Children for assistance. The more prepared you are, the less surprises you’ll encounter in your work with the children and families in your care!

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, 2007 to June 30, 2007 was 2,745. If you would like individual referral reports for your program, please contact your local Resource Coordinator.



Help Make Your Holidays a Happy Season

Back-to-school time is the gateway to one of the highest stress periods of the year – the holidays. You have the power to make this the year that you control or minimize your level of stress by planning now for how you and your family will approach and celebrate the season.

Refocus You can start by refocusing on what is really important to your family. Most likely it involves enhancing closeness and meaning in our relationships with family, friends and community. Then, look at what you can do to embrace that focus.

Plan Make plans now for what you are *willing to do*. Determine a budget for gifts, travel, meals, etc. Remember the stress makers from last season and decide which ones can fall by the wayside and which ones you *choose* to keep.

Give instead of Get Help your children to think about *giving* rather than getting. They can be taught to think about the needs of others and this is a great time to start. Brainstorm about ways to “give”. It might be handmade gifts to friends and family, getting involved with a community agency, adopting a child from a “Giving Tree” program, performing random acts of kindness, visiting a senior center, donating food, books, toys and clothing to local shelters, thrift stores or feeding programs, participating in a neighborhood clean-up, and even just a smile or a kind word. The family will experience the joy of giving as well as learning a sense of social responsibility.

Embrace the Heart Nurture the family connections instead of emphasizing the sweets and possessions. Be sure to ask your children how they feel in their heart after they have given a gift or done something for someone. Adults can model the good feeling that comes from giving of oneself.

Relax Be sure to allow for down time in your planning. It’s great to give but we need to make time to take care of ourselves first before we can take care of others. So plan simple family meals to eat *in*, don’t over-schedule (it’s okay to decline some invitations), and get enough sleep.

Foster Gratitude Write thank you notes or make thank you cards as a family. They can be in response to gifts but can also just be an acknowledgment of a shared kindness. Notes are great writing practice for the children but even those without writing skills may be able to draw a picture to represent their thanks.

Nutrition Corner: Baked Apples

by Fiona Haynes

Top this simple fall or winter dessert with a scoop of low fat frozen vanilla yogurt or enjoy as is.

Ingredients:

- 1/4 cup dried cranberries or raisins
- 1/4 cup chopped walnuts
- 1/4 cup brown sugar
- 1/4 tsp cinnamon
- 4 Granny Smith apples



Preparation:

Preheat oven to 350 degrees.

In a small bowl, combine dried fruit, walnuts, sugar and cinnamon. Core each apple and place in a baking dish. Spoon one-fourth of the ingredients into each apple. Bake for 40 minutes or until apples are tender.

Serves 4

Per Serving: Calories 287, Calories from Fat 50, Total Fat 5.5g (sat 0.5g), Cholesterol 0mg, Sodium 6mg, Carbohydrate 57.5g, Fiber 6.8g, Protein 1.7g

Business Insurance - You Can't Afford to Be Without It

Like any other business, Family Child Care Homes should not be without specific business insurance. Community Care Licensing allows providers to operate without business insurance as long as the provider has a signed Affidavit Regarding Liability Insurance (LIC 282) on file for each family served. The affidavit does not restrict the client's right to sue the provider in any way. As a provider, you may believe that your homeowner's/renter's insurance is adequate coverage and you may even have a clause including some coverage if there are six or fewer children in care. Relying on this type of coverage can leave many gaps in coverage. The reality is that family child care providers need much more insurance coverage than many realize. Buy as much insurance as you can afford. If the provider doesn't have the assets at the time of a lawsuit, the court can order a lien on a spouse's earnings, a future spouse's earnings years later, an inheritance and can order the sale of all but one vehicle, jewelry and other assets to satisfy the judgement.

Tom Copeland, JD. of Redleaf National Institute has written the "Family Child Care Legal & Insurance Guide" to assist family child care providers reduce the business risks. There are four types of coverage providers need.

1. Business Liability Insurance is coverage for accidents, lawsuits, professional liability, legal defense, sexual/physical abuse and medical coverage. It can include covering a landlord as an "additional insured". It is advised to have a policy which is an "occurrence form" not a "claims made" and the company has an "A" rating from the Best Company.
2. Business Property Insurance covers the replacement cost of all equipment, furniture, appliances, toys, etc. Be aware that many homeowner's policies have limits as low as \$2,000 for business losses and in family child care homes that has been interpreted to include home furnishings and appliances as business property that you may assume are fully covered. Coverage should also include loss of income if your business is shut down due to fire, flooding, etc.
3. Additional Car Insurance for coverage when your vehicle is being used for transporting children.
4. Workers' Compensation Insurance to cover employees for injuries suffered while at work.

Exclusions in your policy are just as important as what the policy says it will cover. If you have any questions about what is or isn't covered, get it in writing. Do not rely on the insurance agent's verbal explanation.

For more in-depth information see the Redleaf Institute website at www.redleafinstitute.org or check out Tom Copeland's book from the Choices for Children's Lending Library.

Please join us in welcoming our newest child care providers:

Western Slope:

- Kaci Kelly - El Dorado Hills
- Laura Bernard - El Dorado Hills
- Stacy Story - El Dorado Hills
- Angela Sterling - El Dorado Hills
- Sandi Sahleen - Cameron Park
- Megan Wills - Cameron Park
- Shelane Dormandy - Cameron Park
- William Brooks Preschool - E.D.H.

South Lake Tahoe:

- Susan Braun
- Al Tahoe State Preschool

Presents
 The 16th Annual
 Day for Early Childhood Conference

Music & Language
 featuring **Bev Bos**

Date: September 8, 2007
Location: Cameron Park Country Club
3201 Royal Drive
Cameron Park, CA 95682
Time: 8:30 am-12:30 pm

Save the Date!

CfC 17th Annual **Child Care Professional Appreciation** Event featuring Bev Bos

will take place on
April 12, 2008
 at the **Lake Tahoe Golf Course**

Legislative Update

Shaken Baby Syndrome:

Shaken baby syndrome is a form of child abuse caused by the trauma a child suffers while being violently shaken. It may cause damage to the child's brain, retinas, broken bones, and bruising. It can result in physical and mental disabilities and even death. In California, according to the sponsors of Senate Bill 468, it is estimated that hospitals see about 150 young children each year that are victims of shaken baby syndrome. Studies show that the average age of children with shaken baby syndrome is five to nine months. Most victims are under 36 months of age. Boys are more often identified victims of shaken baby syndrome; some studies show victims are 60-82 percent boys.

Senator Padilla authored Senate Bill 468, which as of press time was still in the Senate Appropriations Committee. Currently, the Office of Child Abuse Prevention, within the Department of Social Services, distributes 2-page pamphlets and posters on the dangers of shaking an infant and ways to deal with stress and crying babies. These materials are distributed to newly licensed child care providers and are available on the department's website. They are also distributed, through county welfare departments, to parents and foster parents. The state Children and Families Commission provides information to parents of newborns and the commission's kit for new parents includes information on shaken baby syndrome. However, no state agency has the responsibility to ensure that parents of newborns receive this information through their hospital or midwife.

Senate Bill 468 would create a statewide public awareness and education campaign to prevent injury and death to infants and children from shaken baby syndrome. It would direct the Department of Social Services to provide information and materials, free of charge, to child care providers on how to prevent shaken baby syndrome. It would also direct health facilities and licensed midwives to give information and instructional materials to parents or guardians of each newborn if the materials are provided to them for distribution. This bill, if it passes, would require that by July 1, 2009 a shaken baby syndrome education pilot program be established in up to 10 counties that volunteer to participate. The National Center on Shaken Baby Syndrome estimates that between 1200 and 1600 children are victims of shaken baby syndrome each year in the United States.

The Importance of Disaster Plans:

The California Legislature routinely proposes, reviews, and enacts legislation that can affect child care providers as well as consumers of child care. With the occasion of the Angora Fire in South Lake Tahoe impacting numerous Family Child Care Homes, Child Care Centers, as well as families with young children, it is especially appropriate that disaster plans for community care facilities be addressed by the legislature.

Assembly member Huff introduced Assembly Bill 304 to bring attention to the importance of disaster plans. This bill was originally introduced on February 9, 2007. As of June 28, 2007 this bill was "chapters" meaning that it has become a California Statute. It is now section 1520.7 of the Health and Safety Code. It states that:

"...Every community care facility that is licensed or has a special permit for specialized services pursuant to Section 1525 shall provide a copy of the disaster and mass casualty plan required pursuant to Section 80023 of Title 22 of the California Code of Regulations to any fire department, law enforcement agency, or civil defense or other disaster authority in the area or community in which the facility is located, *upon request* (emphasis added) by the fire department, law enforcement agency, or civil defense or other disaster authority."

It further states that the department is not required to determine whether or not a facility is in compliance with this section as part of its regulatory monitoring functions. However, since disasters typically occur without warning, it is recommended that all family child care homes and centers, as well as license-exempt providers develop a plan in case of an emergency. If you have already created a plan for your facility that you feel other providers could benefit from, please contact your local Choices for Children office. We would be happy to make copies of your written plans or your ideas and have them available for other providers in the process of developing disaster plans.

SAVE THE DATE
Saturday, October 13th

The California Preschool Instructional Network will be coming to South Lake Tahoe on **October 13th** from 9-1:00 to facilitate a training in **Early Language and Literacy Classroom Observation Toolkit - ELLCO**.

The ELLCO teacher professional development session provides a comprehensive set of observational tools for setting up the environment and how to intentionally interact with children in ways that can dramatically increase their oral language and literacy development. This session is particularly well suited for classrooms which have English language learners.

This opportunity will be open to the community, so any child care provider, preschool teacher or staff, or kindergarten teachers can attend.

Catching Kids Before They Fall:
Helping Young Children
with Sensory Processing Disorder
Presenter: Carol Kranowitz, M.A.

El Dorado County Office of Education Child Development Programs is proud to announce this training with Carol Kranowitz, M.A., the author of "The Out of Sync Child: Recognizing and Coping with Sensory Processing Disorder, revised" and "The Out of Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction".

Cost: \$30.00 (includes lunch, CD, handouts)

When: Tuesday, October 2, 2007

Registration from 9:45 am to 10:00 am
 Presentation from 10:00 am to 3:30 pm



Where: Green Valley Community Church

3500 Missouri Flat Rd.
 Placerville

Please call Lorena Reynolds, Education Coordinator at 530-295-2299 or email: breynolds@edcoe.org if you have questions.

Alpine Play & Learn

First and third Wednesday of the month
 10:30 am - 12:30 pm

September 6: **Play Power: The Importance of Play**

September 20: **Media: How Much is Too Much**

October 18: **Discipline: What Comes to Mind**

November 1st: **Follow the Rules: Using Rules Consequences, and Encouragement**

November 15th: **Children at Play**

December 6th: **Your Worst Nightmare: A Guide to Safety**



SAVE THE DATE
Monday, October 15th
Bridges Out of Poverty" Conference
 with Jody Pfarr

Based on the best selling book "A Framework for Understanding Poverty" by Ruby Payne.

People who grow up in poverty learn different things than people who are raised in wealth or in middle class. But most schools, communities, and businesses operate with middle class expectations, and business people grow up learning the hidden rules of middle class families. It's no surprise then that children from poverty often struggle in educational and business settings.

Where: Woodfords, Alpine County

Time: 9 - 4 pm

For more information call: 530-694-9118 or e-mail childcare@gbis.com

SB640 Inclusion Activities:

From January 1st 2006 to June 30, 2007 Choices for Children had the opportunity to extend its services to inclusion activities. The eighteen-month SB640 grant to improve the quality of child care for children with special needs reached out to 70 child care providers and two parents in South Lake Tahoe, 43 child care providers on the Western Slope and 40 child care providers in Alpine county.

Interactive inclusion training topics offered in El Dorado included:

- * Challenging Behaviors
- * Effects of Violence
- * Circle of Inclusion: Building Partnerships between Parents and Child Care Providers
- * Inclusion Activities: Using Your Creativity to Welcome All Children
- * Communication: It Works Both Ways

In addition to these training topics, Alpine County also offered trainings on ADD, ADHD and Autism.

Sixty nine families received enhanced child care referrals and parental support for their children with disabilities and forty one children with disabilities successfully received child care. Additionally 290 child care providers received technical assistance to enhance their care for children with disabilities. ADA (Americans with Disability Act) information was distributed including: "When Are You Required to Admit a Child with a Disability?"; "Questions about IDEA & Child Care" ; "Top 8 Questions Providers Ask About Inclusive Child Care"; and "The Americans with Disabilities Act (ADA): A New Way of Thinking: Title III". DVDs were mailed to child care providers, including exempt providers, who did not attend the inclusion trainings listed above. "Children with Challenging Behavior" books were also distributed to child care providers and parents. If you are interested in getting duplicates of these resources listed above, please contact your local resource coordinators. CfC is committed to supporting inclusive care.

Three hundred-ninety providers were reached through awareness and outreach activities including licensed exempt providers and center staff. Ten stipends were given to providers to attend IEP/IFSP meetings on the Western Slope. The South Lake Tahoe Resource Lending Library expanded their special needs toy inventory to include all children. Among the new items ordered are: a wooden step rocking boat with the ability to turn into a set of stairs, a patch-work crawly mat with a set of 12 soft vinyl blocks to encourage children to match the color of the blocks to the color of patches on the mat, a wooden alligator push toy, a set of 4 flat shape drums, a set of 3 eye spy bags, bubbles inside bubbles, jumpin' bubble frog, "The Very Hungry Caterpillar" book, and a hand painted wooden mail box featuring three big slots in different sizes for sorting various sizes of included mail. Interchangeable stamps stick magically to each letter with Velcro. Two doors open to remove mail: one magnetically and one with an included key. These items are available for anyone caring for children. CfC Resource Lending Library hours of operation are Monday to Friday from 8:30 am to 4 pm. We close for lunch from 12:30 pm to 1 pm.

Free Curriculum Opportunity/Fundraiser

The St. Jude Trike-A-Thon is a free, one week curriculum that teaches children riding-toy safety with a series of interactive stories and lessons featuring a character called Bikewell Bear[®]. Teachers receive a professionally illustrated storybook designed to help students learn a different safety lesson each day. The students receive a corresponding coloring page for each day with safety reinforcement tips for parents printed on the back. At the end of the week, students practice all of the rules they've learned and families turn in donations they have collected for St. Jude's. The money raised for St. Jude's is used to treat children with childhood cancer, with no cost, ever, to the families.

If you are interested in coordinating a Trike-A-Thon event, please call 1-800-626-BIKE. www.stjude.org/trike

September:

- 12- Licensing Orientation, 9 am-12:30 pm at Choices for Children.
- 29- The Early Months, 9-11:50 am at Choices for Children.

October:

- 09- Guidance & Discipline: Ages & Stages of Development, 6-8:50 pm at Choices for Children.
- 15- "Bridges Out of Poverty" Conference, 9-4 pm at Woodfords, Alpine County.
- 20- Fall Curriculum, 9-11:50 am at Choices for Children.
- 24- "Raising Cain" Workshop, 6-9 pm at Choices for Children.

November:

- 06- Nutrition: Holiday Feasting, 6-8:50 pm at Choices for Children.
- 14- Licensing Orientation, 9 am-12:30 pm at Choices for Children.
- 23- Office Closed for Holiday

Other Important Dates:**October:**

- 22-25- NACCRRRA State Network Leadership Institute in Portland, Oregon.

November:

- 7-10- NAEYC Annual Conference and Expo. in Chicago, Illinois.
More than 20,000 early childhood professionals from around the world attend the NAEYC Annual Conference and Expo to discuss the everyday issues of our work with young children and families.

December:

- 01- Babysitting 411, 9 am-3:30 pm at Choices for Children.

Choices for Children is a non-profit child care Resource & Referral Agency offering the following family services:

Our **Resource & Referral** program is funded by the CA State Department of Education. We offer referrals to licensed and license exempt providers for families seeking child care. Early care and education and our Resource Center is available for parents & providers.

Our **Subsidized Child Care Program** utilizes state and federal funds to provide payment for child care services for qualifying families. Program divisions are: Alternative Payment Program, Respite Program, Federal Block Grant, and Child Care Development Block Grant.

The **Child Care Food Program** is funded by the U.S. Department of Agriculture and provides cash reimbursement to licensed family child care and trustline approved child care providers for serving nutritious meals and snacks to children 12 and under who are enrolled.

✉ This early care and education publication is free of charge. Please send comments, inquiries, address changes and correspondence to the address below.



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(530) 694-2129	(530) 541-5848	(530) 676-0707
(877) 694-2129	(877) 541-5848	(877) 676-0707



Our mission is to enrich children's lives through innovative support, education and enhanced family and provider services. Our programs put families at the center of a community of support services.