



Connecting the Community to Early Care and Education Resources for Young Children & Families

## An Action Plan for Quality Care

As a parent, choosing child care is not a spectator sport. It requires action and participation. Finding quality child care takes time and effort. The definition of a quality child care program is one that provides a safe and nurturing place for children to play and grow through activities that help them develop physically, socially, emotionally and intellectually. Here's an action plan to help you find that quality program:

**Make a Call.** Begin your search by calling your local experts at Choices for Children. The staff at CfC can give you the facts about child care and a list of child care options in your area that may meet your needs.

**Start Early.** Start looking as far in advance as you can. No matter what type of care you're looking for - a child care center or care in someone else's home – finding the right child care option can take some time.

**Take a Look.** Visit several different child care programs before you decide which one is best for your family. Do they look safe? Are the children supervised at all times, even while they are sleeping? Here are some things to consider and questions to ask the provider about the facility:

- o How many children are there for each adult? The fewer the children for each adult, the better for your child. The younger your child, the more important this is. You can call CfC for specific regulations regarding adult/children ratios.
- o Caregiver Qualifications: Ask about the caregivers' training and education. Caregivers with degrees and special training in working with children will be better able to help your children learn. Are the caregivers involved in activities to help them improve their skills? Do they attend classes and workshops regularly?
- o Turnover: Check how long caregivers have been at the center or providing care in their homes. It's best if the children stay with the same caregiver at least a year. Caregivers who come and go make it hard on your child. Getting used to new caregivers takes time and energy that could be used on learning new things.

**Make a Choice.** Think about what you saw at each visit, and make the best choice for your child and family. Trust your instincts. If you are comfortable with a facility or home, chances are your child will be too. You are the best judge of your child's needs. Once you've made your decision, call Community Care Licensing at (916) 229-4530 to get information about any substantiated or inconclusive complaints that the provider you've selected may have.

**Stay Involved.** The work isn't over when you find good care for your child. You and your child's caregiver are partners now. Here are some ways to stay involved:

- o Have parent-caregiver meetings regularly and ask questions.
- o Offer to volunteer time when needed, like participating in clean up days, fixing broken toys, etc.
- o Be there for your child's birthday party.
- o Join in special events, like field trips, Career Day, or other holidays.

Even if you can't get time off from work during the day, you can still check in at drop-off and pick up times. Ask the caregiver how things are going, and how your child is doing. Visiting and participating in events at your child's program sends a strong message. It tells your child and your child's caregiver that you think what your child is doing and learning is important.

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## Como Elegir un Preescolar de Calidad

Un nuevo estudio de RAND Corporación afirma que la mayoría de los niños de California asiste a preescolares que presentan fallas importantes en relación con aspectos clave que los preparan para el Zinder. A fin de encontrar un preescolar de calidad en su comunidad, enfóquese en tres áreas principales: gente, programa y lugar.

Las siguientes son algunas de las características que deben tener en cuenta:

1. ¿Que clase de capacitación y educación tienen los maestros?
2. Observe si los maestros y los niños mantienen conversaciones.
3. ¿Pueden los maestros explicarle no solo lo que están haciendo sino por que?
4. ¿Cuenta el programa con un plan de estudios como guía del aprendizaje?
5. Observe si el programa recibe y alienta la participación de las familias.
6. ¿Tiene el espacio centros de aprendizaje separados (área de lectura, arte, obras de teatro, escritura, etc.) y una zona de juego bien equipada?

Para encontrar preescolares en su zona: Llame a Choices for Children al 530-676-0707 (Cameron Park), 530-541-5848 (South Lake Tahoe) o 530-694-2129 (Alpine). Para más información, visite: [www.preschoolcalifornia.org](http://www.preschoolcalifornia.org)



## Cancion

Ese canción de cuna originó en España y había cantado por todas partes de America Latín. Por generación madres lo utilizan para transmitir amor, cordialidad, y paz a sus niños cuando quedan a dormir. Es en De Colores y otras canciones por niños de Jose-Luis Orozco.

Duérmete, mi niño,  
duérmete solito,  
que cuando despiertes  
te daré atolito.

Duérmete, mi niña,  
duérmete, mi sol,  
duérmete pedazo  
de mi corazon.

La Biblioteca de Recursos del Lago Tahoe tiene el CD "De Colores" de Jose-Luis Orozco para prestar. Si esta interesada, por favor llame a 530-541-5848 o pasa por la oficina de Choices for Children localizada a 1029 Takela Drive , Suite 1, a lado de Safeway.



**Choices for Children**  
is a  
**United Way Supported Agency**

## Back to Basics with Good, Old-fashioned Soap

Since 2005, the verdict has been out by the FDA that antibacterial soaps, as used by the general public, do not prevent illness any better than ordinary soap, and they may contribute to the rise of resistant bacteria. Now, there is an even more vital reason not to use antibacterial soaps, specifically those containing the chemical **triclosan**. Recent studies conducted by researchers at UC Davis, showed that the chemical triclosan, the active ingredient in most antibacterial products, have the potential to affect sex hormones and interfere with the nervous system.

In a test tube study, conducted at UC Davis, triclosan attached itself to special “receptor” molecules on the surface of cells. This raises calcium levels inside the cells which, in turn, overexcites them. In the brain, these overexcited cells may burn out neural circuits, which could lead to an imbalance that affects mental development. While the UC Davis MIND Institute’s research is heavily based in finding the cause of autism, they are not currently saying that triclosan *causes* autism. But many scientists suspect that having certain genes, plus exposure to something in the environment, might trigger processes that lead to autism.

Studies also show that these chemicals are building up in our environment at an alarming rate. Sewage treatment only captures about 50% of the triclosan that goes down people’s drains. And these chemicals do not break down quickly in the environment. A recent CDC study detected triclosan in the urine of 75% of Americans 6 and older. So, with studies showing all the potential harm the chemicals can cause and that antimicrobials work no better at fighting germs than good, old-fashioned soap....why take the risk?

*\*Products labeled “antimicrobial” likely contain triclosan, and if so, must say somewhere on the label. (Microban is the brand name for triclosan)*

*\*\* Alcohol-based hand sanitizers aren’t antimicrobial, and don’t contain triclosan. Hand sanitizers must be at least 60% alcohol to effectively fight germs.*

exerpted from Medical News Today

## Parent/Provider Solutions

**Q:** With fall and winter quickly approaching I am dreading cold and flu season. It is very hard for parents to take time off for their child’s illnesses, yet I have to protect everyone’s health. Any ideas how to get through cold and flu season?  
-Perplexed Provider

**A:** Young children do have a lot of minor illnesses, on average six to eight mild respiratory infections per year, which is the bad news. The good news is that mild infections help build the child’s immune system. Excluding a child from care every time they have the sniffles or a runny nose isn’t very practical considering cold symptoms can last a week or longer. Recommend that parents have additional back up providers for the times their child is too ill to attend child care and a parent can’t take time off. A back up provider will also be invaluable in the event you are ill and cannot provide care. Having an illness policy and reviewing it regularly with parents will be very beneficial in safeguarding everyone’s health. Children should be excluded when they have fevers of 101 degrees F or higher; unusual and/or untreated rashes/spots; severe coughing; breathing trouble, yellowish eyes or skin; red eyes or unusual tearing/discharge from the eyes; diarrhea or vomiting within the last 24 hours; or unusual behavior indicating the child feels unwell and unable or unwilling to participate in child care activities. Exclusion from child care should be at the discretion of the child care provider and not limited to the listed symptoms. Encourage parents to contact you ahead of arrival time to discuss concerns regarding the health of the child. A decision regarding attendance can be reached together for the benefit of the child and the other children in child care.

Illness policy recommendations from the following sources: *Family Day Care Handbook: California Child Care Initiative, California Child Care Resource and Referral Network; Healthy Young Children, a Manual for Programs: National Association for the Education of Young Children; Developmentally Appropriate Practice in Early Childhood Programs Serving Children Birth through Age 8: National Association for the Education of Young Children.*

## CfC Resource Lending Libraries:

CfC Resource Lending Libraries are continuing to expand. If you haven't had a chance to visit your local CfC Resource Lending Library, please do. You will be happy to view all the new items purchased. The Alpine, South Lake Tahoe and Cameron Park Resource Lending Libraries have expanded their inventories to include a broader variety of age appropriate toys, child development resources, parenting books, and special needs resources.



Recently purchased items in the Alpine Resource Lending Library include:

~Wedgits ~Ladybug Scooter Boards ~Colorama Preschool Board Game ~“PEG”gy color Preschool Board Game Gearations ~Tomy Ball Party ~Thread Heads Family ~Rondo Vario Beading game ~Teddy Mix & Match Memory Game ~Kiddy Connects ~Flip Flop Egg Drop ~Come and Learn with Me- Velcro Books ~Wind-up Toys Edutray- for use with cube chair ~Tree blocks.

Newly added resources to the South Lake Tahoe Lending Library include:

~Washable Animal Blocks ~Color Discovery Boxes ~Shapes Discovery Boxes ~African Magna Morphs ~Machine-wash Soft Picnic Basket ~Farm Friends Bowling ~Fishy Fascination ~Giant Soft Book ~Fill and Spill Flowerpot ~Pop-Up Toy ~Pound -A-Ball ~Roll Around Tower ~Counting & Sorting Farm ~First Foam Puzzles ~Lacing Shapes ~ 3-car Garage ~Playtime Parachute CD ~ Monkey Balance Board ~Catch N Stick Mitts ~ Alligator Push Toy ~Monkeying Around~”Flat” Rattle Ball ~Nobbly Wobbly ~Sound Activated Crab ~ Mozart Magic Cube ~ Pound and Play ~ Pound-A-Ball ~ Wind-Up Toys ~Fun Flaps ~Baby Sparkle Book: Who lives in the Wild? ~Baby Sparkle Book: Who lives in Your House? ~I Eat Fruit & I Eat Vegetables Books ~ Cutting Fruit Cake ~ Wooden Birthday Cake ~ Baby Bath Time Doll and Accessories ~ Wrap-N-Ride Dress Up Animal Costumes ~ Medical Kit ~ Play & Sound Mat ~ Wiggles infant toy ~Rondo Vario Game ~ Match It! Memory Game ~ Snail's Pace Race ~*Zero to Three Autism Spectrum Disorders*.

The Western Slope has been updating its Resource and Lending Library. Check out our new additions:

~Multi-cultural hand puppets ~Career puppets ~Foam skeleton floor puzzle ~Pop-up animal friends ~Hospital play set ~*Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems* by Jane Nelsen ~*Positive Discipline for Preschoolers* by Jane Nelsen~*Sensory Integration and the Child* by A. Jane Ayres ~Gel Boards ~*Multi Cultural Children's Songs* (CD) by Ella Jenkins...and more! Stop by and take a look!

## Curriculum Corner: Lullaby Song

This lullaby originated in Spain and is sung throughout Latin America. For generations, mothers have used it to transmit love, warmth, and peace to their children as they fall asleep. It is in *De Colores* and other Latin-American Folk Songs for Children by Jose-Luis Orozco.

Go to sleep, my boy,  
sleep by yourself,  
for when you awaken  
I will give you cream corn soup.

Go to sleep, my girl,  
go to sleep my son,  
go to sleep,  
piece of my heart.



The CfC Resource Lending Libray located at the Tahoe office has the CD *De Colores* by Jose-Luis Orozco for loan. If you are interested in checking it out, please call (530) 541-5848 or come by our office located at 1029 Takela Drive, Suite 1.

### Subsidy Program: Parents and Providers are Partners in Success

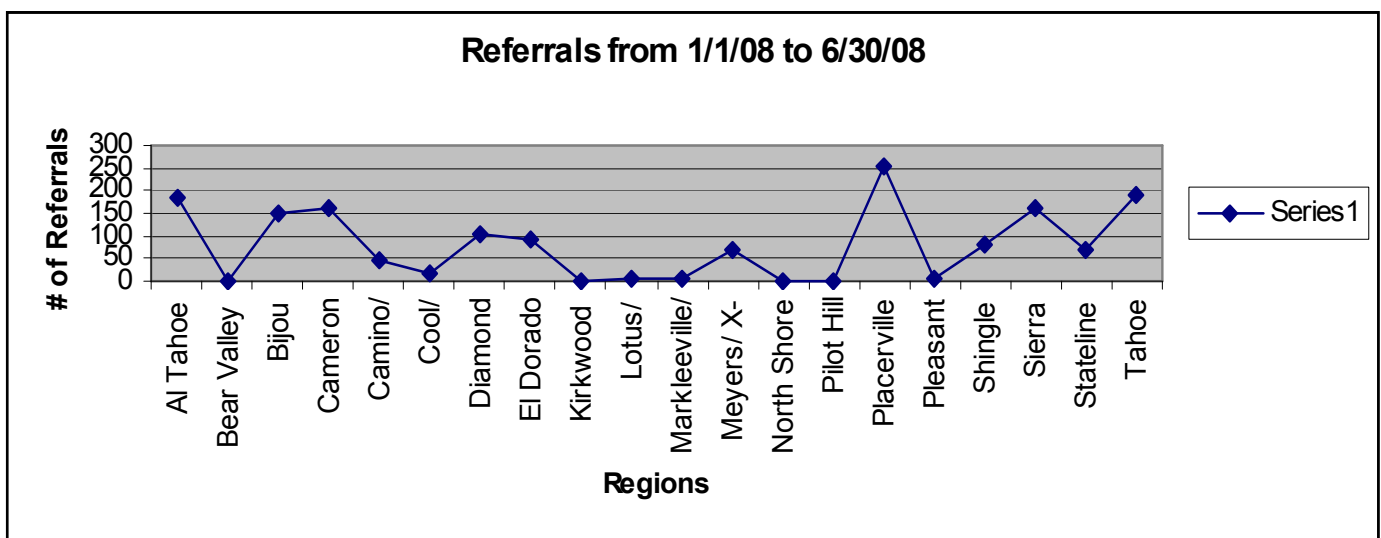
Choices for Children is proud to partner with local child care providers to offer the child care subsidy program to our enrolled families. In order for families to be successful participants on this program, they are required to follow the Choices for Children Policies and Procedures, which are reviewed and discussed with them at their enrollment and each subsequent recertification. We encourage you, as a child care provider, to share your program policies with your families on a regular basis. Subsidy families need to follow your policies just as any other enrolled family must. If you have implemented new policies regarding attendance, notice, or any other aspect of your program, we encourage you to share these policies, in writing, with Choices for Children. The more knowledge we have of your program’s operation, the more accurately we will be able to process your paperwork for reimbursement.

To that end, as of July 2008 each Choices for Children Attendance Log comes with a Provider Invoice attached. This new form allows you to clearly explain your charges for each subsidized child in your care each month. Many child care facilities have an invoice that they generate for their privately-paying families. If your facility has a billing system that you prefer, you can attach a copy of your bill rather than using the CFC form. By using invoices, everyone benefits. You will have a clear idea of your expected reimbursement, Choices for Children will gain a greater understanding of your billing, and families will know for certain whether they will have co-payments for their care. Nothing has changed in regard to the Attendance Logs. Please continue to have your enrolled families sign their child in and out each day they attend and sign and give reasons for any absences.

Choices for Children’s child care subsidy program is funded by the California Department of Education, Child Development Division. In order for our program to receive funding each year, the state must pass its budget. If the budget negotiations between the Assembly, Senate, and Governor reach an impasse, the budget may be delayed. It is expected that the state budget may not pass on time this year. While Choices for Children will make every effort to continue to reimburse child care providers for their services on the regular schedule, stalled budget negotiations could eventually result in delayed payment. If this should occur, we will notify you in advance. For more information on the 2008-2009 state budget, please refer to the Legislative Update article in this newsletter.

### 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, 2008 to June 30, 2008 was 1,592. If you would like individual referral reports for your program, please contact your local Resource Coordinator.



## A Child's Perspective on Quality Care

Tips for choosing quality child care are often written from an adult's perspective. The following questions look at quality from a child's perspective.

1. Is this a place I can explore without getting hurt or yelled at when I touch things?
2. Are their interesting things for me to do?
3. Is there a place I can go when I need some time alone?
4. Is the day predictable so I know what to expect and don't have to worry about what is happening next?
5. When I need something or have a problem, does someone respond to my cries or my words?
6. Is the adult really interested in what I have to say and listen to me?
7. Is the adult happy to see me and enjoy having me around?
8. Am I allowed to try and do some things by myself so I can learn and gain confidence?
9. Do I get to make some of my own decisions instead of being told what to do all of the time?
10. Does the adult understand that I am learning and a lot of things are hard for me?
11. When I make a mistake, does someone teach me without making me feel like I'm bad?

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### Nutrition Corner: Fun Fall Snack Mix

This fruit and nut mixture offers a taste of fall, with pumpkin spice and dried cranberries.

#### Ingredients:

- 1 cup diced dried apricots
- 1/2 cup dried cherries or cranberries
- 1/2 cup unsalted or lightly salted roasted almonds or sunflower seeds
- 1 1/2 cup unsalted or lightly salted roasted peanuts
- 1/2 teaspoon pumpkin pie spice
- 1/3 cup white chocolate chips (optional)



#### Preparation:

1. Add all of the ingredients to a gallon size plastic bag and seal.
2. Toss the bag around to mix all of the ingredients well.

#### Yield:

Makes 3 1/2 cups or 10 servings (1/3 cup each); or 4 cups if adding white chocolate chips

#### Nutritional Information:

Per serving (1/3 cup each): 208 calories, 7 g protein, 19 g carbohydrate, 14.5 g fat (1.9 g saturated fat, 0 mg cholesterol, 3 g fiber, 2 mg sodium. Calories from fat: 56%

NOTE: If you add the white chocolate chips, it will add 30 calories, 2 grams fat, and 1 gram saturated fat to each serving.

\* (CCFP providers - serve with 100% juice for a complete snack)

CCFP approved

## Temporary Change in Immunization Requirements

The May 2008 Community Care Licensing Division Quarterly Update informs licensed facilities of a nationwide shortage of the Haemophilus Influenzae type b (Hib) vaccine. Consequently, children in child care facilities may fall behind the immunization schedule due to lack of vaccine from their health care provider.

In response to the shortage, the California Department of Public Health has issued a *Special Immunization Schedule for 2008*. "Effective immediately, children ages 15 months to 4 ½ years may enter day care *if they have received one dose of the Hib vaccine at any age.*" Community Care Licensing will not cite child care providers while following this interim guideline. Child care providers are required to comply with all other immunization requirements including the parent's right to refuse immunizations due to personal beliefs and other allowable exemptions such as a medical exemption.

Questions may be directed to the El Dorado Public Health Department (Placerville 530-621-6100, South Lake Tahoe 530-573-3155) or the River City Child Care Regional Office 916-229-4530.

The complete May 2008 Quarterly Update can be found on the website [www.cclcd.ca.gov](http://www.cclcd.ca.gov) under the "Tools Resources" tab. Additionally the *Special Immunization Schedule for 2008* can also be found on Choices for Children's website [www.choices4children.org](http://www.choices4children.org) by clicking on the Parent/Provider Services box or by contacting our Choices for Children offices in Alpine County, South Lake Tahoe and Cameron Park.

## Centralized Eligibility List...What Is It?

The CEL is one list that connects income eligible families to all subsidized child care and development programs throughout El Dorado County. Eligibility is based on a need for service, family size and income. Families on the CEL will have access to all California Department of Education Funded Child Care Programs: State Preschool, General Child Care funded centers and Alternative Payment Programs.

When an application for the Centralized Eligibility List is taken, a family's placement on the list is determined by the parent's current gross monthly income, family size and parent's need for childcare services. Based on information provided by the parent, the family receives a rank number. The rank number is a position or grouping on the list that any number of families may have received based on the current information given. As of this date, the Centralized Eligibility List has approximately 800 children in El Dorado County currently waiting for childcare services.

When Choices for Children or any other participating Child Development Division contractor is able to consider enrolling new families into their subsidized childcare program, families are contacted in order of Rank. Families must update their application with the most current information regarding gross monthly income, family size and parent's need for childcare services.

Please join us in welcoming our newest child care providers:

### Western Slope:

Karen & Gregory Porter

Denise "DJ" Lenson

Ana Mountain

Shauna Erickson

Stacia Watson

Kids' Town Preschool and Childcare

### South Lake Tahoe:

Norma Ramirez



Presents

### Child Care Provider Support Group (South Lake Tahoe)

Providers are invited to attend a quarterly Child Care Provider Support Group (including center staff, FCCH and exempt providers). Please call the Choices for Children Office, South Lake Tahoe for additional information:

530-541-5848

### Provider Updates

The Referral staff at CfC updates vacancy information and hours of operation at least once per quarter with all providers on our referral services. It benefits both clients and providers to have the most accurate information available. We encourage providers to contact us when there are changes to your programs. You can call, email or contact us through our website at [choices4children.org](http://choices4children.org).

## Legislative Update: 2008-2009 Budget Woes

Every May the Governor releases his “May Revise” budget based upon new revenue estimates after income taxes are received. The Senate and Assembly then have the task of responding to the “May Revise” with their own budget recommendations. They must pass their versions of the budget with at least a 2/3 margin in the Legislature and then seek the approval of the Governor. A budget impasse may occur if there are differences of opinion between the two houses of the state legislature and the governor. Though the state constitution requires a budget be signed by June 15<sup>th</sup>, the expectation is that this year a budget won’t be signed by the Governor until some time after the new fiscal year begins on July 1<sup>st</sup>.

Much of the current budget negotiations stem from the fact that the Assembly and Senate are resistant to the proposals the Governor has put forth as an attempt to balance the budget and resolve the growing budget deficit. Estimates place the current budget deficit at \$22.2 billion. According to the non-partisan Legislative Analyst, Elizabeth Hill, the Governor’s approach to solving the budget problem is essentially implementing across-the board cuts. Many of the proposed cuts apply to health and human services programs such as Medi-Cal, CalWORKs, food assistance programs, and Child Development programs. At this time, the Assembly and Senate have rejected many of these proposed cuts in their initial budget negotiations. Budget discussions and committee meetings continue to take place in Sacramento.

Before any funding can be released to state programs, the budget must be signed by Governor Schwarzenegger. Choices for Children’s programs, including Resource and Referral and the Child Care Subsidy Program, rely upon state funding to operate. We don’t anticipate minor delays in the budget causing difficulties to our programs, however, if there is a prolonged budget battle, there is a possibility that provider payments and other program obligations may be delayed. If this occurs, you will receive advance notice from our offices and any delayed reimbursement will be processed as soon as funding becomes available.

We are continuing to keep up to date on the latest budget actions. If you wish to contact our local legislators to encourage them to work to pass a timely, fair budget you can reach them at their Capitol offices: Senator Dave Cox (916) 651-4001  
Assemblyman Ted Gaines (916) 319-2004 and  
Assemblyman Alan Nakanishi (916) 319-2010.

### Remember to Vote this November!

Bumper stickers, signs in front yards, fundraising events, campaign ads on television. It’s a presidential election year again! On Tuesday, November 4, 2008 all registered voters will have an opportunity to help shape the country’s future by voting. According to the Public Policy Institute of California, 70% of all those eligible to vote in our state are registered. Being registered to vote isn’t enough to make your voice heard, though, and in the June 3<sup>rd</sup> election, only 22% of registered voters actually voted.

November gives us another chance. You can find out more about what the major party candidates’ platforms are by reading your voter’s guide when it comes out or you can head to their campaign web sites: Barack Obama’s information can be found at [www.barackobama.com](http://www.barackobama.com). John McCain’s information is at [www.johnmccain.com](http://www.johnmccain.com).

For those eligible to vote that are not yet registered, it’s not too late! Register to vote by October 20<sup>th</sup> and you can still participate in the election on November 4<sup>th</sup>. You can pick up voter registration forms at the El Dorado County Elections Office at 2850 Fairlane Court in Placerville or at the County Clerk’s office in Alpine County at 99 Water Street in Markleeville, at your local branch of the county library, or at any U.S. Post Office. You can also register to vote online by heading to [www.sos.ca.gov](http://www.sos.ca.gov) and follow the links for voter registration. Participate in our democracy by heading to the polls!



**SAVE THE DATE****Positive Parenting Classes**

Tuesdays, September 9, 16, 23 & 30  
at Camerado Springs Middle School.

Mondays, October 6, 13, 20 & 27  
at Camino Elementary School.

5:30 pm - Dinner by Reservation  
6:00 - 8:00 pm Parenting Class

**Western Slope Play & Learns**

\* Sept. 4, 11, 18 & 25; Oct. 2, 9, 16 & 23; Nov. 6 & 13  
and Dec. 4 & 11 at El Dorado Parent Participation  
Preschool in Placerville, 2:30 pm to 4:30 pm.

\* Sept. 10 & 24; Oct. 8 & 22; Nov. 12 and Dec. 10 at  
Jackson Elementary Preschool in El Dorado Hills,  
1:30 pm to 3:30 pm.

\* Sept. 11 & 25; Oct. 9 & 23; Nov. 13 and Dec. 11 at  
Camino Elementary School, 10:30 am to 12:30 pm.

\* Sept. 3 & 17; Oct. 1 & 15; Nov. 5 & 19 and Dec. 3 at  
Faith Episcopal Church, 9:30 am to 11:30 am.

\* Sept. 2 & 16; Oct. 7 & 21; Nov. 4 & 18 and Dec. 2 at  
Sutter's Mill Preschool, 1:30 pm to 3:30 pm.

*Please call Choices for Children, Cameron Park  
530-676-0707 for additional information.*



The El Dorado County Child Abuse Prevention Council is publishing a quarterly newsletter via email. If you would like to receive a copy of the newsletter, please contact Elizabeth Velasco via email at: [elizabeth.velasco@edcgov.us](mailto:elizabeth.velasco@edcgov.us) or call 530-642-7225

**To report child abuse in your county:**

CPS – Western Slope  
(530) 642-7100

CPS - South Lake Tahoe  
(530) 573-3201

CPS - Alpine  
(866) 900-0525

In an emergency for immediate response, contact local law enforcement or 911

**Alpine Play & Learn**

10:30 am - 12:30 pm



**September 18:** Helping Children Manage Their Emotions

**October 2:** Baby Signs - Help your baby communicate long before she can vocalize her first word.

**October 16:** Using Stories to Tell About Family History

**November 6:** Setting Limits and Sticking to Them

Held at Cfc Alpine, 100 Foothill Rd., Suite D-6, Markleeville. Lunch and a small incentive are provided at each Play and Learn Session.

**SAVE THE DATE**

**FAMILY**  
*Connections*  
EL DORADO

10th Annual  
**Teddy Bears' Picnic**  
**Family Fun Day**



**Saturday, September 13,  
2008**

**Rainbow Orchards**

2569 Larsen Drive, Camino

Picnic Basket Raffles, Games, Prizes,  
Entertainment, Activities, Food,  
Face Painting, Bounce House...

**1:00 Teddy Bear Parade**

Decorate your bear, wagon,  
stroller and join the fun!

For information or to purchase tickets call  
Family Connections at 530-626-5164  
Or visit our Web site at  
[www.familyconnected.org](http://www.familyconnected.org)

## Being Proactive for Your Family in Challenging Economic Times

In these challenging economic times, many of us are finding it difficult to get by, much less get ahead. 40% of Americans will experience the struggle of making ends meet at some point in their lives – so you are not alone. Be proactive. Seek out assistance now before you find yourself in a crisis situation. There are programs to lend you a hand up in getting through these economic hardships – food stamps, energy assistance, Healthy Families insurance, community food banks and faith-based pantries/soup kitchens.

Choices for Children, your place of worship, play groups, sport and service clubs, and places that people meet to share common interests are all great places to make human connections, expand your social connections and share strategies to help make ends meet.

Here are some suggestions to get you started:

- Get back to cooking. It's an activity for you to do with your kids and it provides an opportunity to teach life skills.
- Turn down the thermostat. Set the heater for 62° when you're not home, 68° when you are. And dress for the weather.
- Drink tap water instead of purchasing bottled water.
- Walk (or ride your bike) when you can. It is "something to do" for kids and gives you an opportunity to discuss nature while reconnecting with them.
- Start a fruit/vegetable/herb garden. It's a learning activity for the kids and the bonus is you get to eat the crops!
- Pack your lunch on outings (and save on meals you'd normally purchase away from home).
- Visit public libraries for free activities in addition to borrowing books and movies.
- Check out thrift stores and clothes closets for gently used items. Use it as a lesson on "reusing and recycling".
- Get out the balls, Frisbees, jump ropes, and horseshoes at home for hours of entertainment.
- Trade use of items with friends – loan your bikes, borrow their tennis rackets.
- Visit museums on free/reduced price days.
- Make your own crafts. Visit Choices for Children for at-cost craft supplies and ideas.
- Borrow items from Choices for Children's\* Resource & Toy Library – books for kids, resources for adults, and toys and VHS movies – all for FREE!

*\* Selection of items varies by location.*

Remember, through all this, Choices for Children is here to assist you too. "Our programs put families at the center of a community of support services".

## Nutrition in Your Neighborhood

Looking for a fun, educational and FREE field trip idea? Your local Farmer's Market is a great place to bring children. The Farmer's Market in South Lake Tahoe runs through the end of September on Tuesday mornings. It's a great place for children to learn about seasonal produce including fresh grown herbs. Children will learn an appreciation for fruits and vegetables enjoying the smells and sounds of Farmer's Market. Encourage them to ask questions about the unusual produce they might see and to talk about their favorite produce guessing the name of herbs they might smell.

On the Western Slope, the Main Street Farmer's Market is on Wednesday at the Bell Tower. Wild Wednesday Farmer's Market is also at dkcellars winery. Both of these Farmer's Markets run through October 1st, 2008.



On Saturday, September 27th, the El Dorado Campus of Folsom Lake College is hosting the 4th Annual Gold Country Herb Faire. There will be many vendors to choose from, demonstrations by Master Food Preservers and Master Gardeners, delicious prepared food in the food court, music and storytellers. A family event with no parking or entrance fees! For more information, contact Leigh Roberts by phone at (530) 642-8206 or visit the web site <http://www.herbfaire.org/>

**September:**

- 10- **Licensing Orientation**, 9 am-12:30 pm at Choices for Children.  
 23- **The Business of Family Child Care**, 6-8:50 pm at Choices for Children.  
 27- **Preventing Childhood Obesity** (in partnership with PBS) Sat., 9 am - 11:30 am at Choices for Children

**October:**

- 18- **Nutrition: Food Safety**, 6-8:50 pm at Choices for Children.

**November:**

- 8- **Babysitting 411**, 9 am to 3:30 pm at Choices for Children  
 12- **Licensing Orientation**, 9 am-12:30 pm at Choices for Children.  
 26- **Office Closed** at 2 pm  
 27- **Office Closed** for Holiday  
 28- **Office Closed** for Holiday

**Other Important Dates:****September:**

- 25- **Annual ECA of FL Conference** in Orlando FL. Theme: Children our Concern. For more information e-mail [eca@ecaoffl.org](mailto:eca@ecaoffl.org)  
 27- **AEYC Conference** in Olympia WA. Theme: Strengthening the Threads of Professionalism. For more information e-mail [nthomas365@comcast.net](mailto:nthomas365@comcast.net)

**October:**

- 3- 4- **AEYC Conference** in Honolulu, HI sponsored by the Hawaii Association for the Education of Young Children. Theme: Putting Our Keiki First Get On Board. For more information e-mail: [haeyc@hawaiiayec.org](mailto:haeyc@hawaiiayec.org)

**November:**

- 5- 8- **NAEYC 2008 Annual Conference & Expo** in Dallas TX. Conference sessions will be held at the Dallas Convention Center located at 650 S. Griffin St. Dallas, Texas 75202. For registration information log on: <http://annualconference.naeyc.org/register/>

## September

**10- Family Child Care Licensing Orientation** 9 am to 12 pm at our South Lake Tahoe office. Prepayment of \$25 due to California Community Care licensing well before the orientation. Call Rachael if you are interested in caring for children in your home. 530-694-2129

**12- Bear Valley Children's Faire** 2:00-6:00 pm at the Perry Walther Building. Come join the Bike Rodeo course, a magic show and other fun, hands-on activities. A free BBQ dinner will be provided. Call Susan Lippmann at 530-694-9118 or John Fisher at 530-694-1159.

**18- Play & Learn** for caregivers of children 0-5 years. 10:30am-12:30pm at Choices for Children office in Woodfords. **Helping Children Manage Their Emotions.** Lunch and a small incentive provided.

**20- "Family Day"** 1-6 pm sponsored by Alpine Kid's at Diamond Valley School. Come join them for free family activities and a free dinner. Call Edie at 530-694-2934 for more information.

**23- "The Business of Family Child Care"** 6 pm -8:50 pm at our South Lake Tahoe office. If you are thinking about caring for children in your home, don't miss this workshop. Call 877-541-5848 for more information.

**27- "Preventing Childhood Obesity"** 9 am to 12 pm at our South Lake Tahoe office. Call 877-541-5848 for more information.

## October

**2- Play & Learn** for caregivers of children 0-5 years. 10:30am-12:30pm at Choices for Children office in Woodfords. **Baby Signs-** Help your baby communicate long before she can vocalize her first word. Lunch and a small incentive provided.

**7- "Conflict Resolution"** workshop at our Woodfords office. Learn how to help your child(ren) create win-win situations. Free dinner and free babysitting provided. Advance notice necessary. 530-694-2129

**16- Play & Learn** for caregivers of children 0-5 years. 10:30am-12:30pm at Choices for Children in Woodfords. **Using Stories to Tell About Family History.** Lunch and a small incentive provided.

**22, 23, 24- Alpine Choices for Children office closed.**

**31- Annual Markleeville Halloween Parade.** Meet at the library at 5 pm. Children "parade" down Montgomery street to Highway 89 (which will be blocked off from traffic).

## November

**6- Play & Learn** for caregivers of children 0-5 years. 10:30am-12:30pm at Choices for Children office in Woodfords. **Setting Limits and Sticking to Them.** Lunch and a small incentive provided.

**12- Family Child Care Licensing Orientation** 9 am to 12 pm at our South Lake Tahoe office. Prepayment of \$25 due to California Community Care licensing well before the orientation. Call Rachael if you are interested in caring for children in your home. 530-694-2129

**27, 28- Alpine Choices for Children office closed.**

