

CHILD CARE COMMUNIQUE



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

January/February 2008

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

SPEAK OUT FOR CHILDREN

Our experiences with young children enrich all of our lives. Who has not been warmed by an infant's first sounds or a toddler's warm hug? How often have you smiled at the look of wonder in a preschooler's eyes as she entices a bug to crawl up a twig? Watching young children explore the world reminds us of the importance of opportunities for learning for all children. It also confirms our responsibility as adults to protect children during this time of innocence and vulnerability.

In the publication *Be a Children's Champion*, the National Association for the Education of Young Children states that children rely on adults to make sure that they get the essentials they need to thrive: warm, loving relationships in which their basic needs for shelter, sustenance, and emotional support are met.

Children do best in an

environment that offers challenging opportunities for learning. Children need adults to be their advocates and to let others know that the knowledge and experiences gained in early childhood shape a child's entire life. Just one person speaking out can make a difference, just as one child can make a difference in your life.

Child advocacy means speaking out or taking action on behalf of children. Since children cannot represent themselves, you must protect their interests. To become an effective advocate you should:

1. Educate your legislators about children's needs and programs.

In this time of term limits, it is even more critical to meet new legislators and educate them on quality child care and best practices for programs serving children and families. Take time to visit your legislators in Sacramento or in their district offices. Send them articles, newsletters, or research with a note of personal opinion. Invite them to visit your program and provide examples of how the program has helped a child or parent. A legislator's support grows out of understanding the issues.

2. Educate yourself about the legislative process and current legislation.

Read your newspaper. It will have a summary of important legislative action including how your legislators voted. Register to vote. You will receive election information about candidates and proposed legislation. Attend public forums. Prepare and ask questions specific to your concerns. Go on-line to learn how a bill becomes a law and how state government functions or visit local libraries.



(Continued on page 2...)

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The Child Care Communique is mailed as a public service to licensed child care facilities and other professionals in the community. To be placed on the mailing list, call 619.521.3055 x2312.

Guest editorials, communications, announcements and letters to the editor from any interested party are welcome and may be addressed to the Editor, 3333 Camino del Rio S., Suite 400, San Diego, CA 92108-3839. Opinions expressed by guest writers do not necessarily reflect the view of Childcare Resource Service. Efforts to preserve the intent of each submission will be made with final editorial authority resting with the editor. Letters to the editor will be considered for publication as space and time allow and unless confidentiality is requested. Deadline for submission of all materials to be considered for inclusion is approximately six weeks before publication.

Childcare Resource Service (CRS) Referral Policy

YMCA Childcare Resource Service, provides child care referrals to parents for their specific child care needs in licensed and legally license exempt facilities in San Diego County. Service is provided to all persons requesting them regardless of income or other eligibility factors. Confidentiality of both parents and providers is maintained.

Consumers are offered a variety of child care options ranging from Family Child Care Homes to Child Care Centers and with services from basic child care to educational and social enrichment programs. Childcare Resource Service seeks to promote and develop quality care for children but does not make recommendations regarding particular providers. CRS strongly encourages parents to visit facilities and review provider histories with Community Care Licensing at 619.767.2200, prior to making the final decision for child care arrangements.

Responsibility for selecting a child care provider rests with the parent or guardian. CRS policies on handling complaints are available to parents, providers or other interested persons by calling 1.800.481.2151 to request a copy.

• YMCA CRS Programs •

Administration..... 619.521.3055
Fax..... 619.521.3050
Alternative Payment 619.521.3055
Centralized Eligibility List..619.521.0560 x2500
Special Needs Unit..... 619.474.4707
North County Office 760.726.9100
North County Fax 760.726.4352
South County Office 619.474.4707
South County Fax..... 619.474.2435
HealthLine 1.800.908.8883
Child Care Referrals 1.800.481.2151
On-line Referrals..... www.ymcacrs.org
Inclusion Specialist..... 619.521.3055 x2325
CATS Calendar..... 619.521.3055 x2315
Child Care Subs 1.800.441.9199
San Diego CARES 1.866.CARES SD
Military Family Referrals 1.800.441.9199

www.ymcacrs.org

3. Educate others to take action.

Join a public policy committee and work together to bring issues to the attention of the community. Write a letter to the editor. Encourage parents and co-workers to vote by providing voter registration cards and information. Organize a public policy forum. Invite legislators to answer prepared questions on specific topics impacting children and families. Provide a presentation or resource materials on how a bill becomes a law, steps to advocacy, and how to contact legislators.

Above all, remember that as a taxpayer and registered voter you do have the power to make our democratic system work. Use your voice to speak out on behalf of children at every opportunity!

Websites for Children's Advocacy

www.4children.org

www.rnetwork.org

www.caichildlaw.org

www.ymcacrs.org

www.cdpi.net

www.stand.org

www.childrensdefense.org

www.otcdkids.com

www.parentvoices.org



2007 State Budget Policy Workshop

The annual Child Care and Development State Budget Policy Workshop provides an overview of California's state budget process along with information on how the Governor's January version of the 2008-2009 budget will impact children, families, and child care. Further topics of discussion include State & Federal Child Care Legislation, Federal Impacts on California, Licensing, Early Care and Education Issues, and Local & State Advocacy Activities.

The workshop will be held on:

February 1st, 2008 from 8:30 a.m. to 2:00 p.m.
at Neighborhood House Association,
5666 Copley Drive, San Diego, 92115

To register, visit the On the Capitol Doorstep website at www.otcdkids.com or request a registration form at 916.442.5431. *The 2007 State Budget Policy Workshop is presented by On the Capitol Doorstep, Child Development Policy Institute, and Children's Defense Fund California, and sponsored by Lakeshore Learning Materials and YMCA Childcare Resource Service.*

Connecting with Legislators

Legislators need to hear from their constituents. Because they cannot be experts on all the bills that are introduced each session, legislators tally information and opinions they receive from special interest groups, lobbyists, and the public to help them make voting decisions. All letters, visits, and calls are logged in by staff at the local district office and at the Capitol.

The following are tips for making successful connections with legislators:

- Start by sending the legislator a letter about a bill or an issue of concern such as funding for child care for low-income, working families.
- Follow-up by calling the legislator's office to make a short (10–15 minute) telephone or in-person appointment to discuss the bill or issue.
- Before the appointment, make a list of points and questions to cover in the meeting.
- Practice helps. Memorize a simple speech or write out a script to use on the telephone. Role-play the meeting or call with a friend.
- During the appointment, keep the message simple and to the point. Use facts and numbers and tell a story that illustrates how the bill will affect children in your program or family.
- Develop rapport. Follow the legislator's voting record and thank him or her when the legislator supports the cause you discussed together.

Advocacy can be easy and fun. To gain confidence and skill, new advocates might try making visits to legislators as part of a group and observing experienced advocates in action. Speaking up is important, though doing so does not guarantee that an advocate's position will win out. Keeping silent, however, guarantees that those concerns and opinions will not be made known.

Legislative Update

The following are brief descriptions of some of the new Assembly (AB) and Senate (SB) bills that were signed into law by Governor Schwarzenegger. Urgency legislation took effect upon his signature; other legislation will take effect January 1, 2008. Many bills contain other provisions not listed. To obtain a complete copy of a bill see the resource list on page 7.

Effective immediately

AB 194 Budget Committee: Restores 5 million in funding to the state preschool budget item and assigns priority of these funds for wrap-around to children in Pre-kindergarten and Family Literacy programs.

SB 84 Human Services budget trailer: Requires the Department of Education to conduct a study to establish best statewide practices for the prevention, detection, identification and investigation of improper payments in all subsidized child care programs. Suspends the trigger for increasing visits to community care facilities based on an increase in the number of citations. Requires the Department of Social Services to develop appropriate indicators with stakeholders to trigger an increase in licensing visits by February 1, 2008.

AB 1685 Garrick. Before and After School Programs: Increases reimbursement rates as a priority for existing Before School programs. Amended to clarify that staff working directly with children are responsible for reporting outcome measures.

New laws

AB 905 Arambula. Child Care Subsidy Eligibility-Seek Work: Allows the Superintendent of Public Instruction to extend eligibility for subsidized child care by an additional 60 days in defined geographic areas where high unemployment or high numbers of seasonal agricultural jobs exist.

AB 57 Soto. Safe Routes to School Program: Extends the Safe Routes to School Program that provides grants to local agencies to improve the environment around schools for children to walk and bicycle safely to school, indefinitely.

AB 304 Huff. Community Care Facilities: Disaster Plans: Requires that a community care licensing facility provide a copy of their disaster and casualty plan to the local fire departments, law enforcement agency, civil defense and other disaster authorities upon request.

AB 321 Nava. Speed Limit Near Schools: Allows a city or county to decrease the speed limit when passing or approaching a school within 500 feet from 25 or 30 miles per hour to 15 while children are going to or leaving school.

SB 80 Education budget trailer: Encourages child care facilities to meet the same increased nutritional requirements for meals as schools in order to receive funding for meal subsidies.

SB 490 Alquist. Prohibition on Trans Fats in School Food: Prohibits a school or district from serving any food containing or that has been prepared with artificial trans fat beginning July 1, 2009. It also prohibits the food from being available in school vending machines or food service establishments during school hours.

SB 7 Oropenza. Smoking in Vehicles with Minor Passengers: Makes it an infraction punishable by a fine not exceeding \$100 for a person to smoke in a motor vehicle in which a minor is a passenger.

Planning Council Update New Year — New Faces!

Please join us in welcoming our newest council members Daria Flores, Julieta Mancilla, Marianna Martinez, Julia Childs, Julie Middlemas, Barbara Burt, Sandy Johnson, Andrea Tostado, Thelma Avilez, Teresa Murrill, Myrian Solis Coronel, and Lorraine Callahan to the San Diego County Child Care and Development Council. New members represent parents and grandparents who are using childcare services and representatives from Neighborhood House Head Start, Social Advocates for Youth, County of San Diego, Child Care Careers, KPBS, S.O.P Consultants of North County, and Escondido Community Child Development Center. For a complete list of council members, please visit our webpage at ymcacr.org/planning.

As a state-mandated advisory board to the County Board of Supervisors and County Superintendent of Schools, the Council assesses and makes recommendations to improve access to quality child care and development services for children and families in San Diego County. If you would like more information on the work of the Council, or would like to know how you can be involved, please contact:

Zaneta Salde Encarnacion, Council Coordinator
zencarnacion@sdcoe.net • Tel: 858.292.3727

Supporting Early Language Development Training Series

Interacting with infants and toddlers is key to supporting language development. The YMCA Childcare Resource Service will present the Early Language Development Training Series to help early child care educators and staff learn how to respond more intentionally to spark infants' and toddlers' desire to communicate, while also learning how these interactions build stronger bonds. These informative workshops for all early childhood educators will be held at:

YMCA Childcare Resource Service
3333 Camino del Rio South, #400
San Diego, CA 92108

The training series will be conducted on the following dates:
January 30, February 27, March 19, and April 23, 2008
(please note these new dates for the training series)

The cost is \$15 per person, per workshop. A discounted rate of \$50.00 is being offered for pre-registering for all four workshops.

This training series is approved for San Diego CARES Professional Development Training Hours for Tracks 2-5. For more information call 1.800.481.2151 or e-mail to mytraining@ymcacr.org.

Quality Child Care for America Act

Senator Hillary Rodham Clinton (Democrat, NY) and Representative Rosa de Laura (Democrat, CT) introduced the Quality Child Care Act, which will strengthen the quality and availability of the child care work force. The legislation amends the Child Care Development Block Grant (CCDBG) by authorizing an additional \$200 million to allow for greater workforce development initiatives. Allowable use of the funds includes: increased compensation, health care coverage, and retirement benefits. The legislation also allows providers to receive paid sick leave, paid vacation, and additional support for providers to increase early childhood training or education.

For more information on the Act, visit our website www.house.gov/delauro/press/2007/october/child_care_10_17_07.html. Applications are available online only.

New Partners in Preventing Childhood Obesity

First 5 California has joined forces with Westfield malls to curb the growing obesity epidemic in children. Recent findings show that children are eating 60 percent more than their body weight in sugar. To show parents how much sugar their children consume each year, a 6-foot tall tower filled with 65 pounds of sugar was unveiled before families and media at Westfield's Fashion Square in Sherman Oaks. According to a January 2005 study in the Journal of Pediatrics, the average 4-to-5 year old consumes 17 teaspoons of added sugar a day, or roughly 65 pounds per year! First 5 California Executive Director Kris Perry states "partnering with Westfield, one of the world's largest mall operators, will go a long way to help First 5 California spread our health messages in a setting that is familiar and family friendly." In the coming months, Westfield malls will distribute First 5 California brochures and display signage designed to help parents understand ways to curb the risk of obesity in their children.

First 5 California's collaboration with Westfield is part of the First 5 F.A.N. Club, a partnership between First 5 California, Governor Schwarzenegger's Get healthy California, and the business community. Call 1.800.KIDS.025 for tips on keeping your family healthy.

YMCA CRS FIRE RELIEF EFFORT



Tracy Abston (left), family child care provider loans Sarah Ethington (CRS Staff) equipment for the play rooms.



Kim Rinder, Children's Growing Center donated child's play store and other items.

YMCA Childcare Resource Service provided support to the Local Assistance Centers in Ramona, Rancho Bernardo and Fallbrook during the recent wildfire emergency. CRS set up drop in child care rooms with toys and equipment from their Toy Lending Library. Children of all ages enjoyed a safe play space while their parents met with agencies and programs that provide disaster services and support.



Karen Shelby, R&R Department Manager, with South Bay YMCA Volunteers Laura Martinez (left) and Cindy Martinez (right)



What's in the CRS Resource Library?

The Resource Library has the following materials available for the topics of advocacy and public policy for young children.

Resource Books:

Advocates in Action by Adele Robinson & Deborah Stark offers ideas on influencing policy and practice to the benefit of young children (NAEYC).

Child Advocacy in 10 Easy Steps by Marilyn Pearce introduces easy ten steps to being an advocate for children.

Speaking Out: Early Childhood Advocacy by Stacie Goffin & Joan Lombardi reviews how public policy is made and what you can do to influence decisions in favor of children's best interests.

Brochures/Newsletters:

On the Capitol Doorstep Newsletter

A publication that gives updates on public policies affecting children in California.

Be a Children's Champion (NAEYC)

Today more than ever, young children need you to be their champion, to advocate on their behalf.

The Children's Defense Fund

Together we stand for children. The Children's Defense Fund "exists to provide a strong and effective voice for children of America" through education and advocacy.

The Legislative Process: A Citizen's Guide to Participation Easy to read guide on the legislative process, and how to work the process, write a letter, understand a bill and other legislative terms.

Videos:

Leave No Children Behind (NAEYC)

Marian Wright Edelman presents a compelling argument for a national campaign on behalf of children -To leave no child behind.

Leaders as Advocates (NAEYC)

National Head Start Association President, Ronald Herndon's inspiring and challenging keynote address at the 1994 conference of NAEYC's National Institute for Early Childhood Professional Development.

Toy Library Saturday:

San Diego: 01/19/08 & 02/16/08
National City: 01/26/08 & 02/16/08
Vista: 01/05/08 & 02/02/08

Contact the resource library in your region:

San Diego: 619.521.3055 ext. 2304
National City: 619.474.4707 ext. 1317
Vista: 760.726.9100 ext. 3316

Licensing Update

Licensed child care programs are required to comply with the following disaster and mass casualty plan regulations:

Center Regulation 101174:

Each licensee shall have a disaster and mass casualty plan of action. The plan shall be in writing and shall be readily available. The plan shall be subject to review by the Department and shall include:

- Designation of administrative authority and staff assignments.
- Contingency plans for action during fires, floods and earthquakes including, but not limited to, the following:
 - Fire safety plan.
 - Means of exiting.
 - Transportation arrangements.
 - Relocation sites that are equipped to provide safe temporary accommodations for children.
 - Supervision of children during evacuation or relocation, and contact after relocation to ensure that relocation has been completed as planned.
 - Means of contacting local agencies, including but not limited to the fire department, law enforcement agencies, and civil defense and other disaster authorities.
 - Any special methods and procedures necessary for the evacuation and relocation of non-ambulatory children.
- The licensee shall instruct all children, age and abilities permitting, and all child care personnel, including volunteers, in their duties and responsibilities under the plan.

4. Disaster drills shall be conducted at least every six months.

- Completion of such drills shall not require travel away from the child care center grounds or contact with local disaster agencies.
- The drills shall be documented. This documentation shall be kept in the child care center for at least one year.

Family Child Care Home Regulation 102417:

Each family child care home shall have a written disaster plan of action prepared on a form approved by the Department. All children, age and ability permitting, and the provider, the assistant provider, and other members of the household shall be instructed in their duties under the disaster plan. As their age and ability permit, newly enrolled children shall be informed promptly of their duties as required in the plan.

- Each family child care home shall conduct fire drills and disaster drills at least once every six months.
 - The licensee shall document the drills, including the date and time of each drill. This documentation shall be kept at the family child care home.

For more information contact the Licensing Program Analyst assigned to your program or call Community Care Licensing at 619.767.2200.

• IDEAS • ideas • IDEAS • ideas • IDEAS • ideas

COLOR VALENTINES

Sung to "Skip to My Lou"

Valentine red says "I love you",
Valentine red says "I love you",
Valentine red says "I love you",

Pink one says—"I do, too!"

Valentine pink says "I love you",
Valentine pink says "I love you",
Valentine pink says "I love you",

Blue one says—"I do, too!"

Continue with other colors and end with:
"All colors say—"We do, too!"

Preparation:

Cut one heart shape for each color from felt.

Activity:

Place the red heart on the flannel board and hand out the other colored hearts. Sing the first verse of the song with the children. When you come to the last line, have the child who is holding the pink heart place it on the flannel board and say the words "I do, too!". Follow the same procedure when singing the rest of the verses. At the very end of the song, let everyone say the words "We do, too!"

(Totline Press: 1-2-3 Colors, compiled by Jean Warren)



KOOL-AID PLAYDOUGH

This playdough smells wonderful and is the color of Kool-Aid! Make several different red 'flavors' and store in individual plastic storage bags for up to 2 months.

Ingredients:

1 ¼ cup flour

¼ cup of salt

1 pkg unsweetened Kool-Aid (dry)

1 cup boiling water

1 ½ tbs vegetable oil

In a bowl, mix the flour, salt and dry Kool-aid. Stir in water and oil. Knead with hands for about 5 minutes. Store in sealed storage bag.

FIVE LITTLE SNOW PALS

Five little snowpals standing in a row.

(Dance five fingers)

Each has a hat and big red bow.

(Pretend to put on a hat and a scarf on neck)

Out came the sun and it shown all day.

(Place arms in a circle overhead)

One little snowpal melted away.

(Wiggle arms to floor)

(Repeat with 4...3...2...1 snowpals)



TIPS FROM YOUR CRS CHILD CARE CONSULTANTS

To become a more informed advocate for children, use these excellent resources:

- **The Bill Room.** To receive more information about a bill or order copies of bills, contact the Bill Room at 1.916.445.2645. Callers need to know the number of the bill (eg: SB 1661 or AB 3049) and legislative year the bill was active, if it is not a current bill.

- **Legislative Counsel of the State of California.** For status updates on bills, a daily calendar for both houses, and answers to common questions, log on to www.leginfo.ca.gov. The site includes links to other legislative publications.

- **On The Capitol Doorstep and Legislative Update.** To receive continuous information on bills and public policy issues that affect young children in California, subscribe to On The Capitol Doorstep and/or the Legislative Update. Included in both publications is contact information for the legislative consultant who is assigned to each bill and can answer questions or hear concerns. Contact the editor, at 1.916.442.5431 or www.otckids.com to begin a subscription.

To obtain a list of local legislators, contact any of the following sources:

- YMCA Childcare Resource Service, 1.800.481.2151 or www.ymcacrs.org
- Registrar of Voters, 858.565.5800 or www.sdvote.com
- San Diego Union-Tribune, www.signonsandiego.com

To be added to a list serve for state and federal legislative action, log onto these sites:

- Child Development Policy Institute at www.cdpi.net
- Children's Defense Fund at www.childrensdefensefund.org

To join a local advocacy group, call the following groups:

- San Diego County Child Care and Development Planning Council, 858.292.3727
- San Diego Association for the Education of Young Children, 858.569.7273 x111
- San Diego County Family Child Care Association, 619.260.3753

These organizations help parents learn to advocate for children:

- **YMCA Childcare Resource Service (CRS)**

See the Parent Advocacy page on the CRS Web site (www.ymcacrs.org) for "How the Legislative Process Works," "Sample Letters and E-mails," and "How to Contact Legislators."

- **Parents Voices**

This advocacy group is made up of parents who take action on behalf of children. Log on to www.parentsvoices.org for more information.

Ask the HealthLine...

New Health and Safety Visits

Looking for a way to improve the health and safety of your child care facility? The YMCA CRS HealthLine is offering Health and Safety Visits, a great new service to help! Visits include an assessment using the California Childcare Health Program Health and Safety Checklist. This checklist will assess a variety of health and safety standards in your facility including indoor and outdoor safety, communicable disease prevention, and emergency preparedness. After the visit, participants will receive detailed feedback from their health consultant as well as a customized resource packet. Ensure the optimal health and safety in your facility. This service is offered as an educational service through the YMCA Childcare Resource Service and is not connected to licensing or licensing site visits. Contact Kim McDougal today to schedule your visit at 619.521.3055, ext. 2517 or e-mail at kmcdougal@ymcacr.org.



The YMCA Childcare Resource Service HealthLine provides free health workshops and training for children, parents, and child care providers. Call the HealthLine at 1.800.908.8883 to schedule an appointment Monday - Friday from 8:00 a.m. to 5:00 p.m.



SD CARES Update

Environmental Rating Scale Requirement

Have you participated in CARES for more than one year and are you in the Permit or Degree Track? If so, you need to complete the Environmental Rating Scale (ERS) requirement by June 30, 2008, as required by the First 5 Commission of California. To satisfy the ERS requirement participants must:

- Complete training on the appropriate rating scale (Early Childhood ERS, Infant Toddler ERS, Family Child Care ERS, or School Age Childcare ERS);
- Complete a one unit ERS college course, a multi-day ERS training offered by YMCA CRS or have been trained by a child care center employer;
- Complete a program/self-assessment using the rating scale that best fits the age group the participant is working with;
- Complete an improvement plan using the CARES form provided.

Participants must submit to SD CARES:

- Proof of training (a transcript for a college course, a certificate for training or a letter from the center director on letterhead verifying training on-site);
- Self-assessment score sheet;
- Improvement plan form;
- Proof of improvements (before and after photos, receipts for items purchased, flyers, newsletters, letter from Director, etc).

SD CARES will provide ERS trainings throughout the county in English and Spanish. A training flyer will be mailed out to all Permit and Degree Track participants who need to complete the ERS requirement this program year. Participants who would like assistance with completing a program/self-assessment or developing an improvement plan may request a Track 5 CARES Advisor by contacting Sandy Jenkins at 619.521.3055 ext. 2336. For more information on the CARES ERS requirement, visit our website at www.ymcacr.org