

# CHILD CARE COMMUNIQUE



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

July/August 2007

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

## Steps to Choosing Quality Child Care

**F**inding the right caregiver can be challenging but it is one of the most important decisions parents will make. Recent studies show that brain growth is affected by children's earliest experiences with the adults. Knowing what to look for in a quality child care program can help parents find the best child care program for their family.

### Five Simple Steps to Follow When Visiting a Child Care Program

#### Look

Begin by visiting several child care homes or centers. What is your first impression? Does the program look safe for your child? Do the caregivers/teachers who will care for your child enjoy talking and playing with children? Do they talk with each child at the child's eye level? Are there plenty of toys and learning materials within a child's reach? You should always visit a home or center more than once. Stay as long as possible so that you can get a good feel for what the care will be like for your child. Even after you start using the child care, continue to come back and check it out at different times of the day.

#### Listen

What does the child care setting sound like? Do the children sound happy and involved? Is the teacher's tone of voice cheerful and patient? A place that's too quiet may mean not enough activity. A place that's too noisy may mean there is a lack of guidance or not enough materials and activities to keep children engaged in learning through play.

#### Count

Count the number of children in the group. Then count the number of staff members caring for them. The fewer the number of children for each adult, the more attention your child will receive. A small number of children per adult is most important for babies and younger children.

#### Ask

The knowledge and experience of the adults caring for your child is very important. Find out about the special training they have. Ask about the background and experience of all staff: caregivers, teachers, and the program director. How long have they been employed at the program? Ask the same questions about any other adults who will have contact with your child in the home or center. Quality caregivers/teachers will be happy to have you ask these questions.

#### Be Informed

Find out more about efforts in your community to improve the quality of child care. Is your caregiver involved in activities such as the San Diego CARES Stipend Program? Does your caregiver belong to any professional organizations? Has your child's caregiver achieved accreditation or completed training that exceeds minimum requirements? Does your caregiver have a child development degree or college units?



The Child Care Communique is published six times per year by Childcare Resource Service, a department of the YMCA of San Diego County, 3333 Camino del Rio S. #400, San Diego CA 92108-3839

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Editor.....Karen Shelby  
Design.....Erika Ramirez Lee/  
Anabel Pulido

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](http://www.ymcacrs.org)

## Getting Started

Begin a child care search by contacting the YMCA Childcare Resource Service Parent Referral Line at 1.800.481.2151. Parents can also complete a referral request form or search for child care referrals on-line at [www.ymcacrs.org](http://www.ymcacrs.org). To help us find programs that meet your needs, we will ask you questions such as the ages of your children and the hours/days and location where care is needed before searching the referral database. Have a pen and paper ready to write down the name, telephone and license numbers of providers on your referral list. Ask the Child Care Consultant to send a free Parent Resource Packet with information on choosing child care.

## Next Steps

- Call all the referrals on your list
- Ask questions and schedule interviews
- Visit at least 3 to 5 programs
- Bring your checklist
- Look, Listen, Count, Ask, Be Informed
- Choose programs that meet your child and family's needs
- Review provider files for substantiated complaints: contact Community Care Licensing at 619.767.2200 for an appointment

## Quality child care is determined by:

- A caregiver who provides warm, loving care and guidance
- A setting that keeps your child safe, secure, enriched and healthy
- Daily activities that allow your child to develop and learn in the best way possible
- A program philosophy and policies that fit the needs of you and your child.

## Enhanced Referrals for Special Needs

Looking for child care for a child with disabilities or other exceptional needs? YMCA Childcare Resource Service (CRS) can provide free enhanced referral services for you. Through our Inclusive Child Care Project, Inclusion Specialists search our referral database for child care programs with staff members who have training, education or life experience to work with children with special needs. Potential programs are contacted to ensure care is available and meets the child's special care needs. When care is selected, the parent and provider receive individualized resource packets and are linked to community resources and support. The Inclusion Coordinator provides a site visit to the program to help with the transition of the child into the child care setting. For enhanced referrals contact Willa Jordan at 619.521.3055 ext. 2325. You can also complete a Child Care Referral Request form on line at [www.ymcacrs.org](http://www.ymcacrs.org).



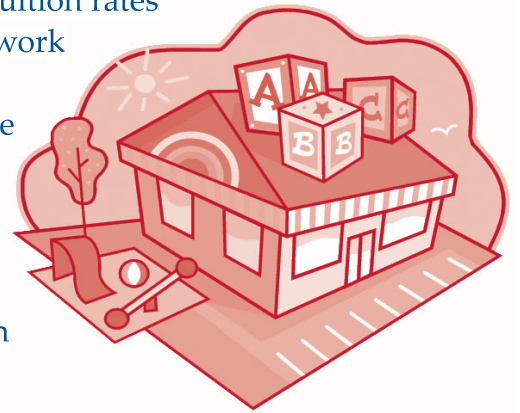
## Child Care Settings

There are different types of child care settings. Some programs are licensed; some are exempt from licensing because they are on public school sites or are home-based programs caring for only one family's children other than their own. Licensed care is regulated by the California Department of Social Services, Community Care Licensing division. While licensing does not ensure quality, it does provide guidelines for health and safety. We recommend that you check the history file of a licensed home or center to obtain information on complaints or violations by calling 619.767.2200. When you invest time you can find quality care in any of these settings:

**Licensed Family Child Care** is offered in a home setting. The provider can care for up to 14 children, depending on their ages and the type of license that has been issued. There is a limit on the number of infants (birth to 24 months) in care at one time. As a small business, the provider sets hours, rates and services. Care is often provided on a more flexible schedule including weekends and evenings.

**Child Care Centers** can be large or small and operated independently or by a church or other organization. Children are often grouped by age. Staff must meet specific educational requirements. There are also required staff-to-child ratios. Program philosophy, tuition rates and services vary. Hours of operation generally reflect traditional work schedules.

**License-Exempt Home Care** is provided by a nanny, friend or relative in the child or caregiver's home. Child care for children from only one family does not require a license. It is important to have a criminal background check completed on your caregiver. Call 1.800.481.2151 to ask about a fingerprint background clearance through Trustline. You can also request a home health and safety checklist and information on training classes for your license-exempt caregiver.



### Back Up Child Care

When child care arrangements fall through, it can mean the loss of wages or even the loss of a job. It is extremely important for parents to think about a back-up child care plan. You can eliminate some of the stress that's associated with last minute child care emergencies if you are prepared.

#### What will you do if:

- Your child care provider has a family emergency or becomes ill?
- Your child cannot attend their child care program because he/she has a mild illness?
- Your employer asks you to attend an evening meeting or a weekend training?

Plan ahead! Develop a back up child care plan before your child care falls through! Call 1.800.481.2151 for free referrals to licensed child care providers that offer drop-in care, evening care, weekend care and care for mildly-ill children. We are here to help you plan ahead when balancing work and family.



### Search for Child Care On-Line!

Families can now search for child care on the YMCA Childcare Resource Service website. Just follow these easy steps:

- Log on to [www.ymcacrs.org](http://www.ymcacrs.org).
- Select *For Parents* on the home page
- Click on *Child Care Referrals* from the drop down menu
- Click on *Search for child care on-line* to begin your search

Most screens have a Help feature at the top to provide information such as definitions of terms to help you complete the screen. Questions? Call the Child Care Referral Line at 1.800.481.2151 to speak to a child care consultant.

Websites for  
Quality Child Care  
information

[www.ymcacrs.org](http://www.ymcacrs.org)

[www.childcareaware.org](http://www.childcareaware.org)

<http://nrc.uchsc.edu/parents.htm>

[www.naeyc.org/families/brochures.asp](http://www.naeyc.org/families/brochures.asp)



### Ticket to a Smart Start in Family Child Care

Workshops for newly licensed family child care providers are now being provided by the YMCA Childcare Resource Service and Community Care Licensing. The informative Ticket to a Smart Start workshops are held in English on the 1st Tuesday and in Spanish on the 4th Tuesday of each month from 8:30 a.m. – 11:30 a.m. at Community Care Licensing, Room 110, 7575 Metropolitan Drive, San Diego, 92108. Begin your new career in family child care with tips and information that will help you provide a high-quality program, link you to valuable training and community resources, and support your success. Workshop topics include best business practices, developing a quality learning environment, planning daily activities, building strong parent relationships, and providing positive guidance. For more information or to register for this free workshop call 1.800.481.2151.

### Help Paying for Child Care

Are you working or looking for work? In job-related training? Homeless? Medically incapacitated? Receiving Child Protective Services? If you are income eligible and have a need for service, you may qualify for assistance with child care payments. Call the child care Centralized Eligibility List (CEL) for San Diego County at 1.800.521.0560 or 619.521.3055 ext. 2500 (voicemail), or fill out an application on line at [www.childcaresandiego.com](http://www.childcaresandiego.com). If you are already on the CEL and need referrals to child care or community services while you wait for enrollment, call Candice Rios Marquez, Parent Outreach Coordinator, at 619.521.3055 ext. 2410.

### Golden Share Foods Program

Golden Share Foods Program is a packaged food program designed to save families up to 50% off their grocery bill. The program provides families with fresh fruits and vegetables, frozen meat and seafood once a month at a fraction of the cost families would spend in a grocery store. A \$20.00 basic package will feed a family of four for a week. The program deals directly with the growers and meat markets to ensure high quality, fresh foods for participants. Host sites are located throughout San Diego County.

While the program is designed for low and fixed income families, it is available to anyone in the community.

Golden Share Foods encourages the families that benefit from its program to volunteer two hours a month, whether at a host site or in the community. For more information about this program, visit the program's website at [www.goldensharefoods.com](http://www.goldensharefoods.com) or call 619.590.1692.

## The California Preschool Energy Efficiency Program

With so much recent media attention on the earth's limited natural resources, it is timely that the California Preschool Energy Efficiency Program (CPEEP) announces that they now can serve preschools and other center-based child care facilities (serving children from birth to 5) in San Diego County. The primary goal of CPEEP is to reduce energy consumption and thus reduce the energy costs at center-based facilities. CPEEP will replace older, energy-intensive lighting equipment to assist centers in controlling energy costs, and thus, reducing annual operational costs.

#### How it works:

- Apply on line for a no cost energy assessment.
- Once you receive the report, you decide if you wish to proceed. CPEEP pays 80% of the project costs and the site will be billed after the installation for 20% of the project cost (co-payment varies from \$200 – \$1,000 with the average thus far being about \$400-\$500).
- Installation is done at your convenience and can be done in the evenings or weekends.
- The site "pays itself back" for the co-pay through reduced electrical bills in just a few months (payback period ranges from 2-12 months, with the average being about 3-4 months). After that you are saving money to use the extra funds on other needed items.

#### Who is involved?

Funds for CPEEP come through the California Public Utilities Commission then through the San Diego Gas and Electric Company who in turn funds the Low Income Investment Fund (LIIF). LIIF, a highly respected organization in the childcare, housing, and educational arena, is the lead agency for CPEEP. Other team members include:

- The California Child Care Resource and Referral Network
- The California Head Start Association
- California Department of Education, Child Development Division
- Intergy Corporation, an engineering firm, sub-contractor that provides oversight for the technical energy-efficiency work.

For more information about CPEEP, contact the program at <http://www.liifund.org> (under "Child Care, click on "California Preschool Energy Efficiency Program (CPEEP)"). For special assistance from CPEEP staff, e-mail to [CPEEP@liifund.org](mailto:CPEEP@liifund.org) or call 415.489.6145.

Funds are available on a first-come, first served basis while funds last. This program may be modified or terminated without notice. California customers who choose to participate in this program are not obligated to purchase any additional services offered by the contractor.

## Licensing Update: Water Play Regulations

Water activities typically increase in the warmer summer months, so now is a good time for child care sites to review their practices concerning staffing for water activities. Additional supervision is required for an activity “in or near any body of water,” even if the activity does not include water play. For example, a field trip to Mission Bay Park to use the play equipment is ‘near’ a body of water and requires additional adult supervision.

Serious water-related accidents have occurred at San Diego County child care facilities. One way to avert accidents this summer is to use sprinklers and hoses instead of wading pools for water activities.

Child care facilities with uncovered spas, open gates to swimming pools, unsupervised wading pools, and other similar dangers may be subject to immediate loss of their licenses.



### Center Regulation 101216.6: Staffing For Water Activities

**(a)** “There shall be at least one adult who has a valid water-safety certificate on file at the center present during water activities in or near any... body of water...”.

Policy: A valid water-safety certificate is one that has been obtained from a recognized first-aid or life-safety organization, such as a state or county emergency service organization or the American Red Cross. It is not the intent of the regulation to require that an individual be competent as a water-safety instructor or lifeguard; rather, the intent is that the adult be able to swim and have basic skills in this area.

**(b)** “A ratio of not less than one adult, including teachers, to every six children.....shall be maintained during water activities...”

Policy: If there is a lifeguard on duty, it is not necessary to have a center staff person with a valid water-safety certificate present; however, the licensee must ensure the appropriate ratio of adults and/or staff present for general supervision.



Don't miss a great opportunity to earn stipend awards while you complete a degree in child development. Join San Diego CARES for Year 7 (July 1, 2007 – June 30, 2008). All participants in Year 6 of CARES will be mailed a Year 7 Application for continuing Participants by July 31, 2007. To continue participation in CARES, please complete and submit the application by September 30, 2007. If you do not wish to continue in the program, it is important to indicate on the application that you want to exit the program and mail it back as soon as possible. This will allow the CARES staff to update their records and provide accurate information on the professional development of the early childhood workforce in San Diego County.

Individuals who have not participated in CARES or did not receive a Year 7 application and wish to apply should call 1.866.CARES.SD (1.866.227.3773), send an e-mail to [caressd@ymcacrs.org](mailto:caressd@ymcacrs.org) or log on to [www.ymcacrs.org](http://www.ymcacrs.org)

### SD CARES Update

submit a request for an application. CARES will mail an application packet that must be completed and submitted by September 30, 2007. Applications that meet the entry requirements and are submitted by the deadline will be eligible to participate in Year 7 of CARES and may be eligible to receive a stipend award by June 30, 2008, if all program requirements are completed.

San Diego CARES is committed to supporting participants to reach their educational goals and earn a stipend award. If you have questions or need assistance to complete your application, please contact CARES immediately at 1.866.CARES.SD (1.866.227.3773) or drop by during CARES evening hours, the first Thursday of each month from 4:00 p.m. – 7:00 p.m. at the YMCA CRS Mission Valley office (3333 Camino del Rio South, Suite 400, 4th floor conference room). Individual appointments can be scheduled for the CRS North County office, 640 Escondido Avenue, Suite 108, Vista 92084, by calling 1.760.726.9100, ext. 3311.

## Ask the HealthLine... about dental health

**Q:** *Several children in my preschool class have never been to the dentist and have cavities. What can I do?*

**A:** Tooth decay is on the rise, according to a recent report from the Centers for Disease Control and Prevention. Approximately 1 in 3 (28%) children between the ages of 2 and 5 suffer from tooth decay. Tooth decay is most frequently identified by the appearance of cavities. Cavities in young children can cause pain and infection, result in absence from school, negatively affect permanent teeth, and contribute to eating problems. Luckily, cavity prevention is easy and you can help!

As a child care provider you play an important role in reversing this trend. Practice good oral health care with the children and parents to help children adopt healthy habits for life. Here are some basic steps you can take with children and parents to combat the rise of tooth decay.

The YMCA Childcare Resource Service HealthLine provides **free** oral health workshops for children, parents, and child care providers. Call HealthLine at 1.800.908.888 to schedule an appointment any day Monday - Friday from 8:00 a.m. to 5:00 p.m.

### For Children:

1. Encourage children to brush their teeth twice a day and floss once a day.
2. Avoid snacks high in sugar and promote snacking on crunchy vegetables, low fat dairy products, fresh fruits and cheese.
3. Teach children the importance of visiting the dentist twice a year and that the dentist office is not a scary place.

### For Parents:

1. Send out reminders to parents about the importance of taking their children to the dentist.
2. Educate parents about the new school entry requirements for every child entering kindergarten or first grade. Parents must provide proof of a child's dental exam by May 31st of their child's first year in school.
3. Provide parents with information about how to obtain free health and dental insurance in their area such as:
  - Maternal Child and Family Health Services 1.800.675.2229
  - Medi-Cal 1.866.262.9881
  - Healthy Families 1.800.880.5305
  - 2-1-1 for local community resources
  - Local Community Clinics



## • IDEAS • ideas • IDEAS • ideas • IDEAS • ideas

*Try these cool edible activities for summer time fun!*

### Homemade Ice Cream

5 cups of crushed ice  
3 tbsp. salt  
½ cup whole milk  
½ tsp. vanilla extract  
1 gallon Ziploc bag  
1 quart Ziploc bag  
1 tbsp. sugar



1. Put the ice into the large bag and sprinkle with salt.
2. Pour the milk, sugar and vanilla into the small bag and seal.
3. Place the small bag inside the larger bag, making sure it is completely surrounded by ice.
4. Seal large bag and shake vigorously.
5. Play catch with the bag, throwing only a few feet.
6. After about 5 minutes, take the small bag out. Mix together and eat.

### Edible Ocean

Materials:  
4 cups of pre-made sugar  
free blue gelatin  
4 clear plastic cups  
Gummy fish



Fill each cup with gelatin. Gently place 1-2 gummy fish into each cup. Top with a little whip cream and serve.

You can make a large edible ocean by filling a fishbowl with blue gelatin and gummy fish. Use small grapes for gravel and shoe string licorice for seaweed. (Note: whole grapes should not be served to children under 3 years old)

*(The Ultimate Book of Kids Concoctions 2 by John and Danita Thomas)*

### Watermelon Boat

Whole watermelon  
Large knife  
Melon ball tool  
Bowl

Cut the watermelon in half. Let the children take turns scooping out the inside with the melon ball tool and filling up the bowl with melon balls. Scrape out excess melon and put melon balls back into the empty watermelon. Keep cool until snack time. Children can fill their cup with cool, tasty melon balls.



## What's in the CRS Resource Library?

The Resource Library offers these resource materials about quality child care and what to look for when choosing child care for young children.

### Resource Books

Relationships, the Heart of Quality Care: Creating Community Among Adults in Early Care

by Amy C. Baker & Lynn A. Manfredi.

This book demonstrates that quality care comes from the root of both the parents and providers connecting to build a strong relationship between the school, child and community.

The Complete Guide to Choosing Child Care  
by Judith Berezin

This book includes clear and practical advice on everything you need to know about choosing child care, for all ages and types of child care settings.

### Videos

I Am Your Child Series: Quality Child Care – Making the Right Choice for You & Your Child helps parents with the process of evaluating child care options, focusing on health & safety, routines, and age-appropriate care.

In Your Child's Best Interest: Choosing Quality Child Care provides an overview of what parents need to look for in a quality child care setting, with case examples and interviews from those in the early education field.

Choosing Quality Childcare... Making the Right Decision is a detailed guide to help consumers prepare for choosing child care. A parent booklet is included.

### Brochures

- A Good Preschool for Your Child
- Choosing a Good Early Childhood Program
- Choosing Child Care
- Choosing Child Care for your Child with Special Needs
- Choosing Quality Infant Toddler Care
- Child Care: Do You Have a Back Up Plan?

Contact the library in your region:  
San Diego: 619.521.3055 ext. 2304  
North County: 760.726.9100 ext. 3316  
South County: 619.474.4707 ext. 1317

## TIPS FROM YOUR CRS CHILD CARE CONSULTANTS

The following check list is a good tool to take with you and use when visiting a child care program. If possible, bring your child with you. Stay long enough at the program to observe the interaction between the caregiver and children, the set up of the environment, and children engaging in activities. Prepare questions before your visit and make notes that will help you make a decision to re-visit the program or remove it from consideration.

### Caregiver/Teacher

- Caregivers are patient, warm, and engaged with the children
- Caregivers and children look happy to be together
- Caregivers speak to the children at eye-level
- Children's needs are quickly met even when things are busy
- Children's behavior is guided in a respectful manner and problems are carefully resolved
- There are enough staff to ensure basic safety
- Caregivers have completed CPR, first aid and early childhood education courses and training

### Activities

- A daily schedule and activity plan are posted
- There is a daily balance of play, story time, nap time and planned activities
- There are enough toys and materials for the number of children
- Art activities allow for individual creativity with paint, collage and other materials
- Children's books are always available
- Learning centers are set up to encourage exploration and learning
- Toys are clean, safe and within reach of the children
- Video and TV viewing is limited to short, educational programs

### Setting

- The atmosphere is bright and pleasant
- There is a fenced outdoor play area with a variety of safe equipment
- Children are visible to the caregivers at all times
- There are areas for children who want time alone
- There are different areas for quiet and active play
- There is enough space for the children
- Pictures are posted at the children's eye level

### The Program

- Program philosophy and values are similar to yours
- Positive guidance is used to help children learn self-control
- Children are comforted when needed
- Parents are encouraged to visit at any time
- Contracts, fees, late charges, and other policies are reviewed
- Nutritional meals and snacks are provided
- The license and emergency plan are posted
- Caregivers communicate daily with parents about their child
- Teachers meet with parents to discuss developmental goals

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KPBS in partnership with  
YMCA  Childcare Resource Service invites you to attend:

Language & Literacy-Storytelling

Learn how easy it is for anyone to become a storyteller-even you! See how telling stories helps children build language and literacy skills. Participants receive a free Activity Kit.

*A Place of Our Own* a daily talk show for parents, grandparents, neighbors and family child care providers caring for young children, airs Monday through Friday on KPBS at 5:30 a.m. and SD/ITV at 5:30 p.m.

This workshop is open only to licensed and exempt family child care providers. Approved for 3 SD CARES Professional Hours.

**Date:** September 13, 2007  
**Time:** 6:30 p.m. – 9:30 p.m.  
**Location:** YMCA Childcare Resource Service  
3333 Camino del Rio South, Suite 400  
**Cost:** Free Admission  
\* Space Limited-Pre-Registration Required  
**Information:** 1.800.481.2151

Workshops start promptly, no late admittance. Adults only please.

Major Funding for *A Place of Our Own* is provided by BP, First 5 California, First 5 LA and the California Community Foundation.

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KPBS en alianza con  
YMCA  Child Care Resource Service lo invita a asistir a

Lenguaje y alfabetización-lectura de cuentos

¡Aprenda que fácil es para todos contar cuentos, inclusive para usted! Vea como la lectura de cuentos ayuda a los niños a desarrollar las habilidades del lenguaje y la alfabetización. Los participantes reciben gratis un Paquete de actividades.

*Los niños en su casa*, un programa de conversación diario que se transmite diariamente para los padres, abuelos, vecinos y proveedores de cuidado infantil en el hogar que cuidan a niños pequeños, se transmite de lunes a viernes en KPBS a las 5:30 a.m. y en SD/ITV a las 5:30 p.m.

El programa está aprobado para 3 horas de SD CARES. Este para proveedores de cuidado infantil en el hogar con licencia y exentos únicamente. Los talleres de trabajo empiezan puntualmente, no se permite entrar después de que ha empezado. Por favor, adultos únicamente.

**Fecha:** 20 de septiembre de 2007  
**Hora:** 6:30 p.m. – 9:30 p.m.  
**Lugar:** YMCA Childcare Resource Service  
3333 Camino del Rio South, Suite 400  
**Costo:** Ingreso gratuito \* espacio limitado  
\* se requiere pre-inscripción  
**Información:** 1.800.481.2151

Los entrenamientos empiezan a tiempo, no se admitirán personas tarde. Adultos solamente.

La mayor parte de los fondos para *Un lugar que es nuestro* son proporcionados por BP, los Primeros 5 de California, los Primeros 5 de LA y la Fundación Comunitaria de California (California Community Foundation).

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Please duplicate this form for multiple registrations. One person per form. Make check or money order to YMCA CRS, no cash accepted. To pay by credit card call CRS: 619.521.3055 ext. 2318. MasterCard, Visa and Discover accepted.

Una persona por cada forma. Favor de duplicar esta forma para inscripciones múltiples. Por favor haga su cheque o giro postal a YMCA CRS, no se acepta dinero en efectivo. Para pagar con tarjeta de credito llame a CRS al 619.521.3055 ext.2318. Se acepta Mastercard, Visa o Discover.

**Mail/Envie:** YMCA CRS Attn: Jenna Jardim, 3333 Camino del Rio South, Suite 400, San Diego, CA 92108

**Name/Nombre:** \_\_\_\_\_

**Address/Direccion:** \_\_\_\_\_

**Telephone/Telefono:** \_\_\_\_\_

**Email/Correo electronico:** \_\_\_\_\_

\$25.00 Enclosed Per Person  \$25.00 Incluido por persona  English Sept. 13th  Español 20 de sept.

Sorry No Refunds/No Credit Perdon pero no hay devoluciones o credito.



## COMMUNITY CALENDAR

**July 10, 17, and 24** 6:30 p.m. – 9:00 p.m.

### Reggio Roundtable Summer Book Club

This book club will be an opportunity to share your insight and passion for the Reggio Emilia approach. Bring your book "In the Spirit of the Studio: Learning From the Atelier of Reggio Emilia" and be prepared to enjoy a summer potluck book club with other early childhood educators. Join at any time.

**Loc:** La Jolla United Methodist Church Nursery School "Cottage"

**Info:** 858.484.1418

**July 31** 6:30 p.m. – 9:30 p.m.

### \*KPBS: Healthy Habits for Life

Learn creative ways to support a healthy life style for children, including eating healthy foods, being physically active, practicing good hygiene, and time for proper rest and relaxation.

**Location:** YMCA CRS - Mission Valley

**Info:** 1.800.481.2151

**Cost:** \$15.00 - Free to CCYN participants

**Info:** 1.800.481.2151

**August 4 or 25** 9:30 a.m. – 11:30 a.m.

### \*LEEP: Role of the Caring Provider

This free workshop will explore the special relationship between the caregiver, the child, and the family. Receive a free kit. Open only to nannies, babysitters, and relative caregivers.

**Loc:** August 4: YMCA CRS, Vista

August 25: YMCA CRS, National City

**Info:** 1.800.481.2151 or mytraining@ymcacrs.org

**September 8** 8:30 a.m. – 12:30 p.m.

### Preventing Discipline Problems: Building a Prevention Strategy

Proactive approach to identifying and teaching positive behaviors. Demonstrates a 3-step strategy that can improve children's behavior and help early educators feel more capable.

**Time:** 8:30 a.m. – 12:30 p.m.

**Location:** YMCA CRS, Mission Valley

**Cost:** \$15.00 Free to CCYN participants

**Info:** 1.800.481.2151

**September 13** 6:30 p.m. - 9:30 p.m.

### \*KPBS A Place of Our Own: Language and Literacy-Storytelling

See registration flyer.

**September 16, 17, 18**

NAFCC Family Child Care Conference:

Foundations for the Future

Experts in family child care will present information and strategies to improve the quality of the field, including national accreditation.

**Loc:** Anaheim Marriott Hotel, Anaheim CA

**Info:** www.nafcc.org

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



### Lakeshore

Free Craft Activities for Kids  
(Ages 3 and Up)

Every Saturday 11 a.m. to 3 p.m.

619.297.8497



**July 7**

Fun-tastic Animal Collage: Make an animal collage using spangles, shells, buttons and more.

**July 4**

Coin Collector: Create and personalize a bank with fun collage beads and shapes.

**July 21**

Puppet Pal: Make a puppet and produce your very own puppet shows.

**July 28**

Hang – Anywhere Collage Mirror: Create a dazzling mirror using craft materials such as glitter, yarn and collage shapes.

(Adult must accompany child)

## CALENDARIO DE LA COMUNIDAD

**28 Agosto** 6:30 p.m. – 9:30 p.m

### \*LEEP: El papel del proveedor de cuidados

Este taller de trabajo establece el escenario para entender la importancia de la relacion especial entre el proveedor de cuidados, el niño y la familia.

**Lugar:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151 or mytraining@ymcacrs.org

**12 Septiembre** 6:30 p.m. - 9:30 p. m.

### \*Asociandose con las familias

Aprendiendo a asociarse con las familias do los niños le ayudara a proveer el mejor servicio a todos los niños.

**Lugar:** Health and Human Services, Chula Vista

**Info:** 619.521.3055 ext. 2329

**20 de Septiembre** 6:30 p.m. - 9:30 p.m.

### \*KPBS Los Niños en su Casa: Lenguaje y Literatura-Contando Cuentos

Aprenda lo fácil que es para cualquiera llegar a ser narrador-aún usted! Vea cómo contando cuentos ayuda a los niños a desarrollar habilidades del idioma y la capacidad de leer y escribir. Recibe un libro, un paquete de tarjetas de actividad, un vídeo, y folletos.

**Info:** Vea el volante con registro.

**\*Aprobado para horas de desarrollo  
profesional de SD CARES.**