

CHILD CARE COMMUNIQUE



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

March/April 2008

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

The Role of the Early Childhood Educator

Children from birth through age 8 are growing, changing and learning at a remarkably rapid rate. The teachers and parents who guide these young children are responsible for providing rich experiences that will influence children all their lives. Teaching is a challenging responsibility, but the personal and professional rewards are many. Competent and loving child care contributes to the total development of children and the well-being of families.

The Importance of Knowledge

Adults with specialized training and education in child development and early education are best able to provide the warm, nurturing attention and stimulating learning environment that young children need to learn most effectively. These early childhood educators provide planned educational experiences for groups of young children and/or services to their families. Children's mental, physical, emotional and social growth is stimulated through activities designed to promote learning and the joy of life. Selecting appropriate activities for children is difficult and requires knowledge about how children learn and think as they develop.

Under the guidance of a loving and knowledgeable teacher, children become more competent in their use of language, learn to deal more effectively with others while understanding themselves, and develop their imagination, curiosity and concepts about the world through play and concrete experiences.

The Learning Environment

Early childhood educators recognize that caring for children in small groups requires special expertise. Early childhood educators have skills in setting up a safe, healthy, and stimulating environment; emphasizing good nutrition and providing opportunities for active play, quiet play, and rest. Early childhood educators know how to increase the difficulty and challenge of an activity as children gain understanding and skills. Early childhood educators are aware of the importance of including all children in their programs and respecting differences in families' culture, ethnicity, and socioeconomic levels.

Observing Behaviors

Observation of children's behaviors is an important way to learn more about the young children in care. A teacher's interactions with children, parents, and colleagues should serve as a positive model of interpersonal relationships built on patience, respect, understanding, and caring.

Supporting Families

Good child care provides an important source of support to families. It can be very comforting for a parent to learn that temper tantrums are not unusual in 2-year-olds and to learn of some effective strategies for dealing with difficult behaviors.



(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 Payment619.521.3055
 Centralized Eligibility List..619.521.0560 x2500
 Special Needs Unit.....619.474.4707
 North County Office760.726.9100
 North County Fax760.726.4352
 South County Office619.474.4707
 South County Fax.....619.474.2435
 HealthLine1.800.908.8883
 Child Care Referrals1.800.481.2151
 On-line Referrals.....www.ymcacrs.org
 Inclusion Specialist.....619.521.3055 x2325
 CATS Calendar.....619.521.3055 x2315
 Child Care Subs1.800.441.9199
 San Diego CARES1.866.CARES SD
 Military Family Referrals.....1.800.441.9199

www.ymcacrs.org

Early childhood educators take the time to learn about resources in their community that provide important services and support for families having difficulty meeting their family's basic needs and facing financial, health, housing, and employment concerns.

Professional Development

Early childhood educators who are committed to their role understand the importance of pursuing a degree and credentials in child development and participate in on-going professional development opportunities such as training, workshops and professional membership organizations. They learn about tools to assess their program environment, daily activity plans, parent engagement opportunities and the needs of the children and families they care for. Early childhood educators understand the importance of their role.

Adapted in part from Careers in Early Childhood Education, NAEYC. www.naeyc.org.

Disaster Preparedness Training

Parents depend on childcare programs to protect the health, safety and well-being of their children. Disaster preparedness training helps child care staff understand the different types of disasters, prepare emergency plans and have adequate supplies ready in case of an emergency. In response to requests from the provider community, YMCA Childcare Resource Service has planned a series of free regional trainings on disaster preparedness for child care centers and family child care homes. The first series will be held in San Diego at YMCA Childcare Resource Service, 3333 Camino del Rio South, Suite 400, from 6:30 p.m. to 9:30 p.m. on the following dates:

Tuesday, April 22 Disaster Preparedness for Family Child Care
Wednesday, June 4 Disaster Preparedness for Child Care Centers

To register call 1.800.481.2151 or e-mail to mytraining@ymcacrs.org. For additional training dates and locations, log on to www.ymcacrs.org and view the C.A.T.S. community training calendar. Disaster Preparedness trainings are approved for 3 SD CARES Professional Development Training Hours.

Websites for ECE Professional Development

www.childcareexchange.com/eed
www.naccrra.org
<http://ece-sos.com>
www.innovativeteacherproject.org
www.journal.naeyc.org/btj
www.umaine.edu/eceol
<http://stand.org>
www.ymcacrs.org



SD CARES Update



The spring semester is underway and the end of the fiscal year is fast approaching. CARES participants who are eligible to earn a stipend before June 30, 2008 are encouraged to submit their documentation before the deadline! Participants who submit complete payment documentation within two weeks of becoming eligible for payment will earn an additional \$100 bonus stipend.

Participants who need to complete CARES Professional Development Training hours can find many new trainings by logging on to www.ymcacr.org and searching the CATS training calendar for CARES approved trainings. Participants should submit an unapproved community training prior to attending to ensure the training will meet CARES state guidelines for topic and content. Participants are encouraged to submit their Educational Plan before enrolling in coursework or Professional Development Training hours to ensure that the coursework and training will be approved for a CARES stipend.

If you need assistance with completing your educational plan or other CARES paperwork, CARES Coordinators are available at Evening Hours the first Thursday of each month from 4:00 p.m. – 7:00 p.m. at the Mission Valley CRS Office. For more information or to submit an unapproved CARES training, call 1.866.CARES SD or e-mail to CARESSD@ymcacr.org.

San Diego CARES is administered by the YMCA Childcare Resource Service, a department of the YMCA of San Diego County, with funding from First 5 San Diego, First 5 California and the California Department of Education through the County of San Diego.

ERS Region March/April Training Schedule

SD CARES participants in the Permit and Degree Track who have participated in CARES for at least one year are required to complete the Environment Rating Scale (ERS) requirement and submit required documentation by June 30, 2008. This requirement entails learning the appropriate rating scale (ECERS, FCCERS, SACERS or ITERS) through a one unit college course on ERS, completing a training offered by YMCA CRS, or an on-site training at the participant's child care center. Participants must then complete a self-assessment on their child care program, develop an improvement plan and provide proof of improvements. Participants can earn a \$250 ERS stipend after they complete general stipend requirements for units and Professional Development Training Hours.

To register for an upcoming YMCA CRS training event call 1.866.227.3773 or e-mail to caressd@ymcacr.org for a registration flyer. Registration is required and participants must attend both days of the training to receive credit. Register now!

Early Childhood Environment Rating Scale (ECERS) for Center-Based Staff

Thursday, March 13th (6:00 p.m. – 10:00 p.m.) and Thursday, March 27 (6:00 p.m. – 9:00 p.m.)

YMCA CRS Mission Valley office, 3333 Camino del Rio S #400, San Diego, CA 92108

Saturday, March 15th (10:30 a.m. – 2:30 p.m.) and Saturday, March 29th (10:30 a.m.– 1:30 p.m.)

Spring Valley Library, 836 Kempton Street, Spring Valley, CA 91977

Saturday, March 15th (10:30 a.m. – 2:30 p.m.) and Saturday, March 29th (10:30 a.m. – 1:30 p.m.)

4S Ranch Library, 10433 Reserve Drive, San Diego, CA 92127

Saturday, April 5th (8:30 a.m. – 12:30 p.m.) and Saturday, April 19th (8:30 a.m. – 11:30 a.m.)

Encinitas Community Center, 1140 Oakcrest Park Drive, Encinitas, CA 92024

Family Child Care Environment Rating Scale (FCCERS)

Wednesday, April 2nd (6:00PM – 10:00PM) and Wednesday, April 16th (6:00 p.m. – 9:00 p.m.)

YMCA CRS Mission Valley office, 3333 Camino del Rio S #400, San Diego, CA 92108

Saturday, April 5th (10:00 a.m. – 2:00 p.m.) and Saturday, April 19th (10:00 a.m. – 1:00 p.m.)

Point Loma Library, 3701 Voltaire Street, San Diego, CA 92107

Preschool for All

San Diego County Preschool for All (SDCPFA) is a five year demonstration project funded with \$30,000,000 by the First 5 Commission of San Diego (First 5 San Diego). The purpose of the Preschool for All (PFA) Demonstration Project is to build a model which demonstrates how to successfully provide universal access to preschool that:

- Ensures a quality preschool experience
- Provides families with a wide variety of preschool settings from which to choose
- Recognizes the early education needs of a socially, culturally, and linguistically diverse population
- Is inclusive of children with special needs

Neighborhoods within the following six PFA demonstration communities were selected: Lemon Grove, San Ysidro, South Bay, National City, Escondido and Valley Center/Pauma.

SDCPFA is currently recruiting more providers for its second year of implementation. Last year 16 providers operated quality programs and approximately 1,600 children were enrolled in these programs. If you are interested in becoming a PFA provider and would like more information on how to proceed please visit the web site www.sdcoe.net/pfa or call Eunice Munro at 760.726.9100 ext. 3580.

Annual Day of the Child Event

Come and enjoy a day of fun, entertainment and education at the 8th Annual Day of the Child Community Fair. The theme of this year's fair is "Children's Opportunities, Our Responsibilities." Information on promoting education and improving literacy for children will be available at numerous booths stationed around the park. This event will also focus on providing a safe and healthy environment for young people by promoting family/community togetherness and drug and alcohol free family events. The fair will take place on Saturday, April 19 2008, at Memorial Park in Chula Vista from 11:00 a.m. to 3:00 p.m.

Approximately 5,000 people attended last year's event and enjoyed over 100 informational and interactive booths. Literacy, early childhood education materials and an array of resources were available to children and their families. The Chula Vista Community Collaborative is sponsoring this free event in collaboration with the City of Chula Vista and various community-based organizations and businesses. Together we can make a difference in the lives of children. It is our responsibility. Come to the Day of the Child fair and join the fun.

Legislative Breakfast for Early Child Care and Development Community

Please join the early child care and development community and invited legislative representatives for a discussion of vital policy issues affecting children and families in child care. Special presentations will include a review of the 2007 California Child Care Portfolio by Carlise King, Research Director of the California Resource and Referral Network. The event will be held April 18, 2008, 8:00 a.m. to 11:00 a.m., at Crowne Plaza Hotel, 2270 Hotel Circle North, San Diego, 92108. This event is co-sponsored by the San Diego County Child Care and Development Planning Council and YMCA Childcare Resource Service. Pre-registration by April 4, 2008 includes continental breakfast and presentation materials. For more information and registration contact Zaneta Encarnacion, Planning Council Coordinator, at 858.292.3727.

ACCION San Diego Small Business Loans

Do You Need A Small Business Loan?

Are you looking for a loan to start or expand your small business? If so, ACCION San Diego may be able to help! ACCION San Diego is a non-profit organization that provides loans ranging from \$300 to \$35,000 to business owners who may not qualify for a bank loan. Money can be used for inventory, expansion, equipment, cash flow and more. It's simple to apply; the application can be found on the ACCION San Diego web site at www.accionsandiego.org and the process takes less than 2 weeks. If you are looking for a small loan under \$2,000, ACCION San Diego also offers a Quick Loan with a turnaround time of 48 hours. If you have questions or need more information, please call 619.685.1380. Let ACCION San Diego help you build your credit and make your small business dreams come true.

Earned Income Tax Credit

The Earned Income Tax Credit (EITC) is a special tax benefit for working people who earn low or moderate incomes. To claim for the EITC, taxpayers must meet the following requirements:

- Be a United States citizen
- Have earned income
- Have a valid Social Security Number

Whether or not you owe income tax, if you work and have children you could qualify for:

- Up to \$2,100 from the federal Child and Dependent Care Tax Credit and up to \$1,050 from the California Tax Credit for Child and Dependent Care Expenses.
- Up to \$4,716 from the federal Earned Income Tax Credit; and
- Up to \$1,000 per child from the federal Child Tax Credit.

To get these credits, you must file a tax return. Volunteer Income Tax Assistance (VITA), an Internal Revenue Service Program, is available to anyone needing help filing a tax return. For more information on referrals and free local assistance, taxpayers may call 1.800.TAX.1040 or visit the Web at www.irs.gov/eitc.

Licensing Update

Advertisements Require a Facility License Number

A significant number of child care facilities are posting advertisements regarding their facilities without using their state issued facility license number. Child care laws and regulations (Title 22 Regulations, Sections 101162 and 102359) require that each facility reveal its license number in all advertisements, publications or announcements made with the intent to attract clients. This includes but is not limited to:

- Newspaper or magazine
- Consumer reports
- Announcement of intent to commence business
- Telephone directory yellow pages
- Professional or service directory
- Radio or television commercial
- Internet advertisement

This also includes any correspondence if the intent is to attract clients. If you have questions regarding this regulation, contact your Licensing Program Analyst at 619.767.2200.

Planning Council Update

Building Support for Quality Child Care

The San Diego County Child Care and Development Planning Council is reaching out to the business community to build awareness and support for quality child care services. Council members will offer a speaker's bureau to local business associations and chambers of commerce. A Council video will be presented that highlights the impact of quality child care on businesses, employees and local communities.

If you are interested in having the Council present at your local chamber or business association, call Zaneta Salde Encarnacion, Council Coordinator, at 858.292.3727 or e-mail: zencarnacion@sdcoe.net.

The SDCCDP Council is located at the San Diego County Office of Education, 6401 Linda Vista Road, Room 315, San Diego CA 92111.



What's in the CRS Resource Library?

The YMCA CRS Resource Library has the following materials available to support training and development for early childhood educators. There are additional books, videos and resource files available on this topic. Contact the main Library at 619.521.3055 ext. 2304 for information about using the Library.

Resource Books:

Environmental Rating Scales by Thelma Harms provides an easy-to-use evaluation video and guidebook to answer questions and assess early childhood, infant toddler, and family child care programs.

Finding Your Smile Again: A Child Care Professional's Guide to Reducing Stress and Avoiding Burnout by Jeff Johnson shares dozens of proven techniques for coping with the stressors and challenges common among child care professionals.

Videos:

Seeds of Change-Leadership and Staff Development explores ways to encourage professional development of teachers and other staff while implementing best practices.

Reflective Supervision: A Relationship for Learning is designed to help staff learn through supervision and mentoring. A guide book is included.

Appropriate Curriculum for Young Children: The Role of the Teacher depicts developmentally appropriate practices in programs for young children, illustrating the important role of the adult in helping children learn in a play oriented environment and showing the adult's role in the child-initiated activity.

Other Resources:

Child Care Information Exchange magazine is intended for directors and administrators of ECE programs, and provides a wealth of resources on staff management, diversity, curriculum and other related child development topics.

Young Children: Journal of NAEYC magazine provides a variety of professional development articles on important topics affecting the education and teaching of young children.

Careers in Early Childhood Education Brochure is a guide for career opportunities and education in the early childhood field.

Professional Organizations is a flyer developed by YMCA CRS and lists local ECE support groups and membership organizations for early childhood educators.

Toy Library Saturday:

San Diego: 03/15/08 & 04/19/08
National City: 03/22/08 & 04/26/08
Vista: 03/01/08 & 04/05/08

Contact the Resource Library:

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

TIPS FROM YOUR CRS CHILD CARE CONSULTANTS

Take advantage of the many opportunities available to increase your personal and professional competence to provide the highest quality program possible for young children.

- **Read the *Child Care Communique*.** Our free newsletter is mailed/e-mailed to all child care programs in San Diego County. Don't miss out on opportunities to participate in free or low cost programs and training events.
- **Send us your e-mail address.** We e-mail recruitment information for new projects and grants, training flyers, and free resources.
- **Join a membership organization.** Attending meetings and volunteering on committees provides opportunities to share different areas of expertise and specialization. Two active membership groups serving San Diego County are the San Diego County Family Child Care Association (www.sdcfcca.org) and San Diego Association for the Education of Young Children (sandiegoaeyc.org). For a flyer listing additional organizations, call 1.800.481.2151.
- **Go back to school.** It is never too late to finish high school or earn a degree in child development. Enroll in the San Diego CARES program (1.866.227.3773) and earn a stipend of \$750 for each 3 unit course, including ESL classes.
- **Attend trainings.** There are over 100 free or low cost local training events in English and Spanish each year for all types of ECE programs. Log on to <http://www.ymcacrs.org/providers/cats/index.php> to view the C.A.T.S. Training Calendar or read your Communique.
- **Stay connected.** Attend community forums, special events and conferences for early care and education professionals. Learn new strategies and celebrate your work with children and families.

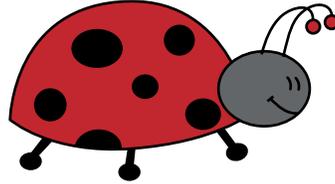
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Celebrate the coming of Spring with the following activities!

Don't forget all the great books for young children at the library and bookstore such as *The Very Hungry Caterpillar* and *The Ladybug*, both by Eric Carle.

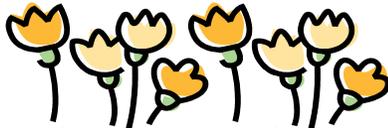
Snack Ladybug Pizzas

Ingredients:
Pizza sauce
American cheese slices
Fresh tomato slices, cut in half
Black olives, sliced and chopped
English muffins
Fresh basil (optional)



Give the children half of the muffin to create a ladybug 'picture' to eat for snack. Let them use a basting brush to spread sauce on the muffin, then add the slice of cheese. Show them how the half circles of the tomatoes can form the ladybug wings and sliced/chopped olives the spots and head. Use a fresh basil leaf to complete the scene... YUM!

Art Handprint Tulips



You can turn children's handprints into beautiful tulips for springtime fun. Let them dip their hand into the finger paint color of their choice and help them make a print on a piece of paper. After the handprint dries, the children can add a paper stem, leaves, thumbprint bumble bees, ants and ladybugs to their painting.

Music and Movement The Ants Go Marching



The ants go marching one by one, hurrah, hurrah
The ants go marching one by one, hurrah, hurrah
The ants go marching one by one,
The little one stops to suck his thumb
And they all go marching down to the ground
To get out of the rain, BOOM! BOOM! BOOM!
...The ants go marching two by two,
The little one stops to tie his shoe...
(Continue singing and rhyming to Ten)

Make Ants on a Log for snack: Let the children spread cream cheese or peanut butter (be careful of peanut allergies) on a piece of celery and add sunflower seeds or raisin 'ants'.

Finger Play Here is a Beehive

Here is the beehive, where are the bees?
(Clench fist and bring out fingers quickly one by one)

Hidden away where nobody sees
Watch and you will see them
come out of their hives,
One, two, three, four, five,
Buzz, buzz, buzz.



Garden Grant Opportunity

Nick Jr. Wow! Wow! Wubbzy! Garden Grants are open to organizations offering structured programs in settings such as preschools, day care centers, and Head Start programs. Applicants must plan to garden with a group of at least 10 children aged 3 to 5 during 2008. Grant applications must be postmarked by March 15, 2008.

75 winners will each receive an assortment of garden tools and garden- and nature-oriented teaching materials valued at \$1,000. The award package includes Link-A Board Raised Bed Kit, a GrowLab Compact Light Garden, a WormLad with worms, a Deluxe Seed-Starting Kit, a Butterfly Observation Habitat and a Wubbzy gardening activity guide for teachers.



Log on to <http://www.kidsgardening.com/grants/2008-wubbzy.asp> for a grant application.

Ask the HealthLine...

Q: I have a 4 year old in my family child care that gets angry quickly and reacts by yelling, hitting, or throwing toys. How can I help Mattie control his anger?

A: Anger management is a skill that is reinforced by the parent or caregiver in the child's life. It is important to first assess how you are managing your own anger. Remember that children learn by watching our reactions to the world around us. Role model positive ways to express anger and role play those techniques. Some techniques to use as positive outlets for anger include:

- Taking deep breaths
- Squeezing a soft ball
- Scribbling on paper
- Pounding play dough
- Stomping feet

When Mattie is angry, acknowledge his feelings (I understand that you are mad that Bobby has the red truck and you want it). If he starts to move toward unwanted behavior (grabbing the truck; hitting or yelling at Bobby), redirect him with one of the techniques listed above. By doing this, Mattie feels cared for and understood. He "gets" that his anger is healthy and appropriate, but learns that there are negative and positive ways to deal with his very intense emotions.



The YMCA Childcare Resource Service HealthLine provides a variety of free health and behavior services for children, parents and child care providers including consultations, workshops and training. Call the HealthLine at 1.800.908.8883 Monday-Friday from 8:00 a.m. to 5:00 p.m. for more information.

**Do you have experience working with children?
Looking for flexible, part time hours?
Apply now to be a Military Respite Care Provider!**

Military Respite Care Provider I \$10.78 per hour
Military Respite Care Provider II \$13.50 per hour
Military Respite Care Provider III \$25.00 per hour

All positions require experience working with children. Military In-Home Respite Care Providers are paid round trip mileage to the client's home, employee orientation and trainings. Fingerprint clearance fees, CPR/First Aid and other required trainings are provided at no cost to the applicant.

Individuals can apply for employment with YMCA CRS as a Military In-Home Respite Care Provider on line at www.ymcacr.org. Click on "jobs" at the bottom of the home page or call 1.800.441.9199 for an application.

Licensed child care programs that are interested in providing paid respite child care for Marine families should call 1.800.441.9199 to enroll in the YMCA CRS Inclusion Child Care Network (IN) and receive additional information about the YMCA CRS Marine EFMP Respite Care Program.

New! U.S. Marine Respite Care

YMCA Childcare Resource Service (YMCA CRS) Resource and Referral Department is administering a new respite child care program for eligible Marine Corps families who are enrolled in the Exceptional Family Member Program (EFMP) and stationed at Camp Pendleton, Miramar Air Station or the Marine Corps Recruit Depot. There are no income restrictions and the service is free to eligible Marine Corps families. The purpose of the program is to assist families managing the dual demands of a Marine Corps career and the special needs of their child.

Parents may use up to forty hours of respite care each month to run errands, spend time with other family members, or enjoy leisure activities. YMCA CRS will provide enhanced referrals to licensed child care centers and family child care homes for out-of-home respite care or refer YMCA CRS Military Respite Care employees if the parent prefers care in his/her own home. Marines can call Child Care Aware at 1.800.424.2246 to enroll in the Marine EFMP Respite Care Program or visit www.naccrra.org for more information.

The Marine EFMP Respite Care Program is funded by USMC in partnership with the National Association of Child Care Resource and Referral Agencies (NACCRRRA) and YMCA CRS.