

# Y CHILD CARE COMMUNIQUE

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

March/April 2009

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

## SHOW THEM THE MONEY Teaching Children Good Money Habits

Children learn very early that you use money to get something in return. When children go to the store with their parents and buy something, they see them handing over money (or a credit card). They see them getting change in return. To get a gumball from the machine, you put in a quarter and out comes a big, round piece of bubble gum. The connection is clearly made. Although very young children may not understand prices or know how many pennies are in a dollar, children do watch and learn this exchange process.

From toddlerhood through adulthood, we can show and teach children about the value of money and how it's used in their everyday lives. The use of money can also help children develop other skills such as saving, making choices, setting priorities, delaying gratification, sharing, and interacting with others. We can promote good lifelong money habits by modeling and sharing how to use money now and plan to use it in the future.

### Use Money to Teach Math Skills and Saving

Using money involves using math skills such as adding, subtracting, matching, and sorting. Children will learn how

money works and how to best use it in stages, depending on their age and experience. As a parent or provider, you can help a child learn to use money and develop useful skills easily. Activities for each age group can be found throughout this article.

Saving is an important part of learning how to manage money. Many children learn about saving by having a "piggy" or coin bank for any money they receive. Saving money can help children learn how to plan, develop patience, and learn how to delay gratification. So whether you give a child an allowance or money for doing something in particular, this is a good way to work with him or her on saving.

### Use Money as a Way to Make Choices

Using money involves making choices. You start with a certain amount of money to spend and you make choices on how to spend it. When shopping, let children observe how you make choices. Explain briefly why you decided on Brand A versus Brand B. "I could either buy this soap which smells good, or buy two soaps which are on sale and will save me money." "We can buy one large floor puzzle or buy three smaller puzzles to use on the puzzle table."

### Activities:

- If you give your child an allowance – have your child save all or some of that money and decide when (once a month, or every two weeks) the saved money can be spent on something special.
- If you do not want to give your child an allowance – allow your child to earn money for chores or other activities that you choose. Again, agree that some or all of that money will be saved or used at a later time.
- Child care providers can give children in their care special "coins" or stars that they can save to exchange for something special at a later date.



(Continued on page 2...)

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

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The *Child Care Communique* is sent 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 and announcements are welcome and may be addressed to the editor, 3333 Camino del Rio S. #400, San Diego, CA 92108-3839. Opinions expressed by guest writers do not necessarily reflect the views of YMCA CRS. Efforts to preserve the intent of each submission will be made with final editorial authority resting with the editor. Submissions will be considered for publication as space and time allow.

#### YMCA CRS Referral Policy

YMCA CRS provides free 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. Child care referral lines are open Monday–Thursday from 8:00 a.m. to 4:00 p.m. and Fridays from 8:00a.m.–12:00p.m. or a message may be left 24hrs a day.

Consumers are offered a variety of child care options including family child care homes, child care centers, preschools, before and after school care, and in-home agencies. YMCA CRS seeks to promote and develop quality care for children but does not make recommendations regarding particular providers. YMCA 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. YMCA CRS referral and complaint policies 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  
Alternative Payment ..... 619.521.3055  
Centralized Eligibility List..... 1.800.521.0560  
Special Needs Unit..... 619.474.4707  
North County Office ..... 760.726.9100  
South County Office ..... 619.474.4707  
HealthLine ..... 1.800.908.8883  
Child Care Referrals ..... 1.800.481.2151  
On-line Referral Search.....www.ymcacrs.org  
Inclusion Specialist..... 619.521.3055 x2325  
CATS Calendar..... 619.521.3055 x2315  
Resource Library ..... 619.521.3055 x2304  
San Diego CARES ..... 1.866.CARES SD  
Military Family Programs..... 1.800.441.9199

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

*Child Care Communique*

- Many banks have savings accounts for children. You may want to consider opening a savings account for your child and working with him or her to make deposits and keep track of savings as he or she grows.

#### Use Money to Teach about the Community

Saving and sharing money can be used as part of a lesson in reaching a shared goal. It is also a good way to promote working with others. For example, allow your child to share in helping with a favorite charity, a family activity, or a neighborhood project. For an older child, let him or her help decide what kind of charity or project you want to work on as a family. If money is needed in the project, let your child contribute and decide how much money is to be used.

Child care providers can involve children in collecting change to purchase carnations to pass out at a senior center or teddy bears for their own child care program. Donations can also be collected to purchase soup and crackers for a food bank or pet food for an animal shelter.



#### Use Money to Practice Social Skills

Using money involves many social skills and interactions with others. Children practice these skills when they speak with salespeople, bargain with their friends, and learn social rules associated with making a purchase.

No matter what your financial circumstances or personal beliefs are on the use of money, you can help children become “money-smart”. Starting early and including children in making choices, saving for a family vacation or special toy, shopping for groceries, or donating to support a community need will help children make positive lifelong financial decisions.

*The Daily Parent is prepared by NACCRRRA, with funding from the Citi Foundation. [www.naccrrra.org](http://www.naccrrra.org)*

### Web Sites to Teach Children About Money

<http://www.citigroup.com/citi/financialeducation/curriculum/>

Curriculum and interactive activities for children in grades K-5, teens, and adults including what money is, how to get it, and what it is really worth.

<http://www.sesameworkshop.org/initiatives/literacy/talkingcents>

Activities that help parents introduce financial basics in ways that are simple and fit into the daily activities young children often enjoy.

<http://pbskids.org/cyberchase/parentsteachers/lessons/fun.html>

Fun math activities that help children learn about the world of numbers.

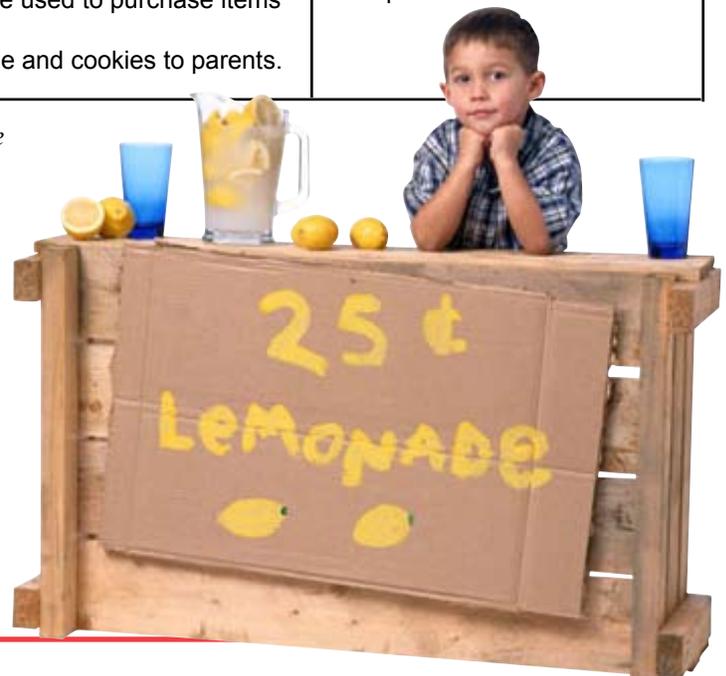
<http://money.cnn.com/magazines/moneymag/money101/lesson12/>

This short article includes the six top things to know regarding kids and money.

## Activities that Teach Children About Money and Develop Good Money Habits

Age Group	Activities to Try	Skills Used / Learned
<b>Older Toddlers</b>	<ul style="list-style-type: none"> <li>• Take young ones shopping with you whenever it is convenient.</li> <li>• When shopping, talk to your child when buying something. Make a point of noticing the different prices for things. "This costs \$2.00 I have \$5.00 to spend. I have enough money to buy two of them and still have money left over."</li> <li>• Let them play with a toy cash register.</li> <li>• Give them a child size purse or wallet.</li> <li>• Read counting books.</li> <li>• Teach number rhymes and finger plays such as "1-2 Buckle My Shoe".</li> </ul>	<ul style="list-style-type: none"> <li>• Language skills</li> <li>• Different items</li> <li>• Observing social interactions and making purchases</li> <li>• Pretending</li> <li>• Role playing</li> </ul>
<b>Preschool</b>	<ul style="list-style-type: none"> <li>• Make paper pennies and mark each one as one cent. Give your child a set number of paper pennies to use to trade for things to play with or use. For example, to play with blocks, he has to give you a penny. (Keep it simple.)</li> <li>• Allow your child to choose between two items (that you already know you would like) to buy.</li> <li>• Give your child a cereal coupon and let them find the box in the cereal aisle. Point out how much money will be saved by using the coupon.</li> <li>• Use magazine ads to create picture cards of shopping list items. Let your child help by giving him pictures to find the items you need.</li> <li>• Set up a pretend "store" with items to buy.</li> </ul>	<ul style="list-style-type: none"> <li>• Exchanging</li> <li>• One-to-one correspondence</li> <li>• Making choices</li> <li>• Learning money values</li> <li>• Getting ready for social interactions</li> </ul>
<b>School-Age</b>	<ul style="list-style-type: none"> <li>• Trace real coins and compare their sizes.</li> <li>• Count coins by ones, fives, and tens. See how many different ways various coins can add up to 10 or 20 cents.</li> <li>• Place coins in an automated coin counting machine at the market. Track how the child's piggy bank money adds up over time.</li> <li>• Allow child to make purchases with money when at a real store.</li> <li>• Let your child clip grocery coupons and match with the weekly/ monthly grocery list.</li> <li>• Let your child help pay bills (date the check, seal the envelope, place the stamp). Discuss the reason for different monthly payment amounts of utility, water and phone bills.</li> <li>• Reward children with play money that can be used to purchase items from the teacher's prize drawer.</li> <li>• Help children set up a stand to sell lemonade and cookies to parents.</li> </ul>	<ul style="list-style-type: none"> <li>• Addition, Sorting</li> <li>• Combining different money values</li> <li>• Practicing roles in social interactions</li> <li>• Using practical math skills</li> <li>• Understanding the concept of earning</li> <li>• Learning how to save money</li> <li>• Tracking monthly expenses</li> <li>• Understanding family expenses</li> </ul>

The Daily Parent is prepared by NACCRRA, with funding from the Citi Foundation. [www.naccrra.org](http://www.naccrra.org)



### SDCFCCA 20th Annual Conference

The San Diego County Family Child Care Association will hold its 20th Annual conference this year. Keynote speaker Jeff Johnson, a family child care provider and author, will be presenting *Getting Your Smile Back*. Learn how burnout impacts providers and ways to deal with that impact. Mr. Johnson will also present a *Do it Yourself Early Learning Workshop* with dozens of ideas for easy-to-make toys that promote child directed play, discovery, and learning. Additional workshop topics approved for SD CARES Professional Development Training hours include early literacy, guidance and behavior, health and safety, special needs, cultural diversity and business practices. Workshops will be provided in English with a selection of workshops in Spanish. Vendor exhibits will be available.

The conference will be held on May 16, 2009, from 7:30 a.m. to 3:00 p.m., at the Double Tree Hotel, 7450 Hazard Center Drive, San Diego, 92108. Early Bird registration postmarked by May 9th includes lunch, at the cost of \$39.00 SDCFCCA members, \$55.00 non-members, and \$44.00 for students. This event is co-sponsored by YMCA Childcare Resource Service. For more information contact Wendy Smith at 858.672.1597.

### UC Davis Family Child Care at its Best Series: Learning Through Relationships with Infants and Toddlers

Help children become confident learners! Build trust with infant and toddlers! Learn skills and tactics to do both and so much more in the two-part workshop series *Learning Through Relationships with Infants and Toddlers*. This workshop series addresses the emotional, social, intellectual, and physical development of infants and toddlers, and the supportive role of the caregiver. Participants will increase their understanding of the role of relationships and the emotional development in learning.

The workshop series will be held in English on Saturday, April 25th and May 2nd, and in Spanish on Saturday, March 28th and April 4th, from 8:30 a.m. to 2:00 p.m. All workshops will be at the YMCA Childcare Resource Service, 3333 Camino del Rio South, 4th Floor Conference Room, San Diego, 92108. **Participants must be family child care providers and attend both days to receive a certificate of attendance.** It is recommended that participants bring their lunch. Cost is \$5.00 for the series and approved for ten (10) San Diego CARES Professional Development Training hours. For more information call 1.800.481.2151 or send an e-mail to [mytraining@ymcacrs.org](mailto:mytraining@ymcacrs.org).

### Annual Day of the Child Event

Come and enjoy a day of fun, entertainment and education at the 9th 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 25, 2009, 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. To participate with a resource table, contact 619.498.8044 or log on [chulavistacc.org](http://chulavistacc.org).

### 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](http://www.irs.gov/eitc).



## SD CARES Update

Are you enrolled in San Diego CARES and eligible for a payment by June 30, 2009? If so, don't miss out on earning a stipend in Year 8 (July 1, 2008-June 30, 2009) of CARES. Payment documentation must be submitted by June 30, 2009 to qualify for a stipend award.

To be eligible, complete all program requirements including:

- 6 hours of Professional Development Training (Permit and Degree Track)
- Minimum number of college units for your track (3 for Entry and Permit, 6 for Degree Track)
- ERS requirement for participants in at least their 2nd year of enrollment in CARES. Proof of training is only required once. ERS score sheet, improvement plan and proof of improvements are required yearly.
- Applied for a Child Development Permit (Permit, Degree and Advisor Track)
- Working at the same child care program for 9 additional months with at least 3 children under the age of 5 (under the age of 13 for CDE/CDD funded child care centers)
- Submitted a College Plan for an approved degree signed by your college advisor

CARES staff are available to assist you with completing the program requirements necessary to earn a stipend. If you are interested in meeting with a coordinator consider:

- Attending CARES Evening Hours the first Thursday of each month from 4:00 p.m. to 7:00 p.m. at the YMCA CRS Mission Valley office.
- Attending CARES Office Hours at various community colleges. Contact CARES for dates and times or view the schedule at [www.ymcacrs.org](http://www.ymcacrs.org).
- Attending an Orientation. Orientations are offered every other month to review the requirements for earning a stipend and to answer any questions participants might have.
- Making an appointment to meet with a coordinator in the Mission Valley or Vista office.

If you have questions about how to complete the requirements to earn a stipend, don't wait! Call CARES today at 1.866.CARES SD (1.866.227.3773) or send an e-mail to [caressd@ymcacrs.org](mailto:caressd@ymcacrs.org). We are here to help!

## Planning Council Update 2009 Director's Workshop

Are you a preschool director or an operator of a licensed large family child care home? If so, you should attend the:

**San Diego County Child Care and Development Planning Council's 2009 Director's Workshop**  
on April 23 from 7:30 a.m. to 12:30 p.m.

Keynote Speaker, Eric Nelson, will present *The Outdoor Classroom Project*. The philosophy of the Outdoor Classroom is that all children need and benefit from more time outdoors. This benefit affects development and learning and is critical for physical health. Full development and integration of outdoor and indoor programs creates the optimal learning and growing environment for young children. The Director's Workshop agenda also includes an update from Community Care Licensing and workshops on child observations, disaster preparedness, domestic violence, marketing and retention of children and staff. For more information and to register, please contact Mary Horner at 858.292.3619 or by e-mail [mhhorner@sdcoe.net](mailto:mhhorner@sdcoe.net).

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, 858.292.3727 or [zencarnacion@sdcoe.net](mailto:zencarnacion@sdcoe.net)

## Licensing Update

### What does visual observation mean?

Title 22, Child Care Center Regulations, Section 101229, requires that no child be left without the supervision of a teacher at any time and that supervision include visual observation.

The requirement to include visual observation means the facility is not just maintaining the staffing ratio required by regulations but is also in the same room or play yard with the children. This does not mean direct line of sight, so children can be free to play in a playhouse or playground structure. It does mean, however, that staff are required to continually scan the area and engage in frequent movement about the play area. This is an important responsibility in order to prevent children from leaving the facility due to lack of visual supervision and to prevent injuries, accidents, and other health and safety risks from occurring. Visual supervision is not met by talking on a cell phone or having general/social conversation with another staff person, as this draws a staff person's attention to something other than supervising children.

If you have a question about a licensing regulation, contact Community Care Licensing at 619.767.2200. If you would like to receive an electronic version of the quarterly Licensing Update newsletter, send your name, e-mail address, telephone number and program type (center or family child care home) to [myresource@ymcacrs.org](mailto:myresource@ymcacrs.org).

## Ask the HealthLine...

- Q** My child is very active and tests all the boundaries. His preschool teacher describes him as a “spirited” child. What suggestions do you have for handling a spirited child?
- Get outside as much as possible and engage in activities that develop their large motor skills.
  - Rotate toys out periodically. The toys will seem more interesting if your child has not seen them in a while.
  - Stick to a schedule and routine that includes a consistent nap and bedtime.
  - Make limits few but firm. Spirited children have trouble with excessive limits, and they also have problems with inconsistency in enforcing them. When you relax the rules, make sure he understands that you’re making an exception and not changing the rules.
  - Avoid overstimulation and social events with a lot of people and noise. For a few hours before bedtime, turn lights low and avoid roughhousing, loud music, TV and videos.
  - Coach him in social skills. (“Bobby might let you share his ball, if you ask him nicely with one of your big smiles I love so much.”)

- Have back up plans to keep your child busy. For example, keep quick, low mess activities like markers and crayons, Nerf balls and play dough readily available.
- Celebrate his excitement about life and appreciate the fact that spirited children add much energy and fun to others.



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.

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

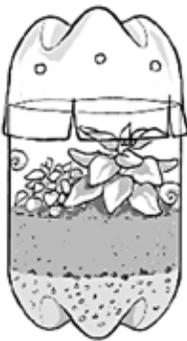
**In March and April we truly see the earth come to life. Enjoy these fun earth inspired activities with children while celebrating all spring has to offer!**

### Pop Bottle Terrarium

Watch your garden grow!

#### Materials:

- Plastic 2 liter bottle with cap
- Very sharp scissors or craft knife
- Stick-on label
- Permanent marker
- Potting soil
- Seeds
- Spray bottle



Wash and rinse the bottle and cap. Remove the label. Adults, cut off the top third of the bottle. Fill the base of the bottle with potting soil. Plant a few seeds in the soil and lightly spray with water. Carefully fit the top part of the bottle onto the base. Label with child’s name. Place the bottle in a sunny spot and wait for sprouts. Once the plants are ready, re-pot or plant in the garden.

### Nature Walk Bracelet

This activity makes children aware of the smallest details of their surroundings while nurturing their appreciation for the outdoors.

#### Materials:

- Duct tape
- Plastic colored tape
- Packing tape

Make a bracelet for each child using the tape with the sticky side out. This will allow them to stick nature’s treasures to their wrist bracelet as they find them. Take the children on a nature walk to look for signs of spring. Get them started by finding seeds, feathers, flowers and small leaves and sticking 1 or 2 to your own nature bracelet. Encourage them to also point out what they find. Safety tip: always bring along extra adults when going on walks and field trips to ensure smaller teacher to child ratios.

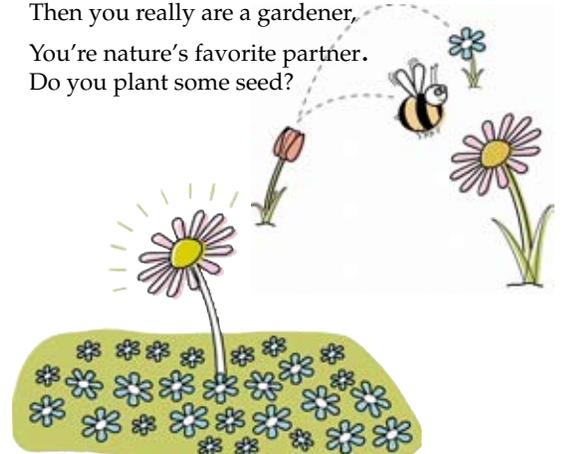
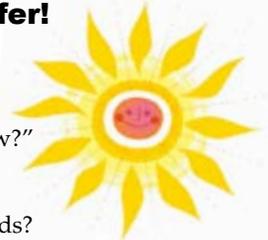
### Nature’s Partner

Sung to the tune of “Do Your Ears Hang Low?”

Do you pull out weeds?  
Do you plant a lot of seeds?  
Do you water all your plants,

And give them all the care they need?  
Then you really are a gardener,

You’re nature’s favorite partner.  
Do you plant some seed?



# What's in the CRS Resource Library?

The Resource Library has the following materials available for teaching young children about counting and money.

## Resource Books:

*Mathematics Children Use and Understand: Preschool Through Third Grade* by Wilbur Dutton: A curriculum guide with activities on the basic concepts of money, including counting, estimating, and recognizing face values.

*Anno's Counting Book* by Anno Mitsumasa: A Big Book about counting that depicts the growth in a village and surrounding countryside during twelve months.

*Count and See* by Tana Hoban: A black and white photographic picture book about counting, with numbers 1-15, then by 10's up to 100. Large numbers and pictures.

*Bob the Builder: Let's Count* by Kelli Chipponeri: Can you count it? Yes you can! 1, 2, Bob tightens the screws. 3, 4, Wendy fixes the floor. Count all the way up to 20 with Bob and friends as they work through the day in this clever board book.

## Toys:

*Match Up Puzzles - Money*  
Match up money puzzle to enhance pre-math skills.

*Treasure Chest Counting Box*  
Activity-filled boxes each have 10 picture mats shaped like treasure chests, labeled with numbers 1 through 10. Count out gold coins to match the number printed on the mat to complete each fun-filled scene.

*Money Stamp Set*  
Set of coin rubber stamps, includes both sides of a penny, nickel, dime, quarter, and fifty-cent piece.

## Real Working Cash Register

Cash register has a digital display and built in calculator and includes a credit card, coins, dollar bills, and a blank notepad. The cash drawer pops open so children can calculate the proper change for a sales transaction.

## Brochures:

*More than 1,2,3 - The Real Basics of Mathematics* by NAEYC

A brochure about how young children can become intrigued with counting if we give them daily opportunities to associate numbers with other concepts, such as length, quantity, time, temperature, spatial relations, and money.

## Toy Library Saturday:

San Diego: March 21 & April 18  
National City: March 28 & April 25  
Vista: March 7 & April 4

## Contact the Resource Library:

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

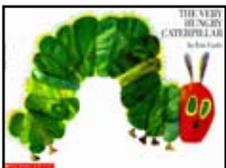
## TIPS from Your CRS Child Care Consultants

**Springtime is the perfect time of year to share a story with children.**

**You can read indoors, at a park, during a picnic... just about anywhere you go!**

**Below are Tips from your Child Care Consultants of their favorite springtime books to read with children.**

### *The Very Hungry Caterpillar* by Eric Carle\*



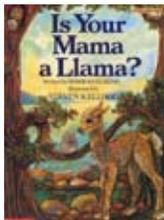
This is a simple story with bold and colorful pictures about the journey of a very hungry caterpillar

who is on his way to become a butterfly. Kids will love to see the Hungry Caterpillar eat his way through every page! It's a classic book every child will enjoy. -Sarah Ethington

### *Is Your Mama Llama?* By Deborah Guarino Illustrated by Steven Kellogg\*

I like this book because of the excitement that it gives the children. After the children have heard it a few times they love to shout out the words that rhyme while you read it.

-Tanya Lora



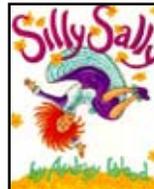
### *Pat the Bunny* by Dorothy Kunhardt



It is an interactive book where you can touch and feel the bunny's fur. It is perfect for springtime reading. -Anita Arzillo

### *Silly Sally* by Audrey Wood

*Silly Sally* tells the tale of Sally who travels to town in a most unusual way. Along her way, various animals join her on her journey. Laughter is sure to come from children by reading this book with its funny pictures, lively characters, and silly situations. -Katie Engstrom



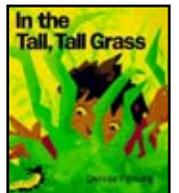
*A Place to Grow* by Soyung Pak Illustrated by Marcelino Truong\* This beautifully written and illustrated book is the story of a little girl taking a stroll with her father in their garden. They

talk about how a family is like a seed needing a good, safe place to grow. They talk about how their family immigrated to a new world so that their seed (family) could grow and flourish. The needs of a seed are discussed and it incorporates the same idea into what a family needs as well. -Cynthia Thomas



### *In the Tall, Tall Grass* by Denise Fleming\*

This book reminds me of spring which makes me enjoy reading it to kids. It explores the world that exists in the tall, tall grass full of insects and animals, and the colors and illustrations capture all that comes to life during this season. -Ariana Steck



\*YMCA CRS has this book in our library

## YMCA CRS COMMUNITY CALENDAR

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

See pages 4 and 5 for additional trainings. For more training resources go to [www.ymcacr.org/providers](http://www.ymcacr.org/providers) to view the C.A.T.S. Community Training Calendar.

**March 3 6:30 p.m. – 9:30 p.m.**

**Helping Kids Eat Healthy \***

Learn to help prevent health risks and obesity in young children by planning healthy menus and fun fitness activities in daily routines.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**March 4 6:30 p.m. – 9:30 p.m.**

**Administration Series:  
The Art of Observation \***

Learn techniques to enhance your ability to observe children objectively.

**Loc:** YMCA CRS, Vista

**Info:** 1.800.481.2151

**March 5 6:00 p.m. – 10:00 p.m.**

**FCCERS Part 1 (Family Child Care  
Environment Rating Scale) \***

**March 19 6:00 p.m. – 9:00 p.m.**

**FCCERS Part 2 \***

Learn how to use the rating scale to complete a self-assessment and develop a quality improvement plan. **Part 1 must be taken first.** Approved for SD CARES participants required to complete quality improvement plans.

**Loc:** YMCA CRS, Vista

**Info:** 1.800.481.2151

**March 5 6:30 p.m. – 9:30 p.m.**

**Disaster Preparedness Training  
for Child Care Centers \***

Learn the different types of disasters, how to prepare emergency plans, and have adequate supplies ready for an emergency.

**Loc:** McCalister Institute, El Cajon

**Info:** 1.800.481.2151

**March 7 12:00 p.m. – 3:00 p.m.**

**KPBS: Mr. Rogers' "What Do You Do With  
the Mad You Feel?" \***

Learn helpful ways to intervene when anger or frustration overwhelms children.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**March 7 9:00 a.m. – 12:00 p.m.**

**KPBS: A Place of Our Own, Language  
and Literacy - Creating a Print-Rich  
Environment \***

Learn how to help children build their language and literacy skills by taking advantage of opportunities that already exist in daily routines. Participants receive a children's book, activity cards and DVD. **For home-based providers only.**

**Loc:** YMCA CRS, Vista

**Info:** 1.800.481.2151

**March 10 6:30 p.m. – 9:30 p.m.**

**Ticket to A Successful Family Child Care  
Business: Guidance of Young Children,  
Module 5 \***

Learning to prevent and manage behavior more effectively can create a more enjoyable child care environment for teachers and parents. **For Family Child Care Providers only.**

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**March 10 6:00 p.m. – 10:00 p.m.**

**ECERS Part 1 (Early Childhood  
Environment Rating Scale) \***

**March 24 6:00 p.m. – 9:00 p.m.**

**ECERS Part 2 \***

Learn how to use the rating scale to complete a self-assessment and develop a quality improvement plan. **Part 1 must be taken first.** Approved for SD CARES participants required to complete quality improvement plans.

**Loc:** YMCA CRS, Vista

**Info:** 1.800.481.2151

**March 19 6:30 p.m. – 9:30 p.m.**

**Preventing Discipline Problems: Nurturing  
Responsible Behavior, Module 3 \***

Learn how to help children manage new challenges and increase problem-solving skills, while coaching them towards success.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**March 21 11:30 a.m. – 2:30 p.m.**

**Room to Grow: Increasing your Family  
Child Care License Capacity \***

Learn about the benefits of a large license, additional licensing requirements, and how to hire and retain competent assistants. **For Family Child Care Providers Only.**

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**March 25 6:30 p.m. – 9:30 p.m.**

**Administration Series: Applying  
Knowledge Gained through Observation \***

Learn how to apply child development theories to actual behaviors observed in children in classroom settings.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**March 31 6:30 p.m. – 9:30 p.m.**

**Let's Read Together,  
Is Your Mama A Llama? \***

Is Your Mama a Llama? will be demonstrated in this interactive, informal, hands-on curriculum that will show early care providers how to enhance a child's reading experience.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**April 4 9:00 a.m. – 12:00 p.m.**

**KPBS Sesame Street Beginnings:  
Music Works \***

Learn about children's developmental stages and activities for learning and self-expression through different kinds of music.

**Loc:** YMCA CRS, Vista

**Info:** 1.800.481.2151

**April 14 6:00 p.m. – 9:00 p.m.**

**KPBS: A Place of Our Own, Infant Toddler  
Language Development \***

Learn how young children start developing language and how we can help them. **For home-based providers only.**

**April 15 6:30 p.m. – 9:30 p.m.**

**Administration Series: Building Curriculum  
Based on Observation \***

Learn how to apply knowledge gained through observation to curriculum development.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

**April 23 6:00 p.m. – 9:00 p.m.**

**KPBS Ready To Learn: Conflict Resolution \***

Learn how to teach children to work through conflict in productive and positive ways.

**Loc:** YMCA CRS, Mission Valley

**Info:** 1.800.481.2151

## Eco-Healthy Child Care Training

The first years of a child's life are critical to shaping their future health and development. There are steps that child care programs can take to provide an environmentally friendly, healthy and safe, low toxic setting that can have a big impact on the children. This training will provide tips on how to "green" a child care facility. Participants will receive materials to promote eco-healthy practices to parents and the community. The cost is \$15.00 per person and approved for three (3) San Diego CARES Professional Development Training hours. For registration information contact 1.800.481.2151 or e-mail to [mytraining@ymcacr.org](mailto:mytraining@ymcacr.org).

**March 18**

**YMCA CRS**

**3333 Camino del Rio S., Ste. 400  
San Diego, 92108**

**6:30 p.m. – 9:30 p.m.**

**April 9**

**YMCA CRS**

**2602 Hoover Ave. Ste. 101  
National City, 91950**

**6:30 p.m. – 9:30 p.m.**

**May 2**

**YMCA CRS**

**640 Escondido Ave. Ste. 108  
Vista, 92084**

**9:00 a.m. – 12:00 p.m.**

## Speak Out for Children

Learn how to educate your legislators about the needs of children and child care programs at this free advocacy event for the child care community.

**May 7**

**6:30 p.m. – 9:30 p.m.**

**San Diego County Office of Education  
Info: Jenna Jardim 619.521.3055 x 2312**

## Annual Legislative Breakfast

Join the child care and education community and legislative representatives to discuss vital policy issues affecting children and families. Topics include preschool recommendations from the Governor's Commission on Academic Excellence and current ECE legislation.

**May 8**

**8:00 a.m. – 11:00 a.m.**

**Crowne Plaza Hotel**

Pre-registration: \$20 includes  
continental breakfast, materials and parking  
Info: Mary Horner 858.292.3619