

Y CHILD CARE COMMUNIQUE

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

November/December 2008

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

The Media: Is It Good for Children?

When you think of newspapers, television, radio, or hear the word “media,” what kinds of things do you think of? Do you also think of children and how much they hear and see in the media? You may not automatically think *children* but there are good reasons why you should. Here are some statistics on media and children from a 2003 study by the Kaiser Family Foundation.

Children Birth Through Age Six

- 99% live in a home with a TV
- 50% live in a home with three or more TVs
- 75% live in a home with a computer
- 63% live in a home with internet access
- 34% have a newspaper subscription in their home

Media Everywhere

We live in a world of instant information and entertainment at our fingertips. There’s a variety of media - whether it’s movies, radio, music, newspapers or magazines – and it is everywhere and a part of everything. As the numbers show, TV, radio, books, computers, and a variety of other media instantly become a part of a newborn’s world. Many babies listen to music from wind-up stuffed toys, CDs or recorded songs. So why talk about media? What does it mean to children and to you as parents, teachers and child care providers?

Is it Good for Children?

Children of all ages can be exposed to violence, sexual images, and curse words through TV, video games, songs, or the internet. This is a fact that parents, teachers, and child care providers are aware of and have to address. It may be hard for us to keep up with what’s new or what exactly is being shown or said in the many types of media that children can

access. Whether media is “good” or “bad” for children can sometimes be answered by asking the following questions:

- Is it appropriate for the child’s age and maturity level?
- Is there a chance it may do harm or have a negative effect on the child?
- Do I want my child to see or hear or read it?

Protecting Children

There are many things adults would prefer not to see and hear. However, most adults are capable of making and carrying out these choices. Children, especially young children, do not have the same ability as adults to make such decisions. Nor are they capable of knowing what is real or fantasy, or knowing how to handle feelings that they may have because of what they are seeing and hearing.

Laws are also in effect that govern what type of commercials and how many ads can be shown during children’s programs on TV. There are a handful of other laws that were established to protect children from media, and all of these laws and standards came in to being because of parent’s concerns.

(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

Executive Director.....Debbie Macdonald
 Editor.....Karen Shelby
 Design.....Erika Ramirez Lee/
 Brenda Aguirre

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 8:00a.m. to 4:00p.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

The effect of TV and movie violence on children and the link between TV viewing and obesity in children has been studied. Bottom-line findings in these studies are that children who view aggressive or violent acts on TV tend to act more aggressively. Children who watch more TV tend to be overweight.

What Parents Can Do to Monitor Media

One way parents can protect their children from undesirable media is to know what kinds of television, music, and images they do not want their children to see or hear. They may not always be aware of what their child may hear or see but is it always best to be prepared. Focus on knowing what is available to children. Watch TV or movies with them - find out what the content is before viewing.

Is media good for children? It depends. Some media is clearly not appropriate for children of any age. In the end the adult is the ultimate judge and gate keeper to help determine what children will view and hear.

(Taken from The Daily Parent, prepared by NACCRA with funding from the Citigroup Foundation, New York, New York)



Web Site Resources for Media and Children

www.fcc.gov/parents

Federal Communications Commission (FCC) web site for parents to help them understand and monitor all kinds of media and communication their children can access. Get information on children's TV rules, ratings, and internet access.

www.commonsemmedia.org

Provides content evaluation for the various types of media a child may use - movies, TV, games, web sites, books, music, and magazines - with reviews and age appropriate recommendations based on child development criteria.

www.parentsaction.org

A national non-profit dedicated to advancing the interests of families and children. Consumers can search for media resources via the web site.

www.tvguidelines.org

Offers information on what TV ratings mean, how parents can control media usage, and resources for television rating systems. Features an FAQ section with common concerns parents may have.

www.aplaceofourown.org

www.losninosencucasa.org

By conducting a search you can view information on various topics, videos, and resources related to the media. Includes information on using television as a learning tool, interactive TV viewing, and questions submitted by caregivers and parents on how much is too much.

Parenting Guidelines for Monitoring Access and Exposure to Media

These developmental guidelines will help parents start early to limit their child's exposure to harmful media and continue to monitor access as children grow older.

Infants and Toddlers

The American Academy of Pediatrics recommends that children under age two not watch television. It is important that young children in this age range be engaged in brain developing activities rather than a passive activity such as watching TV.

- **Talk to your child care provider** to make sure you both are in agreement that your child will not watch TV.
- **Be aware of the music and lyrics playing in your car or at home** that your infant and toddler may hear (and later repeat).
- **Limit the time TV is on and watched.** Many homes have their Televisions on nonstop whether someone is watching or not.

Preschool Children

Between the ages of 3 and 5, many children become familiar with popular TV and movie characters geared toward young children.

- **Know the content of a TV program** or movie before your child sees it. For movies, check the ratings or reviews.
- **Choose books for your child's age.** Read a book before reading it to your child so you will be prepared to explain things and ask or answer questions about it.
- **Talk to your child care provider** about what types and how much TV or movies you want your child to see daily.
 - **Be aware of music played** while in child care and at home. You may be surprised at the lyrics of popular music or songs.
 - **Be aware of newspaper or magazine photos** your child could see that may have violent or graphic images.

School-age Children

As children get older, it gets harder to control everything they are exposed to through media. Their circle of friends and influences continues to grow through school and outside activities. To monitor school-age children's access to media try these suggestions:

- **Decide on rules and expectations.** Let your child know what your expectations and rules are on video games, TV programs, music and movies.
- **Use lock boxes or V-Chips on computer software.** To prevent your child from seeing certain programs or web sites, use technology to block unwanted images on your TV or computer.
- **Talk to your child regularly.** You may have to ask direct questions to find out exactly what your child sees, hears, or plays on a daily basis when he is not at home.

DID YOU KNOW THAT?

97% of children birth to six have clothes, toys and other products based on characters from TV shows or movies

97% of children birth to six have listened to music

91% have watched videos or DVDs

48% have "used" a computer

30% have played video games

(Taken from The Daily Parent prepared by NACCRRRA with funding from the Citigroup Foundation, New York, New York)



New City of San Diego Ordinance for Child Care Centers

The Lead Hazard Prevention and Control Ordinance was adopted by the City of San Diego and became effective May 9, 2008. The objective of this ordinance section is to improve the blood lead screening rate in San Diego to identify children that have elevated blood lead levels and to eliminate the source of lead exposure as soon as possible so the child's blood level will not continue to increase. Section 54.1011 applies to all child care centers in the City of San Diego, including those that are employee-operated. This section requires center operators to collect evidence of a blood lead test for each new enrollment for a child between the ages of six months and seven years of age, enrolled after May 9, 2008. Failure to collect evidence of blood lead testing prior to enrollment could result in fines and penalties per the City's Municipal Code.

Proof of the blood lead screening should be provided prior to admission, but not later than thirty days after receipt. A parent may object to lead testing based on religious grounds. Statements should be kept on file and made available to City of San Diego representatives for review during normal operating hours upon request.

According to the Center for Disease Control and Prevention, childhood lead poisoning is the greatest preventable environmental disease affecting children today. The highest risk is for children under age six as their brains and nervous systems are still developing and are more sensitive to the damaging effects of lead. Medical research identifies there is not a safe level of lead exposure in children.

Facilities that were built before 1979, the year lead was banned from paint, must comply with additional ordinance requirements. The City's Lead Safe Neighborhoods Program has services to assist facilities with ensuring a lead safe environment. A copy of the ordinance can be downloaded at www.lead safeneighborhoods.org. For more information contact Alan Johanns at 858.573.1262 or e-mail Lead-Safe@SanDiego.gov.

The Early Years Conference

Join your preschool and kindergarten colleagues at the annual Early Years Conference. This conference is designed for preschool and kindergarten educators who work with children ages 4-6 years. This year, the focus will be on the Preschool Learning Foundations and the Kindergarten Standards through hands-on active sessions, and small discussion groups. Participants may choose from a menu of sessions that include early literacy, early mathematics, English learners, social-emotional development, movement, music, science and many other topics. All sessions include developmentally appropriate practices that bridge preschool and kindergarten.

The Early Years Conference will be held on January 29, 2009 at the Marina Village Conference Center in San Diego. The conference is presented by the State Preschool Directors Network and the San Diego County Office of Education, with support from the California Preschool Instructional Network and the First 5 Commission of San Diego. Conference workshops are approved for San Diego CARES Professional Development Training hours.

To receive a registration flyer, send an e-mail to kcheatham@sdcoe.net, call 858.569.5485, or view the Training Opportunities Calendar at www.sdcoe.net/student/eeps.

Eco-Healthy Child Care Seminar

Take steps to make your child care program healthier, safer, and more environmentally friendly! The first years of a child's life are critical to shaping his or her future health and development. As a child care provider, you can provide an environmentally healthy, low toxic setting that can have a big impact on the children in your care. At the seminar, participants will receive materials to promote eco-healthy practices to parents and the community and acquire tips on how to continue to "green" their child care facility. The Eco-Healthy Child Care Seminar is co-sponsored by YMCA Childcare Resource Service and the San Diego County Family Child Care Association.

It will be held from 8:00 a.m. to 12:30 p.m. on January 10, 2009, at AMN Healthcare, 12400 High Bluff Drive, San Diego, CA 92130. The cost is \$20.00 per person and approved for four (4) SD CARES Professional Development Training hours. For registration information contact 1.800.481.2151 or e-mail your request for a registration flyer to mytraining@ymcacr.org.

CAEYC Beth A. Lake Award

The California Association for the Education of Young Children (CAEYC) will give two \$500 awards to early childhood education professionals who work with students from kindergarten through third grade. The Beth A. Lake Award Funds may be used for training, attending conferences, purchasing materials for the classroom or programs that have a direct benefit to students. Applicants must be a current CAEYC member in good standing and hold a position working with K-3 students. The application deadline is January 1, 2009.

The Beth A. Lake Award was created to recognize and honor her work, passion and dedication to teaching elementary school students for over 15 years. Ms. Lake's passion for early childhood education and caring nature made her well respected by her colleagues and students. For more information call 916.486.7750. Download an award application or apply for membership at www.caeyc.org.

YMCA Childcare Resource Service South County Office has moved to:

2602 Hoover Ave. Suite 101
National City, CA 91950

Tel. 619.474.4707 • Fax 619.474.2435

www.ymcacr.org



Planning Council Update

Important Information for State-Subsidized Child Care Providers

[Taken from] Management Bulletin 08-06: Electronic Communications from the Child Development Division (CDD)

The California Department of Education, Child Development Division (CDD) announced a new e-mail announcement system for critical contract-related documents including Management Bulletins (MBs) and general information about CDD programs and services. Many documents, including MBs, will no longer be printed and mailed to contractors. This system will allow the CDD to provide documents and other information in a more timely way to all agencies while saving paper, printing, and mailing costs.

As of July 1, 2008, Agency Executive Directors and Program Directors are **contractually required** to subscribe to each respective e-mail list. It is the responsibility of each contractor to assure that the e-mail addresses on file with CDD are accurate. To subscribe to these e-mail lists, go to the California Department of Education (CDE) Web page at <http://www.cde.ca.gov/sp/cd/ci/emailindex.asp> and follow instructions.

As a state-mandated advisory board to the County Board of Supervisors and County Superintendent of Schools, the Council will continue to assess and make recommendations to improve access to quality child care and development services for children and families in San Diego County.

If you would like more information on the work of the San Diego County Child Care and Development Planning Council or would like to know how you can be involved, please contact: Zaneta Salde Encarnacion, Council Coordinator, at zencarnacion@sdcoe.net or 858.292.3727.

Licensing Update

Megan's Law Web site

The California Department of Social Services (CDSS) must include a reference to the Megan's Law Web site on the Child Care Center Notification of Parents' Rights form (LIC 995) and Poster (PUB 393), and the Family Child Care Home Notification of Parents' Rights form (LIC 995A) and Poster (PUB 995A) according to the AB2196 (Spitzer), Chapter 211, Statutes of 2006 legislation. The purpose of this legislation is to improve notification of sex offenders, give parents the opportunity to familiarize themselves with the Megan's Law Web site and provide protection for child care facilities. As of January 2007, licensees are required to display the revised posters and provide parents with the revised Notification of Parents' Rights forms.

The CDSS encourages child care providers to check the Megan's Law Web site at www.meganslaw.ca.gov on a routine basis. It is important for family child care providers and facility staff to be aware of their surroundings which will assist them to provide adequate protection to the children in their care.

Licensing Fee Issues

CCLD has posted a document of Frequently Asked Questions (FAQs) on the CCLD Web site (www.cclld.ca.gov) that addresses issues regarding fees. Please take time to review this information by visiting the Web page. Since FAQs may be updated periodically, we encourage you to visit the Web page routinely to stay informed on fee issues.

SD CARES Update



Are you on track to receive a stipend by June 30, 2009? Don't miss out on your Year 8 stipend!

Have you:

- Submitted your CARES Educational Plan**
This should be turned in for review at the beginning of the program year. A CARES Coordinator will review your plan to ensure your choice of classes and training will qualify for payment.
- Submitted your college plan (Permit and Degree Tracks)**
signed by your college counselor detailing the coursework you need to complete in order to receive your degree in Child Development or related subject. You will not be eligible for payment for courses that are not listed on your college plan! Only specific degrees can be approved for CARES.
- Enrolled in or completed the minimum number of college units to earn a stipend (3 units for Entry and Permit Track, 6 units for Degree Track)**
Enroll in and complete classes early! If the class on your Educational Plan is full, be sure to let us know you are enrolled in another class. Submit an amended plan. Completing classes early ensures you will have time to obtain official transcripts to submit with payment documents.
- Enrolled in or completed 6 professional development training hours (Permit and Degree Track)**
There are MANY CARES approved trainings and workshops in all regions of the County. If you wait to register, trainings may be full. Don't get caught trying to complete hours in June and be unable to find a training!
- Applied for or hold a CA Child Development Permit**
If you need help understanding how to apply for or complete the application packet for a CD Permit we can help!

If you have questions about the program requirements, need assistance with stipend documentation or want to meet with a Coordinator, please contact San Diego CARES at 1.866.CARES SD (1.866.227.3773) or e-mail to caressd@ymcacr.org. You can attend CARES Evening Hours the first Thursday of each month in the San Diego office of YMCA CRS from 4:00 p.m. - 7:00 p.m. We also have monthly evening CARES College Office Hours at most community colleges.

San Diego CARES is funded by the First 5 Commission of San Diego County, First 5 California, and the California Department of Education.

Ask the HealthLine...

Q: I am at the end of my rope! I have two children, ages three and five. On weekend mornings we allow them to watch two of their favorite cartoons. The characters in these shows throw things at each other and there is a lot of hitting and fighting. All through the week, my kids play fighting games and take on the roles of the cartoon characters. They chase each other, and "play" fight exactly what they see in the cartoons. My three year old is now getting into trouble at preschool for wrestling and fighting with other children. I know he is trying to play, but he is hurting other children. Should they never watch cartoons again? What should I do?



A: Since there is a problem with aggression after watching cartoons, it's important that you or another responsible adult watch the cartoons with the children. Your children need help to understand that what they are seeing on television may not be repeated in "real" life with "real" people or animals.

In cartoons, children watch cats hitting mice with mallets. As adults we realize this is just make believe and doesn't really happen, but young children get confused between reality and make believe. They need our help and guidance.

If this technique does not work consider eliminating violence-based cartoons and replacing them with more developmentally appropriate programming. There are many excellent programs for young children that model respect for people, animals and property. Quality children's programming teaches children how to solve problems and disagreements without resorting to violence.

Keep in mind that YOU are in charge of the television and what programs are allowed in your home. Using television to keep children occupied is asking for trouble. Without adult supervision, television programs have the potential to teach children bad habits and behavior that is not acceptable at school or in any other social setting.

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

Enjoy these indoor activities on cold or rainy days as a fun alternative to using media.



Whipped Snow

- 2 cups warm water
- 1 cup (or more) Ivory Snow or Flakes
- Food coloring (optional)

Put water and soap in large bowl. Beat with electric mixer until very fluffy. Add food coloring if desired. Mold into shapes and leave to dry.

Cinnamon Toast Cutouts

- Bread
- Cookie cutters
- Butter
- Cinnamon and sugar



Cut shapes out of the bread using cookie cutters. Toast briefly on a cookie sheet under broiler. Spread with butter and sprinkle with cinnamon and sugar.

Start your own Band using these instruments:

Tambourine

- 2 sturdy paper plates
- Hole punch
- Yarn
- Small bells
- Glue or stapler



Glue or staple the rims of two paper plates together. Punch holes at regular intervals around the plates. Lace yarn through the holes and add bells as you work around the rim.

Kazoo

- Paper tube (toilet paper, paper towel, gift wrap-different sizes make different sounds)
- Waxed paper squares
- Rubber band
- Hole punch or sharp pencil



Punch a hole about 1 inch from the end of the tube. Cover the end with a piece of waxed paper. Use the rubber band to hold it in place. Hum a tune into the Kazoo for strange and wonderful sounds!

Drum

- Coffee cans with plastic lid (each size makes a different sound)
- Construction Paper
- Crayons or markers
- Glue



Ask children to decorate construction paper with crayons or markers. Glue construction paper around coffee can. Glue plastic lid in place. Children can play the drum using their fingertips or hands.

What's in the CRS Resource Library?

The Resource Library has the following materials available to help guide children's TV viewing habits and exposure to media.

Resource Books:

Remote Control Childhood by Diane Levine provides effective strategies to minimize media's harmful effects and to reshape the media environment that children grow up in.

365 Afterschool Activities: TV-Free Fun for Kids Ages 7-12 by Sheila Ellison gives hundreds of afterschool activities that will let kids' imaginations soar with fun things to do during afterschool hours and beyond.

The Smart Parent's Guide to Kids' TV by Milton Chen shows parents how to take control of the television, balance television's influence on behaviors and beliefs, and use selected television to support children's learning.

The Hurried Child: Growing Up Too Fast Too Soon by David Elkind includes a section on the impact of media and television on children, and their hurried development and understanding of the world.

What Do I Do When?...A Book for Parents and Other Beleaguered Adults by Juliet Allen helps answer many questions that adults have regarding children, including "What do I do when my children want to spend hours and hours watching television?"

Mouse TV by Matt Novak is an illustrated children's book about what a mouse family does when the TV breaks.

When the TV Broke by Harriet Ziefert is a beginning chapter book about a boy named Jeffrey who loves watching television. But when the TV breaks, what will he do with his time while the TV is being fixed?

Videos:

Taking Charge of Your TV: Rosie O'Donnell shares four easy steps to help you and your family begin a dialogue that turns television viewing into a positive and educational experience.

Zoe's Dance Moves: Enjoy a positive toe-tapping and finger-snapping good time television show with Paula Abdul when she gives Zoe her very first lesson.

Ready, Set, Play: From their heads to their toes, Barney keeps kids moving as he shares the importance of activity and exercise for healthy growth.

PBS Raising Readers: A sample of two PBS children's shows, "Word World" and "Super Why," that encourage literacy and reading for young children.

Brochures:

The Smart Parent's Guide to Kids' TV: A guide to choosing good programs to encourage healthy TV viewing and keeping kids' minds sharp.

Toy Library Saturday:

San Diego: Nov. 15 and Dec. 20

*National City: Nov. 22

Vista: Nov. 1 and Dec. 6

Contact the Resource Library:

San Diego: 619.521.3055 ext. 2304

National City: 619.474.4707 ext. 1317

Vista: 760.726.9100 ext. 3316

*See new address on page 4

TIPS from Your CRS Child Care Consultants

With 99% of children ages birth through six years old having a television in their home they are bound to be media consumers at some point during their childhood. Why not make this experience educational? Below are tips from your child care consultants on how to use television to help children learn.

Watch Together: Help children problem solve and think critically by asking them to make predictions about what is to come. Discuss and explain things they may not understand.

Make TV an Interactive Experience: Children engage in active viewing by participating in an activity after they view a program. Use dramatic play to help them reenact what they just saw. If you are watching a program that uses music, have children dance and sing along. To develop gross motor skills they can play their own instruments while watching (see ideas section for how to make your own band!). Reading a story or drawing pictures that relates to what they just saw helps promote language development.

Set Limits: Setting limits helps ensure that TV viewing can be an educational experience. Keep TV's (and computers) out of young children's rooms. Monitor what programs children can view and the content.

Turn it Off: Don't eat meals in front of the TV or have it on when children should be focusing on other things such as schoolwork. TV should not be left on to entertain children while adults prepare meals, talk on the telephone, set out nap cots, prepare activities, or get ready for work.



YMCA CRS COMMUNITY CALENDAR

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

November 5 6:30 p.m. – 9:30 p.m.
Disaster Preparedness Training for Family Child Care *
 Disaster preparedness training helps family child care providers understand the different types of disasters, prepare emergency plans, and have adequate supplies ready in case of an emergency.
Loc: YMCA CRS, Vista
Info: 1.800.481.2151

November 8 1:00 p.m. – 3:00 p.m.
Inclusion Support Group Meeting: Partnering with Parents *
 This support group meeting will include a panel presentation with parents of children who have diagnosed disabilities. Hear their perspective on how professionals can support their child's needs.
Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

November 8 1:00 p.m. – 3:00 p.m.
Respectful Accommodations *
 Provides an overview of the values of inclusion and what it means to provide "respectful accommodation" for children with special needs in a child care setting.
Loc: YMCA CRS, Vista
Info: 1.800.481.2151

November 15 9:00 a.m. – 12:00 p.m.
San Diego Reggio Roundtable: Parent Participation *
 Discover the possibilities of applying Reggio in your environment by visiting classrooms and outside spaces, and talking with others. This free Reggio Roundtable will focus on involving parents in child care and development programs.
Loc: College Park Preschool, San Diego
Info: 619.582.2520

November 18 6:00 p.m. – 8:00 p.m.
Partnering with Families *
 Learn to communicate successfully with parents, how to set up your relationship for success and what to do when challenges arise.
Loc: YMCA CRS, Vista
Info: 1.800.481.2151

November 20 6:30 p.m. – 9:30 p.m.
Super Groups Series: Once Upon a Time, Module 3 *
 Discover how reading aloud at group time can draw children into stories and get them excited about reading books.
Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

December 2 6:00 p.m. – 8:00 p.m.
Respectful Accommodations *
 Provides an overview of the values of inclusion and what it means to provide "respectful accommodations" for children with special needs in a child care setting.
Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

December 11 6:00 p.m. – 8:00 p.m.
Introduction to Inclusion *
 This training will provide participants with an understanding of the definition of a disability, identify barriers and benefits of inclusion.
Loc: YMCA CRS, Vista
Info: 1.866.481.2151

December 18 3:30 p.m. – 7:30 p.m.
Mathematics for Young Children *
 Teachers of 4-6 year olds will learn how to connect Preschool Foundations with the Kindergarten Standards to create a continuous mathematics learning path for children. This includes hands-on mathematics learning activities.
Loc: County Office of Education, San Diego
Info: 858.292.3578

January 10 8:00 a.m. – 12:30 p.m.
Eco-Healthy Child Care Seminar *
 See page 4

January 29 6:00 p.m. – 9:00 p.m.
Disaster Preparedness Training for Family Child Care *
 Disaster preparedness training helps family child care providers understand the different types of disasters, prepare emergency plans, and have adequate supplies ready in case of an emergency.
Loc: YMCA Magdalena Ecke, Encinitas
Info: 1.800.481.2151

January 31 8:30 a.m. – 12:30 a.m.
Ticket to Planning Activities for the Developing Child *
 Plan daily developmentally appropriate activities for children including story time, art, music and movement, science and nature, while using simple themes in a multi-age group environment. **Family Child Care Only.**
Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151