

CHILD CARE COMMUNIQUE



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

September/October 2007

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

Everything Adds Up: Doing Pre-Math Activities with Children

Children are adventurous. As they begin crawling and walking to explore, they handle objects and notice the sizes of their toys. They start to form ideas about their environment. With these activities children learn the basics of math. They learn:

Grouping and Sorting

Grouping is the first step in learning and understanding that numbers represent objects. Children can learn to group and sort objects by size, feel, or color. When young children are playing with toys and other things, they are exploring what they are seeing and touching.

Number Recognition

Children learn numbers by hearing them over and over, and seeing them written. Children will slowly learn that spoken or written numbers are about real objects. They will understand the concepts of more, less, equal to or same.

Shapes and Space

At an early age, children can “see” the shape and size of objects. They can touch and explore basic shapes such as circles, squares and triangles. Children also learn the concepts of where things are located with words such as over, under, beside and inside, in terms of where objects are.

Patterns

Patterns are part of math. Getting children to be able to pick out visual patterns and know what is next in a sequence also helps children to make predictions or guesses.

Estimate/Predict

Estimation and prediction are also part of science and will develop critical thinking skills. Ask preschoolers to:

- Guess which object is bigger
- Guess which is a higher stack- 10 nickels or 10 pennies
- Predict, will a ball float and stay on top of the water or sink to the bottom



Measuring

Measuring and knowing the sizes of things are important skills. Help children understand amounts and concepts of heavy, light, tall with these activities:

- Cook or bake with children. Let them help measure ingredients and see the difference in a cup, teaspoon or tablespoon.
- Play with and measure out sand, birdseed, gravel.

Telling Time

You can help children learn the basics of telling time:

- Time activities (set a timer and see how long it takes to brush their teeth, bake cupcakes, read a story, put away blocks, etc.)
- Draw a clock face: talk about what the numbers mean and show them 1 o'clock, 2 o'clock. They may not understand right away but they will eventually.
- Talk to them about time and what they will do at different points during the day, for example “at 9 o'clock we have circle time”; “12 o'clock is lunch time”.

All of these are important pre-math skills. These skills are the basis for learning math in elementary school and beyond.

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

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

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 Office.....760.726.9100
North County Fax760.726.4352
South County Office619.474.4707
South County Fax.....619.474.2435
HealthLine1.800.908.8883
Child Care Referrals.....1.800.481.2151
On-line Referrals.....www.ymcacrs.org
Inclusion Specialist.....619.521.3055 x2325
CATS Calendar.....619.521.3055 x2315
Child Care Subs1.800.441.9199
San Diego CARES1.866.CARES SD
Military Family Referrals.....1.800.441.9199

www.ymcacrs.org

Try these activities to foster math skills in children's daily activities:

Pre-Math Activities

Grouping Activities

- Sort by size or color: crayons, toy trucks, plastic storage containers, blocks
- Group laundry: putting all clean pants, shirts, socks together
- Talk about your surroundings and identify those things with the same traits: round, square, red, blue

With infants: read books on subjects that capture their interest and name the animals, objects, clothing, etc.

Concepts/Skills

- Color
- Size
- Shape
- Texture
- Taste
- Common traits
- Build vocabulary



Recognizing Numbers

Activities

- Counting games: count how many children are at the table, count the number of red cars you see
- Sing counting songs or read books that involve counting (for example, "This Old Man" and "The Very Hungry Caterpillar")
- Give directions that involve numbers ("Put two books on the table")

With infants: Read books to baby that involve counting and using numbers interest and name the animals, objects, clothing, etc.

Concepts/Skills

- Numbers
- Counting
- Understanding spoken numbers mean real amounts
- Following one-step directions
- Writing



Shapes and Space

Shape/Space Activities

- Play with blocks-sorting and building
- Make and cut out shapes and put them into a bag. Have each child feel in the bag, pull out a shape without looking at it and name the shape.
- Put puzzles together

With infants: Talk to them about the shapes of objects around them. Give them blocks.

Reprinted with permission from The Daily Parent, a newsletter for parents funded by the Citigroup Foundation and produced by NACCRRRA. Copyright 2006, Arlington, VA. All rights reserved.

Concepts/Skills

- Shapes
- Fine motor skills
- Build vocabulary



Learning Patterns

Pattern Activities

- Play matching games
- Matching
- Visual memory
- Draw shapes on colored paper and cut them out. Make patterns and have children guess what is next in the sequence.

Concepts/Skills

- Matching
- Visual memory
- Fine motor skills
- Shapes

A Place of Our Own

YMCA Childcare Resource Service in collaboration with KPBS will present a workshop series based on the daily talk show *A Place of Our Own*. The workshops are open only to licensed and license-exempt family child care providers. Participants receive a children's book, set of activity cards, and *A Place of Our Own* DVD. Approved for SD CARES hours. *A Place of Our Own* airs Monday through Friday on KPBS at 5:30 a.m. and on SD/ITV at 5:30 p.m.

Location: YMCA Childcare Resource Service, 3333 Camino del Rio South, Suite 400, San Diego 92108
Health & Human Services, 690 Oxford Street, Chula Vista 91911

Cost: Free admission (pre-registration is required)

Registration: 1.800.481.2151

YMCA CRS

September 13, 2007
6:30 p.m. - 9:30 p.m.

Language & Literacy: Storytelling

See how telling stories helps children build language and literacy skills.

Health & Human Services

September 19, 2007
6:30 p.m. - 9:30 p.m.

Preventing Childhood Obesity

Learn easy-to-use strategies to help children eat healthy and stay in shape.

Health & Human Services

October 13, 2007
12:00 p.m. - 3:00 p.m.

Language & Literacy: Print-Rich Environment

Learn how to use daily routines to help children build language and literacy skills.

YMCA CRS

October 25, 2007
6:30 p.m. - 9:30 p.m.

Supporting Children with Special Needs

Learn to identify special needs and to include all children in daily activities and routines.

New Early Childhood Training Series for Supervisors

Do you want to improve staff relationships in your child care setting? YMCA CRS in collaboration with San Diego County Program Quality Consortium (SDPQC) present *Adult Relationships in Early Childhood Settings Training Series*. Participants will explore leadership and communication styles, team building exercises, and conflict resolution strategies. This informative workshop series for people who supervise child care staff will be held at YMCA CRS in Mission Valley on October 11, 2007, November 15, 2007, January 17, 2008, and February 21, 2008. The cost is \$20 per person, per workshop. This training is approved for San Diego CARES Professional Development Training Hours; Tracks 3-5.

For more information call SDPQC at 619.825.5563 or register online at <http://members.cox.net/pqc/training.htm>.

2007-2008 Health and Safety Training Grant

Vouchers to help pay for CPR, CPR Renewal, First Aid and Preventive Health Practices will be available through YMCA CRS's Health and Safety Training Grant. Vouchers will be issued on a first come, first serve basis to eligible child care program staff. Center based programs may submit applications for a director, assistant director and up to two (2) teachers per child care site. Family child care programs may apply for the licensee, co-licensee, and one (1) assistant age 18 years or older. License exempt child care providers (center and home-based) may also apply for vouchers.

If you are interested in receiving an application, contact Laurie Han at 760.726.9100 ext. 3350 or send an e-mail to lhhan@ymcacr.org. A list of health and safety training classes and EMSA approved training agencies will be mailed along with the vouchers. Training classes are also listed in the CATS Training Calendar at www.ymcacr.org/providers/cats (click on Health and Safety Training).

SDAEYC Annual Conference

The Languages of Children, the annual fall conference of the San Diego Association for the Education of Young Children (SDAEYC), will provide early care and development professionals an opportunity to attend two workshop strands with presentation on topics that include English language learners, language to literacy, public policy, infant and toddler, mental health, physical activity, autism, sign language, and the continuity of care model. Participants will be invited to tour the Grossmont College Child Development Center which hosts state and national observers because of their exemplary programs and distinction as a Program for Infant/Toddler Care (PITC) demonstration site. The conference will be held on October 20, 2007 from 7:00 a.m. – 1:00 p.m. at Grossmont College located at 8800 Grossmont College Drive, El Cajon, 92020.

Early bird registration must be postmarked by Friday, October 12th. Conference fees range from \$20-\$35 and include a continental breakfast and vendor booths with materials to enhance early learning environments. See *enclosed registration flyer*.

Child Care Initiative Project Graduation

This year, YMCA Childcare Resource Service (YMCA CRS) assisted 25 participants to successfully obtain or enlarge their family child care license through the Child Care Initiative Project (CCIP). A graduation celebration for participants completing the 2006-2007 CCIP program year was held at YMCA CRS on June 6th, 2007. Graduates were awarded a certificate of completion and a \$200 incentive package of developmentally appropriate toys, equipment, and educational books for completing program requirements. CCIP is a free support and training program for individuals starting their first family child care program or licensed providers choosing to begin serving infants and toddlers, offer non-traditional hour care, or increase their capacity

from a small to a large license. Participants attended the following free infant toddler trainings: YMCA CRS' Ticket for a Successful Family Child Care Business, UC Davis' Family Child Care at It's Best, and KPBS' Ready To Learn workshops. YMCA CRS CCIP staff provided technical assistance through site visits, resource sharing and phone consultations.

Enrollment for the new CCIP program year is now open. Individuals that want to begin a new and rewarding career in family child care, expand their family child care program services, or increase their license capacity can register by contacting Maria Romero at 619.521.3055 ext. 2318.

Websites for Building Early Math Skills



www.readyforlearning.net

www.ed.gov/parents/academic/help/math/index.html

www.pbs.org/parents

www.coolmath.com/parents/getready.htm

www.pbs.org/teachers/math

http://kids.lovetoknow.com/wiki/Preschool_Math_Activities

SD CARES Update



San Diego CARES is accepting applications to participate in Year 7 of the program (July 1, 2007 – June 30, 2008). Approved applicants are eligible to earn a stipend while continuing their education and remaining at the same child care program. Applications must be received by September 30, 2007 in order to be eligible to receive a stipend by June 30, 2008, if all program requirements are completed. CARES is open to exempt and licensed home-based child care providers and child care center staff working with children 0-5 (0-13 for state funded programs) at the same child center for a minimum of 15 hours per week. Approved applicants will receive an enrollment packet with program requirements and resource information. To request an application, call 1.866.CARES SD/1.866.227.3773) or email to caressd@ymcacr.org.

Year 7 Applications for Continuing Participants were mailed to all participants that have participated in prior years. If you have not returned your application and wish to continue participating, please return your application today!

This year, Permit and Degree Track participants are

eligible to earn up to \$3000 for completing 12 units and may receive a permit stipend for earning their first permit or upgrading to a higher level. Entry Track participants are eligible to earn up to \$1500 for completing 6 units; family child care providers only may take 54 hours of approved training in lieu of units. Participants may also be eligible to receive book and degree stipends.

All participants must submit a CARES Educational Plan. Submitting your Educational Plan and College Plan for a 2- or 4- year degree (obtained by your college counselor for Permit and Degree Track participants) prior to completing the coursework and training hours allows CARES staff to review your plan and notify you if there are units or training hours listed that do not meet CARES requirements for a stipend payment.

If you have questions please visit CARES Evening Hours the first Thursday of each month from 4-7 p.m. at our Mission Valley YMCA CRS Office or by appointment in our Vista, National City or Mission Valley offices by calling 1.866.CARES SD (1.866.227.3773). For Frequently Asked Questions and program information visit www.ymcacr.org/providers.

SD CARES is administered by the YMCA Childcare Resource Service with funding from the First 5 Commission of San Diego, First 5 California and the California Department of Education, Child Development Division through the County of San Diego.

Can You Give 4 Hours a Month to Help Children and Families in San Diego County?

Network, learn, and work with individuals who are dedicated to addressing the child care and development needs of San Diego County families.

The Child Care and Development Planning Council advises the county Board of Supervisors and Superintendent of Schools about the child care needs in San Diego County. **Application Deadline September 17, 2007**

If you are interested in serving on the Council, please call (858) 292-3727 or visit our webpage at www.ymcacr.org/planningcouncil

YOU CAN MAKE A DIFFERENCE!



Funded by the California Department of Education, Child Development Division, through a contract with the San Diego County Health and Human Services Agency. A project of the San Diego County Child Care and Development Planning Council.

Licensing Update

People posing as licensing representatives have attempted to gain entry into licensed family child care homes. These people are stating they are there to issue a letter grade to the facility. Please be aware that there is no "licensing" requirement to issue a letter grade to child care facilities.

Licensing representatives should show their picture identification before entering a licensed facility. If the person does not offer to show you their identification, you should ask to see it. You may also call your local licensing office for verification at 619.767.2200 (serving San Diego and Imperial Counties). Licensees are also encouraged to contact local law enforcement if persons posing as licensing staff try to gain entry into the facility.

If you have questions or need additional information, contact the Licensing Program Analyst assigned to you or call 619.767.2248 to speak with the Family Child Care Duty Officer.

Ask the HealthLine...Back to school basics

Q: *How can I prepare children for getting back to the school year routine?*

A: Routines are important to human beings regardless of their age. Routines help us feel somewhat in control of our lives by giving us solid ideas about what's coming up next. Routines have the ability to give us a sense of safety.

Think back to the first day at a new job. See if you can recall the feeling of not knowing anything about what was expected of you, who you could trust, and what you could and couldn't do. Children live that reality on a daily basis. Children are experiencing new sights, sounds, and learning what is expected of them everyday. This is helping you to understand how important routine can be to a child.

Going back to school constitutes a big change in routine. Many children respond to changes in their routines by engaging in challenging behavior. Children can become aggressive, and unwilling to follow direction. In the case of a child who is acting out because he/she has had routines disrupted and is stressed due to change make it a point to help children understand the routine while in child care. Have posters that list the day's activities with pictures illustrating major activities. Go over the daily routine during circle time.

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



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

Try these fun ideas for pre-math activities!

Shape Sorting Box

Materials:

- craft knife
- shoe box with lid
- sturdy cardboard scraps

Cut a circle, a square and a triangle out of the lid. Cut a number of matching shapes out of the cardboard scraps. Place the lid on the box and give the cut-out shapes to the children. Let them take turns sorting the shapes into the matching holes in the lid.

Ribbon Fun

For these measuring activities, use ribbon that will lie flat when cut into pieces.

1. Set out ribbons of different lengths. Ask children to find the longest ribbon, then the shortest.
2. Cut pairs of ribbons into various lengths. Mix up the ribbons and ask children to find matching pairs.
3. Cut ribbons to match the lengths of common objects in the room (table, rug, book shelf, easel). Place the ribbons in a box. Let the children select ribbons and search the room to find objects that are the same length as their ribbons.

Charts and Graphs

Divide a long piece of paper into two columns. Choose a food item such as juice. Draw a glass of grape juice at the top on one column and a glass of orange juice at the top of the other. Set out squares of purple and orange construction paper. Ask children to show their juice preference by gluing purple or orange squares in the corresponding column. Ask: Which juice do people like the best? How many like ___ juice better than ___ juice? On another day graph cracker preferences, etc.

How Many?

Bring math to the snack table by counting food items. For example, give children fresh peas to shell. Count the number of peas in each pod before placing in the bowl. Or let each child take a handful of cereal pieces, raisins, fish crackers, etc. Before eating, count together the number of items in each child's hand.

Activities taken from [123 Math](#) by Jean Warren Totline Publications



What's in the CRS Resource Library?

The Resource Library offers a variety of materials related to the development of math skills, including planning creative and fun pre-math activities for young children.

Resource Books

[1-2-3 Math: Pre-Math Activities for Working with Young Children](#) by Jean Warren. This book of open-ended, hands-on activities will help children experiment with beginning math concepts such as counting, sequencing, and sorting.

[The Young Child and Mathematics](#) by Juanita Copley. This NAEYC book shows how to create a math learning environment, and provides activities and strategies that will inspire preschool teachers to do great things with math.

[Preschool Math](#) by B. Williams, D. Cunningham & J. Lubawy. This book brings math to life in the early childhood classroom with 140 activities. Make math a part of everyday play while teaching early math concepts.

[MathArts: Exploring Math Through Art for 3 to 6 Year Olds](#) by MaryAnn Kohl. Expand children's knowledge of basic math concepts such as sorting, matching, patterning, counting, and measuring with this book of easy-to-do art activities.

Videos

[A Place of Our Own: Math Activities \(KCET\)](#)

This episode of *A Place of Our Own* features expert advice and comments from child care providers about the many ways math can be represented in a child care or home setting to introduce problem solving, shape recognition and basic counting.

[Path to Math: One to One Correspondence – Comparing.](#)

In this video children find a relationship between two things on the basis of specific characteristics. Sample activities include playing with blocks (size, shape), sand (heavy, light), water (full, empty), and cooking (hot, cold).



Contact the resource library in your region:

San Diego: 619.521.3055 ext. 2304
North County: 760.726.9100 ext. 3316
South County: 619.474.4707 ext. 1317

Saturday Library Dates:

Mission Valley: Sept. 15, Oct. 20
South County: Sept. 22, Oct. 27
North County: Sept. 15, Oct. 6

Call for an appointment!

TIPS FROM YOUR CRS CHILD CARE CONSULTANTS

Free Choosing Child Care Presentation

Do you know how to find a quality child care program? Do you want more information on free services for parents of all incomes? Our Parent Outreach Project works with community agencies such as hospitals and prenatal programs, pregnant and parenting teen programs, community college adult education programs, and a variety of social service agencies to connect with parents about choosing quality child care. This presentation is especially beneficial to new and first time parents because it helps them learn how to make informed decisions regarding child care. The goal of the presentation is to help parents and families become knowledgeable consumers regarding child care. The presentation is free and can be facilitated in English and Spanish to meet the diverse needs of the San Diego Community.

The child care presentation provides information on a variety of topics including:

- How to choose quality child care
- Types of child care settings
- Licensing requirements
- Reviewing licensing files for a history of complaints
- How to apply for assistance with child care fees
- Overview of free referral services and programs for parents
- Trustline fingerprint clearance for unlicensed caregivers

Parents will receive a resource packet of agency publications and resources. To request information on this presentation or on the Parent Outreach Project call Candice Rios Marquez at 619.521.3055 ext. 2410 or send an e-mail to cmarquez@ymcacr.org.

Visit our website at www.ymcacr.org to request child care referrals, search online for child care, apply for the Centralized Eligibility List for child care subsidies, and learn about our other services and programs.

The San Diego Association for the Education of Young Children & Grossmont College
present (presenta)



Fall Conference 2007: The Languages of Childhood
(La Conferencia de Otoño de 2007: Los Lenguajes de los niños)

Saturday, October 20, 2007 (Sábado, 20 de octubre de 2007)

7:00 a.m. Registration and Vendors (Inscripción y proveedores)

7:30 a.m. - 1:00 p.m. Conference (La Conferencia)

8800 Grossmont College Drive, El Cajon, CA 92020

Free parking in Lot 1 (Estacionamiento gratuito en el Lote 1)

Registration: (760) 751-4058 (Inscripción)

Registration fee includes continental breakfast and tour of Child Development Center.

Approved for 4.5 San Diego CARES Professional Development Training Hours.

La cuota de inscripción incluye desayuno continental y un recorrido guiado por el Child Development Center (el Centro de Desarrollo Infantil). Está aprobada para 4.5 horas de Entrenamiento en Desarrollo Profesional de San Diego CARES.



PRE-REGISTRATION MUST BE POSTMARKED BY FRIDAY, OCTOBER 12, 2007.

LA PRE-INSCRIPCIÓN DEBERÁ TENER EL SELLO DEL CORREO A MÁS TARDAR PARA EL VIERNES, 12 DE OCTUBRE.

Name (nombre) _____ E-mail (Correo electrónico) _____ Telephone (teléfono) _____

Address (domicilio) _____ City (ciudad) _____ Zip (código postal) _____

- SDAEYC Member (Miembro de SDAEYC): \$25
- *Currently Enrolled Student (*Estudiante inscrito actualmente): \$20
- Non-member (Si no es miembro): \$30
- Onsite registration (Inscripción en el sitio): \$35

Onsite registration is limited to space available. No books/handouts guaranteed.
(Inscripción en el sitio limitado al espacio disponible. No se garantizan libros/material.)

Your cancelled check is your receipt. No refunds. Conference is for adults only.
(La copia de su cheque cobrado es su recibo. No hay reembolsos. Esta conferencia es para adultos solamente.)

*STUDENTS: Verification of Fall Enrollment or Instructor's Signature MUST accompany this registration form.
*(*ESTUDIANTES: El formato de inscripción DEBERÁ estar acompañado por una verificación de inscripción en el semestre de otoño o la firma del instructor.)*

Child Development Instructor's Signature and Printed Name
(Firma y nombre en letra de molde del instructor de desarrollo infantil)

College of Attendance
(Colegio o universidad al que está asistiendo)

Non-member, please check (Si no es miembro, sírvase marca aquí):

- Early Childhood Educator (Educador de los primeros años del niño)
- Parent (Padre/madre)
- Family Child Care Provider (Proveedor de cuidado infantil en el hogar)
- Student (Estudiante)
- Administrator (Administrador)

MAKE CHECK PAYABLE TO SDAEYC. (HAGA EL CHEQUE A FAVOR DE SDAEYC.)
MAIL PAYMENT AND REGISTRATION FORM TO:
(ENVÍE EL PAGO E INSCRIPCIÓN POR CORREO A):

Carol Dubke, 4701 Date Avenue, La Mesa, CA 91941

For Office Use Only	
Ck/MO#	_____
Date Rec'd	_____
CE:	_____