

Y CHILD CARE COMMUNIQUE

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

September/October 2008

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

Emergency Preparedness for Child Care Programs: *Get Ready – Stay Ready!*

Child care is a fact of life for most American families today. Nearly two-thirds of children under the age of five - 11.6 million children - are routinely cared for by someone other than their parents each day. Parents depend on child care programs to protect the health, safety and well-being of their children. Each year in the United States, about five million children experience some form of traumatic event; many of these children are in child care programs.

During the devastating fire storms in 2003 and 2007 in San Diego County many child care programs were unprepared to respond quickly and calmly to an emergency. Providers have shared stories of outdated contact information for parents; emergency supply containers incomplete and not readily accessible; planned evacuation sites closed; parents uninformed about where to pick up children; and no back up plans to replace staff receiving evacuation orders. These experiences have brought into focus the importance of being prepared and ready to respond during a disaster.

Program Plans

All child care programs, regardless of their size or type, should develop disaster plans for different types of emergencies such as fires, earthquakes and sheltering in place. Licensed child care programs are required to submit a plan for emergencies and regularly practice evacuation plans with adults and all children, including infants. License exempt child care programs and in-home caregivers such as nannies should also have plans in place for emergencies.

While it may seem overwhelming to begin creating an emergency plan there are many resources available to help you *get ready* and *stay ready* for emergencies. Community Care Licensing has created a Disaster Preparedness Assessment tool for child care programs. YMCA Childcare Resource Service has a variety of materials to help child care programs and families prepare for emergencies, including workshops. Web sites and other resources can be found throughout this newsletter.

Child care programs can work with others to develop their plans. Child care centers should set up emergency planning



teams that include employees, parents, and others who are involved in or knowledgeable about the operation of the program. Family child care providers should ask parents, assistants and family members to assist with emergency planning.

One of the first steps in disaster planning is to inspect the child care program for potential hazards such as objects that could fall; large items that could tip over, and potential plumbing breaks during earthquakes; materials that could easily ignite during a fire; and areas that will drain poorly during heavy rains and flooding.

It is also important to prepare a facility floor plan with the location of the evacuation routes, shelter areas, fire alarms, and fire suppression equipment and extinguishers. The floor plan should also include routes to locations of emergency meeting areas. Floor plans should be posted throughout the home or center.

(Continued on page 2...)

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

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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, communications, and announcements 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 YMCA Childcare Resource Service. 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. Deadline for submission of all materials to be considered for inclusion is approximately six weeks before publication.

YMCA CRS Referral Policy

YMCA Childcare Resource Service 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.

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 Childcare Resource Service 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 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

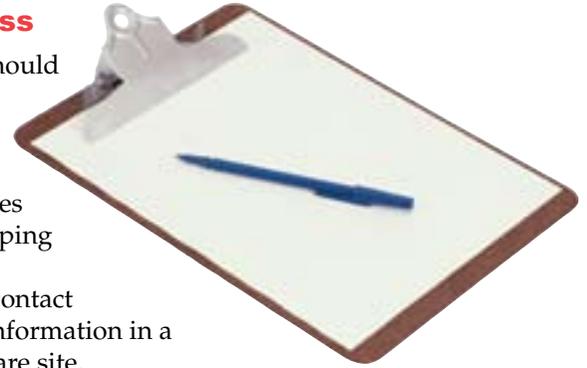
Administration..... 619.521.3055
 Alternative Payment 619.521.3055
 Centralized Eligibility List..... 1.800.521.0560
 Special Needs Unit..... 619.474.4707
 North County Office 760.726.9100
 South County Office 619.474.4707
 HealthLine 1.800.908.8883
 Child Care Referrals..... 1.800.481.2151
 On-line 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

Emergency Preparedness

Preparation for emergencies should include the following:

- Collect and keep contact information on staff/ assistants, children and families enrolled. Make a plan for keeping information current.
- Keep additional copies of all contact information and emergency information in a location outside of the child care site.
- Have a plan for transporting children safely to a distant evacuation location.
- Stock recommended supplies needed to remain in the facility or to evacuate.
- Develop key contacts and a phone list. Create a process for contacting staff and families, including an answering machine message that provides updates during an emergency.
- Carry out a plan for protecting vital records.
- Develop and practice an evacuation plan that includes multiple locations.
- Ensure parents are familiar with your disaster plan including your evacuation location and emergency phone number.
- Encourage employees to have a family emergency plan.



Effects of Disasters on Children

The impact of disasters on children may be great. Along with hardships of life after the disaster, child survivors may experience injuries and be exposed to distressing events such as separation from family. Children may be particularly affected by the loss of their familiar environment (home, school, playmates) because children usually feel safer and more secure when they have consistent, predictable routines in their lives. In addition, the children's parents and other caregivers may not be able to give them the support they provided before the disaster. This can result in children experiencing fear, anxiety, and a sense of insecurity.

Caregivers and parents can help children through the emotional stresses of a disaster by following these guidelines:

- Accept children's physical and emotional reactions to disasters as normal.
- Watch children closely and note any changes from their typical behavior.
- Provide a space where children can talk openly.
- Be available to listen to the child's experiences and feelings.
- Don't impose your ideas of how the child should behave or react.
- Reassure the child it is normal to feel the way he or she is feeling.
- Normalize, as much as possible, the child's life routines.
- Model healthy coping by acting calmly, following regular nap and bedtimes, eating well, and taking an interest in daily activities.

Get Ready – Stay Ready!

YMCA Childcare Resource Service offers Disaster Preparedness training to help child care centers and family child care homes prepare for different types of disasters. Training includes learning what types of disasters are most likely to occur locally, developing an emergency plan, making and practicing an evacuation plan, and other tasks related to preparing for a disaster. Log on to www.ymcacrs.org/providers/cats/index.php for information on disaster preparedness training in San Diego County. **Get Ready – Stay Ready!** It's your professional responsibility.

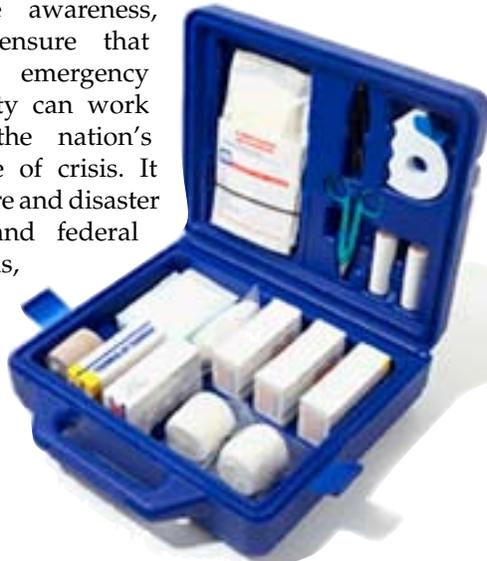
Taken in part from Disaster Planning Guide for Child Care Resource & Referral Agencies: Is Child Care Ready? Developed by the National Association of Child Care Resource and Referral Agencies.

Keeping Children Safe: A Policy Agenda for Child Care in Emergencies

Keeping Children Safe sheds light on the increased need for national policy agenda to ensure the safety and care of all children during disasters. Nearly 12 million children under the age of five are in child care each week. Many of the nation's 2.3 million child care workers are untrained for disasters. Few states require child care programs to plan for disasters other than fire. Having a comprehensive and viable disaster preparedness and recovery plan in place for child care providers will ensure that child care is no longer an afterthought in times of crisis.

The *Keeping Children Safe* report is the beginning of a campaign by the National Association of Child Care Resource and Referral Agencies (NACCRRA) to raise awareness, change policy, and ensure that the child care and emergency management community can work together to protect the nation's children during a time of crisis. It outlines current child care and disaster policies, local, state and federal policy recommendations, and next steps on how to move this initiative forward.

For a copy of *Keeping Children Safe* log on to www.naccrra.org.



Licensing Update Is your child care program prepared in case a disaster strikes?

The *Child Care Advocate Program* developed a Disaster Planning Self-Assessment Guide for child care centers and family child care homes. This guide will help develop and implement a disaster and mass casualty plan for child care programs as required by Title 22 Regulations. The Disaster Planning Guide provides basic disaster preparedness and emergency planning information. It can be customized to fit the size and population of the facility and its needs.

The Disaster Preparedness Guide includes:

- Reducing the Potential Threat of Disasters and Emergencies
- Preparedness: Water, Food, Emergency Supplies, Transportation
- Disaster Drills and Procedures
- Recovering from Disaster
- Communication with the Licensing Agency
- Resources

To obtain a copy of Disaster Planning Self-Assessment Guide log on to <http://ccl.dss.cahwnet.gov/PG496.htm>. Guides are available in English and Spanish.

Web sites for Disaster Preparation and Recovery

www.fema.gov

Offers information and activities for children, parents, and teachers. Children can play games, read stories, and find out what causes disasters.

www.usfaparents.gov

Fire Safety Campaign for Babies and Toddlers is a public awareness and education campaign designed to draw attention to the increased risk of fire death for young children, and to teach parents and caregivers how they can avoid the tragedy.

www.firesafety.gov

Provides information about how to talk with children about disasters and prepare an evacuation plan. Includes lesson plans, fire safety recalls related to children's products and The Kids Page for children Pre-K through 3rd grade.

www.oes.ca.gov

California Office of Emergency Services Web site offers information on how to plan for a disaster.

www.sdcounty.ca.gov/oes

Office of Emergency Services for the County of San Diego provides a disaster planning guide and check list, and what to do before, during, and after a disaster.

www.naccrra.org

Offers resources and publications for parents and caregivers to help children cope with traumatic events.

www.ymcacrs.org/providers/cats/index.php

Locate scheduled disaster preparedness and other trainings for child care programs.

<http://www.apahelpcenter.org/articles/topic.php>

Download *Raising Children to Resist Violence*, an article that can help parents and providers teach children to be resilient and adapt well in the face of adversity, trauma, tragedy and stress resulting from disasters and other events.

Kit for New Parents: San Diego Welcome Baby Program

FREE *Kit for New Parents* is available in English and Spanish to expecting parents and parents of children 0-5 years. Packaged in a compact, colorful box, the kit contains a wealth of information and resources including:

- An educational DVD with parenting advice from child development experts and celebrities on the Early Years, Child Care, Safety, Health and Nutrition, Discipline, and Early Literacy
- Easy-to-read parenting books like *Advice for New Parents* and *What To Do When Your Child Gets Sick*
- A Parent's Guide of information and services in their communities
- Baby's First Book *Puppy and Friends* for parents and children to enjoy together
- Brochures on topics ranging from oral health to obesity prevention
- Poison control magnet and brochure
- Information on Healthy Families low-cost medical care
- A developmental growth chart
- A local resource guide
- Magnet with emergency phone numbers

To receive a free *Kit for New Parents* contact YMCA Childcare Resource Service at 1.800.481.2151. The San Diego Welcome Baby Program is funded by the First 5 Commission of San Diego County.

Child Care in Your Neighborhood Quality Improvement Project

Are you in the military and are looking for child care? The Child Care in Your Neighborhood Quality Improvement Project (CCYN QIP) offers quality civilian child care for active duty and activated reserve U.S. Marine Corps families in North County. CCYN QIP currently serves the cities of Carlsbad, Oceanside, Vista, San Marcos, Escondido, Rancho Bernardo, Rancho Peñasquitos, limited areas surrounding the Marine Corp Recruit Depot and the Riverside communities of Temecula and Murrieta. Eligible Marine Corps families on the wait list for child care on base are placed in CCYN QIP programs and may qualify for fee assistance.

Licensed child care providers must complete a screening process to be considered for participation in CCYN QIP. Qualified child care providers receive training, incentives, and technical assistance to achieve and maintain national standards for high quality child care programs. Requirements for participation in CCYN QIP include a timeline for attaining national accreditation, training hours, a health and safety assessment and regular site visits by project staff.

To learn more about CCYN QIP contact Jean Silva, CCYN QIP Project Director at 760.726.9100 ext. 3324 or e-mail to mymilitarycare@ymcacr.org.

The CCYN QIP is provided through a partnership between YMCA Childcare Resource Service, the National Association of Child Care Resource & Referral Agencies, and the U.S. Marine Corps.

Super Groups Series: Young Children Learning Together

Group time and transition is often the most challenging part of the daily routine for young children. *Young Children Learning Together* introduces key strategies to handle typical guidance problems and successfully choose interactive and fun activities for group time. This workshop series will be held from 6:30 p.m. to 9:30 p.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South, 4th Floor Conference Room, San Diego, 92108. Workshops may be attended separately however attending all three workshops is highly recommended to receive the full benefit from this series:

- **September 11,**
Come Join In: Guidelines for Successful Group Times
- **October 30,**
Give Yourself a Hand: Guidance Techniques for Successful Group Times
- **November 20,**
Once Upon a Time: Skills for Reading Aloud at Group Time

Cost per workshop is \$15.00 or \$40.00 for the series. Each workshop is approved for three (3) San Diego CARES Professional Development Training Hours. Early registration is suggested since spaces will fill up quickly for this new series. For more information contact 1.800.481.2151, e-mail to mytraining@ymcacr.org or log on to www.ymcacr.org.

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 12, 2008**



If you are interested in serving on the Council, please call (858) 292-3727 or visit our webpage at www.sdcoe.net/student/eeps/pc

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.



SD CARES Update

The San Diego CARES stipend program is accepting applications to participate in Year 8 of the program (July 1, 2008 – June 30, 2009). Applications must be received by September 30, 2008 in order to be eligible to receive a stipend at the end of the program year. The CARES program pays stipends to child care center staff and family child care providers who complete college coursework toward a degree in Child Development while working with young children.

Year 8 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 mail it today!

Enroll in college coursework and Professional Development Training Hours early. All participants must submit a 2008-2009 CARES Educational Plan. Participants in the Permit and Degree Track must also submit a College Plan for a two or four year degree signed by their college counselor. Submitting plans prior to completing coursework and training hours allows CARES staff to review and notify you if there is anything you plan to complete that does not meet the requirements for a stipend award.

This is the last year of guaranteed funding for San Diego CARES so apply now to take advantage of the stipends available. Don't miss out on the opportunity to earn while you learn and work with children!

If you have questions and wish to meet with a coordinator, please visit CARES Evening Hours on the first Thursday of each month from 4 p.m. - 7 p.m. at the Mission Valley YMCA CRS Office. You may also reach CARES staff at 1.866.CARES SD (1.866.227.3773) or by e-mail at caressd@ymcacrs.org

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



Healthy Lunch Ideas for Kids

- Stick to the four basic food groups.
- Include foods that taste sweet, like low fat granola bars or raisins.
- Be creative. A mini-bagel with turkey and string cheese is more fun to eat than a sandwich.
- Cut the sandwiches into shapes with cookie cutters.
- Make fruits and vegetables easy to eat. Peel an orange and section it, so children can pop it right in their mouths. Pack baby carrots and dip. Children love dips and it is a good way to get them to eat vegetables.
- Make the lunch appealing to the child. Try using colored plastic wrap instead of clear. Use stickers to seal sandwich bags. Use theme napkins on holidays or birthdays; include a note or riddle.
- Get your children involved. One of the best ways to ensure they will eat the lunch you pack is to include them in the process—everything from picking out the lunch box to shopping, preparing and packing the food.



Brown Bag Lunch Safety Tips

Cleanliness is tops. Wash up before you prepare, pack, and eat lunch. Clean the reusable lunch pouch with hot water and soap after every use. Let it dry thoroughly before repacking with more food.

Bag the brown bag. Insulated pouches or bags are your best bet for keeping cold foods cold. Use freezer packs or frozen juice packs to keep lunch chilled. Note: While freezer packs are perfect for keeping lunch cold until noon, they are not made for all day chilling.

Store it right. Keep lunches out of direct sunlight and away from radiators or heaters. Better yet, if there is a refrigerator available, store lunches there until children are ready to eat.

Keep it hot. Lunch items like soups, casseroles and chili are meant to be eaten hot, so they need to travel that way. Prepare an insulated bottle or thermos by filling it with boiling water and letting it stand for a few minutes. Next, empty the water and fill the insulated bottle or thermos with the hot food.

Ask the HealthLine...

Frequent and proper hand washing is the most effective way to prevent the spread of infectious diseases such as colds, flu, and intestinal infection. It is one of the easiest strategies to protect against sickness and costs less than a penny.

Hand washing washes away germs picked up from people, contaminated surfaces, or animals. Germs are bacteria and viruses that cause infection and can be spread without knowing it. Even if your hands do not look dirty, they should be washed often since you can't see germs with the naked eye.

It is especially important to wash your hands and children's hands:

- Before and after preparing, touching, or eating food
- After using the bathroom
- Before and after changing diapers
- After handling money
- After coughing, sneezing, or blowing your nose or a child's nose
- After playing with animals or handling animal waste
- Whenever hands are dirty

How to wash hands properly:

- Wet hands and apply liquid or clean bar soap.
- Rub hands vigorously together, and scrub wrists, palms, between fingers and backs of hands.
- Continue to scrub for 10-20 seconds. The soap combined with the scrubbing action helps to dislodge and remove germs.
- Rinse hands well and dry hands with paper towel.



The best way to teach children good hand washing habits is by setting a good example. Remind children to wash their hands several times a day, especially before eating and after using the bathroom. Model the behavior you want them to practice. Watch while children wash their hands and encourage them to scrub well by teaching them a little 10-20 second tune to sing while hand washing.

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.

TIPS from Your CRS Child Care Consultants

In the event of an emergency, child care programs should be as prepared as possible. One of the most important things to do to prepare for an emergency is to keep updated information for every child and staff person in your child care. These tips will help you know what to collect and how to keep the information current:

Change with the times. Twice a year ask every parent/guardian and staff person to update their personal information. An easy way to do this is to schedule these updates to coincide with daylight savings time. Remember to change the batteries in smoke detectors and update your first aid kit during this time too!

Give them a call. Talk to parents. Set up a time to call each other so you can program contact numbers into your phones. Make reminder calls (i.e. upcoming special events, program closure days, billing reminders) using programmed numbers to ensure they still work and parents can re-program your number if needed.

Better to have more than less. Do more than collect the minimum required emergency contact information. Ask for an out of area emergency contact. Find out persons who are NOT authorized to pick up children. Have parents create a "kiddo" code which only persons authorized to pick up the child would know. If a child has siblings find out where they are.

Make note of children's physical descriptions and any identifying marks they may have (i.e. birth mark, scars).

Communication is a two-way street. Let parents know that whenever you leave your child care with their children you will be accessible. Take emergency cards with you on walks, field trips, and any event where you leave your home or center. Make sure parents have your contact information, cell phones are charged and you will be visiting an area with cell service. In the event a parent cannot reach you, make sure you leave a back-up contact with them. Make sure that in the event of an emergency, parents know your evacuation plans and where to meet you.

Follow Licensing regulations. For a copy of the Identification and Emergency Information for Child Care Centers/Family Child Care Homes form (LIC 700) or to view licensing requirements for creating and practicing emergency procedures log onto www.cclد.ca.gov.



What's in the CRS Resource Library?

The Resource Library has the following materials available to help child care programs be prepared for disasters and other emergencies.

Resource Books:

What Happened to the World? Helping Children Cope in Turbulent Times by Jim Greenman provides safety strategies for parents and teachers to help children work through difficult times.

What Happened to MY World? Helping Children Cope with Natural Disaster and Catastrophe by Jim Greenman provides insight for adults in how to help children who experience and survive a catastrophe firsthand, or who witness from a distance.

Sesame Street Fire Safety Station by Children's Television Workshop is an easy to read, kid-friendly information, activity and coloring book about Fire Safety featuring Sesame Street characters. Includes an audio-cassette.

Videos:

Taking Charge: Coping with Disaster by California Department of Education provides a comprehensive plan to ensure effective response to emergency situations.

Earthquake Preparedness: What Every Childcare Provider Should Know by California Department of Education reviews all aspects of the provider's environment for safety and readiness from practicing duck and cover with the children, to speaking with parents about a plan of action and emergency kits. Attention is given to what to do during and after an earthquake, and how children may react.

Brochures:

When Disaster Strikes: Helping Young Children Cope by NAEYC provides strategies for helping children through emotional support after a tragic event.

Toy Library Saturday:

San Diego: Sept. 20 and Oct. 18
National City: Sept. 27 and Oct. 25
Vista: Sept. 6 and Oct. 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

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

Enjoy the changing of the seasons with these fun fall activities!

Pumpkin Snack

- Pumpkin
- Pumpkin seeds (or other edible seeds such as sesame or sunflower)
- Crackers
- Cream cheese
- Glass caking dish
- Nonstick cooking spray

Carefully remove pumpkin seeds from the pumpkin. Rinse with water and allow to dry. Spread in greased baking dish. Cook in either microwave (for 5 to 6 minutes stirring every minute) or oven (until crispy) and allow to cool. While cooling spread cream cheese over crackers. Use seeds to make designs on crackers. Enjoy!

Cooking Art: Easy Edible Art for Young Children Gryphon House

Leafy Paintbrushes

- Leaves
- Construction paper
- Paint

Take children outdoors to collect a variety of sturdy, medium-sized leaves with long stems. Dip the leaves in paint using the leaf stems as handles. Paint pictures on the construction paper using different sized and textured leaves and multiple colors.

Outdoor Art Totline Publications

Changing Seasons

Sung to: "I'm a Little Teapot"

I'm a little person who's aware of the changes in the air.

First the leaves turn brown and they fall.
Then the snow comes lightly down.

Piggyback Songs Totline Publications

Bark Rubbings

- Newsprint
- Unwrapped crayons

Take children on a nature walk. Whenever you come across trees with unusual looking bark let them make rubbings. Place paper against the trunk of the tree and using the side of the crayon rub the paper to make a texture design. Have children compare all of the different rubbings they collected when you return.

Outdoor Art Totline Publications

(To extend this activity take pictures of the bark and leaves of the trees. Use an illustrated book from the library to identify and name each tree. Create a display of the pictures and rubbings).



YMCA CRS COMMUNITY CALENDAR

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

September 11 6:30 p.m. – 9:30 p.m.
Super Groups Series:
Come Join In, Module 1 *

Learn how to choose age appropriate activities, create a safe and secure environment and make activities interactive. (See page 4)

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

September 16 6:30 p.m. – 9:30 p.m.
KPBS: A Place of Our Own, Using TV to Help Children Learn *

Learn how to help children develop healthy viewing habits, and get the most from screen time. Participants receive a children's book, a set of activity cards, a video tape of two A Place of Our Own episodes and tip sheets.

For home-based providers only.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

September 25 6:00 p.m. – 9:00 p.m.
KPBS: A Place of Our Own, Supporting Children with Special Needs *

Learn how to identify special needs, include children with special needs in regular routines, and how inclusion benefits all children. Participants receive a children's book, a set of activity cards, a video tape of two A Place of Our Own episodes and tip sheets.

For home-based providers only.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

September 27 8:30 a.m. – 12:30 p.m.
Ticket to a Successful Family Child Care Business: Setting up Your Environment, Module 1 *

This module will focus on designing the environment for a family child care home. Learn how to communicate with Community Care Licensing and how to use the services of YMCA Childcare Resource Service.

For home-base providers only.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

October 4 1:00 p.m. – 5:00 p.m.
Ticket to a Successful Family Child Care Business: Ticket to Good Business Practices, Module 2 *

This module will focus on setting up a family child care business and working with parents to provide a family-friendly program. Learn about interviewing families for enrollment, contracts and policies, marketing and recordkeeping, and keys to professionalism.

For home-base providers only.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

October 7 6:00 p.m. – 10:00 p.m.
Early Childhood Environment Rating Scale (ECERS), Part 1 *

Learn how to assess and improve the quality of your child care center program. In depth instruction on how to use the rating scale, complete a self-assessment and develop a quality improvement plan. Approved for SD CARES participants required to complete quality improvement plans to earn a stipend award.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

October 9 6:00 p.m. – 10:00 p.m.
Family Child Care Environment Rating Scale (FCCERS), Part 1 *

Learn how to assess and improve the quality of your family child care program. In depth instructions on how to use the rating scale, complete a self-assessment and develop a quality improvement plan. Approved for SD CARES participants required to complete quality improvement plans to earn a stipend award.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

October 11 8:30 a.m. – 2:30 p.m.
SDAECY Fall Conference: Diversity - Honor, Respect, and Connections from the Start *

This conference will focus on moving beyond tolerance and acceptance in our early education settings. The keynote and workshops will include personal stories, curriculum, and thought provoking discussions.

Loc: Palomar Community College
Info: Denise Dugger, 858.273.1773

October 15 6:30 p.m. – 9:30 p.m.
KPBS: A Place of Our Own, Language & Literacy – Infants & Toddlers *

Learn how young children develop language and activities that support early literacy. Participants receive a children's book, a set of activity cards, a video tape of two A Place of Our Own episodes and tip sheets.

For home-based providers only.

Loc: YMCA CRS, Vista
Info: 1.800.481.2151

October 21 6:00 p.m. – 9:00 p.m.
Early Childhood Environment Rating Scale (ECERS), Part 2 *

Learn how to assess and improve the quality of your child care center program. In depth instruction on how to use the rating scale, complete a self-assessment and develop a quality improvement plan. Prerequisite: Part 1. Approved for SD CARES participants required to complete quality improvement plans to earn a stipend award.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

October 23 6:00 p.m. – 9:00 p.m.
Family Child Care Environment Rating Scale (FCCERS), Part 2 *

Learn how to assess and improve the quality of your family child care program. In depth instructions on how to use the rating scale, complete a self-assessment and develop a quality improvement plan. Prerequisite: Part 1. Approved for SD CARES participants required to complete quality improvement plans to earn a stipend award.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

October 30 6:30 p.m. – 9:30 p.m.
Super Groups Series: Give Yourself a Hand, Module 2 *

Help children learn to enjoy being together, to gain a sense of community and to become comfortable being in group settings and sharing with others. (See page 4)

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

Disaster Preparedness Training

Parents depend on child care programs to protect the health, safety, and well-being of their children. Disaster preparedness training will help family child care providers understand the different types of disasters, prepare emergency plans, and have adequate supplies ready in case of an emergency.

Training for Centers *

Date: Wednesday, September 17

Time: 6:30 p.m. - 9:30 p.m.

Loc: YMCA CRS, Vista

Info: 1.800.481.2151

Training for Family Child Care Providers *

Date: Thursday, October 9

Time: 6:30 p.m. - 9:30 p.m.

Loc: YMCA CRS, National City

Info: 1.800.481.2151