

Our Children, Our Community ...

Compiled by Child Action, Inc. for Parents, Healthy Children, Strong Families, Caring Communities

Fall Issue 2002

How Is Our Community Caring For Its' Children?

"The 2002 Children's Report Card"

"Children hold our future in their hands. As a community, we hold their health, safety and happiness in ours," Sacramento County Children's Report Card 2002.

Released September 20, the Children's Report Card 2002, examined the quality of life for the children living in Sacramento County. How is their family economics, their education, their health, safety and social and emotional well-being?

This information provides a "snapshot" on how well our community is caring for its children and families. This "snapshot" provides valuable information for future decisions that affect the lives our children.

Stated in the Children's Report

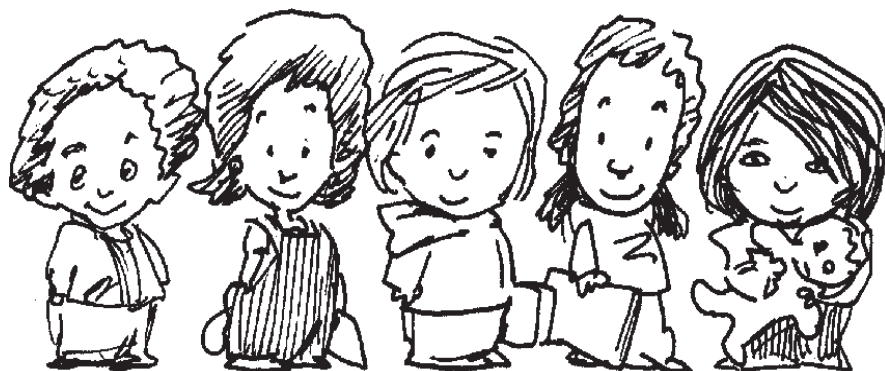
Card 2002, "The Children's Report Card 2002, should continue to be the impetus that guides policy development, sets goals for improvement, tracks changing conditions, supports allocations of resources, and promotes community responsibility for positive change."

Here are some of the highlights:

Population Diversity:

- There are 45 different languages spoken in our schools.
- 18.9 percent of the students in Sacramento schools (grades 1-8) are learning to speak English.

(Continued on Page 8)



In This Issue ...

How Is Our Community Caring For Its' Children?	1 & 8
Helpful Hints	1
State Budget Signed.....	2
Don't Feed Babies Peanut Butter	2 & 9
Are Your Kids Ready For School?	4
FCCH Association	5
WarmLine	6
Nosotros Ya Hemos Pasado Por Eso	7 & 15
C.A.R.E.S.	14
Local Planning	14
Just Off The Press	9
Child Care Trainings & Community Events	10 & 11
The Quality of Care	12 & 13
Glossary Of Terms	15
Activity Corner	16

Helpful Hints

Making choices is an important part of children's growth. Here are some ideas to help your child make choices:

- ☆ Have your child choose books even if you are reading to her/him.
- ☆ Provide some choices at meal time, for example prepare two vegetables and let your child choose one to eat.

Remember that younger children need limited items to choose from, but older children benefit from a larger variety.



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Our Children Our Community...
is a free publication of Child Action, Inc.,
Sacramento's Child Care Resource &
Referral Program since 1976.

Child Action, Inc. is located at
9961 Horn Road, Sacramento, CA 95827
Phone: **916/369-0191**
24-hour provider update line: **916/369-3360**
Web site: **www.childaction.org**

Referral Hours:

M, T, Th: 8:30 am - 4:00 pm
W: 8:30 am - 7:30 pm
F: 1:00 pm - 4:00 pm

Resources:

Health Linkages . 916/369-3370

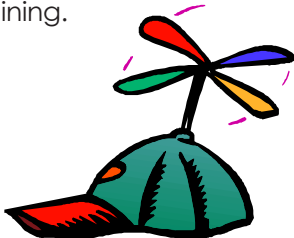
To improve the health practices of child care providers

Head Start 916/263-5342

To improve the lives of low-income children and families and to increase the quality of child care.

Warmline 916/922-9276

To support quality child care opportunities for children with special needs by providing information, resources and training.



State Budget Signed... Tough Decisions Still To Come

California legislators had a very difficult task this year in agreeing on a budget.

These difficulties come from a shortfall in expected income to the State of California. When companies' revenue decrease, taxes to the state also decreased. The result . . . less money to pay for all of the existing programs. This shortfall has caused long debates between legislators and with the governor.

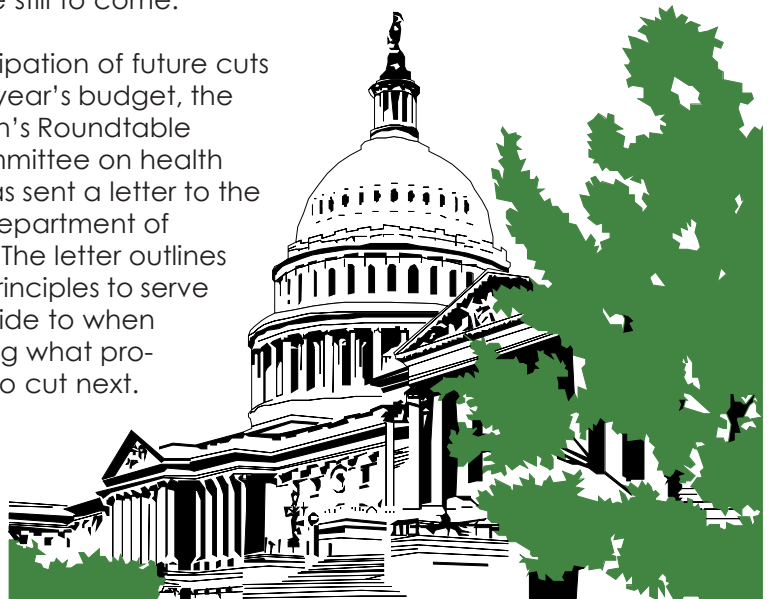
There were many cuts made in the budget: \$235 million overall. Of this amount, health and human services programs were cut by \$177 million. Unfortunately, this is still not enough to cover the shortage of income. The budget has been approved, but some of the difficult decisions on more program cuts are still to come.

In anticipation of future cuts in next year's budget, the Children's Roundtable subcommittee on health care has sent a letter to the State Department of Health. The letter outlines three principles to serve as a guide to when deciding what programs to cut next.

The principles are:

- 1) No child that is currently served by a public health care program should be disenrolled or experience a reduction in their benefits.
- 2) Maintain a strong safety net for ineligible children and youth.
- 3) Maintain programs and services that result in additional enrollment or the retention of children in public health care programs.

If you'd like to express your thoughts or suggestions on the budget cuts or policy changes in health care, send a letter to Richard Figueroa, Legislative Deputy, Governor's Office, State Capitol, Sacramento, CA 95814.



“Don’t Feed Babies Peanut Butter”...

By Ildiko Ayers
Family Child Care Provider

I wish I had heard this a few months ago, before a child in my care had a bite of a peanut butter sandwich.

I care for an infant who at the time was 10 months old. For a snack, I thought I would let him try a peanut butter sandwich. He was starting table foods and his mom agreed that soft foods were okay. I did not know that he had not had peanut butter before, nor did I know his father is highly allergic to nuts.

He tried a bite and seemed uninterested. I tried to put him



down for a nap but he started crying. I noticed him rubbing his eye, so I picked him up to comfort him, and noticed that his eyelid was getting puffy. I thought maybe he got a mosquito bite on his eyelid. I called his mom at work.

“His eyelid doesn’t look right,” I said. “If it is not a mosquito bite, the only thing I could think of might be an allergic reaction to the peanut butter I just gave him.” She responded, “His dad is really allergic to any kind of nuts.” That was news to me and I had been caring for his sister for over a year. His mom said she would leave work right away and take him to his doctor across town.

I called Poison Control but there was no answer. I then called his pediatrician, but I got their voice mail menu with a reminder that, “if you have a life threatening emergency, hang up and dial 9-1-1.” I always thought that was a dumb thing to say, but this time it was what I needed to hear. I knew his situation was life threatening, and I did not know how much time he had, or if his mom would get stuck in traffic. Something inside me asked, “How long are you going to wait to call?”

When I called 9-1-1, I told them I wasn’t sure if this was an emergency or not because his mother was on her way, taking him their pediatrician. I was comforted to know that they were sending an ambulance, and their emergency medical personnel



over to evaluate him. The dispatcher told me make sure the baby was taking at least one breath every three seconds. I had to listen very closely because he was barely breathing. I prayed he would be okay. Every minute seemed like an eternity while the situation worsened, and the little infant became unresponsive and lay limp over my arm.

The mother arrived just before the ambulance. I told her that I called 9-1-1 because the situation turned very serious. Within minutes, help arrived and it was determined that he would have to be treated at the hospital. The child’s mom was able to ride with him in the ambulance.

Fortunately, he is doing fine now, but we have made a lot of changes. We will not eat peanut butter, or try anything containing nuts while he is in my home. When we do eat peanut butter (on the days that he isn’t here), we always clean the floor thoroughly, making sure there aren’t any food crumbs that he could put in his mouth.

I knew that small children should not eat nuts because they can be a choking hazard. But I did not even think about food allergies if it was not for the Health Linkages Asthma and Allergy class I attended.

(Continued on Page 9)

School Readiness For All Children . . .

Over the summer, 371 children attended a six-week Preschool Kindergarten Readiness Summer Camp designed to prepare them for kindergarten. Limited to children who have little or no preschool experience, the program was coordinated by the Sacramento Unified School District Partners for Readiness Collaborative at 20 sites throughout its district.

Many of the children who attended camp spoke little English. They were taught oral language and socialization skills to ease their transition into kindergarten. "I've just adopted my son from another country," said Pam LaRusso, mother of Alex at William Land Elementary School. The experience he received in a structured school setting, and the English language, has helped him and me with the adjustment."

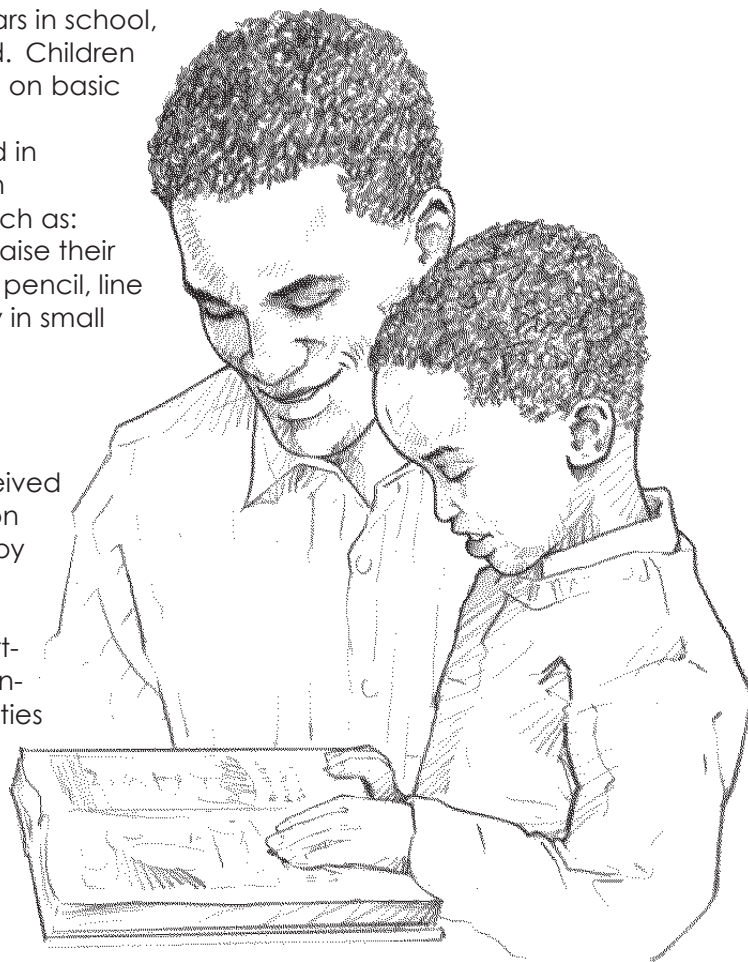
The children learned their ABC's and participated in small group activities. "It's thrilling to see children gradually becoming more comfortable with being in the classroom and around other children," said Rebecca Shen, site teacher at Bret Harte Elementary School. "They have developed the skills that will help them on their first day of kindergarten and through-

out their years in school," she added. Children also worked on basic skills, and participated in socialization activities, such as: learning to raise their hand, use a pencil, line up and play in small groups.

During an orientation, parents received a publication developed by the Child Development Department, with in-home activities to use with their children. The pamphlet, *I Am Going To Kindergarten*, is

provided in several languages and is designed to help families make a positive transition to kindergarten. There are a variety of fun activities parents can do with their children at home, and other important information to help parents become familiar with their school district.

This was the third year of the program. "Beginning school is a major adjustment for young



children and families," said Program Coordinator Lorraine Weatherspoon. "We want to provide the tools and resources they need for successful transition into kindergarten."

For a copy of *I Am Going To Kindergarten*, contact Partners for Readiness at 916/264-4576.

FCCP Association...



Family Child Care Providers, Inc.

*"Promoting Quality Child Care
In The Home Environment"*

Family Child Care Providers, Inc. is a nonprofit association of licensed family child care providers in Sacramento and surrounding communities.

Founded in 1973 as the Sacramento County Child Day Care Home Association, it is committed to child care providers and to quality care for children in family child care homes.

The Mission

The mission of this association is to:

- Promote quality child care services for the community through provider education and support.
- Work to promote child and family-friendly legislation at the state and federal level.
- Support the diversity of family child care providers and the children in their care.
- Establish a cohesive working relationship with parents, the Department of Social Services (Community Care Licensing), Child Action, Inc., Beanstalk Child Care Programs, various food programs, state and federal legislators, and other child care associations.
- Promote the positive side of family child care to the media by representation at community events that support the needs of children and families.

The Benefits

The benefits of becoming a member of the Family Child Care Providers, Inc. are:

- Your membership in our association demonstrates to families your commitment to your profession.
- Free child care on a first-come first-serve basis at most monthly meetings courtesy of Child Action, Inc.
- Newsletter with updates on legislation and licensing regulations.
- Child care referrals 916/36-CHILD.
- Sample parent-provider contract drawn by an attorney.
- Active participants in community child and family-oriented events.

- Opportunities to network with other providers, including neighborhood support groups.
- Personal and professional enrichment opportunities.
- Affiliation with the National Association of Family Child Care.

Monthly Meetings

Come to the Family Child Care Providers meetings held on the 2nd Monday of the month, except for July, August, and December. The meetings are held at 7:15 pm to 8:45 pm, at Child Action, Inc., 9961 Horn Road, in Sacramento. For more information please call 916/36-CHILD.

FAMILY CHILD CARE PROVIDERS, INC.

P.O. Box 15733 • Sacramento, CA 95852 • 916/362-4453 • 916/36-CHILD

Membership or Newsletter Subscription Form and Change of Address Form

Name: _____ Email Address: _____

Address: _____ City: _____ State: _____

Zip Code: _____ Phone: _____ FAX: _____

- Membership for Licensed Providers \$30.00/yr. **Please include copy of your license.**
- Newsletter Subscription \$15.00/yr.
- Change of Address

Please make all checks payable to: **Family Child Care Providers, Inc.**

Would you be interested in volunteering for any of the following committees?

- Referrals Newsletter Education Insurance Hospitality By-Laws Legislation
- Membership Regulations Publicity Budget & Audit Historian

“We Have Walked In Those Shoes”...

These are words often heard from staff at the WarmLine Family Resource Center. The center serves families and professionals involved with children with special needs, and is staffed by parents of children with special needs. This allows WarmLine to offer Parent-to-Parent support, which is their trademark.

WarmLine staff strive to locate children with special needs and connect them with the services available to them in the community. WarmLine offers a variety of resources and referrals to services related to special needs.

Someone Who Understands

Parents of children with special needs face many challenges. Resource Specialists at WarmLine offer an open sympathetic ear. Through listening to your concerns and frustrations, Resource Specialists can help determine your needs, send you informative articles, inform you of your rights, and refer you to other agencies providing services that may assist you.

For example, parents of a child with special needs may face concerns or issues around their child starting school. WarmLine can help them to understand their rights and what services can support them and their children.

WarmLine supports English and non-English speakers by referring them to peer parents if they desire. Peer parents are parents of special needs children who have been trained to assist others.

Resource Library

WarmLine's resource library offers a wide selection of books and videos for those working with special needs children, and children's books that include

children with special needs. Newsletters from other organizations and articles from various sources are also available as reference materials. In addition to these materials focused on special needs, the library also includes a section of books and videos for entertainment. While you

- *School Age Issues*
- *Augmentative Communication*
- *Using Assistive Technology*
- *Behavior Management*
- *Peer Parents*
- *SibShops – Workshops For Siblings Of Children With Special Needs*
- *Parent Leadership*

Call WarmLine to see what workshops will be coming soon.

Spreading Awareness

Another goal of WarmLine is to increase community awareness of issues related to children with special needs, and increasing the awareness of what services are available.

Link to Support

WarmLine helps connect individuals who are facing similar challenges. “Our Time Out” mom’s group and “Trailblazers” dad’s group, are support groups for parents, allowing them some relaxing time out of the house with other parents who understand. WarmLine can also direct you to Community Resource Parents. These are individuals selected in each of the counties served by WarmLine to help provide parents with greater information on what’s available in their area.

Local Resource Directory

WarmLine annually publishes a Local Directory for families and professionals needing special resources for children.

(Continued on Page 8)



“Serving Families and Professionals Involved With Children With Special Needs”

are researching materials, you can also take home something just for fun.

Workshops

WarmLine offers a variety of workshops. Previous workshops and topics have included:

- *Family Dynamics*
- *Early Start to Preschool Transition*

“Nosotros Ya Hemos Pasado Por Eso”...

Estas son palabras que se escuchan con regularidad entre el personal del WarmLine Family Resource Center. El centro presta sus servicios a familias y profesionales que están involucrados con niños con necesidades especiales, y el personal está compuesto de padres de niños con necesidades especiales. Esto permite que WarmLine ofrezca apoyo de Padre-a-Padre (Padres Compañeros) siendo ésta su principal característica. El personal de WarmLine se preocupa por ubicar a niños con necesidades especiales y conectarlos con los servicios disponibles para ellos en la comunidad. WarmLine ofrece una variedad de recursos y referencias de servicios relacionados con las necesidades especiales.

Alguien Que Comprende

Los Padres de niños con necesidades especiales afrontan muchas dificultades. Especialistas en Recursos del WarmLine ofrecen un oído abierto y compasivo. Escuchando sus inquietudes, estos Especialistas en Recursos pueden determinar sus necesidades, pueden enviarle artículos informativos, ayudarle a conocer sus derechos y referirle a otras agencias que proporcionen el servicio que le pueden ayudar. Por ejemplo, los padres de un niño con necesidades especiales pueden tener inquietudes o problemas acerca del ingreso

del niño a la escuela. WarmLine les puede ayudar a comprender sus derechos y cuales servicios les pueden apoyar tanto a ellos como a sus niños. WarmLine apoya a personas que hablan ingles y a quienes no lo hablan



“Sirviendo A Familias Y Profesionales Involucrados Con Niños Con Necesidades

conectándoles con padres en condiciones similares (padres compañeros), si es que así lo desean. Padres Compañero son padres de niños con necesidades especiales quienes han sido entrenados para asistir a otros padres.

Biblioteca de Recursos

La biblioteca de recursos de WarmLine ofrece una amplia selección de libros y videos para

aquellos que trabajan con niños con necesidades especiales, y libros para niños que incluyen niños con necesidades especiales. También hay boletines de información de otras organizaciones y artículos de varias publicaciones, que están disponibles como materiales de referencia. Además de estos materiales enfocados en las necesidades especiales, la biblioteca también incluye una sección de libros y videos de entretenimiento. Mientras busca materiales, usted también puede llevarse a casa algo sólo para diversión.

Talleres

WarmLine ofrece una variedad de talleres. Entre los temas de talleres previos, se han incluido:

- * Dinámica Familiar
 - * Comienzo Temprano para la Transición Preescolar
 - * Asuntos de Edad Escolar
 - * Comunicación Aumentativa
 - * Utilización de Tecnología Asistencial
 - * Manejo del Comportamiento
 - * Compañeros de los Padres
 - * Talleres Para Hermanos De Niños Con Necesidades Especiales (Sib Shops)
 - * Liderazgo de los Padres
- Llame a WarmLine para averiguar qué talleres se realizarán próximamente

Propagación

De Conocimientos Otra de las metas de WarmLine es la de incrementar la conciencia de la comunidad sobre los asuntos relacionados con los

(Continúa en Pagina 15)

WarmLine . . .

(Continued from Page 7)

WarmLine's Coverage

WarmLine serves families and professionals in the following counties:

- Alpine
- El Dorado
- Nevada
- Placer
- Sacramento
- Yolo

The services are available to anyone involved with children with special needs. This includes family members, friends, educators, caregivers, and medical staff.

How To Reach WarmLine

WarmLine offices are open from 9:00 a.m. to 4:00 p.m. Monday through Friday. You can call them at 916/922-9276 (or toll free 800/660-7995). They are located at 1010 Hurley Way, #290. Further information is also available on their web site: www.warmlinefrc.org

How Can I Get Involved?

You can help to support WarmLine in the following ways:

- If you are a parent of a child with special needs, get trained as a Peer Parent to help support other parents facing similar challenges
- If you know someone with special needs children, tell them about WarmLine!
- Make a donation to WarmLine
- Do you have any extra books or videos that may be of use to the resource library?
- Suggest reference materials for them to have on hand.

How Is Our Community Caring For Its' Children?

(Continued from Front Page)

- 26 percent of children starting kindergarten have limited English abilities.

Children Living in Poverty:

- Sacramento County has a higher proportion of children ages 0-17 in poverty.
- Children who grow up in poverty are more likely to lack the basics of daily living—food, clothing, adequate housing and health care.

Availability and Affordability of Child Care:

- Sacramento ranks 36th among California's 58 counties in its supply of licensed child care slots
- Licensed child care only meets 25 percent of the estimated need for licensed care of children of all ages
- There is not enough nontraditional child care to handle the demand . . . 40 percent of preschoolers have mothers who work evenings or weekend hours. This figure increases to 52 percent for low-income mothers.
- Child care continues to be the largest family expense. Full-time toddler care cost more than a two-bedroom apartment rental.
- 280,000 children remain without subsidized child care because of lack of funding.

Air Quality:

- Sacramento Valley is shaped like a bowl, the inversion layers act like a lid, trapping air pollutants, increasing the number of bad air days.
- Chronic and acute exposure to

air pollution can cause asthma, bronchitis, and emphysema.

- High levels of air pollution can slow down the lung function growth rate of children by up to 10 percent.

Domestic Violence:

- Local law enforcement reported 8,606 domestic violence calls for assistance in 2000- a 12 percent increase from previous year.
- 25 percent of homeless women cite domestic violence as the reason for their homelessness.

Per-Pupil Expenditure:

- From 1997-98 to 1999-2000, California moved up from 40th to 38th in the country in spending money on its students.
- Sacramento had a slightly higher spending per pupil than California, and increased its spending by 4.3 percent in 1999-2000.

To obtain a copy of the Sacramento County Children's report card, contact Bev Lamb at 447-7063 x 358, or visit their website at <http://www.co.sacramento.ca.us/children/report-card/index.html>.



“Don’t Feed Babies Peanut Butter”...

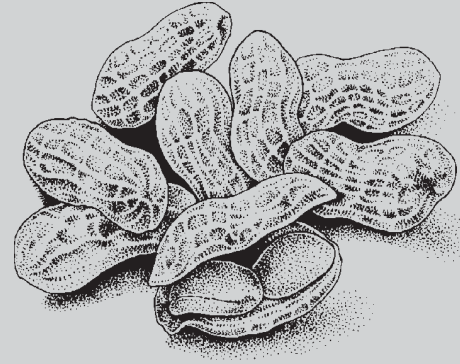
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Thanks to Health Linkages and everyone who helped organize and taught the class. Thanks to my mentor, Christiane Kostecki, who invited and drove me to the class. Thanks to Linda Boswell, PHN, a registered nurse, she gave me a lot of useful information about food allergies and peanut butter and offered to come out to my home to help me set up a peanut-free environment.

Child care providers wanting more information on health related issues can call Linda Boswell at 916/875-5973.

Food Allergies

- Make sure everyone who will be caring for, or are around the child knows about any food allergy.
- Do not touch or kiss a baby after handling or eating foods that the child is allergic to.
- Find out if any of the child's family has food allergies.
- Read labels before feeding anything new and discuss which foods to introduce with each child's parents.
- Make sure floors are thoroughly clean after meals and snacks.



Just Off The Press . . .

On November 5, 2002, voters will be asked to vote on Measures H, G & T. The following information explains what the measures are, how they affect you, and the agencies and services that benefit from them.

Measure H: Transient Occupancy Tax Measure

This tax (which is paid by visitors) funds economic development, recreation, and local civic programs. A “Yes Vote” on **Measure H** will keep this tax. Here are some of the agencies that benefit:

- American River Parkway
- Fairytale Town
- Sacramento Zoo
- Discovery Museum
- Crocker Museum

- Effie Teaw Nature Center
- Sacramento Tree Foundation

Measure G: The Utility Tax

This tax funds police patrols, public health and welfare, parks and other essential services. This 2.5 percent utility tax is charged to county residents and businesses for using electricity, natural gas, phone, and basic cable, and is added to the monthly utility bill. Example: With a SMUD bill of \$90.00, the utility tax would be \$1.13 (The first \$45.00 is not taxed). A “YES” vote on **Measure G** would keep this tax. Here are some of the agencies that benefit:

- Neighborhood Policing & Patrol
- Parks and Recreation
- Public Health and Welfare

***Note: Although this is a county tax, it must have city vote approval.

Measure T: City Utility Tax

This tax funds city police and fire departments, parks and recreations, and after school programs. **Measure T** is asking voters to reduce the current 7.5 percent utility tax to 2.5 percent. This represents a loss of \$39 million in city revenues. A “No” vote on **Measure T** would keep the utility tax at 7.5 percent. Agencies that benefit from this tax:

- Police Department
- Fire Departments
- Sacramento City Library
- Sacramento Zoo
- Crocker Art Museum
- Parks and Recreation
- Afterschool Programs

Child Care Trainings & Community Events...

October

Monday through Friday Safety Awareness & Skills Training For Children

Safetyville USA, 3909 Bradshaw Rd.
8:45 am- 3:30 pm (appointment
only). For more information call
916/366-7233.

Family Child Care Training

• Wednesday, October 16

*Working With Children
With Special Needs*

• Wednesday, October 23

Quality Environments

• Wednesday, October 30

Creative Environments

• Wednesday, November 6

*Know Business . . .
Like Your Business*

• Wednesday, November 13

Building Professionalism

Child Action, Inc., 9961 Horn Rd.
6:00-8:30 pm. To register and
reserve your child care call
916/369-0191.

Entrenamiento para Proveedores de Cuidado Infantil:

• Sabado, 12 Octubre

*Dando a los Ninos un Comienzo
Saludable*

• Sabado, 19 Octubre

*Dando a los Ninos un Comienzo
Saludable*

• Sabado, 26 Octubre

*Dando a los Ninos un Comienzo
Saludable*

Susie Gaines-Mitchell building
2450 Florin Rd. Llamar para la
direccion. Para registrarse, por
favor llame a Child Action, Inc.
916/369-0191.

Parenting

Raising a Successful Student

• Tuesday, October 8

Who Is The Boss . . . Today?

• Tuesday, October 15

Working The 'Village' Concept

• Tuesday, October 22

*Helping Your Student
Make The Grade*

Susie Gaines-Mitchell building,
2450 Florin Rd. 6:30-8:30 pm.
To register call 916/369-0191.

Saturday, October 12th

Buddy Walk and Roll

10th & L Streets (West steps of
Capitol) 11:00 am-2:00 pm. For more
information call 916/922-9276.

Saturday, October 12th

October Health & Safety Fair

Firehouse Community Center
810 Grand Ave., 10:00 am-4:00 pm.
For more information call
916/566-6476.

Family Child Care Training

Family Child Care @ Its Best

• Saturday, October 12

Setting Limits With Love
6:30-8:30 pm.

• Saturday, October 19

*Keys To Serving Children With
Special Needs*
9:00 am-5:00 pm.

Susie Gaines-Mitchell building
2450 Florin Road. To register call
916/369-0191.

Monday, October 14

Family Child Care Association

Child Action, 9961 Horn Rd.
7:00-9:00 pm. For members only.

Thursday, October 17

Child Care Training

Flu, Infections & Fever Management

Child Action, Inc.
La Familia Counseling Center, 5524
34th Street. 6:30-9:00 pm.
To register call 916/369-0191.

Thursday, October 17

Candidates Forum

Prince Hall Masonic Community
Center, 3741 Altos Ave.
6:00-8 :00 pm. For more
information call 916/369-3387.

Thursday, October 24

Non-Licensed Child Care Providers Support Group Workshop

Helping Children Express Emotions In A Positive Way

Oak Park Community Center, 3425
Martin Luther King, Jr. Blvd. 6:30-8:30
pm. To register call 916/369-3324.

Thursday, October 24

Parent Voices Meeting

Child Action, Inc., 9961 Horn Rd.
6:30-8:30 pm. To reserve your child
care call 916/369-3387.

Saturday, October 26th

2002 Halloween Haunt

Safetyville USA, 3909 Bradshaw Rd.
For more information call
916/366-7233, ext. 203.

Monday, October 28

Russian Exempt Support Group

Healthy Meals

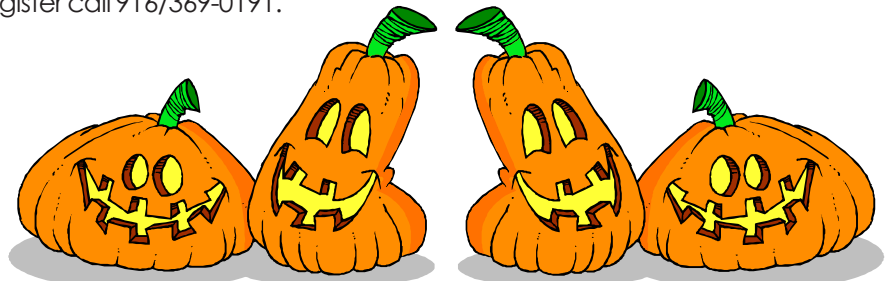
Make Healthy Children

Child Action, Inc. ,9961 Horn Rd.
6:00-8:30 pm. To register and reserve
your child care call
916/369-0191.

Thursday, October 31st

Harvest Day Festival

Robertson Community Center
3525 Norwood Ave.,
5:00-8:00 pm. For more information
916/679-3743, ext. 126.



November

Family Child Care Training Including Children with Special Needs in Your Program

• **Tuesday, November 5:** *Support Services For Children With Special Needs*

• **Tuesday, November 12:**
Accommodations For Children With Special Needs

Rancho Cordova Neighborhood Center, 10665 Coloma Rd., Community Room A. 6:30-8:30 pm. To register call 916/369-0191.

Wednesday, November 13 Local Planning Council Meeting

Vision Service Plan, 3333 Quality Dr. 3:00-5:00 pm.

Wednesday, November 13 Child Care Training Mental Health For 0-5 Years Behavior Management, ADD, ADHA and TX

Child Action, Inc.
Dunlap Family Resource Center,
4322 4th Ave. 6:00-9:00 pm.
To register call 916/369-0191.

Wednesday, November 13 Car Seat Safety Class

Rancho Cordova Neighborhood Center, 10665 Coloma Rd. 10:00 am-12:30 pm. For more information call 916/875-5869.

Monday, November 18 Job Fair

Meadowview Community Action, 2251 Florin Rd. 4:00-6:30 pm. For more information call 916/399-9116.

Tuesday, November 19 Family Child Care Training Taxes and Record Keeping for Family Child Care Providers

Sheriff's Department Conference Rm., 10361 Rockingham Dr. 6:00-8:00 pm. To register and reserve your child care call 916/369-0191.

Wednesday, November 20 Child Care Training Music & Movement

Child Action, Inc., 9961 Horn Rd. 6:00-8:00 pm. To register and reserve your child care call 916/369-0191.

Thursday, November 21 Parent Voices Meeting

Child Action, Inc., 9961 Horn Rd. 6:30-8:30 pm. To reserve your child care call 916/369-3387.

Saturday, November 23rd Thanksgiving Dinner

Robertson Community Center 3525 Norwood Ave., 1:00-3:30 pm. For more information call 916/566-6419.

Wednesday, November 27 Thanksgiving Food Distribution

Salvation Army Shelter, 1200 North B St. 11:00 am-2:00 pm. All welcome.

December

Wednesday, December 2 Child Care Training Stress Management, Self-Care Wellness

Rancho Cordova Neighborhood Center, 10665 Coloma Rd. 6:30-8:30 pm

Parenting

• **Wednesday, December 5**
Helping Children Get Along

• **Thursday, December 19**
*There Has to be a Better Way..
Discipline That Works!*

Child Action, Inc., South Natomas Community Center, 2921 Truxel Rd., 6:30-8:30 pm. To register call 916/369-0191.

Saturday, December 7th Holiday Toy Extravaganza

UCP Toy Lending Library, 1803 Tribute Rd., 10:00 am-2:00 pm. For more information call 916/922-9276.

Wednesday, December 11 Local Planning Council Public Forum Meeting

SCOE, 9738 Lincoln Village Dr. 6:00-8:00 pm.

Thursday, December 12 Parent Voices Meeting

Child Action, Inc., 9961 Horn Rd. 6:30-8:30 pm. To reserve your child care call 916/369-3387.

Saturday, December 14th Santa's Workshop

Robertson Community Center, 3525 Norwood Ave., 11:00 am-2:00 pm. For more information call 916/566-6419.

Wednesday, December 18 Child Care Training Science:

From the Table to the Floor

Child Action, Inc., 9961 Horn Rd. 6:00-8:00 pm. To register and reserve your child care call 916/369-0191.

Wednesday, December 18 Tax Workshop For Russian Family Child Care Providers

Rancho Cordova Neighborhood Center, 10665 Coloma Rd. 6:30-8:00 pm. To register call 916/369-0191.

Saturday, December 21 Toy Distribution

Salvation Army distribution site 426 North 7th St. 7:00 am-4:00 pm.

Monday, December 23 Christmas Food Distribution

Salvation Army Shelter 1200 North B St., 11:00 am-2:00 pm. All welcome.



Improving The Quality

★ Careers Project: Building A Future

“Ever since I graduated from High School, I wanted to be a teacher,” said Jonell Robinson. “I feel that when this program came along, it allowed me to fulfill that dream.”

The Child Development Careers Project is a two-year program designed to increase the number of quality early childhood education teachers

in Sacramento County. This project is currently looking for CalWORKS recipients to enroll into this program. Through this program, students will receive their Children's Center Teacher Permit and can work in a child care center as a teacher.

Those who apply for their Children's Center Teacher Permit will receive curriculum kits valued at \$250.00, which can be used in their classroom.

To be eligible for the program you must:

- Be currently receiving cash aid
- Pass a criminal background check
- Have a clean TB test

Part of this program is to give student supportive services such as:

- Paid college tuition and books
- Paid child care
- Transportation funding
- Job placement assistance

This program is an approved Welfare to Work activity and is in partnership with Child Action, Inc., Sacramento Department of Human Assistance, and Los Rios Community College District.

The Department of Education and the Child Development Division, funds the Child Development Careers Project. For additional information and enrollment, contact Edie Gutierrez at 916/369-3395.

★ Opening A Quality Child Care Center In Sacramento County

Are you are looking for assistance or resources on how to start or build your own child care business? There are many requirements and regulations that need to be considered. Do you wonder if you are on the right track?

Do you know if there is a particular area that has a need for a child care center? Is the location easily

accessible for both parents and staff? How much money do you need to spend on a the site before I can have it approved by licensing? Or, how are you going to build it?

Child Action, Inc. can assist in determining and finding resources to answer some and many more questions. Some of the services that we provide are:

- Technical Assistance

- Site Visits and Consultation
- Feasibility Study and Recommendations
- Incentives

For more information please contact Wendy Scott, Facilities Coordinator, Child Action, Inc. at 916/369-3316.

Of Child Care . . .

★ Services For Special Needs Children

The Quality Child Care project is committed to help parents and child care providers build strong bonds with special needs children, birth through 5 years old. The project includes:

- Linking families with community services
- Providing support services to children with special needs

Support Services

Parents and/or child care providers must first call Child Action, Inc. to see if they meet the requirements. If they do, they will be referred to community services for support. These include:

- On site support from the Sacramento County Office of Education.
- Information
- Demonstrations
- Strategies for meeting the needs of the children in their care.

If you would like more information, contact Pat Murphy at 916/ 277-5901, ext. 881.

Additional support is also provided by Encourage Consultants. They create care guides that will:

- Explain their care routines
- Explain their therapy
- Explain their daily child care schedule

If you would like more information, call Cynthia Lozano at 916/ 974-1121.

Child Care Referrals

Parents that are looking for special needs child care can call Child Action, Inc.'s Inclusion Specialist, Alicia Davis. She will contact the child care providers directly for openings, and special needs experience.

If you would like to know more about this, or are interested in providing special needs child care, call Alicia at 916/369-3319.

★ Family Child Care @ Its' Best

Many family child care providers know the value of continuing their own education and professional development. One of most popular trainings is the Family Child Care @ Its' Best series. This free, five-part series, is offered several times a year. It is geared to child care providers working with children birth to age three, and those interested in learning more about this age group.

When a participant was asked what her favorite or most valued part of the series was, she said, "The quality of the materials were great . . . they were easy to

understand and I know I can easily use them as a reference." She continued to say, "I found the instructors to be very knowledgeable and experienced . . . I really enjoyed the last class on children with special needs the most . . . By the time the class was over, I felt so much more comfortable including children with special needs into my program."

This training is offered in English and Spanish. Participants attending these trainings receive many benefits, including UC Davis continuing education units.

To find out the date of the next

series or get more information on other trainings Child Action, Inc. offers, please call Child Action, Inc. at 916/369-0191.

Family Child Care @ Its' Best Workshop Topics:

- Making the Connection With Infants and Toddlers
- Building Blocks of Learning
- Giving Children A Healthy Start
- Setting Limits With Love
- Keys to Serving Children With Special Needs

Sacramento CARES



On June 29, 2002, close to 100 CARES stipend recipients attended the Sacramento CARES Kickoff event at American River College. The daylong event included training in the Early Childhood Environmental Rating Scale, the Child Development Permit Matrix and Professional Growth Hours, as well as a tour of the beautiful new child development center on the college campus. A more in-depth training event is being planned for Year One participants in early November.

Those who received stipends in Year One must submit a Professional Growth Plan to the

Sacramento CARES program and complete either six additional Early Childhood Education units or 21 hours of approved professional growth training. The Child Development Training Consortium is implementing a new program funded by the California Children and Families Commission to pay for the application and fingerprint application fees for participants in CARES programs in California. You must be currently employed and working with children under five years of age to qualify.

Two public meetings to answer questions about the Year Two application process are being

planned: Thursday November 14 at Child Action, Inc., 9961 Horn Road, and Tuesday November 19 at the SETA Board, 1217 Del Paso Blvd. Both meetings will start at 6:00 p.m. and are open to Year One participants as well as those interested in applying for Year Two.

The applications for Year Two stipends will be ready in late 2002. For more information about Sacramento CARES, or to request an application for the Child Development Permit fees, please call Child Action at 916-369-0191.

Be Part Of The Plan!

The Sacramento County Local Child Care & Development Planning Council is currently working on the development of a new five-year plan for child care services in Sacramento County. The development of the plan involves a survey of current child care supply, census data on each of the zip codes in the county, information on subsidized child care programs, and current issues and concerns of child care providers, members of the community at

large, and parents of children in Sacramento County. That's where you come in!

The Local Planning Council has developed a survey for parents, so that you can tell us about your child care needs and challenges and help us with our planning process.

If you would like to get a copy of the survey, please call 916-369-0191. You can also visit the Child Action, Inc. website at

www.childaction.org or the Local Planning Council website at www.sac-lpc.org.

We would like to invite you to a public forum to discuss child care priorities with members of the Local Planning Council on Wednesday December 11, 2002 from 6:00 to 9:00 p.m. The meeting will be held at the Sacramento County Office of Education, 9738 Lincoln Village Drive, Sacramento, CA 95827.

Glossary Of Terms...

in•cen•tive Something inciting one to action or effort : stimulus.

sti•pend A regular fixed payment, as a salary or allowance.

so'cial•i•za'tion To participate in social activities.

im•pe•tus A driving force : impulse. An incitement : stimulus. Momentum.

tran•si•tion An act, process, or instance of changing from one state, form, activity, or place to another. Passage from one subject to another, as in discourse.

in•ver•sion The act of inverting or the state of being inverted. An interchange of position, esp. of adjacent objects in a sequence. A state in which the temperature of the air increases with increasing altitude and keeps the surface air and pollutants down.

**Be sure to explore
Child Action, Inc.'s
new website at:
www.childaction.org**

WarmLine . . . (Continued from Page 7)

niños con necesidades especiales, e incrementar la conocimiento de los servicios que hay disponibles.

Conexión

Para Apoyo WarmLine ayuda a conectar individuos que están afrontando retos similares.

El grupo de madres "Nuestro Descanso" (Our Time Out) y el grupo de padres "Abridores de Caminos" (Trailblazers), son grupos de apoyo para padres de familia, que les permite momentos de relajamiento fuera de sus casas con otros padres que les comprenden. WarmLine puede también orientarle hacia Padres de la Comunidad de Recursos (Community Resource Parents): individuos seleccionados en cada uno de los condados que cubre WarmLine, para ayudar a proveer a los padres una mayor información sobre lo que hay disponible en sus áreas.

Directorio

De Recursos Locales WarmLine publica, anualmente, un Directorio Local para familias y profesionales que necesiten recursos especiales para niños. El Area Que Cubre WarmLine WarmLine sirve a familias y profesionales en los siguientes condados:

- Alpine
- El Dorado
- Nevada
- Placer
- Sacramento
- Yolo

Los servicios están disponibles para cualquier persona

involucrada con niños con necesidades especiales. Esto incluye: miembros de la familia, amigos, educadores, proveedores de cuidados y personal médico.

Como Contactar WarmLine

Las oficinas de WarmLine están abiertas, de Lunes a Viernes, desde las 9:00 a.m. hasta las 4:00 p.m. Usted puede llamar al 916/922-9276 (o llamada sin cargo al 800/660-7995). Están localizados en 1010 Hurley Way, #290.

Mayor información se puede, también, conseguir en su página web:

www.warmlinefrc.org

¿Cómo Me Puedo Involucrar?

Usted puede apoyar a WarmLine de las siguientes maneras:

- Si usted es un padre de un niño con necesidades especiales, obtenga entrenamiento como un "Padre Compañero" para ayudar a apoyar a otros padres que enfrentan retos similares.
- Si usted conoce a alguien con niños con necesidades especiales, cuénteles acerca de WarmLine!
- Haga una donación para WarmLine
- Tiene usted libros extra o videos que puedan ser útiles para la biblioteca de recursos?
- Sugiera materiales de referencia que ellos puedan ofrecer.

Activity Corner ...

Applehead People

Ingredients:

Medium-sized Green Apple
Small Nail File or Carving Knife
Lemon Juice
Empty Soap Bottle
Pipe Cleaners, Paper, Felt or Fabric

Instructions:

Peel the apple. Keep it as smooth as you can. Carve the eyes, nose and mouth. Make sure they are deep. To make wrinkles, run your fingernail across the forehead and by the corners of the eyes, and mouth.

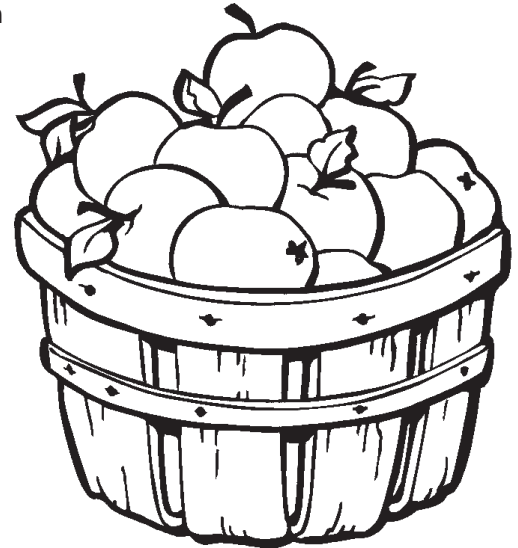
Soak the apple in lemon juice for ten to fifteen minutes. Push a pencil into the apple core.

Set the pencil in a bottle or can to dry. While drying, the apple should not touch anything. It will rot if it makes contact with another object before it is fully dried. It will take three weeks to dry completely.

Once dry, place the apple on top of an empty dish soap. Glue beads, cotton balls, pine cones, even veggies on your apple face to accentuate the eyes, nose, or mouth.

Pipe cleaners can be used for

arms. Tap or glue them to the back of the dish soap bottle. Cover the soap bottle with felt, or fabric to make clothes.



Resource & Referral

9961 Horn Road
Sacramento, CA 95827

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Caring Communities"*

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