

# Our Children, Our Community

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

Fall 2003

## Sacramento Local Child Care & Development Planning Council Five-Year Child Care Plan Moves Into Implementation

Did you know that you can have a say in how child care needs are met in Sacramento County? The Sacramento County Local Child Care & Development Planning Council invites you to become part of a committee, and to attend the monthly Council meetings.

The Local Planning Council is mandated by the state to develop a plan for the continued assessment and development of a strong system for early care and learning, and to provide a forum for the discussion of child care and family issues. Since 2001 the Council has worked to conduct a needs survey, analyze information, conduct a survey of child care supply, hold public hearings, and put it all together into a published document, "Promoting Excellence in Child Care: Sacramento County Child Care Plan, 2003-2007."



Sacramento  
CARES  
2004 program  
and stipend  
information on  
Pages 6-9.

To implement the plan, six standing committees have been meeting to look at all of the goals and activities in the plan and to develop a work plan for the next five years.

The six working committees are:

- 1) The Centralized Eligibility List Committee, which is exploring the feasibility of a system to consolidate local child care waiting lists into a list serving the entire county.
- 2) The Inclusion Committee is planning and evaluating a project funded by the Child Development Division, California Department of Education, to increase the capacity of non-state-subsidized child care providers to serve children with disabilities in child care settings that meet their developmental needs.
- 3) The Quality/CARES Committee was established to improve the quality of child care services through the creation of professional development opportunities for child care providers in Sacramento County.
- 4) The Child Care & Business Committee is responsible for the development of educational and outreach materials and providing technical assistance to the business community in the

development of employer-supported child care.

- 5) The Policy Committee is responsible for making recommendations to the Council in the areas of advocacy, policies and procedures for the development of the Local Child Care Plan, and for the implementation of Local Planning Council projects.
- 6) The Public Relations & Education Committee works on ensuring that child care consumers are knowledgeable about child care issues and services in Sacramento County, and that consumers and community members are involved in the planning, development and funding of those services. The Committee is also responsible for planning the annual Child Care Coalition Awards Dinner.

Each committee has developed a work plan with specific tasks and timelines. The Council welcomes members of the community to join any of the six working committees. Council meetings are open to all who wish to attend. For more information about any of the above committees or the Council, please visit our website at [www.sac-lpc.org](http://www.sac-lpc.org) or call Joyce Stone at 916/369-3323.



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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](http://www.childaction.org)

**Referral Hours:**

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

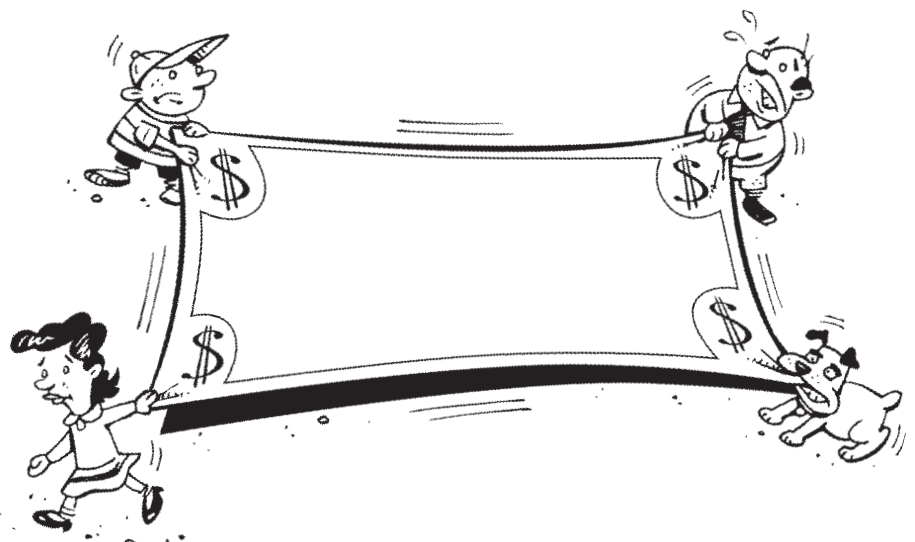
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# U.S. Poverty Rate Up, Household Income Down

On September 26, the U.S. Census Bureau released 2002 household income and poverty statistics. The income of the median U.S. household – the household at the middle of the income distribution – was \$42,409, 1.1 percent lower than it was in 2001 after adjusting for inflation. The poverty rate increased by 0.4 percentage points, to 12.1 percent, with especially sharp increases among African Americans and Midwesterners. 2002 median household income for California was \$47,437, down from \$48,014 in 2001 and the 2000 high of \$48,888. The 2002 poverty rate was 13.1 percent, up from 12.6 percent in 2001. Neither the decrease in income nor the increase in the poverty rate for California was statistically significant. Both median income and

the poverty rate are substantially higher in California than in the U.S. as a whole. The income of the median California household was 11.9 percent greater than that of the typical U.S. household during 2002 (\$47,437 versus \$42,409), while the poverty rate in California was a full percentage point above the U.S. rate (13.1 percent versus 12.1 percent). The California income and poverty statistics reported today represent a dramatic improvement over figures at a similar point in the last business cycle. Even after declines in 2001 and 2002, the median 2002 income for California households was \$5,030 higher than the comparable 1994 figure after adjusting for inflation. The 13.1 percent poverty rate in 2002 was much lower than the 17.9 percent rate in 1994.



*This information was provided by the Project Vote Smart.*

# Why Are Antibiotics Are Losing Their Punch

Did you know that colds and the flu contribute to more than 22 million lost school days per year? That's a lot of sneezing, coughing and runny noses!

Wait! Don't go to your doctor demanding an antibiotic, they don't work against colds or the flu so you will not get better any faster.

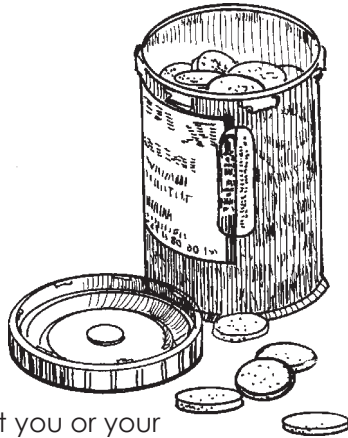
Unfortunately, many of us are using antibiotics for the wrong reason and causing antibiotics to lose their punch.

Using antibiotics "just in case" is causing infections that are harder to treat, resulting in longer stays in the hospital and requiring the use of stronger antibiotics that can have more serious side effects.

As patients and/or parents, we all want the doctor to give us something that makes us better quickly. However, ask yourself these simple questions:

- Does green mucus mean you need an antibiotic?
- Do you know what antibiotic is appropriate for each bacterial infection?
- Do you know that not all sinus infections require an antibiotic?

Antibiotics are powerful medicines and the decision for when one is appropriate should be left up to your doctor. If your doctor says



that you or your child has a cold or the flu:

- Do not demand an antibiotic, they won't work and you will not get better any faster.
- Drink plenty of liquids.
- Talk to your pharmacist about over-the-counter medicine that might help your fever, pain, cough, runny nose and other cold symptoms.
- Get plenty of rest.
- If your doctor prescribes an antibiotic, finish the prescription, even if you begin to feel better.
- Never share or take leftover antibiotics.

Your doctor knows best when an antibiotic is necessary. Visit your doctor and take the right drug for the right bug! For more information visit the AWARE website [www.aware.md](http://www.aware.md).

*This information was provided by AWARE (Alliance Working for Antibiotic Resistance Education).*

# Wash Those Hands

Germ are everywhere (doorknobs, computer keyboards, and desktops) and can make us sick! Wiping a nose then touching other people or objects, sharing mouthed toys by infants and toddlers, coughing and sneezing in the air and kissing on the mouth are all examples of how easily germs are spread.

Washing our hands is probably the most important thing each of us can do to stay healthy, but when is the most important time to wash our hands? Remind your children to wash their hands:

- When arriving at school
- Before and after eating
- After using the toilet
- After blowing their nose
- After playing with pets
- After playing outside

Also, practice covering a sneeze with the inside of your elbow instead of your hands. This prevents needing to wash your hands after every sneeze or cough. For more information visit the AWARE website [www.aware.md](http://www.aware.md).

*This information was provided by AWARE (Alliance Working for Antibiotic Resistance Education).*



## Sacramento City Unified School District Partners for Readiness



### Partners for Readiness Collaboration

**Ready • Learn • Grow**

The Sacramento City Unified School District Partners for Readiness Summer Camp, reached 371 children who attended a six-week program designed to prepare them for Kindergarten. Camps were held at 20 elementary school sites throughout the district.

The focus of the camps was to serve children registered to begin Kindergarten in the Fall who have little or no preschool experience or use English as their second language. The camp curriculum focused on teaching oral language, socialization and basic skills to help these children get ready for Kindergarten.

"At first Emilee didn't want me to leave, but within a week, she did not want to leave," said parent Trudy Nomura. "Next Tuesday, Emilee starts Kindergarten at Pony Express Elementary School and because of her one month of Readiness Camp, I feel confident that not only will she feel comfortable starting Kindergarten, but she will thrive."

Partners for Readiness will continue to support families whose children do not attend preschool by offering "Readiness Parties" that will be a fun place where parents can learn hands on activities to do with their children at home. A family invites neighbors, friends and

relatives who have children 0-5 over to a "Readiness Party". Everyone participates in learning an age-appropriate activity they can "make and take" home and use again and again with their child.

"Repetition is an important aspect of early learning and we believe this will be an effective way to reach all of our children and families prior to Kindergarten", said Program Coordinator, Lorraine Weatherspoon. At the end of the "Readiness Party" the hostess will receive a "Ready ... Learn...Grow" kit of school supplies including books to encourage reading, crayons, pencils, paper, markers, water colors, alphabet cards and letters.

Since it is equally important to promote literacy, all guests will receive a book to take home along with the activity they have made. Guests are then invited to hold their own "Readiness Party" and receive a "Ready... Learn... Grow" kit. All who attend will benefit and have fun while at the same time preparing their child to enter school ready to continue learning.

Parents will also receive a publication developed by the SCUSD Child Development Department, "Now I Am Going To Kindergarten." It has a calendar of simple fun in-home activities parents can do with their children throughout the year and

important information to help parents become familiar with their school district.

School Readiness Advocate Ruth Fitch believes, "there are so many things parents can work on with their children in the home and it is important to promote consistency". The pamphlet is provided in several languages.

Our partner, Sacramento ENRICHES, will lead the "Readiness Parties" and their School Readiness Advocates. "The Advocates have worked hard this past year to get children enrolled in Kindergarten Readiness Summer Camps, to link parents to services and to public/private preschools. Now they want to take their message of Kindergarten readiness to parents in a comfortable and convenient setting, their homes or apartment complexes," said Peggy Tapping, Executive Director of ENRICHES. The Advocates are prepared to answer parents' questions and refer them to additional resources.

To schedule a "Readiness Party" contact Sacramento ENRICHES at 916/368-3245.

*Lorraine Weatherspoon, Program Coordinator for the Sacramento City Unified School District contributed this article.*

# 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

# Sacramento CARES



## Applications Now Available

We are pleased to announce Year Three applications for the Sacramento CARES program are now available for public subsidized center-based teachers, private centers-based teachers and family child care home providers.

Interested child care workers can have application forms mailed to their home by calling Shari West at 916/369-3335, or by coming to

the Child Action, Inc. office at 9961 Horn Road in Sacramento during regular business hours. Prior year stipends recipients will have their applications mailed directly to their homes (not to their site).

Private center workers, public centers and family child care home providers must submit an application along with required documentation to Child Action, Inc. the week of January 26, 2004 – January 30, 2004.

The goal of this program is to improve the quality of child care services in the community by providing stipends to child care workers who have made a commitment to a career in the field of Early Childhood Education.

For more information contact Child Action, Inc. at 916/369-0191 or Shari West at 916/369-3335.

## Frequently Asked Questions

### Who Is Eligible to apply for Sacramento CARES?

- You must be currently employed and caring for a minimum of three children in a licensed child care center or family child care home.
- You must work a minimum of 15 hours per week and work directly with children at least fifty percent of the time.
- You must have worked in the same licensed program or operated a licensed FCCH since March 1, 2003.
- You must have completed at least 6 units in Early Childhood Education with a grade of C or better. Priority will be given to child care workers and family child care home providers who meet the eligibility criteria and any of the following:
  - ✓ Center workers applying as a group of 3 or more;
  - ✓ Are enrolled in college course work that meets the

qualifications for a Child Development Permit;

- ✓ Have an approved professional growth plan for maintenance of a Child Development Permit;
- ✓ Are from programs with three or more employees submitting completed applications.

### What Child Care Programs Qualify as Places of Work?

- Licensed child care centers and family child care homes, serving children birth to five years of age.
- The following Subsidized Child Care Centers funded by the California Department of Education: Child Development Centers, State Preschools, Campus child care, Latchkey, Migrant child care, Cal-SAFE, federal center based and general center based.

### What Child Care Programs Do Not Qualify as Places of Work?

- License-exempt child care centers and homes.

- Private child care centers that serve only school-age children.

### What Must I Do To Apply for A Stipend?

- For Centers and Family Child Care Homes, submit a complete application including all supporting documentation.
- Meet the experiential and educational qualifications.
- Submit a signed acknowledgment from your center director.
- To continue in the program you must be able to conduct an Early Childhood Environmental Rating Scale at your child care program or home.
- Be able to participate in quality improvement activities sponsored by the SACRAMENTO CARES Project.
- Submit a Professional Growth Plan.

# Sacramento

# CARES



## Priority Guidelines

Because it is unlikely that the funding available in Year Three will be adequate to serve all eligible applicants, stipends will be assigned in accordance with set priorities.

Applications will be assessed on a first come, first served basis and grouped into priority categories that follow the program's defined goals. These goals include building and retaining a qualified early learning workforce, supporting ongoing professional development, and improving program quality. Stipends will be assigned according to the following priorities until funding

has been exhausted. The priorities are as follows;

**Priority 1:** Groups of three or more teaching staff from a subsidized center who received a stipend in 2003 who continue to meet all CARES requirements, and who are able to demonstrate that they have completed eligible activities (a definition of *eligible activities* is listed).

**Priority 2:** Groups of three or more teaching staff from a subsidized child care program who did not receive a stipend in 2003, but who are enrolled in eligible activities (applications must be received together in order to be assigned Priority 1 or 2 status).

**Priority 3:** Individual subsidized child care program teaching staff enrolled in eligible activities.

**Priority 4:** Groups of three or more teaching staff from a subsidized child care program not enrolled in eligible activities.

In terms of these priority guidelines, eligible activities include college course work in Early Childhood Education or General Education, or approved and appropriate *professional growth activities leading to, or supporting, a Child Development Permit.*

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## New Rules For AB212 Applicants

Significant changes to the project were required by the California Department of Education, Child Development Division in order to receive funding for 2003-2004.

Eligibility guidelines and priorities for stipends have been standardized and aligned with those for private centers and family child care homes. The ability for each program to

craft its own plan has been eliminated. The outline that follows will acquaint you with the new project guidelines and expectations.

**The following changes will only apply to the 2003-2004 round of AB 212 CARES funding.**

CARES participants will submit their applications directly to CARES staff. All eligible state

subsidized child care center employees in Sacramento County will compete for a limited amount of funding. Stipend levels are set as follows:

- Tier 1 6 ECE units \$250**
- Tier 2 12 ECE units \$500**
- Tier 3 18 ECE units \$750**
- Tier 4 24 ECE units \$1000**
- Tier 5 24 ECE & 8 GE units \$1250**
- Tier 6 24 ECE & 16 GE units (and above) \$1500**

Sacramento

CARES



# CARES Supporting Documentation

All Sacramento CARES applicants will need to supply with their application, which is due the week of January 26 - January 30, 2004, proof of employment (must include hire date and age of children employee serves):

- We will accept a signed statement from the director or site supervisor of the program where the applicant works.
- We will accept documentation from the Human Resources department of the program where the applicant works.

## Completed and Signed Application:

The first page of the application this year is the signature page. There is a copy of this page for the applicant to keep. The applicant and the director of the program must sign it where the applicant works. If the applicant is an FCCH, the owner only needs to sign one time. If the assistant is applying, then the applicant will need to have both signatures (applicant and owner).

## Copy of the License:

This needs to be a CURRENT copy. The date on the license must be at least one year old as of March 1, 2003. It also must match the address on the application. Please include the old license as well as the new license, if you are a family child care home and have moved or expanded since March 1, 2003.

## Non-Official Transcripts:

The transcripts must be current. We are looking for a grade of C or better and that the units earned are on the document. We WILL NOT give credit for a course that is in progress or does not have a grade or credit/no credit status next to it.

There are some courses that you can earn units for several times, we will accept all of the appropriate credits earned as long as it shows on the transcript. For example, ECE 52 and ECE 48 are both courses that may be taken multiple times.

## Professional Growth Plan/ Supporting Documentation:

### • Professional Growth Plan

Supporting documentation could include flyers signed by presenter, receipts from registration of conferences, updated transcripts, certificates from event attended, or verification from the professional growth manual entitled verification of hours spent on a professional growth activity. The plan and activities must be signed off by a Professional Growth Advisor.

### • Enrollment:

Must be enrolled in a WASC accredited program for the spring semester of 2004. We will accept a transcript or a receipt from the college where the units have been paid.

### • Employer Signature

(on front page of application.)

### • Rating Scale Score Sheet:

Profile sheet; ECERS, ITERS, FDCERS (see attached to application). This requirement is for returning applicants only.

Sacramento

**CARES**



## Important Dates

**Wednesday, November 5 & 19**

**Sacramento CARES  
Application Workshops**

6:30-8:00 pm  
Child Action, Inc.  
5450 Power Inn Road#G  
Call 916/369-3335 to register,  
or email Shari West at  
Shari.West@childaction.org.

**Saturday, November 15  
Sacramento CARES**

**Raising Emotionally Healthy  
Children**

8:30 am-12:30 pm  
Rancho Cordova Community  
Library  
9845 Folsom Boulevard  
Call to register at 916/369-0191.

**Tuesday, November 15**

9:00 am-12:00 pm , or

**Tuesday, December 2**

6:00-9:00 pm

**Prekindergarten Learning &  
Development Guidelines  
Satellite Broadcast Learning  
Program**

**Cultural Diversity**

Call CAEYC's Information Line  
at 800/434-9151, or visit their  
website at: [www.caeyc.org](http://www.caeyc.org).

**Saturday, November 22**

9:00 am-12:00 pm, or

**Tuesday, December 9**

6:00-9:00 pm

**Prekindergarten Learning &  
Development Guidelines  
Satellite Broadcast Learning  
Program**

**Inclusion**

Call CAEYC's Information Line at  
800/434-9151, or visit their website  
at: [www.caeyc.org](http://www.caeyc.org).

**Tuesday, December 2**

**Sacramento CARES  
Assessment Workshop**

6:30-8:30 pm

Child Action, Inc.

9961 Horn Road

Call 916/369-3346 to register, or  
email Tracey Slater at  
[tracey.slater@childaction.org](mailto:tracey.slater@childaction.org).

**Saturday, December 6**

9:00 am-12:00 pm, or

**Tuesday, December 16**

6:00-9:00 pm

**Prekindergarten Learning &  
Development Guidelines  
Satellite Broadcast Learning  
Program**

**Teacher's Role**

Call CAEYC 's Information Line at  
800/434-9151, or visit their website  
at: [www.caeyc.org](http://www.caeyc.org).

**Wednesday, December 10**

**Sacramento CARES  
Application Workshop**

Child Action, Inc.

9961 Horn Road, Sacramento

6:30-8:30 pm

Call 916/369-3335 to register or,  
e-mail Shari West at  
[Shari.West@childaction.org](mailto:Shari.West@childaction.org)

**Wednesday & Thursday,  
January 7 & 8, 2004**

**Sacramento CARES  
Application Workshop**

6:30-8:00 pm

Child Action, Inc.

9961 Horn Road

Call 916/369-3335 to register, or  
email Shari West at  
[Shari.West@childaction.org](mailto:Shari.West@childaction.org).

**January 26-30, 2004**

**Applications accepted**

\* Please note that applications  
will not be accepted after  
**5:00 pm, Friday, January 30,  
2004.**

For more information on  
upcoming free training  
and events be sure to  
check the calendar on  
our website:  
[www.childaction.org](http://www.childaction.org)

# Child Care Trainings and

## October

**Saturday, October 18**  
**Child Care Provider Training**  
**FCC @ Its Best**

**Culturally Consistent Care**  
9:00 am-2:30 pm  
Rancho Cordova Library  
9845 Folsom Boulevard  
For more information call 916/369-0191.

**Wednesday, October 22**  
**Parenting Class**

**Empowering the Victim**  
6:00-8:00 pm  
Child Action, Inc.  
5450 Power Inn Road, #G  
For more information call 916/369-0191.

**Wednesday, October 22**  
**Infant/Toddler Training**  
**Learning and Development**

6:30-9:00 pm  
Susie Gaines-Mitchell building  
2450 Florin Road  
For more information call 916/369-0191.

**Thursday, October 23**  
**Infant/Toddler Training**  
**Culture Family, and Caregivers**

6:30-9:00 pm  
Susie Gaines-Mitchell building  
2450 Florin Road  
For more information call 916/369-0191.

**Friday, October 24**  
**Parenting Class**  
**Discipline That Works**

6:00-8:00 pm  
Susie Gaines-Mitchell building  
2450 Florin Road  
For more information call 916/369-0191.

**Saturday, October 25**  
**Child Care Provider training**  
**FCC @ Its Best**

**Loss, Trauma and Young Children**  
9:00 am-2:30 pm  
Rancho Cordova Library  
9840 Folsom Boulevard  
For more information  
call 916/369-0191.

## November

**Saturday, November 1**  
**Child Care Provider training**  
**FCC @ Its Best**

**Partnering With Parents**  
8:30 am-5:00 pm  
Rancho Cordova Library  
9845 Folsom Boulevard  
For more information call 916/369-0191.

**Monday, November 3**  
**Child Care Provider Training**  
**Mandated Reporters of Child Abuse**

6:30-8:00 pm  
Child Action, Inc.  
9961 Horn Road  
For more information call 916/369-0191.

**Wednesday, November 5**  
**Sacramento CARES**  
**Application Workshop**

6:30-8:00 pm  
Child Action, Inc.  
5450 Power Inn Road #G  
Call 916/369-3335 to register, or email  
Shari West at  
Shari.West@childaction.org.

**Thursday, November 6**  
**Activities to Stimulate Brain Development**

6:00-8:00 pm  
Christopher Robin Children's Center  
5601 Hemlock Street  
For more information call 916/369-0191.

**Monday, November 10**  
**FCCP Association Meeting**

7:00-9:00 pm  
Child Action, Inc.  
9961 Horn Road  
For more information call 916/369-0191.

**Thursday, November 13**  
**Child Care Provider Training**  
**Dramatic Play Workshop**

6:30-8:30 pm  
Child Action, Inc.  
9961 Horn Road  
For more information call 916/369-0191.

**Saturday, November 15**  
**Prekindergarten Learning & Development Guidelines**  
**Satellite Training Learning Program**  
**Cultural Diversity**

9:00 am-12:00 pm.  
Call CAEYC's Information Line at  
800/434-9151, or visit their website at  
[www.caeyc.org](http://www.caeyc.org).

**Saturday, November 15**  
**Sacramento CARES Event**

8:30 am-12:30 pm  
Rancho Cordova Library  
9845 Folsom Boulevard  
For more information call 916/369-0191.

**Monday, November 17**  
**Child Care Provider Training**  
**Kindergarten Readiness**

6:00-9:00 pm  
Susie Gaines-Mitchell building  
2450 Florin Road  
For more information call 916/369-0191.

**Tuesday, November 18**  
**Science Workshop**

6:30-8:30 pm  
Arden-Dimick Library  
891 Watt Avenue  
For more information call 916/369-0191.

**Wednesday, November 19**  
**Sacramento CARES**  
**Application Workshop**

6:30-8:00 pm  
Child Action, Inc.  
5450 Power Inn Road #G  
Call 916/369-3335 to register, or email Shari  
West at Shari.West@childaction.org.

**Wednesday, November 19**  
**Understanding IEPs and IFSPs**

6:30-8:30 pm  
Child Action, Inc.  
9961 Horn Road  
For more information call 916/369-0191.



# Community Events

**Thursday, November 20**  
**Parent Advocacy**  
**Parent Voices**  
6:30-7:30 pm  
Child Action, Inc.  
9961 Horn Road  
For more information call 916/369-0191.

**Saturday, November 22**  
**Prekindergarten Learning & Development Guidelines**  
**Satellite Training Learning Program Inclusion**  
9:00 am-12:00 pm  
Call CAEYC's Information Line at 800/434-9151, or visit their website at: [www.caeyc.org](http://www.caeyc.org).

**Tuesday, December 10**  
**Sacramento CARES**  
**Application Workshop**  
6:30-8:00 pm  
Child Action, Inc.  
5450 Power Inn Road #G  
Call 916/369-3335 to register, or email Shari West at [Shari.West@childaction.org](mailto:Shari.West@childaction.org).

**Thursday, December 11**  
**Parenting Class**  
**Positive Discipline**  
6:30-8:00 pm  
Arden-Dimick Library  
891 Watt Avenue  
For more information call 916/369-0191.

**Tuesday, December 16**  
**Prekindergarten Learning & Development Guidelines**  
**Satellite Training Learning Program**  
**Teacher's Role**  
6:00-9:00 pm  
Call CAEYC's Information Line at 800/434-9151, or visit their website at [www.caeyc.org](http://www.caeyc.org).

**Thursday, December 18**  
**Parent Advocacy**  
**Parent Voices**  
6:30-7:30 pm  
Child Action, Inc.  
9961 Horn Road  
For more information call 916/369-0191.

## December

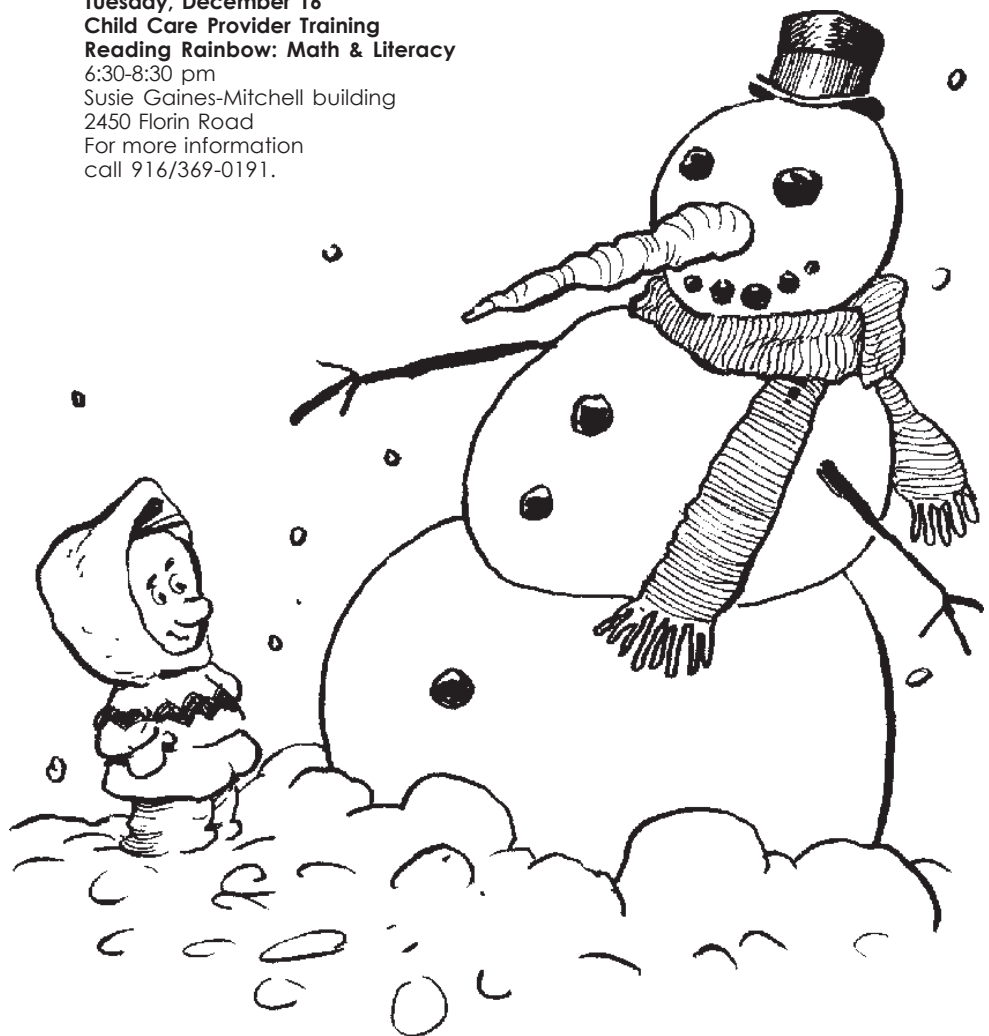
**Tuesday, December 2**  
**Sacramento CARES**  
**Assessment Workshop**  
6:30-8:30 pm  
Child Action, Inc.  
9961 Horn Road  
Call 916/369-3346 to register, or email Tracey Slater at [tracey.slater@childaction.org](mailto:tracey.slater@childaction.org).

**Tuesday, December 2**  
**Prekindergarten Learning & Development Guidelines**  
**Satellite Training Learning Program**  
**Cultural Diversity**  
9:00 am-12:00 pm  
Call CAEYC's Information Line at 800/434-9151, or visit their website at [www.caeyc.org](http://www.caeyc.org).

**Saturday, December 6**  
**Prekindergarten Learning & Development Guidelines**  
**Satellite Training Learning Program**  
**Teacher's Role**  
9:00 am-12:00 pm  
Call CAEYC's Information Line at 800/434-9151, or visit their website at [www.caeyc.org](http://www.caeyc.org).

**Tuesday, December 9**  
**Prekindergarten Learning & Development Guidelines**  
**Satellite Training Learning Program**  
**Inclusion**  
9:00 am-12:00 pm  
Call CAEYC's Information Line at 800/434-9151, or visit their website at [www.caeyc.org](http://www.caeyc.org).

**Tuesday, December 16**  
**Child Care Provider Training**  
**Reading Rainbow: Math & Literacy**  
6:30-8:30 pm  
Susie Gaines-Mitchell building  
2450 Florin Road  
For more information call 916/369-0191.



# Caring For Children With

## What Is Inclusion?

*Belonging and acceptance are the essence of an inclusive program. All children, regardless of their abilities, have unique gifts, needs and a right to quality, inclusive child care. Inclusive child care is developmentally appropriate, age-appropriate and individually appropriate practice.*

## Why Inclusion?

Inclusion has many advantages. On the whole, inclusion contributes to a sense of community within the child care program by creating places where all families and children belong. Children with disabilities or other special needs, are provided with life experiences that will prepare them to live in the community. They learn new, typical skills from their classmates and when and how to use these skills.

Children with disabilities or special needs are provided with opportunities to develop friendships with typically developing peers. Children without disabilities are provided with opportunities to develop positive attitudes toward others who are different from themselves. They are provided with models of peers who successfully achieve despite challenges. They learn about acceptance and appreciation of individual differences.

## Qualities Of An Inclusive Environment

- The goals for a child with a disability or other special needs are met in a typical early childhood setting to the greatest extent possible.
- A child with a disability or other special needs has access to and participates in the curriculum and activities.
- Support and services are available to the provider/staff to help them best meet the individual needs of a child with a disability or other special needs.

## The Americans With Disabilities Act

- ✓ **The Americans With Disabilities Act (ADA)** assures full civil rights to individuals with disabilities, including access and accommodations in preschools and child care settings.
- ✓ **The Individuals with Disabilities Education Act (IDEA)** strengthens mandates for inclusion for preschoolers, infants and toddlers.

The intent of the Americans with Disabilities Act (ADA) is to make locating child care less problematic for families with children with disabilities or other special needs. A federal civil rights law states that child care centers cannot discriminate against parents or children with special needs, nor can they charge more than they would for any other child. Child care centers and homes must be willing to make "reasonable accommodations" that meet children's individual needs. This presents exciting opportunities to plan for and include children with

disabilities or other special needs in all early childhood settings. Everyone benefits.

## Making Accommodations

Making accommodations to your program need not be difficult or expensive. Develop a plan of action to include:

- Evaluating your recruitment, enrollment, and employment policies and procedures to make sure they are nondiscriminatory.
- Assessing the physical accessibility of your home. Accommodation may be as simple as rearranging furniture or installing a ramp or handrail may be required.
- Looking for ways to accommodate children, staff and families with disabilities in your setting.
- Changing daily routines to match a child's needs.
- Lowering a coat hook for a child whose reach is limited.
- Adding Braille labels for a child who uses Braille.
- Acquiring a changing table for a child who needs diapering.
- Learning important signals to communicate with a child or adult who uses sign language.
- Meeting a child at the curb when the parents arrive with the child.

## Individual Education Plan (IEP) and Individualized Family Service Plan (IFSP)

Children with disabilities or other special needs may be eligible for special education and related services. To determine whether a child qualifies for these services, the child must be assessed by the child's home school district.

# Special Needs

This applies to children who are from the age of 3 years of age through 21 years of age. If the child qualifies for special education, the school district must then develop an Individualized Education Plan (IEP). This is a plan that identifies goals and objectives that are set up by a team that includes the child's teacher, the child's parent/guardian, and other specialists who might be supporting the child.

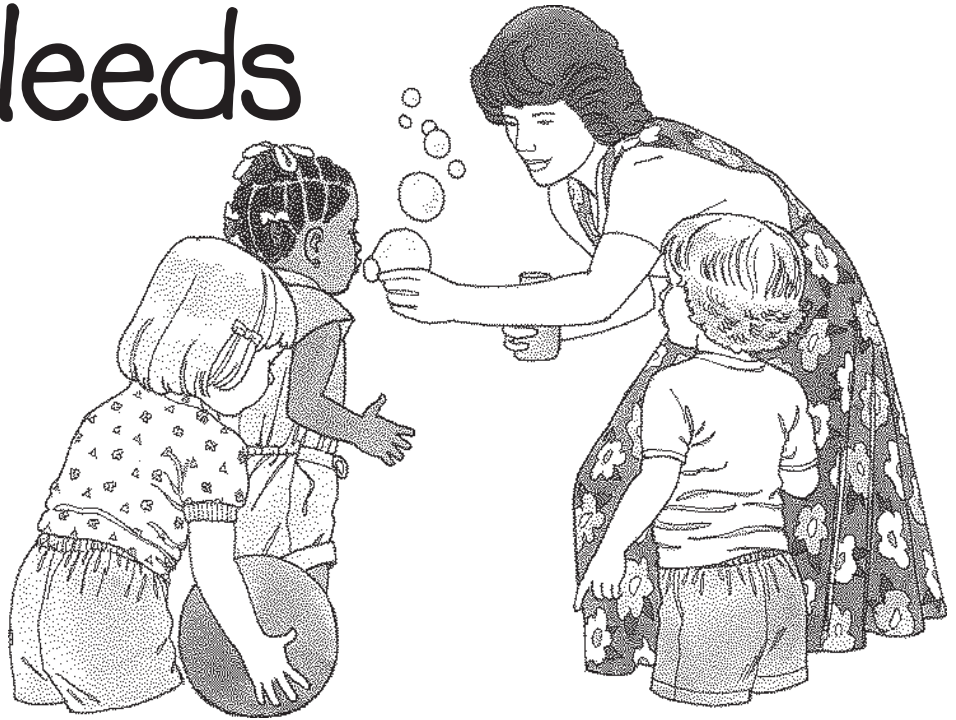
Additionally, a child under the age of three may be assessed by a local regional center, such as Alta Regional, or by Sacramento Office of Education Infant Development Program. A child under the age of three years of age who qualifies for special education must have an Individualized Family Service Plan (IFSP), which documents and guides the early intervention process for the child with a disability or special needs and his/her family.

In any child care program, the child's individual temperament, learning strengths, needs and interests should be taken into account when planning activities and setting up the child care environment. An IEP or IFSP will identify the child's goals and can be easily incorporated into the child care program.

## Including Children With Special Needs: Tips For Child Care Providers

The following tips from the California Child Care Health Program are intended to help child care providers include children with disabilities and other special needs in their care.

It is important to remember that children are children first and that each child is different, regardless of



whether or not he or she has a disability. When considering adaptations, it may be helpful to take into account the severity of the disability, the child's age and the child's developmental level.

## Developmental Delays

- Teach in small steps.
- Give clear directions, speaking slowly, clearly and using only a few words.
- Move the child physically through the task, so he/she can feel what to do.
- Stand or sit close to the child so you can help as needed.
- Help the child organize his/her world by providing structure and consistency and by labeling things with pictures and words.
- When moving from one activity to the next, let the child know ahead of time and allow plenty of time for the transition.
- Work closely with other agencies and personnel who provide specialized services (such as early interventionists, therapists and psychologists). These specialists are

a great resource for answering questions and brainstorming when problems arise.

## Speech and Language Delays

- Be a good listener and observer.
- Engage infants and toddlers in back and forth conversations by reading their sound, gestures, facial expressions and body language.
- Give directions using as few, simple words as possible and in complete sentences.
- Use everyday activities such as singing songs, reading books and dramatic play to encourage language development.
- Talk about what you or the child is doing as you are doing it.

This information was taken from the "California Childcare Health Program, Health & Safety Notes, Including Children With Special Needs: Tips for Child Care Providers"

# La Regla De Puertas Abiertas Es La Ley... Y Todos Se Benefician

Los padres quieren el mejor cuidado para sus hijos. A menudo, los padres sienten miedo de dejar a sus niños con un extraño, aún si el extraño tiene una licencia para proveer el cuidado infantil. La regla de puertas abiertas calma la preocupación de los padres y les proporciona un sentimiento de seguridad. Las regulaciones para las licencias requieren que ambos, los centros y las guarderías familiares, tengan una norma de puertas abiertas, pero también especifican que cualquier persona que ingrese al centro o guardería deberá ser respetuosa de las rutinas y actividades de los niños (Código de Salud y Seguridad, Sección 1596.875). Los centros deben permanecer disponibles para visitas pasajeras del público en cualquier momento durante horas laborables. Los hogares deben permanecer disponibles para inspección, por parte de los padres de los niños matriculados en sus programas, durante las horas laborables. Es responsabilidad del proveedor el ser flexible y permitir la visita de los padres a cualquier hora del día. Sin embargo, los proveedores tienen el derecho de hacer saber a los padres que ellos están ocupados con los niños y que pueden observar, pero si ellos necesitan discutir algo, será mejor que hagan una cita.

## Proveedores . . .

**A algunas proveedoras no les gusta que los padres estén visitando, haciendo preguntas y mirando al rededor.**

Los proveedores pueden sentir que les toma mucho de su tiempo el mostrar la casa y contestar preguntas. Se sienten interrumpidos cuando los padres "caen de visita". Recuerde que usted está sirviendo a toda la familia y no solamente al niño. Los padres también necesitan sentirse cómodos, y a menudo necesitan tiempo para ajustarse a la situación del cuidado infantil. Los padres no se pasarán visitando todo el tiempo. Ellos son personas ocupadas con sus propios trabajos que hacer. Cuando usted ya logre una relación de confianza con los padres, ellos hablarán abiertamente con usted y probablemente de manera breve. Esto no tomará mucho tiempo y en cambio, hará que su trabajo con sus niños sea más fácil. Al comienzo puede parecer difícil hablar con los padres, pero recuerde que, al igual que usted, ellos también están muy preocupados por sus niños. Los padres quieren llegar a conocer a su proveedora y escuchar lo que ella tiene que decir acerca del cuidado infantil. A menudo, los padres buscan guía y seguridad en los proveedores. Mientras más se conozcan los padres y los proveedores, la comunicación será más fácil y será lo mejor para el desarrollo del niño. Las visitas de los padres pueden volverse gratas sorpresas. Usted puede gozar mostrando su programa a todo el mundo!.

## Los Padres . . .

**Algunos padres no saben que tienen el derecho legal de visitar** y observar el centro de cuidado infantil o la guardería familiar. Tómese su tiempo en la discusión de la ley de "puertas abiertas" con su proveedor. Una conversación tranquila y amistosa entre los padres y el proveedor puede disipar todas sus dudas.

Usted necesita saber cómo pasan el día sus niños, ver dónde juegan y sentirse bienvenido a venir a observar sus juegos. Aunque usted se sienta algo incómoda, los padres de familia no deberían tener recelo de hacer preguntas: "Puedo ver el jardín donde juegan los niños?" "Dónde toman la siesta?" "Qué comieron en el almuerzo hoy?" "Comió mucho mi hijo?" Es deber de los padres el proteger a sus hijos. Los niños no saben qué preguntar! Si usted se siente preocupada luego de una visita o conversación, averigüe sobre esas preocupaciones y hable con su proveedor/a. Si usted piensa que la salud o la seguridad de los niños corren riesgo, llame al departamento de licencias y reporte el problema.

# Reporting Requirements For Family Child Care Home Licensees

California law, now requires Family Child Care Home licensees to report unusual incidents or injuries of children in care. You must report the incident or injury to the parent(s) or authorized representative(s) of the child in care and to the Department of Social Services. The incident or injury must be reported to the child's parent(s) as soon as possible after the incident or injury occurs.

Effective August 1, 2003, you must report any incident or injury (described below) to your local licensing office. Use the required form, Unusual Incident/Injury Report - Family Child Care Homes (LIC 624B), to report unusual incidents or injuries. You may report by telephone, fax, or electronic mail. The incident or injury must be reported during normal working hours (8:00 a.m. to 5:00 p.m.) no later than the end of the next business day following the incident.

If you report the incident or injury by telephone, a LIC 624B must be submitted by mail, fax, or electronic mail, within seven (7) calendar days.

Unusual incidents or injuries that must be reported include, but are not limited to, the following:

- Death of any child in care from any cause.
- Any incident or injury to a child in care that requires professional medical treatment. This includes incidents that occur in the facility that at any time results in the child needing professional medical treatment.

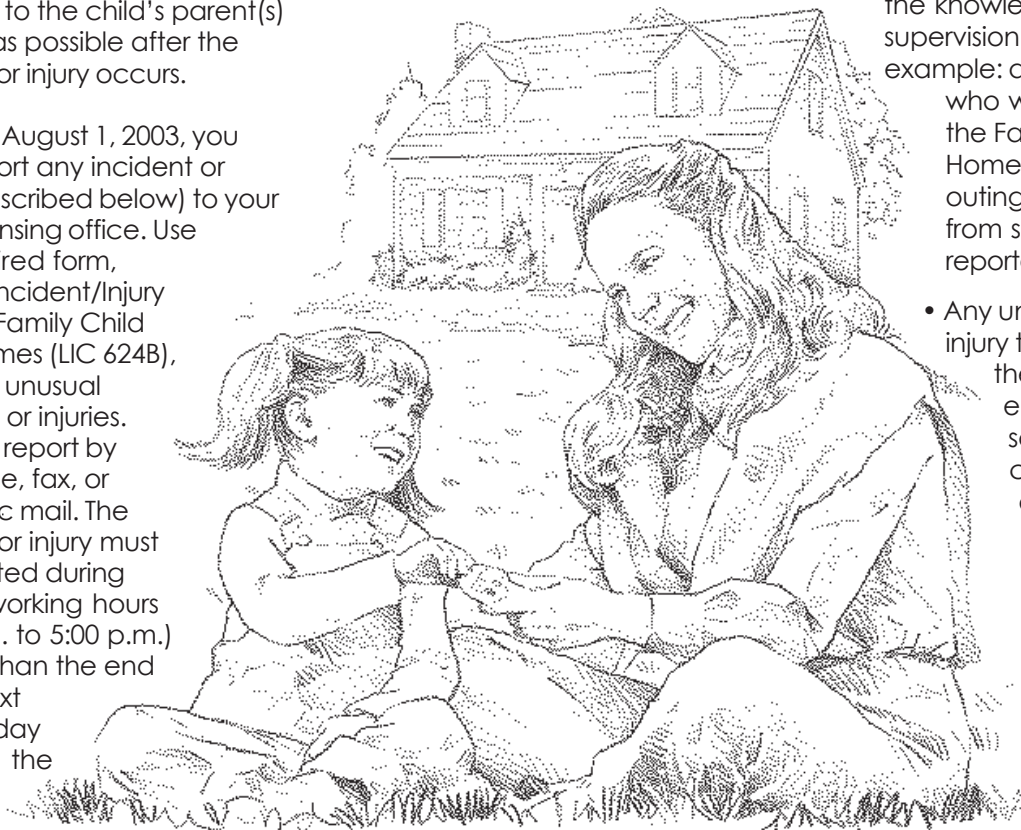
while children are in care. For example, any physical altercation between adults or teenagers must be reported. Altercations between children resulting in an injury must be reported.

- Any time any child in care is missing for any reason without the knowledge, permission, or supervision of the licensee. For example: any child in care who wanders away from the Family Child Care Home, is lost during an outing, or does not return from school, must be reported.

- Any unusual incident or injury that threatens the physical or emotional health or safety of any child in care. For example: explosions, fires, epidemics, poisonings, or other catastrophes such as flooding, tornadoes, hurricanes, or car accidents that occur while children are in care, must be reported.

- Any suspected physical, sexual, or emotional abuse of any child. As a mandated reporter, you are required to also report this information to local Law Enforcement or the local Child Protective Services agency.
- Any act of violence occurring

*The article was contributed by Charles Boatman/Regional Manager for the River City Child Care Regional Office.*



# California Youth Development Summit II

Building on the findings of the National Research Council's (NCR) landmark report: Community Programs to Promote Youth Development, California is now moving toward collaborative, coordinated action to promote positive developmental outcomes for all young people.

Highlighted at the first California Youth Development Summit, held in September, 2002, the National Research Council (NRC) report synthesized decades of science on adolescent health and development and research findings on community programs for youth.

It identified: (a) the personal and social assets that facilitate positive youth development; and (b) the features of positive developmental settings that

communities must provide for youth; and it provided specific recommendations for a unifying framework to guide both the individual work and the collaborative efforts of all youth serving systems.

It prioritized ten action steps to be taken to implement NRC recommendations, and received commitments from participants to follow up with these action steps and report on their progress at a 2003 Summit. Work-groups have continued to meet throughout the year, and a survey has been completed to chart progress with respect to a now consolidated eight action steps.

The second annual California Youth Development Summit: Building Bridges, October 22, 2003, is designed to bring together policymakers, practitioners and

youth leaders in an interactive work environment to accelerate California's movement toward a unifying policy framework that leads to cumulative progress. It is a conference for individuals - youth and adults - who have demonstrated a willingness to follow new understanding with positive action.

We will continue to network, find ways to more fully integrate youth into ongoing action planning, identify critical next action steps, and build an expanded core group of individuals and organizations committed to helping all California youth realize their full potential.

For more information call 916/654-2952 or go to [www.fridaynightlive.org](http://www.fridaynightlive.org) and click on the Building Bridges logo for registration information.



## Resource & Referral

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