

Our Children, Our Community

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

Fall 2005

Quality Preschool Standards Nurture Learning and Development

Even before kindergarten, parents should be aware of ways to make the most of learning opportunities for their young children. One important choice for many families in their child's early years involves preschool or child care.

The first years of a child's life are a crucial development period, and children who are nurtured and stimulated during these years are much more prepared for formal reading and math and are more likely to have the social skills needed when it's time for kindergarten.

Parents are a child's first teachers, but early childhood education programs are also important, especially with the growing number of families with one parent, and families where both parents work full-time.

The National Association for the Education of Young Children (NAEYC) has approved new Early Childhood Program Standards that outline what NAEYC believes every child care, preschool and other early childhood education programs should provide to nurture the learning and development of young children.

These standards can be used as a guideline by parents to determine the quality of a preschool or child care program.



Preschool and child care programs should focus on children:

Watch to see that children interact with other children and adults, so they can build healthy relationships.

Ask about the curriculum, which should include a variety of activities appropriate for the children's ages and needs.

Preschool and child care programs should have qualified staff:

The staff should have the educational background to promote your child's learning and development. Ask what degrees and training teachers have.

Ask how long teachers and staff have been with the program. Teachers that stay in the program longer are more able to focus their attention on the children and establish bonds with them.

Preschool and child care programs should build relationships with families:

Program staff should work with families to meet their child's needs. Ask how information and concerns are communicated between staff and families. Check that the program's policies allow families to visit their child during the program day.

Preschool and child care programs should be well-run:

Check that the program is licensed by the state. The facilities need to be age-appropriate and well maintained, both indoors and outdoors.

BY National Association for the Education of Young Children (NAEYC)



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Our Children, Our Community is a free publication of Child Action, Inc., serving Sacramento since 1976.

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

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



Our Services

- * Child care referrals
- * Financial assistance for child care expenses to low-income families
- * Workshops and conferences
- * Recruitment and training for child care providers
- * Educate families on the value of preventive and primary care services.
- * Improve access to specialty care.
- * Establish health services with a primary care doctor for children in the region.
- * Enroll all eligible children in the Healthy Kids Health Plan.
- * Increase enrollment of the region's children in Medi-Cal and Healthy Families and provide a new comprehensive insurance product called Healthy Kids Program for children ineligible for existing health coverage programs.

Cover the Kids by 2006

Working to Insure All of Sacramento's Children



Cover the Kids by 2006 is a collaborative working to achieve health insurance coverage for all children in Sacramento County. The project, which is led by a task force, which includes representatives from First 5 Sacramento, Sacramento County Board of Supervisors, health plans, hospitals, community and county clinics, pediatricians, United Way, Sierra Health Foundation, the Sacramento County Office of Education, the business community and the Regional Children's Health Project.

The goal of the project is to address the needs of the twenty-five thousand children in Sacramento County who have insurance, two-thirds eligible for Medi-Cal or Healthy Families, but are not enrolled because of lack of awareness of health care programs, complicated application processes and language/cultural barriers.

To meet these community needs **Cover the Kids by 2006** will increase resources with the goal of ensuring the health and well being of all children in Sacramento County. Some key strategies to meet project goals are:

The project will work with a variety of collaborative partners to provide outreach and enrollment services throughout the community. Child Action, Inc. will be partnering with **Cover the Kids by 2006** to provide information and application assistance to families who are enrolled in child care in Sacramento and to families enrolled in the Child Action, Inc. subsidized child care program. Beginning in late fall 2005, a Child Action, Inc. representative will be able to work with your program to set up enrollment dates for families.

Funding

Cover the Kids by 2006 is made possible by generous funding from partners including First 5 Sacramento, United Way, Sierra Health Foundation and many hospital partners.

In June 2005, the First 5 Sacramento commission approved funding for or children, birth to 5 years-old (approximately \$14 million over five years). **Cover the Kids by 2006** is still looking to secure funding for children ages 6-18 years-old.

The program is expected to enroll the first child in the new Healthy Kids Program in 2006. It is anticipated to take up to three years to fully enroll at least 85% of eligible children, and that a third will be enrolled in the first year, half by end of the second year, and 85% by the end of the third year. It is possible, however, that enrollment targets will be exceeded.

For more information about the **Cover the Kids by 2006** Task Force, please contact Bonnie Ferreira/ Director at (916) 929-1724, or email at bferreira@cityofsacramento.org.

Child Care Trainings and Parenting Workshops

Visit our website for more information on trainings and events at www.childaction.org.

September

Thursday, September 1

Single Parenting...It Can Be Done
6-8:00 PM

Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Tuesday, September 6

Know Business...Like Your Business
6-8:30 PM

Child Action
9961 Horn Road, Sacramento
To register call 916/369-0191

Wednesday, September 7

Building Professionalism
6-8:30 PM

Child Action, Inc.
9961 Horn Road, Sacramento
To register call 916/369-0191.

Thursday, September 8

Before You Lose Control
6-8:00 PM

Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Monday, September 12

Helping Your Child Succeed in School
6:30-8:30 PM

Roberts Family Development Center
660 Darina Avenue, Sacramento
To register call 916/369-0191

Monday, September 12

Family Child Care Providers Inc.
6:45-9:00 PM

Child Action, Inc.
9961 Horn Road, Sacramento
To register call 916/726-2575.

Tuesday, September 13

Partnerships With Parents (In Russian)
Rancho Cordova Neighborhood Ct.

Coloma Road, Rancho Cordova
To register call 916/369-0191

Thursday, September 15

KVIE Family Literacy Workshop
6:30-8:30 PM

Child Action, Inc.
9961 Horn Road, Sacramento
To register call 916/369-0191.

Thursday, September 15

Mom's House, Dad's House
6-8:00 PM

Child Action, Inc.
5450 Power Inn Rd., #F, Sacramento
To register call 916/369-0191.

Thursday, September 15

How Children Learn (In Russian)
Rancho Cordova Neighborhood Ct.
Coloma Road, Rancho Cordova
To register call 916/369-0191

Tuesday, September 20

Ages & Stages Child Dev. (In Russian)
Rancho Cordova Neighborhood Ct.
Coloma Road, Rancho Cordova
To register call 916/369-0191

Wednesday, September 21

Preschool for All Forum
7-9:00 PM
County Board of Supervisors
700 H Street, Sacramento
For information call 916/369-3344

Thursday, September 22

Including All Children (In Russian)
Rancho Cordova Neighborhood Ct.
Coloma Road, Rancho Cordova
To register call 916/369-0191.

Monday, September 26

Quality Environments (In Russian)
Rancho Cordova Neighborhood Ct.
Coloma Road, Rancho Cordova
To register call 916/369-0191.

Tuesday, September 27

Creative Environments (In Russian)
Rancho Cordova Neighborhood Ct.
Coloma Road, Rancho Cordova
To register call 916/369-0191

Thursday, September 29

Supporting Social/Emotional Dev.
6:30-8:30 PM

Susie Gaines-Mitchell Building
2450 Florin Road, Sacramento
To register call 916/369-0191.

Thursday, September 29

Know Business..Like Your Business (In Russian)
Rancho Cordova Neighborhood Ct.
Coloma Road, Rancho Cordova
To register call 916/369-0191

October

Monday, October 3

Partners with Parents
6-8:30 PM
5450 Power Inn Rd., #B, Sacramento

To register call 916/369-0191.

Monday, October 10

Family Child Care Providers Inc.
6:45-9:00 PM
Child Action, Inc.
9961 Horn Road, Sacramento
To register call 916/726-2575.

Wednesday, October 12

Ages and Stages of Child Dev.
6-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Thursday, October 13

Natural & Logical Consequences
6-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road, Sacramento
To register call 916/369-0191.

Thursday, October 13

Including All Children
6-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Saturday, October 15

Transition to Kindergarten Forum
9:00 AM- 1:00 PM
Firehouse Community Center
810 Grand Avenue, Sacramento
To register call 916/369-0191.

Monday, October 17

Quality Environments
6-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Thursday, October 20

Creative Environments
6-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916-369-0191.

Thursday, October 20

Encouragement
6-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road, Sacramento
To register call 916/369-0191

Continued on back page



Awards Celebration Attracts Attention to Importance of Child Care

Since its inception in 1984, the goal of the Child Care Coalition's Annual Awards Dinner has been to reward people working in the child care field for the crucial service they provide and to celebrate their accomplishments.

After 20 years, the event has grown into a prestigious affair attracting the recognition of government officials, business, media organizations and community partners – all gathering not only to celebrate the nominees, but to highlight the vital role child care plays in our society.

"The most important work to be done is the raising of the next generation," says Jaclyn White, Director of Community Services, Child Action, Inc. "Child care provides a foundation for children's healthy development. We're not just taking care of the children, but the family as a whole. We're helping parents stay self-sufficient. The work of a good provider is to help support families."

"Quality child care is instrumental to the economic stability of our community," White says. "Having prominent officials and community leaders together in one room with people who demonstrate a strong commitment to quality child care has a tremendous impact on public opinion and government policy."

Community leaders who attend the award ceremony, hear the life stories of parents and providers. This can influence policy

decisions. In addition, businesses come away with new ideas to assist their employees, she says. "This event changes their view. Quality child care becomes more important to them."

Award recipients benefit greatly from the acknowledgment, White says. "Having the greater part of the community come together to say, 'We think you're great, we really appreciate you and what you do is important, is really powerful. When you hear the people who receive the awards speak, it's very moving. Just to be nominated is a great honor."

The number of award categories has also grown since 1984. They are: Family Child Care Provider Award, Child Care Center Teacher or Director Award, Overall Child Care Program Excellence Award, Community Award and, for the second year, Inclusion Award given to providers offering outstanding care to children with special needs.

Regarding inclusion, White says, "Our goal is to ensure all families have a choice and that we work to make sure all children are included in quality child care. Our strategy is to recognize providers who offer inclusion, so that it shows it's achievable. In 10 years this won't be an issue. It'll be an 'of course.' Providers won't think twice about providing care for children with special needs.

White adds that this awards dinner has become an elegant event with a family tone. "There's a celebratory mood. People come with that in mind." It is a chance to be together as a community.

Nominate a Champion

Now in its 22nd year, the Child Care Coalition's (Coalition) "In Praise of Providers" awards dinner is scheduled for Friday, March 31, 2006, at the DoubleTree Hotel in Sacramento. Rick Jennings, Director of The Center for Father and Families, is the scheduled keynote speaker.

The "In Praise of Providers" annual dinner was established to recognize child care providers, programs, teachers, directors and members of our community who have demonstrated an exemplary commitment to further the cause of quality child care in Sacramento County.

The awards nominations are in the following categories:

- ★ Family Child Care Provider
- ★ Teacher or Director in a Child Care Center
- ★ Overall Program Excellence for a Center-based Child Development Program
- ★ Inclusion Program of the Year
- ★ Community Awards

The nomination form for this special event is on the following page (page 5). We are asking providers to share this nomination form with their program staff and parents of the children in their programs.

Nomination forms must be received by Tuesday, **November 1, 2005**. We are planning a big celebration and want you to be part of it!

For more information please call Child Action at 916/369-0191.



Nomination Form For Providers, Teachers, Directors & Programs

**Sacramento County Child Care Coalition's
In Praise of Providers**

Your nomination category is for:

- Family Child Care Provider of the year Teacher/Director of the year Community Award
- Child Development program of the year Inclusion Program of the year

Your nominee is:

Nominee's full name: _____

Nominee's job title: _____

Name of the program: _____

Nominee's work address: _____ City: _____ Zip: _____

Nominee's phone number: Day: _____ Evening: _____

Tell us about your nominee: (You can attach additional sheets if necessary)

What has your nominee accomplished that made a difference in the lives of your children/family?

What has your nominee accomplished that has improved child care services in our community?

What outstanding work has your nominee accomplished for children with special needs?

As the nominator, please complete the information below:

Name: _____

Address: _____ City: _____ Zip: _____

Daytime phone: _____ Evening phone: _____

What is your relationship to your nominee? _____

Send Nomination form to:

Virginia Cannon, c/o Child Action, Inc., 9961 Horn Road, Sacramento, CA 95827

Nominations must be received by Tuesday, November 1, 2005 Questions? 916/369-0191



“Kindergarten Readiness” Supports Vital Development Period

The most important time in a child’s development are the early years/ The child’s development of physical, communication and cognitive skills, during these years, will serve as the foundation of learning for the rest of their lives. Your daily interactions with the children in your care support their skills in all developmental areas (cognitive, physical, language, social and emotional), and prepares them for school.

To provide physical well-being and motor development, plan regular physical activities such as walking, hopping, throwing and catching a ball.

To encourage social and emotional development talk to children- ask questions, listen to responses and use books and puppets to help children deal with feelings. Singing, reading, reciting rhymes and talking to children will encourage language development. Offer hands-on experiences in art, music, science and math activities to promote cognitive

development. Sacramento City Unified School District and Child Action, Inc., offer a school readiness project called “Partners for Readiness Collaboration” designed for family child care providers. Services offered include:

- * Home visits to provide you with information on school readiness.
- * Workshops on topics of school readiness.
- * Opportunities to join other early care and education professionals to discuss ways to help children make the transition to kindergarten.
- * Books donated by Reading is Fundamental for each child in your program.

If you are a child care provider who lives in the Sacramento City Unified School District in one of the following zip codes: 95817, 95818, 95819, 95820, 95822, and 95824 and would like free services and support for your program please contact: Danell Ward, School Readiness Liaison with Child Action Inc. at (916) 369-3318.

Child Care Checklist

Suggested questions to help you clarify what to look for in a quality care program.

- Do the children seem comfortable, active, interested in what they are doing and do they cooperate with each other?
- Does the provider take time to listen to and talk with each child? Does he/she treat each child as an individual?
- What is the provider’s philosophy regarding caring for children? Is the child’s educational development, creative expression and social interaction encouraged and valued?
- Are toys, materials, equipment and books age appropriate?
- What is the daily routine? Does it allow for free time?
- What methods are used for toilet training?
- What is the philosophy regarding discipline?
- Are all children expected to take naps?
- What kinds of meals are served and when?
- What is the provider’s licensing history, and has there been any complaints made?
- Is T.V. used? How much and which programs? What type of video games are played? What is the policy on gun play?

Del Paso Unified School District’s School Readiness and First 5 Sacramento invite you to attend these two special events:

“Transition to Kindergarten”

School Readiness Forum
October 15, 2005
9AM-2 PM

Firehouse Community Center
810 Grand Avenue
Sacramento, CA 95838

“Let’s Get Ready”

School Readiness Mini-Conference
November 19, 2005
9AM-12PM

Morey Avenue Elementary School
155 Morey Avenue
Sacramento, CA 95838

Please join us for both these events for an informational discussion about school readiness. For additional information please call Child Action, Inc. at 916/369-0191.

Helping Families and Providers Achieve Inclusion

The feeling of belonging is a universal thread which helps bind a community together. It is a parent's hope that their children will be accepted, loved and included.

Many families of children with special needs want their child to associate with typically developed children. Positive peer support provides for a challenging and motivating environment. Typically developed children in a child care facility providing inclusion gain a new sense of compassion and empathy, which they carry for the rest of their lives.

Charlotte Peterson of Children's World in Natomas is a provider who has included a child with a special need in her child care program. Peterson believes open communication between parents and providers is a key component to providing a quality child care experience for parents and their children. She adds that including the child was a minor adjustment and that the process "was fun." She also sees the positive impact this child has had on the typically developed children in her care. According to Peterson, "It helps them be aware they're exactly like them. They just need a little help." With all of these positive attributes, inclusion is still a work in progress. Gennifer Lendahl of Natomas knows well the barriers facing many parents of children with special needs. She has a child with Downs Syndrome and she's had to endure shielding

her child from being teased and suffering other abuses.

Finding quality child care has been particularly challenging for Lendahl. "Providers need to be willing to give you a chance." She's currently consulting with Peterson to see if her program would be right for her child. In Lendahl's prior experience, lack of education regarding inclusion is the main impediment to its implementation, she says. That's where Inclusion Specialist Alicia Davis with Child Action, Inc., comes in.

Some of the challenges facing providers are fear, lack of education, hesitancy and fear of liability, Davis says. "Providing inclusion is easy for some. They believe a child is a child first and then a child with special needs. Then again, some think inclusion is not achievable. Child Action, Inc. facilitates understanding inclusion, communicating and working together, as well as sharing knowledge of community resources."

After compiling all the appropriate data, Davis brainstorms with parents to develop a course of action to find quality child care. Together, they determine the type of care needed, requests for the provider and any type of accommodations and modifications the child needs. Davis strives to educate providers and children about inclusion. In addition, she offers referrals to other services and resources. She meets and collaborates with school districts and other special education agencies to keep up-to-date with information, trends and services. "Providers should be able to care for all children and parents should feel

welcome," Davis says. "If they need assistance, we're here." To contact Inclusion Specialist Alicia Davis at Child Action, Inc., 916/369-3319.

Resources:

* **Warm Line** is a family resource center providing resources and support to families of children with special needs and is staffed by parents of children with special needs. You can contact Warm Line at 916/922-9276, 800/660-7995 or visit their web site at www.warmlinefrc.org.

* **Sacramento County Office of Education Infant Development Program (SCOE)** is part of the Early Start Program. SCOE works as partners with families providing a variety of resources. You can contact Sacramento County Office of Education Infant Development Program at 916/228-2380.

* **The Quality Child Care Collaborative** provides free resources, training and consultations for the child care community. Child Care Coordinators are available to help the child care provider assess the overall quality of their program, special needs inclusion, child behavior, administrative or health practices, and help develop an action plan to achieve their goals. You can reach the Quality Child Care Collaborative at Child Action, Inc. at 916/369-0191.

Child Care Training & Parenting Workshops

Monday, October 24

Know Business...Like Your Business
6-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Thursday, October 27

Building Professionalism
6-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., #B, Sacramento
To register call 916/369-0191.

Thursday October 27

Goals of Behavior
6-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road, Sacramento
To register call 916/369-0191.

November

November 3

Subsidy Provider Forum

9:00 AM-12:00PM
Sacramento County Office of Ed.
10474 Mather Blvd., Sacramento
To register call 916/369-3344.

Thursday, November 10

Assessing Your Priorities
6-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road, Sacramento
To register call 916/369-0191.

Monday, November 14

Family Child Care Providers Inc.
6:45-9:00 PM
Child Action, Inc.
9961 Horn Road, Sacramento
To register call 916/726-2575.

Thursday, November 17

Creating Your Plan for the Holidays
6-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road, Sacramento
To register call 916/369-0191.

A Big Thanks To...

* **Office Depot:** Child Action, Inc. received 300 backpacks filled with school supplies donated by Office Depot.

* **Sacramento Bee's Share a Story Children's Book Drive:** Child Action, Inc. received 15,000 children's books.

Parents will receive books and backpacks through Child Action's case managers during the parent's recertification, visits to child care centers and during training for family child care providers.



Resource & Referral

9961 Horn Road
Sacramento, CA 95827

*"Healthy Children, Strong Families,
Caring Communities"*

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