

Our Children, Our Community ...

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

Summer 2003

Head Start Reauthorization: Missed Opportunity

As summer heat fills our days, the reauthorization of Head Start heats up in Washington. The School Readiness Act of 2003 (HR 2210), Head Start's reauthorization has cleared subcommittee and full committee, now heading to the floor of the House of Representatives as of the writing of this newsletter.

Advocates for Head Start here in Sacramento, California and across the country have had impact on the legislation; yet three critical obstacles remain to achieving the goal of retaining Head Start as a federal to local funded program. Dr. Zigler, one of Head Start's founders cautions that White House and Capitol Hill proposals to dismantle Head Start and turn it over to the states are "ill conceived and unjustified."

State Demonstration Projects or Block grants to any state allows for programs to serve children and families without the national program performance standards. This means uneven or poor delivery of services across the states and/or comprehensive services that have made Head Start kids "ready for school" for nearly 40 years will be diluted or lost entirely. In addition, the funding levels do not accommodate

improving quality as increased teacher educational standards are proposed. It shortchanges training for current staff and will not pay for increased teacher credentials or salary improvements. The proposed legislation also neglects to allow for increases in the demand for services to at risk children eligible for Head Start, Early Head Start and the Migrant & Seasonal Head Start program, which are currently woefully underserved.

As reported in the media, the reauthorization bill offers some improvements in standards. However, the State Demonstration Project, Title 2 of the proposed Act allows for states to apply for the opportunity to manage Head Start funds within a state. At first glance this may sound reasonable, even attractive, but would over time have a devastating impact on our only national comprehensive early care and education system. Most importantly, the children and families living in bitter poverty would lose another social "safety net" that has been successful for over 2 million children in California.

Congress is missing the opportunity to truly strengthen Head Start. Leaders should be debating how to fully-fund Head Start over five years to expand access to all eligible preschoolers. Research

has demonstrated that it is critical to improve teacher quality by requiring more teachers have bachelor's degrees and making sure Head Start teachers are properly compensated so they remain with the field of early childhood education. Lastly, communities throughout California, including Sacramento, recognize the need to expand access to Early Head Start (EHS) to serve more infants and toddlers. A number of research studies have validated the impact of this early intervention/education model: Let's build on it, not walk or crawl away from the favorable outcomes EHS has delivered.

It is anticipated that the U.S. Senate will take up debate on Head Start's future during July and August. For more information on HR 2210, and Head Start's reauthorization go <http://www.ca-headstart.org/reauthorization.html>, or go to www.saveheadstart.org and check updates weekly and other advocacy tools. These are busy times for advocates, this summer we need to be ever watchful of proposals coming out of Sacramento, and Washington DC too!

This article was contributed by Edward Condon, California Head Start Association



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Referral Hours:

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

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The State Has a Budget

Governor Davis signed the FY 2003-04 State Budget which appropriates \$71.1 billion for the fiscal year, including a \$2 billion reserve. Due to Legislative political impasse, the State Budget this year was 33 days late, creating hardship for child care recipients and providers.

The Governor has directed the Department of Finance to work with the Legislature and all other parties "to identify ways to address the structural deficit, including potential legislative actions before the end of the current legislative session." The Legislature already has special committees reviewing structural reforms and state mandates. Finally, the Legislature gave the Governor mid-year authority to address unanticipated expenses by reducing expenditures in other areas.

How Did Child Care Fare?

The Budget provides over \$2.2 billion for subsidized child care programs in the Department of Education providing services to approximately 378,300 children, including

those of CalWORKs families and other low income families in a variety of high quality center-based and parental choice voucher programs.

Services are also provided through the Department of Social Services (DSS) to CalWORKs families whose employment training or work participation has not yet stabilized. The DSS budget includes \$479.6 million to serve an additional 72,000 children in Stage 1 plus a reserve of \$61.6 million, within the overall TANF reserve, sufficient to serve 10,000 additional children in Stage 1 or 2 should estimated caseloads fully materialize.

Before and After School Programs

The Budget provides over \$197 million in state and federal funds to provide before and after school enrichment programs for 208,500 kids, including an increase of \$34 million in new federal funds.

And What About Next Year?

Further, the Legislature used \$188 million of "one-time" funds and \$74 million of "reduced caseload estimates" to shore us up, which probably will not be available next year. So, child care and development will begin the Budget discussions for FY 2004-05 approximately \$262 million in the hole.



This information was provided by the Child Development Policy Institute.









Safe Summer Fun





Summertime can be both a friend and foe for children. The temperature is rising, the sun is shining, and families are looking forward to spending quality time together. Outdoor activities are important for children. Fresh air, exercise, companionship, and experiencing the beauty of nature are essential for healthy growth and development. Children need our help as they head for the sprinklers, pools, and parks. Here are some important tips for having fun in the sun, and staying safe.

Sun Safety:

A child's skin is very sensitive to the sun's rays and needs extra protection. With proper protection, children can enjoy the outdoors without sacrificing the health of their skin.

-  Apply sunscreen with SPF 15 or greater 30 minutes before going outdoors. Re-apply every 2-4 hours or after water play.
-  Wear sunglasses that block at least 99% of the sun's UV rays.
-  Wear hats with a wide brim and back flap.
-  Wear protective clothing, long sleeved shirt, long pants.
-  Play under trees or umbrellas, or in the shade.
-  Wear lip balm with SPF 15 or greater.
-  Avoid reflective surfaces, such as water, sand, and cement.
-  Drink water frequently to replenish fluids.


 Keep babies under 6 months out of the sun. They cannot adjust their body temperature or sweat efficiently.


 Be especially careful at high altitudes and tropical latitudes.

Water Safety:

Most drowning occur in home swimming pools, but others happen in water-filled bathtubs, wading pools, toilets, buckets, or other containers. Small children are top-heavy and tend to fall forward head first when they lose their balance. They do not have enough muscle strength in their upper body to pull themselves up and out of a body or container of water. Drowning can occur in 30 seconds in only 2 inches of water. Here are some important tips for parents and child care providers to help prevent drowning accidents:

-  Carefully supervise and never leave a child alone in or near a body of water.
-  Empty any water containers immediately after use.
-  Latch toilet seat covers when not in use.
-  Learn CPR and water safety practices.
-  Instruct babysitters about potential water hazards.
-  Enclose home pools by a fence at least 5 feet high with a self-closing, self-locking gate.
-  Keep climbing equipment, chairs and tables away from pool fences.
-  Securely screen all windows which have access to the pool area.




 Teach children water-safe behavior (no running, pushing, or going near pool without an adult).

 Do not keep toys in or around pool area when not in use.

 Install alarm for doors leading to pool.

Heat Stroke and Heat Exhaustion:

Too much heat and sun can be dangerous, especially for children.

-  Dehydration occurs when a child doesn't drink enough water or fluids. Signs of dehydration are dry skin and mouth, sunken eyes, or have not used the bathroom within six hours.
-  Heat stroke: If a child has heat stroke, they get extremely hot and their body temperature rises very high, very fast. Signs of heat stroke are sweating, hot, red, dry skin, and a fast heart beat. The child may complain of a headache, seem confused, faint, or have a seizure (convulsion). Heat stroke is dangerous and the child must be cooled fast!! Emergency help should be called.
-  Heat exhaustion means the child gets too hot and loses too much fluid by sweating. Their skin is typically moist with sweat and body temperature is usually normal. They may be weak or dizzy, have nausea or

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Partners for Readiness Collaboration
Ready • Learn • Grow



Preparing Children for Kindergarten

Transition to kindergarten is a critical time in a child's development. Parents, as the child's first teacher play a vital role to ensure that children are ready to enter school excited to learn and succeed. In addition to the parents, preschool programs, child care providers, kindergarten teachers, service providers and the community are all responsible for successful transitions.

Children in kindergarten learn by exploration and discovery, making choices, and expressing their ideas and feelings. Children prepare for reading and writing through imaginary play, telling stories and listening to others, acting out plays and hearing teachers and parents read aloud. Math concepts are learned through cooking, building blocks, or comparing simple experiments.

What is readiness? How can I help to prepare a child? Readiness is ensuring that the whole child is being prepared in all areas of development. These areas include physical, social/emotional, health, and cognitive knowledge and skills. Spending time with your child involved in activities such as talking, listening, playing and exploring the world together

will give him/her many of the skills he/she needs to start school ready to learn. The following are a few examples of skills to teach children in preparation for kindergarten:

- ☺ Talk with and listen to your child as you do daily activities together.
 - ☺ Encourage your child to develop specific language skills, such as using adjectives to describe things, following simple directions, expressing feelings, telling a very simple story in the right order.
 - ☺ Read to your child or tell them a story everyday.
 - ☺ Take your child to the library and choose books to read at home.
 - ☺ Keep books and writing material (crayons, pencils, paper) where your child can reach them.
 - ☺ Point out the printed words in home and community.
 - ☺ Provide blocks or other materials that your child can use for building, sorting and handling.
 - ☺ Sing songs and listen to music.
 - ☺ Give your child opportunities to exercise and develop physical skills such as throwing balls, running, jumping, climbing, dancing.
- ☺ Make sure your child has plenty of time to play, to explore, to be creative.
 - ☺ Make sure your child has plenty of opportunities to make friends, play and share with other children.
 - ☺ Promote good health with nutritious food, enough sleep, safe places to play and regular medical and dental care.
 - ☺ Encourage your child to do things for themselves when they are ready, such as feeding, dressing, and cleaning up, even if it takes more time and the tasks are not done perfectly.
 - ☺ Encourage self-esteem by letting your child know that they are loved no matter what.

Ensuring your child participates in a variety of these activities will help them build skills to begin school ready to learn.

Preparing Children for Kindergarten

Sacramento City Unified School District Partners for Readiness supports parents preparation of

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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

Moving Your Child Care Center Application Forward

Starting a child care center can be a time-consuming, complex and expensive process. In addition to having a love of children, licensees are required to be of good character, to demonstrate an understanding of how to meet children's needs, and how to operate a business in compliance with licensing laws and regulations. The purpose of this article is to provide some basic answers to the question: What steps do I need to take to get a child care center license?

Current Information

We live in a fast paced world. Usually in the spring and summer months we see an increase in the number of applications. By following these guidelines, you may be able to reduce delays and facilitate the processing of your application. Visit our website at www.cclcd.ca.gov to update yourself regarding any new licensing policies, requirements, procedures, and general information.

Pay particular attention to the rules regarding criminal record background checks. If you or your director have no criminal record, a clearance is normally available in a few days. However, if there is a background problem, we can not issue a license until an exemption is granted.

Our Caregiver Background Check Bureau is responsible for processing all clearance information and making a decision regarding granting an exemption. As part of the exemption process, we review

your explanation of the crimes as well as the number and types of crimes happened, how long ago the crimes happened, the kind of work the person will do at the facility and whether they will have contact with children. If the person has been convicted of a felony, violent misdemeanor, or other serious crime, they may not be cleared to work with children or hold a license. If we grant an exemption, that person's name will be given out to the public upon request.

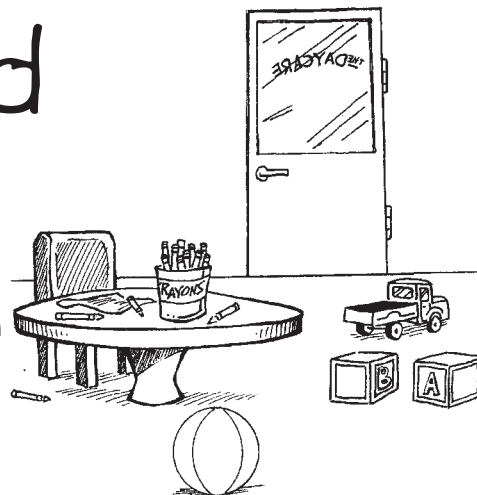
Get Basic Information

If you have not submitted an application or participated in the orientation process within two years prior to the date we receive your new application; you are required to attend an orientation. Due to space limitations (our fire clearance is only for 40 people), we start to accept reservations on the first workday of the month. The key here is first call, first serve. You can reach us at 916/229-4530 to reserve space.

During the orientation meeting, you will receive a general overview of the licensing program, and an explanation of compliance, monitoring and enforcement issues. You will also receive an application booklet which describes all the required "A" and "B" forms that must be submitted. In addition to the forms, we go over staff qualifications and building floor plan requirements.

Starting the Process

The first thing that we need to start the licensing process is your application along with the nonrefundable fee. Use the application booklet,



which was provided at the orientation, as your checklist prior to sending in the application. Carefully review the application for completeness.

A good numbers of applicants have problems because they do not send all the required documents or the documents are incomplete. If this happens, we will return the entire package back to the applicant and identify what items are missing or incomplete.

What Happens Next

Once we accept the application, we set up the file, request a fire clearance and ask you to come into the office with your director to review your program statement, personnel policies, organizational structure and to resolve any issues that are not clear to us. The purpose of this face to face meeting is to ensure that the applicant and the director understand and are capable of providing the services outlined in the facility program.

At this time, you and your director should send your fingerprints to

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Asientos Para Auto y Cinturones de Seguridad



Salve Una Vida

Cada año, en nuestras carreteras nacionales, mueren 600 niños menores de 5 años y más de 7,000 quedan heridos. Se estima que el 60 por ciento de aquellos que han muerto en estos choques no estuvieron asegurados a sus asientos de ninguna manera y por lo tanto, fueron arrojados fuera de los vehículos o en el interior de los mismos. Otros niños murieron porque los llevaban sentados en la falda de sus padres, en lugar de estar asegurados en los asientos de seguridad. Las estadísticas para niños mayores son igualmente malas: en 1997, los choques de autos causaron la muerte de 1,627 niños de entre 4 y 15 años; de éstos, 1,015 no estaban asegurados a sus asientos sueltos. Además, un estudio hecho a finales de 1998 por la Campaña Nacional Niños Seguros (National Safe Kids Campaign) encontró que, en el 85 por ciento de los casos, los asientos para niños son usados de manera incorrecta. Los padres y los proveedores cometieron 2 o más errores en la instalación y utilización de dichos asientos, dejando a los niños peligrosamente sueltos en sus asientos. El estudio demostró que en el 63 por ciento de los casos, el asiento del niño no estaba asegurado y ajustado con la suficiente fuerza por el cinturón de seguridad. Errores como estos pueden llevar a consecuencias trágicas. Según la ley, en todos los 50 estados, los infantes y los niños deben viajar asegurados en asientos para auto o con cinturones de seguridad. Asegúrese de que usted usa las restricciones correctas para la edad y el tamaño del niño y asegúrese de que el equipo esté correctamente instalado.

Seguridad De Los Infantes

Hasta que los bebés tengan por lo menos un año de edad y que pesen 20 libras, deben viajar en el asiento posterior y mirando hacia la parte posterior del vehículo. Nunca ponga a un infante en el asiento delantero de un vehículo con bolsa de aire para el pasajero (a no ser que tenga un control manual para suspender el mecanismo y que usted lo haya suspendido). Los bebés deben viajar semi sentados a un ángulo aproximado de 45 grados.

Los huesos de un bebé son frágiles y los músculos que soportan su cabeza no están completamente desarrollados. El asiento colocado hacia atrás soporta la espalda, la nuca y la cabeza. Cobijas pequeñas enrolladas y ajustadas a cada lado, ayudan a llenar los espacios vacíos en el asiento y a sostener la cabeza y los hombros. Cubra al bebé sólo después de haber ajustados todas las correas.

Una cama de bebés para vehículos está especialmente hecha para usarse en vehículos y está diseñada para que el bebé vaya acostado horizontalmente. Asegúrese de que la cabeza del bebé descansa hacia el centro del vehículo. Este tipo de restricción es especialmente conveniente para bebés pequeños.

¿Puede una persona simplemente sostener a un bebé en el auto?. Un bebé no pesa mucho, hasta que se tenga un choque. Un bebé de 12 libras se convertirá en una fuerza de 240 libras en los brazos de una persona, en un choque que ocurra cuando el vehículo está viajando a sólo 25 millas por hora!

Mantenga Seguros A Los Niños Mayores

Los asientos convertibles están hechos para acomodar a niños desde recién nacidos hasta que pesan 40 libras. El bebé mira hacia la parte posterior del vehículo hasta que tiene, por lo menos, un año. Los niños mayores de un año y que pesan de 20 a 40 libras pueden estar en asientos que miran hacia adelante.

Asientos Para Levantar Al Niño

Los asientos para levantar a los niños y sentarlos más alto (safety boosters), son para niños de al menos 3 años de edad y que ya no caben en los asientos de seguridad regulares.

Desde Enero del 2002, la ley de California requiere que los niños de hasta 6 años de edad o de 60 Lbs. estén en un asiento de seguridad aprobado Federalmente para niños pasajeros. Usualmente, los niños de más de 80 libras y 8 años ya caben correctamente en los cinturones de seguridad de cintura y hombro. Para caber correctamente en un cinturón de seguridad, los niños deben ser lo suficientemente altos como para sentarse con las rodillas dobladas en el borde del asiento del vehículo y bien sentados. Los cinturones de seguridad de cintura y hombro deben calzar sobre la parte baja de la cadera y muslos y ajustarse por encima el hombro.

Moving Your Child Care Center Application Forward

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the Department of Justice, if you are not already cleared on our system. You should also contact your local zoning and planning commission to determine the cost to get a zoning permit, if any and if there are any special rules or requirements you must meet. If there are no problems, we will schedule a prelicensing visit where we inspect the facility physical plant and measure indoor and outdoor space. We also schedule the applicant and director for Component III.

Prelicensing Visit

At this meeting, we conduct a “walk through” of the facility. You should have your facility set up to take clients. As part of the facility capacity determination, we take into consideration the number of toilets, unencumbered indoor and outdoor space. Please use the *Child Care Center Self-Assessment Guide* as a tool to prepare for your visit. It is accessible on our web page, click on the Child Care Advocate hyperlink. If we identify any problems as a result of this inspection, we will leave a licensing report, identifying those problems and corrections needed.

The Last Step: Component III

This is an office meeting for all new applicants and directors. We review the required forms, the most frequently cited deficiencies, reporting requirements, and staff qualifications. Our goal is to provide the applicant with sufficient information to operate the facility in compliance with the regulations. If you hire a new

director for a new location, that person must participate in all three components.

How Long Does It Take?

Our goal is to issue a license within 90 days from acceptance of the application. However, there are factors beyond our control that may delay the process.

- We do not control when the fire marshal conducts a visit. You may have to meet zoning requirements in order to obtain your fire clearance. If you do not obtain a fire clearance, we can not grant a license.
- You or your director may have a criminal record background problem, our Caregiver Background Check Bureau must process and grant an exemption request. This may take three months or longer to complete.
- You may have to make modifications to your building floor plan to meet safety requirements.

Transfer and Sale Provision

A license is not transferable; yet, there are two situations where we will issue an Emergency to Operate Permit (EAO). The purpose of this regulation is to eliminate any disruption in services to children in care. The following conditions must be met for us to consider granting an EAO:

- (1) The sale of a licensed child care center results in a new license being issued. The seller must notify the buyer of the necessity to obtain a license and send a copy of this notice to licensing. Within 5 days of

acceptance of the offer, the buyer must submit a complete application. Furthermore, the seller must provide written notice to the parents of the children in care at least 30 days prior to the transfer, with a copy to licensing. In order to get an application packet; the buyer must attend an orientation. An EAO can not be issued earlier than 30 days from the date of notice to the licensing office.

- (2) If the licensee dies, an adult relative who has control of the property may operate a previously licensed child care center under an EAO. To avoid any confusion over this provision, we encourage you to contact the Regional Office during the negotiation process, if you plan to sell or buy a currently licensed child care.

If you would like more information on the licensing process, visit us at the Community Care Licensing Division's website, www.cclcd.ca.gov. You may also contact us at the River City Child Care Regional Office, 8745 Folsom Blvd. Suite 200, Sacramento, CA 95826, 916/229-4530, business hours, 8 am to 5 PM, Monday through Friday. (Yes, you are correct; we have changed our name from the Sacramento Child Care District Office.)

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

Helping Children With AD/HD

What is AD/HD?

Attention Deficit/Hyperactivity Disorder (AD/HD) is one of the most commonly diagnosed behavioral disorders of childhood, and is estimated to affect 3 to 7 out of every 100 school-aged children. (American Psychiatric Association (APA), 2000). Symptoms of AD/HD are developmentally inappropriate levels of inattention, hyperactivity, and impulsivity.

Not all children have the same type of AD/HD nor will they all have the same issues. The matter of degree is what sets these behaviors apart from what may be considered as normal behavior.

What About Treatment?

As a mental health disorder, AD/HD is a very complex disorder of the brain. Researchers do not know the exact causes of AD/HD, but believe some people with AD/HD do not have enough of certain chemicals (called neurotransmitters) in their brain. These chemicals help the brain control behavior.

Diagnosing AD/HD is complicated. Only a licensed professional, such as a pediatrician, psychologist, neurologist, psychiatrist, or clinical social workers, can make the diagnosis that a child, teenager, or adult has AD/HD.

Over the last 10 years, public awareness about AD/HD has led to more children and adults being diagnosed with the disorder. Some people have expressed concern that the condition is being over diagnosed. The American Medical Association (AMA) took a serious look at these claims. According to their Special Council Report, there is little evidence of widespread over diagnose of AD/HD, or over-prescribed medication for the

disorder (Goldman et al., 1998) Keep in mind, to be diagnosed with AD/HD, children and youth must meet the specific diagnosed criteria.

If you are caring for a child that exhibits behavior that you suspect might be diagnosed as AD/HD he or she needs to be evaluated by a trained professional. A complete evaluation is the only way to know for sure if the child has AD/HD.

Treatment Recommendations

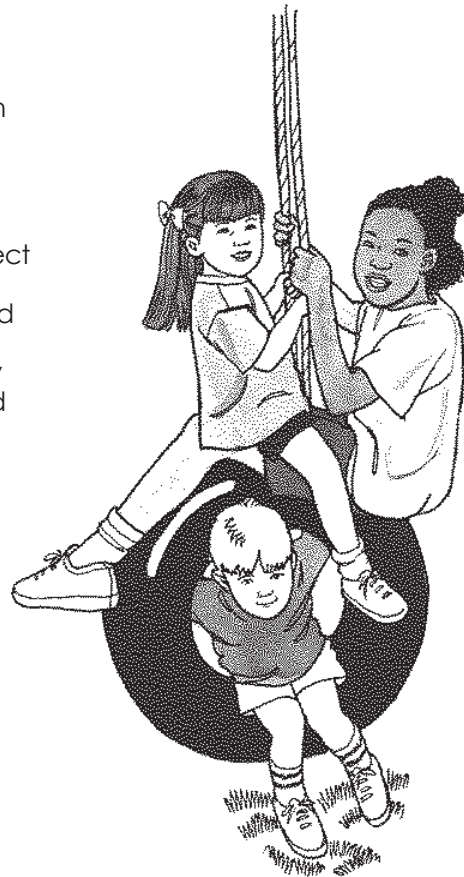
The recommended treatment approach consists of four core interventions:

1. Patient, parent, child care provider and teacher education.
2. Medication (usually from the class of drugs called stimulants).
3. Behavioral therapy.
4. Other environmental supports, including an appropriate school program.

It is important that the child's family, teacher, and the child care providers find out more about AD/HD. Since it is a neuro-biochemically based problem, it stands to reason that medication that gets to the core of the problem would be effective.

The medication most often used is a stimulant known as Ritalin, however, there are others. Although controversy surrounds the over prescription of the medication, the chances of this is reduced if good diagnostic procedures are followed.

The decision to place a child on medication may not be easy one. Discuss any medication



treatment thoroughly with your child's physician. He or she should explain the benefits and the draw backs of medication to you and your child, if appropriate. As parents and teachers know, AD/HD can cause significant inappropriate behavior. Additionally, if untreated ADHD can lead to higher rates of medical/physical disorders, family problems, disturbances in peer interactions, difficulties in fully achieving in academics, higher rates of substance use disorders, and a higher rates of co-occurring psychiatric disorders (such as depression and anxiety disorders.) It is very easy for the child, the parents, child care provider, and the teacher(s) to be worn down into

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Child Care Trainings and Community Events

August

August 18th

FCCH Training: Caring For Children in Mixed Age Groups

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

August 21st

FCCH Training: Inclusion of Children with Communication Challenges

Arden-Dimick Public Library
891 Watt Avenue
6:30-8:00 pm. For more information call 916/369-0191.

September

September 3rd

FCCH Training: Partnerships With Parents

Child Action, Inc.
5450 Power Inn Road, Suite G,
6:00-8:30 pm. For more information call 916/369-0191.

September 4th

FCCH Training: How Children Learn

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 10th

FCCH Training: Ages & Stages of Child Development

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 11th

FCCH Training: Working With Children With Special Needs

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 15th

FCCH Training: Partnerships With Parents With Children with Special Needs

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

September 17th

FCCH Training: Quality Environments

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 18th

FCCH Training: Creative Environments

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 24th

FCCH Training: Know Business . . . Like Your Business

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 25th

FCCH Training: Building Professionalism

Child Action, Inc.
5450 Power Inn Road, Suite #G
6:00-8:30 pm. For more information call 916/369-0191.

September 29th

FCCH Training: Antibiotic Resistance

South Natomas Community Center
2921 Truxel Road
6:30-7:30 pm. For more information call 916/369-0191.

September 30th

FCCH Training: Kindergarten Readiness

Sam Pannell Community Center
2450 Meadowview Road
6:00-9:00 pm. For more information call 916/369-0191.

New Card to Replace Food Stamps Coupons

The Golden State Advantage Card, (part of Electronic Benefit Transfer or EBT) will be replacing food stamps recipient's FAIR card, food stamp coupons, and paper checks. With this card, along with client's secret code, they can access their cash benefits* at Automated Teller Machines (ATMs) and Point of Sale (POS) devices displaying the QUEST® logo.

The Sacramento County Department of Human Assistance (DHA) will be introducing EBT in mid-October 2003 for new applicants and November 2003 for all clients. More information about EBT in the mail in the coming months.

**Be sure to explore
Child Action, Inc.'s
website at:**

www.childaction.org

Safe Summer Fun

(Continued from Page 3)

muscle cramps, or become faint. The child should be moved to a cool place immediately and given fluids before heat stroke develops.

Tips For Prevention

Here are some tips for preventing or managing these problems in children:

- ☀ Give plenty of fluids to drink, especially water and juice or frozen pops. Children can bring personal water bottles with them on outings.
- ☀ Never leave a child in a parked car, even for a few minutes.
- ☀ Avoid outdoor play during the hottest part of the day (11 am to 2 pm), play indoors or in the shade.
- ☀ Dress children in comfortable, cool clothes.
- ☀ Be aware of any preexisting



medical conditions which may increase heat sensitivity.

- ☀ Pay attention to weather conditions, including the humidity.
- ☀ Try personal misters, they are inexpensive and fun.

Tips For Management

Cool any child at risk for heat exhaustion or stroke by:

- ☀ Move child to a cool, shaded or air-conditioned area.

- ☀ Loosen child's clothing.
- ☀ Bathe or pour cool water over child's head and body (avoiding the nose and mouth).
- ☀ Give child sips of cool water or juice if possible.
- ☀ Allow the child to rest.
- ☀ If the child does not respond or feel better with cooling measures in a few minutes, call emergency help.

Helping Children With AD/HD

(Continued from Page 9)

a pattern of negativity, and sometimes hostile interactions.

This cycle can be broken, and more positive interactions and behavior patterns can be developed. Knowing more about behavior and how to support behavior that is positive and appropriate is extremely useful information for any parent/guardian, child care provider or teacher of a child with AD/HD. Researchers have identified effective strategies that parents can use. Information can be found

through reading, talking to other parents, and working with a clinician.

Educational Rights of Children With AD/HD

One of the most critical areas in which to offer support is in the school arena. This is where most children with AD/HD experience the greatest difficulty. The sooner educational intervention begins, the better.

It should be started when the child's educational performance problems become evident, and not delayed

because he/she is holding his or her own on achievement tests.

In some cases, children with AD/HD may be eligible to receive special education services under the Individuals with Disabilities Education Act (IDEA) or under Section 504 of the Rehabilitation Act.

Regardless if a child is eligible to receive special education services, it is important that the intervention be tailored to meet the needs of the child and to design an educational program suited to those needs.

Improving the Quality

★ Training Opportunities for Child Care Providers

In order to provide the best quality care for children, many child care providers are realizing the importance of continuing their own education and professional development.

Child Action, Inc. offers a variety of workshops for both family child care and center-based providers. The topics include child development, working with mixed age groups, infants and toddlers, school readiness, and working with children with special needs.

The Family Child Care @ Its Best series is one of our most popular training series. This free, five-part series is for child care providers working with children birth to age three. Topics include: Making Connections with Infants and Toddlers, Building Blocks of Learning, Giving Children a Healthy Start, Setting Limits with Love, and Keys to Serving Children with Special Needs.

Another very popular and highly requested training is the eight-part family child care training series titled, "How to Open & Operate a Quality Child Care

Business." This series is designed for family child care providers. Topics include communicating with parents, how children learn, ages and stages of development, working with children with special needs, creating a quality and creative environment, marketing your business, and creating contracts and policies.

To find out more about any of these trainings, please visit the Child Action, Inc. website at www.childaction.org, or call Child Action, Inc. at 916/369-0191.

★ Program Needs Assessment

Are you a child care program looking to make changes to your environment or are you searching for resources to help evaluate your child care program? If yes, Child Action, Inc. can assist you by conducting an assessment or by hosting a workshop to train staff to do self assessments using any of the following assessment tools:

- **Early Childhood Environment Rating Scale (ECERS):** Designed to assess group programs for children of preschool through kindergarten, 2½ through 5 years of age in the following categories: Space and Furnishings, Personal Care Routines,

Language-Reasoning, Activities, Interactions, Program Structure, and Parents and Staff. (Clifford & Harms)

- **Family Day Care Rating Scale (FDCRS):** Designed to assess family child care programs in the following categories: Space and Furnishings for Care and Learning, Basic Care, Language and Reasoning, Learning Activities, Social Development, Adult Needs, and Provisions for Exceptional Children. (Clifford & Harms)
- **Infant/Toddler Environment Rating Scale (ITERS):** Designed to assess group programs for children from birth to 2½ years of age in the following categories:

Space and Furnishings, Personal Care Routines, Listening and Talking, Activities, Interaction, Program Structure, and Parents and Staff. (Harms, Cryer, & Clifford). Assistance is also available for child care program health and safety assessments and assessments for compatibility with the Americans with Disabilities Act.

Additional resources to conduct program assessments are available through Child Action, Inc. Resource and Development Lending Library. For more information contact the Child Care Coordinator Marcie Kennedy at 916/369-3344 or e-mail kennedym@childaction.org.

of Child Care

★What You Need to Enroll a Child in Your Center

When you are preparing your enrollment packets for your child care center, you will need to include all the required documents governed by Title 22, Chapter 1, Division 12, Community Care Licensing. Below is a checklist to help you prepare the required documents. Documents provided by Community Care Licensing are noted with LIC and a number. They can be accessed on the Community Care Licensing website at www.cclcd.ca.gov.

Child's Records

- Identification and Emergency Information - Child Care Centers (LIC 700)
- Child's Pre-admission Health History Parents' Report (LIC 702).
- Child's Pre-admission Health Evaluation if not enrolled in a public or private elementary school - Physician's Report (LIC 701).
- Consent for Medical Treatment (LIC 627).
- Written statement from parent(s) or authorized representative exempting child from medical assessment, immunizations, and treatment because of adherence to a religious faith that practices healing by prayer or other spiritual means; or physician's statement that immunization is not indicated.
- California School Immunization Records ("blue cards", PM 286) for non-school-age children.
- Current Admission Agreement, with authorized signature(s).
- Centrally Stored Medication and Destruction Record (LIC 622), if medications are handled.
- Document of specific behavior or signs of illness.
- Unusual Incident/Injury Report (LIC 624).
- Signed and dated receipt of Notification of Parents' Rights (LIC 995).
- Child Care Facility Roster (LIC 9040)
- Infant needs and services plan (for infant centers).
- Toilet-training plan (for infant centers).
- Infant-feeding plan (for infant centers).
- Personal Rights — Community Care Facilities, Child Care Facilities (LIC 613) receipts, signed and dated.
- Authorizations for dispensing medication, signed by each child's authorized representative.
- Documentation required for health-related services (e.g., blood-glucose monitoring and nebulizer care).

★Careers Project Building a Future

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.

To be eligible for the program you must:

- Be currently receiving cash aid
- Pass a criminal background check
- Have a clean tuberculous 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
- Hands on experience
- Supportive learning environment
- Workshops

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.



Sacramento CARES Completes A Successful Second Year

The Sacramento CARES Program completed its second year in June 2003, awarding more than \$678,000 to over 800 child care providers in Sacramento County. The goal of the program is to improve the quality of child care services in our community by providing stipends to child care workers who have made a commitment to a career in Early Childhood Education, and to continuing their education and professional development.

The Sacramento CARES Program is funded by the First Five Sacramento Commission and by the California Department of Education, Child Development Division (CDD). Requirements for participation are somewhat different under the terms of the two funders. Participants in the First Five Commission program may be child care center teachers or family child care providers who work with at least three children birth through five years of age at least fifty percent of the time. Participants in the program funded under AB 212 must work in child care center programs that are funded by CDD. The successful completion of Year

Two was celebrated in May with three training events for stipend recipients under the First Five Commission funding.

Participants received information on various services available to them from the members of the Quality Child Care Collaborative, and information on social and emotional growth in infants and toddlers, which is an area where providers need additional training, according to the results of the evaluation of the program conducted by WestEd.

To be eligible for Year Three of Sacramento CARES, child care providers must be employed in the same program, or licensed if a family child care home, for at least one year at the time of application. Those who received stipends this year must also demonstrate that they have earned an additional four to six units of Early Childhood Education or General Education, or completed 21 hours of approved professional growth activities. All participants must complete a Professional Growth Plan and a program assessment, and all must attend CARES events during the coming year. For more information on Sacramento CARES, please call

Tracey Slater at 916/369-3346 if you are a family child care provider or a teacher in a private center.

Youth Development Institute

The Youth Development Institute (YDI) just completed delivery of its first 50-hour interactive training in the principles and practices of youth development to youth-serving agencies in Sacramento and nearby counties .

Sponsored by the Youth Services Provider Network (YSPN), is based on research that all youth need the same five supports and opportunities - emotional and physical safety, relationship building, youth participation, community involvement and skill building - in order to have early adult outcomes of economic self sufficiency, healthy family/social relationships, and community contribution.

For information please contact Mary Bruns at 916/876-7093.

Local Planning Council Finalizes 5-Year Plan

After two years of gathering and analyzing data and information, researching current child care services, and soliciting public input, the Sacramento County Local Child Care & Development Planning Council has finalized its plan for child care services in Sacramento County for 2003 – 2007.

Due to state legislation, a needs assessment for child care in each county must be completed every five years. The process started in early 2001 with the development of a survey of child care supply in Sacramento County. Data from the 2000 U.S. Census was also added which provided numbers on population characteristics, ages of children, and numbers of working parents in each County zip code.

Next in the planning process were public meetings for parents and providers, and interviews with key representatives of child care programs and community based organizations. The Local Planning Council met last August to integrate all of the data and information into a set of recommendations in the areas of child care availability, accessibility, affordability, quality and consumer involvement. The supply data and the needs data were compared to identify gaps in child care services, which were then used to identify funding priority zip codes. Funding priorities are required every year from each Local Planning Council by the

California Department of Education, Child Development Division (CDD). The funding priorities are used to identify potential contract funds for child care programs in zip codes where the need is greatest, should funds from CDD become available.

Public hearings were held in December 2002 and March 2003 to present the draft plan to members of the community. After incorporating final public comments, the plan was amended and approved by the Local Planning Council in May 2003.

In June 2003, the Sacramento County Board of Education and the Sacramento County Board of Supervisors approved the plan, and funding priorities to the Child Development Division.

The Sacramento County Local Child Care & Development Planning Council meets the third Wednesday of each month, except for July and August. If you would like more information on the Local Planning Council or the Sacramento County Child Care Plan, 2003 – 2007, please call 916/369-3323.



Preparing Children For Kindergarten

(Continued from Page 4)

their child by providing a structured summer camp environment to help them make the adjustment to the daily routine of a school setting. The camps also support the child in the development of readiness skills that will help them make a smooth transition from home to school.

The free six-week kindergarten readiness summer camp is for children who live within the SCUSD district boundaries who are registered to begin kindergarten in the fall and have had no previous preschool experience. Camps begin June 23 and continue through August 1. They are held 4 hours per day, 4 days a week at 20 elementary school sites. Children are provided a healthy lunch each day.

Parents and families interested in registering their child for summer camp may call 916/643-7858 or 916/643-7859. Space is limited. First 5 Sacramento Commission and United Way California Capital Region Success By 6 fund the Partners for Readiness summer camps.

This article was contributed by Lorraine Weatherspoon/ Program Coordinator for the Sacramento City Unified School District.

Craft Corner

Recycle Paper Recipe

Materials:

Newspaper
Food Blender
Window Screen
Water

Directions:

Shred newspaper into 1/2 to 1 inch pieces. Fill the food blender with 1/2 cup of water and slowly add the pieces of newspaper to the water.

Continue to add water and newspaper until the mixture is soupy and lumpy.

Pour your mixture through the window screen into a bowl below. Continue until all the water is gone. The newspaper will stay on top of the screen.

Use your hand and press the mixture flat into a shape that you would like (heart, square, circle).

Allow the paper to dry in the sun. You may have to go outside and



press the paper mixture flat a couple more times as it is drying.

Once the paper mixture is dry, slowly peel it off of the screen. You will have a flat piece of recycled paper that you may write on.



Resource & Referral

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