

# Our Children, Our Community

Compiled by Child Action, Inc. for Parents to promote Healthy Children, Strong Families and Caring Communities **Summer 2005**

## **Regional Children's Health Project** *Improving the health of Sacramento's children*

The Regional Children's Health Project (RCHP) is a program of the Mayor's Commission on Our Children's Health. This project was created in response to the alarming number (up to 60,000) of uninsured children in Sacramento County.

The project increases access to affordable health coverage options which include:

- \* Medi-Cal: provides full-scope coverage at no cost or with a share-of-cost, depending on family size and income.
- \* Healthy Families: provides health, dental and vision coverage for \$4-\$9 per child per month (max of \$27 per month per family).
- \* Kaiser Permanente's Child Health Plan: provides health, dental and vision coverage for \$15 per month per child (max of \$45 per family).
- \* AIM: provides health coverage to pregnant women ineligible for Medi-Cal.

The current focus is to reach families with children who are eligible for subsidized programs to assist them with the enrollment process and provide management services to help them maintain coverage.

RCHP staff make 3, 8 and 13-month follow up calls to ensure enrollment, troubleshoot access barriers and provide necessary assistance to ensure maintenance of health coverage.

RCHP provides educational opportunities for parents to learn about their health plan and how to maintain their coverage. This outreach includes:

- \* School and community-based outreach which is linguistically and culturally appropriate for the diverse Sacramento population and application assistance.
- \* Operation of a local toll-free information hotline to answer parents' questions about how to access health care for their children.
- \* Timely follow-up to ensure enrollment has occurred and coverage is maintained.
- \* Assistance, when necessary, in making medical appointments.

To date, the RCHP has assisted over 15,000 children in Sacramento County in accessing affordable health care programs. For more information about the Regional Children's Health Project, please call Jennifer Kwan, Program Manager at 916-277-3800.

## **What Parents Need to Know**

- \* Programs include health, dental & vision for children.
- \* Monthly payment of \$0-\$15 depending on family size & income.
- \* Children need to be legal U.S. residents to qualify for most programs.
- \* Children cannot be enrolled in employer covered health benefits for the last 90 days.
- \* Child support, alimony, workers compensation and unemployment all count as income.
- \* Some deductions will be applied to monthly income including child care, work deduction and child support.
- \* Some programs may not be enrolling new members at all times.



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

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



# Free Services for Child Care Centers

Where do you go when you have questions regarding health and safety for your child care facility? The Sacramento County, Department of Health and Human Services, Health Education Program is here to provide you with health and safety information and tips.

This is a free service provided through the Quality Child Care Collaborative. You can call us and we may take care of your needs over the phone or provide you with a one-on-one consultation. Some examples of services provided are:

- Short in-services for staff over lunch or after work, i.e.: Hand washing, sanitizing, disinfecting and other topics that don't require much time.



- Two-hour trainings in the evenings or Saturday mornings regarding topics like: Colds, Flu (or other Kooties), Nutrition, Sleep, Preventing Accidental Injuries, Home Safety, Car Seat Safety, Food Poisoning, Lead Poisoning or Immunization.

- One-hour presentations at parent meetings on topics listed above or others specific to your needs.

If you have questions or concerns regarding health and safety issues, please call Carola Russell at 916-875-6964.

## Services We Provide

Child Action, Inc. provides information and consumer guidelines to assist families in making choices regarding child care.

Child Action, Inc. offers resources and services to assist current and new child care providers in providing quality care for children.

Child Action, Inc. has a subsidized payment program to help low-income families pay for child care services.

For more information on any of the above services, please call Child Action, Inc. at 916/369-0191, or visit our website at [www.childaction.org](http://www.childaction.org).

# Sun Screen Me

As your family looks forward to spending quality time together outdoors, remember your child's skin is very sensitive to the sun's rays and needs extra protection. With proper protection, children can enjoy the outdoors. Below are some tips to protect your child from the sun's rays:

- ▶ Apply sunscreen with SPF 15 or greater, 30 minutes before going outdoors. Reapply every 2 to 4 hours or after water play.
- ▶ Wear sunglasses that block at least 99% of the sun's UV rays, hats with a wide brim and back flap,

long sleeved shirts and long pants.

- ▶ Play under trees, umbrellas, or in the shade and wear lip balm with SPF 15 or greater.
- ▶ Avoid reflective surfaces, such as water, sand and cement. Drink water frequently.
- ▶ Keep babies under 6 months out of the sun. Their bodies do not adjust well to temperature change.
- ▶ Be especially careful at high and/or tropical latitudes.



## 2004 Accomplishments and the *New Program Rules* for 2005

The finale of the 2004 CARES Program year at American River College, May 21, 2005, was a great success. Over 700 CARES recipients picked-up their stipends and participated in a 30-minute orientation to review the new program requirements for 2005.

This year, nearly 800 early childhood education professionals received CARES stipends for continuing employment at the same site and meeting the program requirements for professional growth. Stipends averaged \$1,200 and a total of \$930,000 was distributed.

The CARES program for 2005 is undergoing significant changes due to new developments in the field of early childhood education which includes a stronger emphasis on higher education for those teaching our young children.

The new program, now called Comprehensive Approaches to Raising Educational Standards (CARES), is aimed at helping participants reach their educational and career goals. Current CARES participants will be required to hold or apply for their Child Development permit and make strides on their academic path, earning a minimum of 6

units per year in college coursework.

Another significant change in the CARES program is that it is now open to family, friends, neighbors, child care centers and family child care homes. Caregivers that are not licensed and care for at least one child other than their own are also eligible to participate in Track 1 and earn a gift certificate applicable toward resources for their home.

Applications will be available in July and are due in late summer or early fall, and these must include a Professional Development Plan for 2005. Participants enrolled in the program will be expected to provide documentation of completion of the plan.

Child Action, Inc. will be holding orientations throughout the summer and fall to acquaint early childhood education professionals in Sacramento with the CARES program. These orientations explain changes, provide information and technical assistance to help with Professional Development Plans and assist in applying for this year's program.

For a calendar of upcoming workshops, visit our online training calendar at

[www.childaction.org/cai/caicalendar/calendar.aspx](http://www.childaction.org/cai/caicalendar/calendar.aspx).

For further information, or to request an application packet, please call Child Action, Inc. Resource & Referral Program at (916) 369-0191.

### Save the Date

Make sure to mark your calendar for these important events:

**March 31, 2006**

22nd. Annual Child Care Awards Dinner, "In Praise of Providers"

**April 1, 2006**

Child Action 6th Annual Conference

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

# Eight Ways to Reduce Challenging Behaviors

Children with challenging behaviors can be difficult. After you have identified what triggers this behavior, you can respond more positively to your child's needs. Here are some tips:

## Change the Setting

Adapt the environment, activity, or people involved, so your child feels supported. For example, if your child becomes over stimulated when playing games with his friends, you might recommend he avoid multiple distractions ("Why don't you turn off the TV while you're playing your game?") or try a different activity (coloring or playing outside).

## Respond Calmly

Respond to the situation calmly and without anger - adults may need quiet time too. If your child's behavior makes you angry, take a few minutes to calm down before deciding how to respond.

## Teach Alternate Behaviors

Teach your child alternate and more socially appropriate ways of expressing his wants or needs. For example, if your child fights over sharing toys with friends or siblings, teach him the process of borrowing ("Can I play with your puzzle for a little while?") and bartering ("I'll loan you my book if I can play with your puzzle"). Model this behavior for him by showing respect for his possessions.

## Offer Choices

Offer choices and opportunities for your child to have more control over his environment. For example, if your child is a fussy eater ask him

what he'd like to eat, provide him with options ("Would you like a peanut-butter or tuna-fish sandwich?"), or make him part of the process ("Why don't you help me cook dinner/pick out groceries?").

## Notice the Positive

Notice positive behavior and provide genuine praise. For example, "That was very nice of you to let your brother play with your toy."

## Be Consistent

Make sure there are consistent and predictable routines. "We wash our face, brush our teeth, and put on our pajamas every night before we go to bed."

## Avoid Surprises

When there is a change in a routine or schedule, prepare your child ahead of time so he knows what to expect. For example, "Mommy and Daddy are going out tonight, so we won't be able to read you your bedtime story. But why don't we pick out a book together for us to read tomorrow night?"

## Have Fun

Make sure there is joy and fun in your child's life every day. Many parents find it helpful to play with their children before housework or errands. Think of what brings a smile to your child's face and make time each day to smile together.

This information was provided by PBS parents which can be found at [www.pbs.org/parents/](http://www.pbs.org/parents/)



Child Action, Inc. is receiving 10,000 to 15,000 books for its clients.

The donations are from the Sacramento Bee's Share a Story Children's Book Drive, April 15 through May 15.

"Child Action is very excited for the opportunity to distribute children's books to our families and providers this summer," said Donna Sneeringer, Resource and Referral Manager for Child Action, Inc.

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

The goal of the drive is to collect 25,000 books for young readers to be donated to nonprofit agencies which will place them in children's homes.

Child Action applauds the following agencies' efforts to increase literacy among children: Sacramento Bee, Hands on Sacramento, Sacramento Public Library and Borders.

# New 2005 Food Pyramid



The US Government has released its revised 2005 Dietary Guidelines for Americans. The concept is the same but includes additional guidelines on eating habits, avoiding fatty foods and other harmful food products and how to make your diet well-rounded so Americans can make smart choices in every food group.

Physical activity is a new element in the symbol to help curb the alarming increase in obesity

among our youth. Many children are overweight and are headed toward major health problems due to lack of exercise and poor eating habits. As educators and parents it is necessary for us to help our next generation stay healthy.

The new food guidance system utilizes interactive technology found on [www.MyPyramid.gov](http://www.MyPyramid.gov). The interactive activities make it easy for individuals to enter their age, gender and physical activity

level to obtain a more personalized recommendation on their daily calorie level based on the 2005 *Dietary Guidelines for Americans*. The Web site features MyPyramid Plan, MyPyramid Tracker and Inside MyPyramid, plus tips, resources and a worksheet.

A child-friendly version of MyPyramid for teachers and children is being developed for children six to 11 years old.

Grains	Vegetables	Fruits	Milk	Meat & Beans
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day.	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.	Eat a variety of fruit.  Choose fresh, frozen, canned or dried fruit.	Go low-fat or fat-free when you choose milk, yogurt, & other milk products.	Choose low-fat or lean meats and poultry. Bake, broil or grill.
One oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 of cooked rice, cereal or pasta.	Eat more orange vegetables like carrots and sweet potatoes.  Eat more dry beans and peas like pinto beans, kidney beans and lentils.	Go easy on fruit juice.	If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.	Vary your protein routine. Choose more fish, beans, peas, nuts and seeds.
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2 cups	Eat 5 1/2 ounces every day

**Find your balance between food and physical activity**  
 Be sure to stay within your daily calorie needs.  
 Be physically active for at least 30 minutes most days of the week.  
 About 60 minutes a day of physical activity may be needed to prevent weight gain.  
 Children and teenagers should be physically active for 60 minutes every day or most days.

**Know the limits on fats, sugars and salt (sodium)**  
 Make most of your fat from fish, nuts and vegetable oils  
 Limit solid fats like butter, margarine, shortening and lard as well as food that contain these.  
 Keep saturated fats, trans fats and sodium low.  
 Choose food and beverages low in sugars. Added sugars contributes calories with few if any nutrients.

# Parents hold the Key to School Readiness...

The years from 0-5 are when children develop basic knowledge and understanding. As your child's first and most important teacher, you hold the key to their future success. The following tips help your child prepare for school:

- \* Encourage your children to observe and try to predict what may occur in the environment. Provide them with opportunities to learn about the world around them. For example, children learn about plants by planting seeds and taking care of seedlings.

- \* Provide hands-on learning experience with science and

math. Let your child hear and make music, dance and paint. Use informational books and videos to support these experiences.

- \* Invite your relatives, friends and neighbors to talk to your children about their job, hobbies and stories about their lives or family.

- \* Provide opportunities to do and see things. Visit no-cost community resources, including the park, library, zoo and museum.

Your neighborhood school is also an important resource for activities such as performing arts, health and science fairs.

*By First 5 Sacramento*

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## Free Summer Preschool

Del Paso Heights and Garden Valley elementary schools are offering a free summer preschool program, from 8:15 am to 12:30 pm, June 20 through July 21 with a break from July 4-July 8, 2005.

This program is for students entering kindergarten in fall, 2005. To be eligible students must live in the Del Paso Heights School District attendance area, be registered in a Del Paso Heights kindergarten by the fall, 2005 and be age 5 by

December 2, 2005.

Priority Enrollment:

- \* First priority: Children with no previous preschool experience.

- \* Second level: Children with limited First 5 preschool experience.

- \* Third level: Children with limited preschool experience.

- \* Fourth level: Children with preschool experience.

For enrollment information contact school readiness advocates Daveetra Smith at 916/370-2233, or Lou Lo at 916/821-7119.

## Free Summer Camps

Sacramento City Unified School District is pleased to announce its 6th year of free kindergarten readiness summer camp, Monday, June 27 through Thursday, August 4, 2005.

Summer Camp is held for 6 weeks, 4 hours each day, Monday through Thursday. Children are provided a healthy lunch each day.

The summer camp is for students enrolled to attend kindergarten in the Sacramento City Unified School District. The preschool summer camp is structured to help children adjust to the daily routine of a school setting. Children become comfortable with the classroom and learn to make friends with other children.

Upon completion of camp, each child will be given a backpack filled with books, crayons, markers, pencils, paper and other materials/supplies needed to support their transition into kindergarten. In addition, parents will receive a booklet entitled, "Now I Am Going To Kindergarten."

Families interested in registering their child for summer camp may call 916/643-7859. Space is limited to the first 340 children. Sacramento First 5 and United Way California Capital Region Success by 6 fund the Partners for Readiness summer camp.

# Legislation Update

## **AB633 (Benoit): *Child Care Facilities***

Requires each licensee to make accessible to the public a copy of any licensing report or other public licensing document related to a facility visit, substantiated complaint investigation, a noncompliance conference meeting with licensing, or an accusation indicating intent to revoke a license; requires a change in the Oliver's law text provided by R&R programs when a child care referral is made (related to previous changes noted); requires licensee to immediately post licensing documents pertaining to the conference or accusation and to provide copies to parents and guardians of children in care.

Failure to do so results in an immediate civil penalty of \$100; requires the licensee to provide the facility director with a copy of all child care center laws and regulations, and within 90 days, to secure verification that the facility director has completed an orientation given by the CDSS.

## **AB1144 (Harman): *Playground Safety Standards***

Requires the State Department of Health Services to adopt and amend playground safety standards to meet the Ameri-

can Society for Testing and Materials (ASTM) standards for playground safety. May impact playgrounds in child care programs, especially center-based programs.

## **AB788 (Montanez): *Licensed Family Day Care Providers***

**Amended** to become a three-year pilot in three community college districts to provide training and a career ladder for family child care providers, especially limited English speaking providers. Implemented only if sufficient funding becomes available.

## **SB300 (Kuehl): *Family and Medical Leave***

Allows an employee to take up to 12 weeks of unpaid family leave to care for an independent adult child suffering from a serious health condition, for an employee's parent-in-law and to care for a seriously ill grandparent, sibling, or domestic partner.

## **AB122 (Spitzer): *Family Child Care***

Requires all child care facilities to maintain sufficient liability insurance or bond to cover injury to clients and guests. Eliminates the option to maintain a file of parent affidavits in lieu of the required liability insurance. Amended to



remove language requiring insurance and rather requires annual reporting by providers to DSS on the status of their insurance or use of an affidavit. Effective January 2006.

## **AB1394 (Runner): *Kindergarten Entrance***

Requires that a child be admitted to kindergarten at the beginning of a school year, or at any time later in the year if the child has a 5th birthday on or before September 1.

## **SB640 (Escutia): *Child Care for Children w/ Special Needs***

Declares the intent of the Legislature to appropriate \$5 million to the State Department of Education to provide a system of child care and development services for children with exceptional needs.

*This information was compiled by Donita Stromgren with the California Child Care Resource and Referral Network*

# Child Care Training

## June

6/09

Is my Child Ready for Kindergarten

6:30-8:30

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

6/15

Behavior Guidance

6:30-8:30 PM

Child Action

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

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

# Child Care Tips.....

## *Evaluating Your Visit*

- Contact several providers.
- Arrange an interview, preferably when the children are there.
- If you find child care elsewhere, take a moment to phone and say, "I would like to cancel my appointment."
- Take your child with you when you visit for the interview.
- Remember, caring for your child will be a partnership. Let the child care provider know about your family, your concerns and your expectations. Find out about the provider's concerns.
- Ask questions. What does the child care provider feel is important about the care he/she is providing?
- Ask for a copy of the child care provider's policies and procedures, and if possible, go over it with him/her.
- Ask for the names and phone numbers of other parents in the child care provider's care for reference.
- Read and carefully review your contract with your provider before you sign it.
- Do you feel comfortable with the child care provider? Did you talk together easily?



### Resource & Referral

9961 Horn Road  
Sacramento, CA 95827

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

Non-Profit Org.  
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**PAID**

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