

# Our Children, Our Community

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

Winter 2004-2005

## Sacramento County Children's Report Card

### Affordability of Care . . . *How Are We Doing?*

For working families, the cost of child care has to be balanced with the income made by working. When child care costs begin to exceed a certain percentage of income, the purpose for working is compromised and there is a disincentive for parents to work.

As a member of the Sacramento Local Child Care and Development Planning Council stated, "Parents can't pay it, employers don't support it, and the governmental support is shrinking."

### Availability of Quality Care . . . *How Are We Doing?*

Quality child care builds a relationship with the child and family, contributing to the child's sense of security and supports the child's development.

Research indicates that quality child care is important for all children, but may be especially beneficial to low income children who are more likely to experience challenges.

In 2000, the California Child Care Resources and Referral Network reported in

### Child Care Cost and Family Income 2002

Average annual cost of full-time licensed care for a preschooler, 2-5 years, in a center .....	<b>\$6,692</b>
Annual minimum wage for a full-time worker .....	<b>\$14,040</b>
Care for a preschooler as a percent of income of a single-parent household at minimum wage .....	<b>48%</b>
Annual median family income .....	<b>\$50,717</b>
Annual fair market rent for a two-bedroom unit .....	<b>\$8,508</b>
Salary of entry-level public school teacher .....	<b>\$29,967</b>

*Source: Sacramento County Children's Report Card September 2004*

Sacramento County there were 37,516 licensed child care slots to serve 149,523 children. By 2003, the need for child care slightly declined while licensed slots increased. Though significant progress has been made in licensed child care, there is still more that needs to be done.

It is estimated that 60 percent of families calling for assistance find care. This figure drops to 40 percent when the child has special needs. Approximately 300 child care providers in Sacramento County now serve children with special needs. Such a shortfall of available child care might encourage providers to develop more facilities. However, rising costs can make entry into the licensed child care market

unattractive. As costs get passed are passed to families, they may face expenses of child care costs exceeding their income.

The Sacramento County Children's Report Card is produced by the Sacramento County Children's coalition and reports on the status of children in five result areas: economics, education, health, safety and social and emotional well-being. For copies of the 2004 Children's Report Card contact Bev Lamb at 916/447-7063, ext. 358.

*This information was taken from the Sacramento County Children's Report Card September 2004.*

☆ **Peb muaj tsab ntawv no txhais ua lus Hmoob rau nej!** ☆

☆ **Articulos Bilingues en Este Buletin** ☆

☆ **В этом номере читайте статью на русском языке!** ☆

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

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

**Referral Hours:**

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



# Applications Are Now Available!

Sacramento CARES is a retention program for child care workers designed to stabilize the child care workforce and improve the quality of child care services by:

- Encouraging child care workers to remain in the field
- Encouraging child care staff to work together to set goals and improve their services
- Support individual child care workers who continue to develop their skill levels through education and professional development

To be eligible to receive a Sacramento CARES stipend you must meet the following eligibility requirements:

- Provide licensed child care services in a family child care home or child care center in Sacramento County
- Work directly with children at least 50% of the time
- Work a minimum of 15 hours per week
- Have been licensed to provide child care or work for a licensed family child care provider since March 1 or be employed at the same child care program since March 1
- Have successfully completed a minimum of 6 units in Early Childhood Education or Child Development with a grade of C or better

## CARES Application Timeline:

**November 2004** - Applications available

**January 10-February 28, 2005** - Applications accepted

**April 2005** - Stipend awards announced

**May 2005** - Stipend checks distributed

## SAVE THE DATE!

### CARES Orientation Sessions

The CARES orientation sessions will be an opportunity for you to gain a better understanding of the CARES application process, ask questions about your application and help you assess your eligibility.

**January 11, 2005 and February 8, 2005**

**6:30-8:30 PM**

**Child Action, Inc., 9961 Horn Road, Sacramento, CA 95827**

For more information about CARES or to get an application, call **916/369-0191** or visit [www.childaction.org](http://www.childaction.org).

## In This Issue

Sacramento County Children's Report Card ..... 1

Sacramento CARES ..... 2

Sacramento County Children's Coalition Is Seeking Volunteers ... 3

It's Time To Register for Kindergarten ..... 4

Overweight and Obesity ..... 5

Txog Caj Mus Sau Npe Kawm Ntawv Rau Qeb Kindergarten .... 6

Èçèèøíéé àãñ è íæðáíèá ..... 7

Es Hora de Inscribirse en el Jardín de Infantes ..... 8

Sobrepeso y Obesidad ..... 9

Child Care Training and Community Events ..... 10-11

New legislation..... 11

Nominate a Champion ..... 12

Looking for Sponsors..... 12

"In Praise of Providers" Nomination Form ..... 13

An Ally To Help You Reach Your Dreams ..... 14

FCCP, Inc. .... 15

Child Care Information At Your Fingertips ..... Back Page

# Sacramento County Children's Coalition Is Seeking Volunteers

**The Sacramento County Children's Coalition is seeking volunteers to join its committees and aid in the work to advocate for children's issues and provide policy oversight and community education.**

Established in 1994, the Sacramento County Children's Coalition (Coalition) works as an advisory body to the Sacramento County Board of Supervisors to advocate for children's issues and provide policy oversight and community education in Sacramento County. Much of the work is done within these five areas:

- **Advocacy:** The Coalition provides a forum to work on the availability of child care, after-school programs, school readiness, pupil support services, access to health care, the prevention of sexually transmitted diseases, child deaths, homeless children, out-of-home placement and youth substance abuse.
- **Child Protective Systems Oversight:** Provides guardianship through quality assurance reviews, reviews critical cases in which children have died, produces an annual report to the County Board of

Supervisors, Child Protective Services administration and identifies exceptional programs.

- **Children's Report Card:** The most recent Children's Report Card, released on October 22, 2004, reports on the state of the children in Sacramento County, highlighting many of our county's successes and challenges.
- **Human Services Coordinating Council:** Established to add a broad human services perspective to deliberations of the Board of Supervisors, county departments and member advisory boards in identifying, prioritizing and responding to the human service needs of Sacramento County residents.
- **First Five Sacramento Advisory Committee:** An advisory body to First Five Sacramento, the Commission charged with disbursing Proposition 10 money to address the health needs of children birth to 5 years old in Sacramento County.

Children's Coalition members influence the Sacramento Board of Supervisors on policy for children and families. They are not paid a salary for their work with the Children's Coalition, but have the satisfaction of knowing they have directly helped their community.



The Sacramento County Children's Coalition is seeking volunteers for the following committees:

- Youth, Drug & Alcohol Prevention & Treatment
- Sports and Recreation
- Community Service Organizations
- Economic Development
- Housing

The Children's Coalition would like to extend an invitation to anyone who would like to donate their time as a member of the Children's Coalition or work on one of its committees.

If you would like more information on the Children's Coalition or have any questions, please contact Bev Lamb, Senior Program Manager at 916/447-7063, extension #358 or e-mail her at [blamb@communitycouncil.org](mailto:blamb@communitycouncil.org).



Partners for Readiness Collaboration

Ready • Learn • Grow

# It's Time To Register For Kindergarten

If your child will be 5 years old by December 2, 2005 it is time to begin the process of registering for kindergarten. Although school doesn't begin until September, it's important to begin preparing your child for this transition and for you to complete all the necessary paperwork.

Most schools begin kindergarten registration in January. We encourage parents to contact their local school to determine their school's registration policies. To get a list of school district phone numbers, please refer to Handout 10 - School Readiness: "How to Prepare A Successful Student" at [www.childaction.org](http://www.childaction.org).

When registering your child for kindergarten the school will request the following information:

- Proof of your child's birthday (your child must be 5 years old by December 2, 2005)
- Proof of residence
  - T** Provide a PG&E or SMUD bill
- Your child's immunization card
  - T** 4 Polio doses at any age (but 3 dose requirement for ages 4-6 if at least one was given on or after the 4th birthday)
  - T** 5 DPT doses; 4 doses meet requirements for ages 4-6 if at least one was on or after the 4th birthday
  - T** 2 MMR doses
  - T** 3 Hepatitis doses
  - T** 1 Varicella dose on or after the 1<sup>st</sup> birthday

Children develop and learn things at different rates, so it's important

that they are prepared physically, socially, emotionally and academically. Kindergarten readiness skills are best taught in small doses, with repetition over time — with lot's of encouragement from adults. Below is a partial list of desirable readiness skills that will help your child get off to a good start. This list represents ideal readiness skills:

### **Reading Readiness**

- Identifies some objects in books
- Tells the meaning of simple words
- Answers questions about a short story
- Prints own name
- Understands that printed words carry a message

### **Concepts of Size, Position and Direction**

- Understands big and little
- Understands beside and next to
- Understands fast and slow
- Understands in and out

### **Social Emotional Development**

- Maintains self control
- Separates appropriately from adults
- Shares with others
- Knows first and last name
- Dresses self and is able to button or zip clothing and tie shoes

### **Numbers**

- Counts orally to 10
- Knows age and birthday
- Understands more and less
- Understands empty and full

### **Colors and Shapes**

- Recognizes and names many colors
- Recognizes basic shapes

### **Motor Skills**

- Completes simple puzzles
- Cuts with scissors
- Walks backwards
- Is able to throw and catch a ball
- Is able to balance on one foot

## School Readiness Fair

Sacramento City Unified School District Partners for Readiness will be holding their annual School Readiness Fair in February 2005. Please contact Jennifer Stafford at 916/643-7858 for more information on this family event.

## Resources:

- **Child Action, Inc.** - Contact Danell Ward, School Readiness Liaison at 916/369-3318.
- **Sacramento City Unified School District** - To get a free copy of the booklet "I Am Going To Kindergarten", call 916/643-7858.
- **www.NCSmartStart.org** - This is a school readiness website by North Carolina Partnership for Children. You can download the booklet "School Readiness: Starting Your Child Off Right" and other publications for parents and providers.
- **www.earlychildhood.com** - Activities, crafts and curriculum for infants through school-age children.

# Overweight and Obesity

Obesity is not only a problem for adults, its dramatic increase in children has become a disturbing national epidemic and public health concern that warrants our attention. In the United States, 10% of children between ages 5 and 17 are obese and more than 30% are overweight (*International Obesity Task Force, 2004*). Overweight children are more likely to become overweight adults.

## When is a child obese?

Obesity means having too much body fat in relation to lean body mass. A measurement of Body Mass Index (BMI) is used to assess overweight and obesity. BMI is the ratio of weight in kilograms to the square of height in meters (kg/m<sup>2</sup>). BMI between the 85th and 95th percentiles for age and sex is considered at risk of overweight, and BMI above the 95th percentile is considered overweight or obese.

## Why do children become overweight?

While in some cases heredity and genes play a role, very few children are overweight because of underlying medical problems. The main causes of childhood obesity are unhealthy eating habits and low level of physical activity. When a child eats more calories than his body can burn, the extra calories are stored as fat. Everyone has some stored fat, but too much fat results in the unhealthy condition of being overweight.

## What are the health consequences?

Obesity in children is a serious issue with health and social consequences that often continue into adulthood.

### *Physical risks of being overweight.*

Obese children have shown an alarming increase in the incidence of type 2 diabetes, a disease that previously was typically seen in adults. Many obese children have

high cholesterol and blood pressure levels, which are risk factors for developing heart disease and stroke. Obese children also have a high incidence of orthopedic problems, liver disease, asthma and certain types of cancer. One of the most severe problems for obese children is sleep apnea (interrupted breathing while sleeping). In some cases this can lead to problems with learning and memory.

### *Social and emotional outcomes.*

Social discrimination may be more disturbing to an overweight child than physical health problems. Research shows that obesity can be harmful to children's mental health. Children who are teased frequently can develop low self-esteem, behavior and learning problems, and depression.

## What is the best way to help children reduce weight?

Management of obesity in children is often focused on slowing or stopping the progress of weight gain rather than weight loss so the child grows into a normal body weight over a period of months to years. Parents and child care providers can play a very important role in helping overweight children.

**Physical activity.** Evidence shows that promoting exercise to burn calories helps more than restricting calories, and it's more fun. Offer regular opportunities for children to engage in physical activities. Organize indoor and outdoor activities and reduce screen time (television, computer, videos) to two or less hours per day.

**Diet management.** Provide nutritious meals and snacks based on the Food Guide Pyramid for children. Keep on hand water, fruits, vegetables, yogurt and low-fat snacks; keep fatty and sugary snacks to a minimum, especially sugar sweetened beverages such as soda.



Never put a child on a low-calorie diet; lower the amount of fat in food, but maintain calories by increasing the consumption of fruit, vegetables, cereals and bread.

**Behavior modification.** Avoid using food as a reward or punishment. Have family meals and set a good example by eating a wide variety of food. Discourage children from teasing each other about their size and weight. Teasing can emotionally harm children, leading to low self-esteem, depression and further weight gain.

## References

AAP Policy Statement: Pediatrics Vol. 112 No. 2 August 2003, pp. 424-430.

Centers for Disease Control and Prevention Obesity and Overweight Information ([www.aap.org/obesity/family.htm](http://www.aap.org/obesity/family.htm)).

American Obesity Association ([www.obesity.org](http://www.obesity.org)).

This article was provided by California Childcare Health Program

For more information, please contact: Healthline 1-800-333-3212

by A. Rahman Zamani, MD, MPH.



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## Txog Caij Mus Sau Npe Kawm Ntawv Rau Qeb Kindergarten

Yog tias koj tus menyuam muaj tsib xyoos rau hnuv tim 2 lub 12 hlis xyoo 2005 no, tamsim no txog caij mus sau npe kawm ntawv rau qeb kindergarten. Txawm tias lub cuaj hli mam li pib kawm ntawv, los nws tseem ceeb heev uas koj yuav tsum tau npaj koj tus menyuam thiab ua cov ntaub ntawv kom tiav.

Muaj ntau lub tsev kawm ntawv yuav pib sau npe rau lub ib hlis ntuj no. Peb xaav pab txhawb nqa kom cov niam txiv hu mus rau cov tsev kawm ntawv uas nyob ze ntawm nej seb lawv txoj cai mus sau npe kawm ntawv mus zoo li cas. Yog xav tau cov xov tooj rau cov tsev kawm ntawv no, thov nej xyuas nyob rau hauv daim ntawv hu ua *Handout 10-School Readiness: "How to Prepare a Successful Student"* (Kev Npaj Rau Ib Tus Tub Kawm Ntawv Thiaj Yuav Kawm Tau Zoo)" nyob rau hauv [www.childaction.org](http://www.childaction.org).

Thaum koj koj koj tus menyuam mus sau npe kawm kindergarten lub tsev kawm ntawv xav tau cov ntaub ntawv no:

- Daim ntawv pov thawj qhia koj tus menyuam hnuv yug (yuav tsum muaj tsib xyoos ua ntej rau hnuv tim 2 lub 12 hlis xyoo 2005)
- Ib daim ntawv qhia koj qhov chaw nyob, xws li daim ntawv then nqi fais fab los sis nqi nkev
- Koj tus menyuam daim ntawv txhaj tshuaj tiv thaiv kab mob  
Tau txhaj 4 koob mob aws, *Polio*, (taxis 3 koob xwb los tau yog hais tias tus menyuam muaj 4-6 xyoo, thiab koob thib 3 no txhaj tom qaab nws muaj 4 xyoos)  
Tau txhaj 5 koob mob xeb, *DPT* (4 koob xwb los tau yog hais tias tua menyuam muaj 4-6 xyoo, thiab koob thib 4 no txhaj tom qaab nws muaj 4 xyoos).  
Tau txhaj 2 koob *MMR*  
Tau txhaj 3 koob *Hepatitis*, tiv thaiv kabmob siab daj  
Tau txhaj 1 koob mob qoob, *Varicella* tom qab muaj ib xyoos

Txhua tus menyuam txoj kev loj hlob thiab kev kawm yuav tsis zoo ib yam. Yog li no nws tseem ceeb heev uas lawv yuav tsum tau npaj kom txhij rau txoj kev kawm, kev xav thiab kev hais lus. Txoj kev npaj kom txhij rau Kindergarten no yuav kawm tau zoo yog hais tias qhia yam twg los qhia kom tsawg, thiab qhia ntau lwm. Tsis tas li ntawm niam txiv los yuav tsum txhawb nqa tus meyuam thiab. Cov nqi lus hauv qab no qhia txog kev pib txawj thiab lub tswv yim uas yuav pab koj tus menyuam npaj ua ntej nws yuam mus kawm ntawv:

### ***Npaj Txhij Rau Kev Nyeem Ntawv***

- Paub qhia tej yam khoom nyob rau hauv phau ntawv
- Paub qhia lub ntsiab lus ntawm tej los lus uas yoojyim
- Paub teb tej lus nug txog ib zaj dab neeg
- Paub sau nws lub npe
- Paub hais tias ntawv sau sib cab txawv cov ntawv uas sau tsis sib cab

### ***Paub Txog Tej Yam Loj Me, Qhov Chaw thiab Kev Mus***

- To taub txog yam loj thiab me
- To taub txog ib yam khoom uas nyob ntawm ib sab, thiab nyob tom ntej
- To taub txog ceev thiab qeeb
- To taub txog sab hauv thiab sab ntsaam

### ***Kev Hais Lus Thiab Kev Xav***

- Paub tswj nws tus kheej
- Paub hwm cov laus
- Txawj koom siv khoom nrog lwm tus
- Paub nws lub npe thiab lub xeem
- Txawj ua khaub ncaws hnav, thiab khawm lub tsis los yog lub tsho thiab khi hlua khau

### ***Lej***

- Txawj suav ib mus txog kaum
- Paub lub noob nyoog thiab hnuv yug
- To taub txog ntau thiab tsawg
- To taub txog ib yam khoom uas puv thiab tsis muaj dab tsi

### ***Xim thiab yam khoom ntawm muaj pes tsawg sab***

- Nco tau thiab paub lub npe ntawm cov xim
- Nco tau yam khoom ntawm muaj pes tsawg sab thiab hu li cas

### ***Kev Siv Tes Tau***

- Ua tau cov ntawv sib dhos ua ke uas yoojyim
- Txawj siv txiab txiav
- Txawj mus kev thaub qab
- Txawj pov thiab txais pob
- Txawj caws ib sab ko ntau es ntses tau

### **Tsev Kawm Ntawv Lub Koomtxoos Rau Kev Npaj Txhij (School Readiness Fair)**

*Sacramento City Unified School District Partners for Readiness* (cov tsev kawm ntawv ua koom tes rau txoj kev npaj txhij rau txoj kev kawm nyob rau hauv lub nroog Sacramento) yuav muab lub koomtxoos hu ua *School Readiness Fair* rau lub 2 hlis xyoo 2005. Yog koj xav paub ntxiv thov hu tau rau Jennifer Stafford ntawm tus xov tooj 916/643-7858.

### **Cov Chaw Uas Muaj Kev Pab (Resources):**

- **Child Action, Inc.** – hu rau Danell Ward, School Readiness Liaison at 916/369-3318.
- **Sacramento City Unified School District** – Yog xav tau ib phau ntawv hu ua "I Am Going To Kindergarten (Kev yuav mus kawm qeb Kindergarten)", hu rau tus xov tooj 916/643-7858.
- **www.NCSmartStart.org** – Nov yog ib qhov chaw uas koj mus saib tau hais txog kev npaj txhij rau txoj kev kawm los ntawm *North Carolina Partnership for Children*. Koj yuav qhib thiab muab cov ntawm no tshem tawm los siv tau "*School Readiness: Starting Your Child Off Right*" (Npaj txhij rau txoj kev kawm: Pib taug txoj kev ua zoo rau koj tus menyuam)" thiab lwm yam ntawv rau cov niam txiv.
- **www.earlychildhood.com** – Kev ua si, kes duab thiab lwm yam kev kawm rau cov menyuam mos mus txog rau lub sib hawm uas yuav mus kawm ntawv.

# Излишний вес и ожирение

Автор: A. Rahman Zamani, MD, MPH

Ожирение перестало быть только проблемой взрослых. Драматическое увеличение количества тучных детей стало настоящей национальной эпидемией, привлекающей серьёзное внимание общественности. В Соединённых Штатах 10% детей в возрасте от 5-ти до 17-ти лет страдают ожирением и более 30% имеют излишний вес (International Obesity Task Force, 2004). Чаще всего дети, имеющие излишний вес, страдают ожирением и в зрелом возрасте.

## Как определить, имеет ли ребёнок ожирение?

Ожирение определяется как излишнее количество жира по отношению к массе тела. Ожирение и излишний вес определяются Индексом массы тела (Body Mass Index - BMI). BMI – это соотношение веса в килограммах к росту в квадратных метрах (кг/м<sup>2</sup>). BMI в пределах от 85 до 95 единиц, в зависимости от возраста и пола, указывает на риск излишнего веса, BMI выше 95 единиц рассматривается как наличие излишнего веса или ожирение.

## Почему дети страдают ожирением?

Несмотря на то, что наследственность и генетика играют определённую роль, очень небольшое количество детей приобретает ожирение из-за этих медицинских проблем. Основные причины детского ожирения – нездоровые привычки в питании и низкий уровень физической активности. Когда ребёнок потребляет калорий больше, чем его тело может сжечь, несожжённые калории откладываются в виде жира. Каждый человек имеет некоторое количество жира, но слишком большое его количество приводит к нездоровому состоянию, называемому ожирением.

## Каковы последствия для здоровья?

Ожирение детей – это серьёзная проблема, имеющая последствия как для здоровья, так и в социальной сфере, и продолжающая развиваться в зрелые годы.

**Влияние излишнего веса на здоровье.** Тревогу вызывает тот факт, что дети, страдающие ожирением, всё чаще оказываются склонными к заболеванию, которое раньше считалось типично «взрослой» болезнью, – диабет типа 2. Многие дети с избыточным весом имеют высокий уровень холестерина и повышенное кровяное давление, в свою очередь приводящих к болезням сердца и инсульту. Помимо этого, дети с ожирением имеют склонность к ортопедическим заболеваниям, заболеваниям печени, астме и некоторым типам рака. Одна из наиболее часто встречающихся проблем в отношении детей с избыточным весом – так называемая, «сонная одышка» (прерывание дыхания во время сна). В некоторых случаях ожирение влечёт проблемы с обучением и запоминанием материала.

**Последствия в эмоциональной и социальной сферах.** Социальная дискриминация ребёнка с избыточным весом беспокоит его гораздо больше, чем проблемы со здоровьем. Исследования показывают, что ожирение может оказать вредное влияние на ментальное здоровье ребёнка. Дети, которых постоянно дразнят, вырабатывают низкий уровень самооценки, имеют проблемы в поведении и обучении, подвержены депрессии.

## Как помочь детям сбросить лишний вес?

Руководство проблемой ожирения детей чаще всего сводится к задержанию или остановке приобретения лишнего веса, нежели к потере лишнего веса в период роста ребёнка в течение месяцев или даже лет. Родители и воспитатели могут сыграть очень важную роль в оказании помощи детям, имеющим лишний вес.

**Физическая активность.** Доказано практикой, что энергичные физические упражнения помогают сжечь больше калорий, чем ограничение их потребления, не говоря уже о том, что такие упражнения доставляют истинное наслаждение. Постоянно предлагайте детям возможности для физически активных видов деятельности. Организуйте всевозможные виды физической деятельности как в доме, так и на свежем воздухе, и ограничивайте



время, проводимое детьми (за экраном) (телевизор, компьютер, видео), до 2-х или менее часов в день.

**Руководство диетой.** Предлагайте сбалансированное питание, основанное на «Пирамиде» для детей. Всегда имейте под рукой воду, фрукты, овощи, йогурт и лёгкие закуски с низким содержанием жиров; сведите к минимуму потребление закусок с высоким содержанием жиров и сахара, особенно сахаросодержащих напитков (soda). Никогда не сагайте ребёнка на низкокалорийную диету; уменьшайте количество жиров в пище, но регулируйте калории, увеличивая потребление фруктов, овощей, круп и хлеба.

**Изменения в поведении.** Избегайте использования пищи в качестве поощрения или наказания. Включайте в меню традиционные блюда и показывайте положительные примеры в питании, потребляя разнообразную пищу. Останавливайте детей, когда они дразнят друг друга из-за разницы в размере и весе. Дети, которых дразнят, могут получить серьёзную эмоциональную травму, что, в свою очередь, приводит к заниженной самооценке, депрессии и дальнейшему увеличению веса.

## Источники

AAP Policy Statement: Pediatrics Vol. 112 No. 2 August 2003, pp. 424-430.

Centers for Disease Control and Prevention Obesity and Overweight Information ([www.aap.org/obesity/family.htm](http://www.aap.org/obesity/family.htm)).

American Obesity Association ([www.obesity.org](http://www.obesity.org)).

Эта статья была предоставлена California Childcare Health Program

Для получения дополнительной информации, пожалуйста, позвоните в Healthline по телефону 1-800-333-3212



Partners for Readiness Collaboration  
Ready • Learn •

# Es Hora de Inscribirse en el Jardín de Infantes

Si su hijo/a va a tener cinco años el 2 de Diciembre de 2005, es hora de comenzar el proceso e inscripción al jardín de infantes. Aunque la escuela no comienza hasta Septiembre, es importante empezar a preparar a su hijo para esta transición y que usted complete todo el papelería necesario.

La mayoría de las escuelas comienzan la inscripción para el jardín de infantes en Enero. Les recomendamos a los padres que se contacten con su escuela local para determinar las reglas de inscripción de la misma. Para obtener una lista de los teléfonos de los distritos escolares, por favor remítase al Volante 10 – Aptitud Escolar: “Cómo preparar a un estudiante exitoso” (School Readiness: “How to Prepare A Successful Student”) en [www.childaction.org](http://www.childaction.org).

Cuando inscriba a su hijo/a en el jardín de infantes, la escuela le pedirá la siguiente información:

- Prueba de la fecha de nacimiento de su hijo (debe tener 5 años de edad el 2 de Diciembre, 2005)
- Prueba de residencia
  - T** Presente una boleta de energía (PG&E) o una boleta de SMUD
- La libreta de vacunaciones de su hijo/a
  - T** 4 dosis de Polio a cualquier edad (pero 3 dosis requeridas para las edades de 4-6 si por lo menos una fue dada a los 4 años o después)
  - T** 5 dosis de DPT; 4 dosis cumplen con los requerimientos de 4-6 años si por lo menos una fue al cumplir 4 años o después
  - T** 2 dosis de VSR (vacuna triple de sarampión, paperas y rubéola)

- T** 3 dosis de Hepatitis
- T** 1 dosis de Varicela en primer cumpleaños o después

Los niños crecen y aprenden cosas a diferentes ritmos, por lo tanto es importante que estén preparados física, social, emocional, y académicamente. Las destrezas necesarias para el jardín de infantes se enseñan mejor en pequeñas dosis, repitiendo a lo largo del tiempo — con mucho incentivo por parte de los adultos. Debajo hay una lista parcial de las habilidades deseadas que ayudarán a su hijo a tener un buen comienzo. Esta lista representa las destrezas necesarias ideales:

### **Aptitud para la Lectura**

- Identifica algunos objetos en los libros
- Dice el significado de palabras simples
- Responde preguntas sobre un cuento corto
- Escribe su propio nombre en imprenta
- Entiende que las palabras impresas contienen un mensaje

### **Conceptos de Tamaño, Posición y Dirección**

- Entiende lo que es grande y pequeño
- Entiende lo que es al lado y cerca de
- Entiende lo que es rápido y lento
- Entiende lo que es dentro y fuera

### **Desarrollo Emocional Social**

- Mantiene el dominio de sí mismo
- Se separa adecuadamente de los adultos
- Comparte con los demás
- Sabe su nombre y apellido
- Se viste solo y puede abotonarse o cerrar el cierre de la ropa y atarse los zapatos

### **Números**

- Cuenta oralmente hasta 10
- Sabe su edad y fecha de cumpleaños

- Entiende lo que es más y menos
- Entiende lo que es vacío y lleno

### **Colores y Formas**

- Reconoce y nombra muchos colores
- Reconoce las formas básicas

### **Habilidades Motoras**

- Completa rompecabezas simples
- Corta con tijeras
- Camina hacia atrás
- Puede tirar y coger una pelota
- Puede hacer equilibrio sobre un pie

## **Feria de la Aptitud Escolar**

Los Asociados del Distrito Escolar Unificado de la Ciudad de Sacramento harán su Feria anual de la Aptitud Escolar (School Readiness Fair) en Febrero del 2005. Por favor, contacte a Jennifer Stafford al 916/643-7858 para mayor información sobre este evento familiar.

### **Recursos:**

- **Child Action, Inc.** – Contacte a Danell Ward, Enlace de School Readiness al 916/369-3318.
- **Distrito Escolar Unificado de la Ciudad de Sacramento** – Para obtener una copia gratis del folleto “I Am Going To Kindergarten (Voy al Jardín de Infantes)”, llame al 916/643-7858.
- **www.NCSmartStart.org** – Este es un sitio en la red de school readiness de la Asociación por los Niños de Carolina del Norte. Usted puede bajar el folleto “School Readiness: Starting Your Child Off Right (Aptitud Escolar: Haciendo que su Hijo Comience Bien)” y otras publicaciones para padres y prestadores.
- **www.earlychildhood.com** – Actividades, artesanías y programas de estudio para niños hasta la edad escolar.

# Sobrepeso y Obesidad



La obesidad no es un problema que sólo sufren los adultos. El aumento tan dramático de casos entre niños se ha convertido en una perturbadora epidemia nacional y en una preocupación de salud pública que merece nuestra atención. En EE.UU., un 10 por ciento de niños entre 5 y 17 años de edad están obesos y más de 30 por ciento tienen sobrepeso (*International Obesity Task Force, 2004*). Los niños con sobrepeso son más propensos a convertirse en adultos con sobrepeso.

## ¿Cuándo Está un Niño Obeso?

Una persona está obesa cuando tiene una acumulación de grasa excesiva en proporción con su masa corporal. Para diagnosticar sobrepeso u obesidad se mide el Índice de Masa Corporal (IMC). El IMC es la proporción de peso en kilos por la altura en metros al cuadrado ( $\text{kg}/\text{m}^2$ ). Existe el riesgo de sobrepeso cuando el IMC está entre el percentil 85 y el 95 dependiendo de la edad y el sexo, y sobrepeso u obesidad cuando el IMC supera el percentil 95.

## ¿Por qué hay niños con sobrepeso?

Hay casos en los que el sobrepeso se debe a un problema de genes o de salud. Pero las principales causas de la obesidad son malas costumbres alimenticias y poca actividad física. Cuando el niño consume más calorías de las que su cuerpo puede quemar, el cuerpo convierte las calorías extras en grasa que almacena. Todos tenemos grasa almacenada, pero acumular excesiva grasa causa sobrepeso.

## ¿Qué consecuencias tiene para la salud?

ha producido un aumento

alarmante de casos de diabetes tipo 2 entre niños obesos, una enfermedad que normalmente sólo la padecían los adultos. Muchos niños obesos tienen los niveles de colesterol y de hipertensión arterial altos; estos son los factores de riesgo que producen enfermedades cardiovasculares y derrames cerebrales. También se dan muchos casos de problemas ortopédicos, enfermedades del hígado, asma y ciertos tipos de cáncer entre los niños obesos. Uno de los problemas más graves que pueden sufrir los niños obesos es la apnea del sueño (interrupción de la respiración durante el sueño).

## Problemas sociales y emocionales.

Los niños con sobrepeso podrían experimentar más discriminación que los niños con problemas físicos. Los estudios demuestran que la obesidad puede dañar la salud mental de los niños. Los niños que con frecuencia sufran las burlas de otros podrían desarrollar una autoestima baja y sufrir problemas de aprendizaje y depresión.

## ¿Cuál es la mejor manera de ayudar a los niños a bajar peso?

Los tratamientos de obesidad infantil normalmente no se concentran en la pérdida de peso sino en disminuir o parar el aumento de peso; el propósito es permitir que el cuerpo se desarrolle durante meses o años hasta que el peso esté más en proporción con el tamaño del cuerpo. Tanto los padres como los proveedores de cuidado infantil pueden ser una gran ayuda para los niños con sobrepeso.

**Actividad física.** Ofrezca a los niños con regularidad la oportunidad de hacer actividades físicas. Organice actividades en el interior o al aire libre y limite a dos horas al día o menos el tiempo que los niños pasan delante de la pantalla (de televisión, de computadora, de videoconsolas).

**Dieta.** Prepare comidas y meriendas nutritivas basadas en la Pirámide Guía de los Alimentos para niños. Es bueno que los niños consuman agua, fruta, vegetales, yogurt y meriendas bajas en grasas; reduzca al mínimo el consumo de meriendas grasientas o dulces, especialmente bebidas azucaradas como los refrescos. Nunca dé a los niños una dieta baja en calorías; disminuya la cantidad de grasas en los alimentos pero mantenga la cantidad de calorías aumentando el consumo de frutas, vegetales, cereales y pan.

**Cambio de costumbres.** Evite utilizar los alimentos como recompensas o castigos. Los niños deberían comer con toda la familia y se debería dar un buen ejemplo consumiendo una gran variedad de alimentos. No permita que los niños se burlen del tamaño o peso de otros niños.

## Referencias

Normas por la Academia de Pediatría Americana: Pediatría Volumen 112 Número 2 Agosto 2003, Pág. 424-430.

Centros para el Control y la Prevención de Enfermedades, Información sobre Obesidad y

Sobrepeso ([www.aap.org/obesity/family.htm](http://www.aap.org/obesity/family.htm))

Asociación Americana de Obesidad ([www.obesity.org](http://www.obesity.org))

por A. Rahman Zamani, MD, MPH)

# Child Care Trainings

## January

### Thursday, January 6

Managing Challenging Behaviors: #1  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
Community Room 1  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

### Monday, January 10

Family Child Care Providers Association  
Membership Meeting  
7:00-9:00 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/726-2575.

### Tuesday, January 11

Sacramento C.A.R.E.S. Orientation  
6:30-8:30 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/369-0191.

### Wednesday, January 12

Childhood Immunization Training  
6:00-8:00 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/369-0191.

### Thursday, January 13

Managing Challenging Behaviors: #2  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

### Thursday, January 13

The Active Role of the Teacher and the  
Environment in the Daily Curriculum  
6:00-8:00 pm  
For more information go to  
[www.pitc.org](http://www.pitc.org)

### Monday, January 17

Child Action, Inc. Closed

### Wednesday, January 19

**Conflict Resolution**  
Roberts Family Development Center  
6:30-8:30 pm  
766 Darina Ave. Sacramento  
To register call 916/369-0191.

### Thursday, January 20

Managing Challenging Behaviors: #3  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

### Friday, January 21 &

**Saturday, January 22**  
2004-2005 Director Mentor Institute  
8:30 am- 4:30 pm  
Sacramento  
For more information call 415/452-5602.

### Tuesday, January 25

Family Child Care Providers Association  
Board Meeting  
6:30-9:00 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/726-2575.

## February

### Tuesday, February 1

Child Development Special Needs  
Workshop (Spanish)  
6:00-8:30 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

### Tuesday, February 8

Co-Parenting  
6:00-8:00 pm  
Beanstalk  
3735 Stephen Dr., North Highlands  
To register call 916/369-0191.

### Tuesday, February 8

Sacramento C.A.R.E.S. Orientation  
6:30-8:30 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/369-0191.

### Monday, February 14

Family Child Care Providers Association  
Membership Meeting  
7:00-9:00 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/726-2575.

### Tuesday, February 15

Single Parenting  
6:00-8:00 pm  
Beanstalk  
3735 Stephen Dr., North Highlands  
To register call 916/369-0191.

### Wednesday, February 16

Asthma/Allergy Workshop  
Roberts Family Development Center  
766 Darina Ave., Sacramento  
To register call 916/369-0191.

### Thursday, February 17

Classroom Management  
6:30-8:00 pm  
Child Action, Inc.  
9961 Horn Road, Sacramento  
To register call 916/369-0191.

### Monday, February 21

Child Action, Inc. - Closed

### Tuesday, February 22

Blended Families  
6:00-8:00 pm  
Beanstalk  
3735 Stephen Dr., North Highlands  
To register call 916/369-0191.

### Tuesday, February 22

Family Child Care Providers Association  
Board Meeting  
6:30-9:00 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/726-2575.

### Thursday, February 24

Kaplan Behavior: There Is A Magic Wand  
6:30-8:30 pm  
Rancho Cordova Library  
9845 Folsom Blvd., Sacramento  
To register call 916/369-0191.

## March

### Thursday, March 3

Learning Through Art  
6:30-8:30 pm  
Roberts Family Development Center  
766 Darina Ave., Sacramento  
To register call 916/369-0191.

**Monday, March 7**

Partnerships with Parents Training  
6:00-8:30 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Wednesday, March 9**

How Children Learn  
6:00-8:30 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Wednesday, March 9**

Designing Play Environments for  
Children's Core Play Values  
6:30-8:30 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/369-0191.

**Monday, March 14**

Family Child Care Providers Association  
Membership Meeting  
7:00-9:00 pm  
Child Action, Inc.  
9961 Horn Rd., Sacramento  
To register call 916/726-2575.

**Monday, March 14**

Ages and Stages of Child Development  
6:00-8:30 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Wednesday, March 16**

Providing a Safe Environment for  
Children  
6:00-8:00 pm  
Child Action, Inc.  
9961 Horn Road, Sacramento  
To register call 916/369-0191.

**Wednesday, March 16**

Working With Children With Special  
Needs  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Monday, March 21**

Quality Environments  
6:00-8:30 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Wednesday, March 23**

Creative Environments  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Thursday, March 24**

Childhood Immunization  
Child Action  
6:30-8:00 pm  
5450 Power Inn Road #F, Sacramento  
To register call 916/369-0191.

**Monday, March 28**

Know Business...Like Your Business  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

**Wednesday, March 30**

Building Professionalism  
6:00-8:00 pm  
Susie Gaines-Mitchell Building  
2450 Florin Rd., Sacramento  
To register call 916/369-0191.

## New Legislation for Resource and Referral Programs

On January 1, 2005 legislation (AB 72 Bates) will go into effect that will require every Child Care Resource and Referral program (R&R program) to remove a licensed child day care facility from its referral list if there is a revocation of the license, a temporary suspension order or the facility is placed on probation.

The R&R programs will also be required to notify child care programs operating under Article 3 and Article 15.5 of the Education Code, of any licensed day care facility that has a revocation order, temporary suspension order or is placed on probationary status.

Child care programs operating under Article 3 and Article 15.5 of the Education Code provide child care subsidy payments to licensed child day care facilities.

The child care programs operating under Article 3 and Article 15.5 of the Education code are required to do the following:

For facilities with revocation and/or temporary suspension orders:

- Terminate payment to the licensed child day care facility.

- Notify parents receiving subsidy and utilizing the facility; and the licensed facility, in writing, that payment has been terminated and the reason for termination.

For child day care facilities placed on probationary status:

- Notify parents utilizing the child day care facility, in writing, that the provider has been placed on probation and

the parents have an option to locate alternate child day care arrangements. Licensed child day care facilities shall post their license in a prominent publicly accessible location in the facility. Family day care homes shall comply with this posting requirement during the hours when clients are present.

In Sacramento County, Child Action, Inc. administers the child care resource and referral program. The programs operating under Article 3 and Article 15.5 of the Education code in Sacramento are:

- Child Action, Inc. Alternative Payment Program

- PACE Alternative Payment Program

- Beanstalk, Inc. Family Child Care Subsidy Program



# Nominate a Child Care Champion

Now in it's 21st year, the Child Care Coalition (Coalition) "In Praise of Providers" awards dinner is scheduled for Thursday, April 7, 2005 at the DoubleTree Hotel in Sacramento.

Organized and planned by the Sacramento County Local Child Care & Development Planning Council (LPC) and Child Action, Inc., "In Praise of Providers" will recognize child care providers and members of the community who have demonstrated an exemplary commitment to furthering the cause of quality child care in Sacramento County.

The Coalition will recognize and celebrate the accomplishments of child care professionals 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

**and, a new category -**

- \* Provider to Children with Special Needs

This new category recognizes a provider, teacher, director or center who creates a supportive inclusive environment for children with special needs. Additionally, community awards will be given to individuals or organizations that have worked to protect, nurture and advocate for children and families in our community.

The nomination form for the Provider Award is included on page 13 in this newsletter. We

are asking providers to share this nomination form with their program staff and with the parents of the children in their programs.

If you do not receive a provider nomination form and would like to have one mailed to you, or if you would like to receive a nomination form for a community award, please call the Local Planning Council staff at 916/369-0191, or visit its website at [www.sac-lpc.org](http://www.sac-lpc.org) to download a copy of either form.

We are planning a big celebration and want you to be part of it! Make sure you get your nomination forms in by the deadline and join us at the DoubleTree Hotel on Thursday evening, April 21, 2005.



## LOOKING FOR SPONSORS

The Child Care Coalition Awards Dinner would not be the success it is without the financial assistance of the community. Your tax-deductible financial contribution will help to sponsor this distinguished event and aid in furthering the work begun by the Coalition through collaborative efforts of the Local Planning Council.

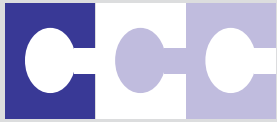
I am proud a supporter of the **Sacramento County Child Care Coalition** and wish to contribute at the following level:

- Supporter** - \$50.00       **Sponsor** - \$100.00       **Endorser** - \$250.00
- Patron** - \$500.00       **Benefactor** - \$1000.00
- Underwriter** - Enclosed is a contribution of \$\_\_\_\_\_ (more than \$1000)
- Other** - Enclosed is a contribution of \$ \_\_\_\_\_

I understand this contribution will support the efforts of the Sacramento Child Care Coalition to develop affordable, quality child care in the Sacramento community. Sponsor contributions must be received by March 4, 2005 in order to assure placement in the awards dinner program. The tax identification number is 94-2364946.

Sponsor Name \_\_\_\_\_  
 Company \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Please make checks payable to Child Care Coalition and mail to: **Child Care Coalition, 9961 Horn Road, Sacramento, CA 95827. For more information, please call Child Action, Inc. at (916) 369-0191**



Nomination Form For Providers, Teachers, Directors & Programs

# In Praise of Providers

The Sacramento Child Care Coalition's 21st Annual Child Care Awards Dinner  
Thursday Evening, April 7, 2005 at the DoubleTree Hotel

*Answers to the following two questions MUST BE INCLUDED with this form in order for your nomination to be considered fully. Please attach narratives on a separate sheet of paper.*

1. What has this person or program done that made a difference in the lives of your children and your family?
2. What has this person or program done to improve child care services in our community?

Are you nominating a family child care provider? ..... " Yes " No

Are you nominating a teacher or director of a child care center? ..... " Yes " No

Are you nominating an entire child development program? ..... " Yes " No

Are you nominating a family child care provider, teacher, director or a center for their work with children with special needs? ..... " Yes " No  
*(Please note that this is a new and fourth award category added this year.)*

What is the nominee's first and last name (if an individual)? \_\_\_\_\_

What is the nominee's job title (if applicable)? \_\_\_\_\_

What is the name of the program(if applicable)? \_\_\_\_\_

What is the nominee's work address? \_\_\_\_\_  
*(including city and zip code)*

What is the nominee's daytime/evening phone number? Day: \_\_\_\_\_ Evening: \_\_\_\_\_  
*Please complete **your** (as the nominator) information below:*

Your name: \_\_\_\_\_

Your address: \_\_\_\_\_  
*(including city and zip code)*

Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_

What is your relationship to the nominee? \_\_\_\_\_

**Qualifications for Nomination:**

- \* All nominees must be working in Sacramento County.
- \* All nominees must be a licensed family child care home provider, or be employed in a licensed, or license-exempt child care program.
- \* A nominated program must be licensed or license-exempt in Sacramento County.

**Criteria Used in the Selection Process**

- \* Ability to work effectively with children and their families.
- \* Professional and personal commitment to the early childhood field.

**SEND YOUR NOMINATION EARLY & ALLOW TIME FOR MAILING! SEND TO:**

LPC Coordinator, c/o Child Action, Inc., 9961 Horn Road, Sacramento, CA 95827

**Your nomination must be received by Friday, January 28, 2005! Questions? 916/369-0191**

# An Ally To Help You Reach Your Dreams



If you could look into a snow globe to see what lay ahead, you would never begin to shake the globe, because the knowledge you would gain, and what you would see would scare you into staying still and just let the snow be a blanket over your dreams and aspirations. Unless, of course, you were to shake that globe with a friend, a respected partner or an ally and know that the future you saw, was attainable and you were not alone.

Our first call to Child Action, Inc. was the most important call we could have made. The Child Action Facilities Coordinator and staff walked us through the maze we fondly look at as the licensing process.

At the first visit to our perspective school site, they arrived with suggestions about where we could find information on play structure safety, tables, chairs, general school supplies, the layout of each classroom and ideas about available funding.

We were urged to call them with any questions we might have in completing our paper work, and to make an appointment with them to review our documents to

make sure everything was filled out correctly. The Facilities Coordinator called to encourage us and to ask if there were any lingering issues she could help us with.

YIKES! When the paper work was filled out and ready for review, we could not find child care. To keep our appointment with the Facilities Coordinator, we brought the child along.

We were struck by the fact that Child Action, Inc., a child advocacy agency, really was about the children. The office has a play area, no one scowled at us, or looked cross-eyed when we arrived with our child . . . not one of the staff even raised an eyebrow, and our final document review went without a hitch. The Facilities Coordinator went over every document, answered our questions about our handbook, enrollment paperwork, and supported everything we had done. We were ready to submit!

We submitted our license and called Child Action, Inc.'s Facilities Coordinator to report; "We did it! We got our license!" She said she would love to come and see what we had done, and asked; "What would you like for your \$500.00 of curriculum and toys?" We gave her our wish list, and in our wildest "snow globe" dream we didn't expect the wonderful things we received:

books multi-cultural dolls and musical instruments, just to name a few.

Child Action, Inc. was there for the beginning shake of the snow globe, all the way to the end, and is that ally, friend and respected partner that everyone needs before they shake their personal snow globe.

With enthusiasm we shook our snow globe and with our heads held back looking to the sky we watched the snow fall, dance on our faces, and our dreams alight as we shook the globe again, again and again.

Thank you everyone at Child Action, Inc., for holding our hands and supporting us as we watch the snow fall, knowing because of friends like you, the flakes would not fall without order and pattern at the end.

If you would like information on opening and/or operating a licensed child care center, call Child Action, Inc. at 916/369-0191.

*by Misty Meachum & Kyla Cusson*



# Family Child Care Providers, Inc.

*"Promoting Quality Child Care in the Home Environment"*

FCCP, Inc. is a non-profit association of licensed family child care providers in the Sacramento and surrounding areas. Please join us at our meetings for networking, education, community involvement and support.

## Did you know.....

- ✓ We have group health insurance now available through CAFCC
- ✓ That you can call on us to help you with suggestions when you are having behavioral problems with a child
- ✓ You can ask for advice dealing with parent/provider issues
- ✓ That you can receive assistance with marketing, contracts, and other business related questions
- ✓ That we have a phone line parents can call for child care referrals in the zip code area that you live in
- ✓ That we offer an education piece at each of our monthly meetings
- ✓ That our #1 cause is to promote quality child care to children and families in Sacramento and surrounding areas
- ✓ That we provide the most valuable services to our community at large
- ✓ That there are 44,000, yes forty-four thousand, licensed family child care providers in the State of California
- ✓ That we all care about each other, work together, and have a strong, positive, united voice in this community
- ✓ That we are affiliated with CAFCC (California Association of Family Child Care) & NAFCC (National Association)
- ✓ That we have the support of and/or affiliation with Child Action, Inc., CAEYC, NAEYC, Beanstalk, Sacramento County Office of Education, Sacramento County Health Department, and many other organizations and agencies
- ✓ We have an e-mail address: [fccpinc@aol.com](mailto:fccpinc@aol.com) a web site at [www.fccpinc.org](http://www.fccpinc.org) and a phone line 36-CHILD

## **\$ 2004 Holiday Dinner \$**

Monday, December 13, 2004 Holiday Dinner at the Spaghetti Factory in Rancho Cordova at 6:30pm

## **\$ 2005 Scheduled Meeting Dates \$**

*Topics for the meetings will be announced in the Association Newsletter "Merry-Go-Round"*

January 10, 2005	April 11, 2005	October 10, 2005
February 14, 2005	May Buffet TBA	November 14, 2005
March 14, 2005	September 12, 2005	December Holiday Dinner TBA

All meetings are held at Child Action, Inc., 9961 Horn Road, Sacramento, CA 95827, from 7:00 to 8:45 pm except the May Buffet and Holiday Dinner.

**If you are a licensed family child care provider interested in becoming a member of our association, please contact Gayle at 726-2575 or Carolyn at 725-4044.**

**Family Child Care Providers Inc.**

P. O. Box 15733 \$ Sacramento, CA 95852 \$ 916/36-CHILD \$ [fccpinc@aol.com](mailto:fccpinc@aol.com) \$ [www.fccpinc.org](http://www.fccpinc.org)

# Child Care Information At Your Fingertips!

***Child Action, Inc. now offering 24 hour child care referrals on the internet.***

*"It was great. I took a chance to see if Child Action, Inc. offered child care referrals on-line and they did. I found a child care provider down the street from me. I am very happy with this service and with the child care provider I found"* said Jennifer Hanreatty, parent of an infant and preschooler.

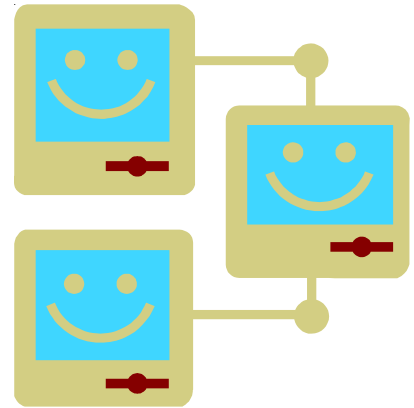
Since 1976, Child Action, Inc. has been offering child care referrals and consumer education information to families through our phone referral service. We are now offering an interactive child care referral service 24 hours a day, 7 days per week to all families who are seeking child

care services in Sacramento County. Our child care provider listings are regularly updated and parents can access this information on-line at their convenience.

In addition, low income working families who are seeking assistance in paying for child care services can access an eligibility application on-line that can be mailed in for review, and if they are eligible, their names are added to the Child Action, Inc.'s eligibility list.

"After I was listed as a child care provider on Child Action Inc.'s web referral list, the next day I received a call from a parent needing child care," stated Virginia Perez, a family child care provider of Virginia's Day Care. "The parent has been with me since. It's good for parents to look for child care on their own schedule."

To access our on-line child care referrals go to our web page at [www.childaction.org](http://www.childaction.org) or you can speak to one of our Information Specialists directly at 916/369-0191, extension #1 to receive more detailed information and suggestions to help you in your search for child care.



**Resource & Referral**  
9961 Horn Road  
Sacramento, CA 95827

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

Non-Profit Org.  
U.S. POSTAGE  
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