



Our Children, Our Community

Healthy Children, Strong Families and Caring Communities

Winter 2005-06

Choosing Quality Child Care

Know what to consider in finding the right fit for your family

One of the most important decisions you will make as a parent is choosing quality child care for your child. Every child is unique and deserves the best care possible. The type of program you select should be one that meets your child's individual needs. What is most important is that after visiting and observing a childcare program, it feels like a good fit for your family.

When choosing a program consider the following indicators of quality care:

Staff:

The staff in a quality child care program play a critical role in fostering children's healthy development. Child care providers help children flourish when:

- They are knowledgeable in the field of early care and education
- They meet current health and safety requirements
- They are able to meet the needs of the children in their care

The relationships that are formed between providers and the children in care will help set the foundation for ensuring a warm and welcoming place for all children to grow and develop — a place to belong, to



be included and to be with friends.

Environment:

A quality child care program has an environment that nurtures, celebrates and protects all children. Each child is recognized, respected and cared for. Young children learn through play, which provides them opportunities to solve problems, make decisions, resolve social conflicts, practice skills and feel competent in their world. Child care providers know that children learn best through experience, exploration and experimentation in a safe environment. Through stability, routines

Our Services

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. provides child care subsidies 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.

(See **CARE** Page 2)



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(CARE from page 1)

and predictability, a young child develops a sense of trust in the environment.

Inclusion:

In an inclusive program, children with and without disabilities participate in the same routines and play experiences. Providers recognize children as distinct individuals with unique strengths and needs. They continually make creative modifications to routines and activities so that each child benefits from participation.

Parent Involvement:

In a quality child care program parents are respected, warmly welcomed and recognized as the most important influence on their child's growth and development. Positive and productive relationships with families are established so that the program reflects familial interests, values and concerns.

Curriculum:

A quality curriculum refers to the activities a child care program offers, and promotes the total development of the child through creative play and hands-on learning.

In a quality child care program parents are respected, warmly welcomed and recognized as the most important influence on their child's growth and development.

The following is a checklist to assist you in your search for quality inclusive care:

- Are parents treated as partners? Is communication between staff and parents open and ongoing? Are events and information shared with families regularly?
- Are parents and children welcomed and greeted in a respectful way? Are parents welcome at any time during the day?
- Are learning materials and toys sufficient, safe, clean and within reach of all children? Are there enough for the amount of children?
- Are there different areas for resting, active play and quiet play? Is there enough space for children in all of these areas?
- Do providers use a variety of strategies to meet the individual needs of children?
- Do providers facilitate or enhance interactions between children with and without disabilities?
- Do materials, books and pictures reflect diversity, including children with special needs?
- Is the provider responsive to differences in children's temperaments, abilities, interests and experiences?
- Does the provider understand that children's challenging behaviors are conveying some type of message?
- Do children with disabilities practice the same activities, routines and transitions as other children in the program?
- Are there enough staff to supervise the safety of children, both in the indoor and outdoor environment?
- Are there enough staff with knowledge of child development and early education principles and practices, and do they hold child development permits?

In Praise of Providers

Child care providers to be honored at conference/dinner

This year, the In Praise of Providers Dinner and the Early Care & Education Conference fall on the same weekend – Friday, March 31 and Saturday, April 1, 2006.

At the *In Praise of Providers* dinner, child care providers will be honored for their commitment to quality child care in Sacramento County as teachers, family child care home providers and in serving children with special needs.

Richard Jennings, II will be the keynote for the evening event. As CEO of the Center for Fathers and Families for the past nine years, Jennings is dedicated to providing enrichment programs and education services in the Sacramento community. He is a past president of the Sacramento City Unified School District



Board and worked for the past nine years to improve academic achievement for all children.

Bev Bos, who will be our featured keynote speaker at the Early Care & Education Conference on Saturday, has been the

director and a teacher at the Roseville Community Preschool in California for over 32 years. She is the author of three books: *Don't Move the Muffin Tins*, *Before the Basics* and *Together We're Better*. Bev lectures around the country and internationally on topics in her field of expertise: creative art, music and language, science, self-esteem and helping children learn to socialize in a very natural way. She is sought after by early childhood education groups, parents, teachers, child care professionals and college classes.

For more information about the *In Praise of Providers* Dinner and the Early Care & Education Conference, please call Child Action, Inc. at 916/369-0191 or visit our website at www.childaction.org.



Sacramento CARES Program Update

The 2005-2006 CARES Program year is well under way! The application process and program requirements have been changed drastically from previous years, and more people than ever are now eligible to apply for a CARES stipend or incentive.

The application period for applicants interested in Tracks 3 (Permit), 4 (Degree) and 5 (Professional) has ended and nearly 500 people are on track to

receive stipends in the spring. Applicants in those tracks are currently attending college classes to earn required academic units or are completing professional growth hours (depending on the track). Child Action, Inc. will send reminder notices to all eligible applicants in these tracks in February and in May to request updated transcripts that show completed coursework throughout the year.

Next year's CARES applications will be available beginning in late July or early August, 2006. Applicants in Tracks 3 and 4 for the 2006-2007 program year will be required to:

- Complete 6 academic units from a regionally accredited institution
- Hold or be eligible for a child development permit
- Have worked in a licensed child care center

(See **CARES** page 15)

Director Seminar Supports Child Care Leaders

By Dr. Anne Kress

Leaders in child care centers and owners of family child care homes have an opportunity to meet colleagues at a monthly Director Seminar.

A joint effort of the California Early Childhood Mentor Program (Los Rios Region) and the Quality Child Care Collaborative, the Director Seminar is intended to support Director Mentors selected by the Los Rios Region Early Childhood Mentor Program, and to network and provide information and support to any early care and education professional who supervises other profession-



having difficulty with one or more aspect of the job – and more often include a 30 to 45 minute presentation or discussion program about a particular topic of interest. For example, discussions about moving from “beloved teacher” to “wicked fee collector,” or the difficulty of designing environments for rooms that share space with another age group (such as preschool in the morning and school-age in the afternoon).

The Director Mentors are selected after attending a two-day California Director Institute, rigorous application process, environment evaluation and interviews with five references. Once selected, they are available for a formal, 20-hour contract with a new or struggling director/supervisor to work on issues or problems unique to the individual protégé.

The Director Mentors earn stipends for these contracts, and are able to attend Advanced Institutes, planned by the California Early Childhood Mentor Program, to support their own professional growth and development.

Los Rios Region has two Director Mentors at the present time. Darla Lofland has been a Director Mentor for three years. What she likes best about being a mentor is supporting directors by

giving them, or helping them, develop tools to make their jobs easier and more rewarding. It is rewarding for her to see people move from “Point A to Point B.” She regards the highlights of the seminar as the networking that happens and the ideas that are shared to support each individual in his or her career. The ability to decide on the topics that are most valuable to the group is an asset. Darla is a site supervisor at the Franklin CDI State Preschool and School-Age Center. Her environment is one that is not to be missed!

Tammy Stevens is the newest Director Mentor, selected in 2005. She sees the Director Seminars as very informative and well run. She suggests that anyone who has experience in child care should attend a seminar, as she has learned a lot about leadership, personality styles, communication with adults and mentoring skills. She decided to apply to be a Director Mentor because she likes using her skills and experience to help others. It is good to see “many ways” of running a program and how quality child care can look different to different people. After 22 years as a family child care provider, she is seeing that quality comes from collaboration, “We can’t do it alone.” The opportunity to visit more programs to get new ideas, to learn from each other, to help each other moves all professionals toward quality care for all children. Tammy’s documentation of investigations with the children in her care are extraordinary!

The Director Seminar meets on the first Thursday of every month, 7:00 pm – 8:30 pm at the Child Action, Inc. office at 9961 Horn Road. For more information, you can contact Dr. Anne Kress at 484-8705.

The monthly meetings are occasionally informal – networking and problem solving, especially for new directors who are having difficulty with one or more aspect of the job...

als who work with young children.

Our members consist of private center directors and assistant directors, public site supervisors and program directors, and large family child care home professionals.

The monthly meetings are occasionally informal – networking and problem-solving, especially for new directors who are

Getting the Word Out on Preschool for All



...a bridging model has been developed to include family child care providers and private centers in the PFA program...

On September 21, over 80 people including child care providers, parents, ECE students and state official's staff attended a public forum to discuss Preschool for All. Preschool for All is an effort which would make publicly-supported preschool services available for all 3 and 4 year-old children, regardless of family income.

Sponsored by the Sacramento Local Child Care & Development Planning Council (LPC), the forum provided audience members the opportunity to hear about the Preschool for All ballot initiative, the Elk Grove Unified School District demonstration project, and how Preschool for All may affect Sacramento county children, parents and child care providers.

Moderated by LPC Vice Chairperson Linnea Hathaway, forum panelists Ben Austin, Ed Condon, Mary Jane Maguire-Fong and Kathy Walker held a lively and informative discussion addressing funding sources for Preschool for All, education requirements for teachers, the involvement of family child care providers, and private child care centers and

curriculum standards. Panelists also answered questions from the audience.

The Sacramento County Preschool for All plan has a bridging model that has been developed to include family child care providers and private centers in the PFA program.

As campaign manager for the Preschool for All Ballot Initiative Act, Ben Austin was able to clarify details of the initiative. The initiative provides for \$2 billion to be used towards facilities up-grades and construction, \$500 million towards college curriculum infrastructure and \$200 million towards financial aid for teachers to obtain their AA and BA degrees.

While applauding the efforts to increase educational opportunities for child care professionals, Mary Jane Maguire-Fong, a professor of early childhood education at American River College, emphasized the need to retain experienced child care providers currently in the field, and cautioned against devaluing those who do not have BA degrees. Maguire-Fong also

noted that as higher paying positions become available in PFA settings, the quality of care for birth to 3 year-olds may suffer as teachers leave for better paying positions. This could lead to a diminished number of quality child care providers available to care for birth to 3 year-olds, and could also force closure of some programs, thereby limiting options for parents.

Ed Condon, Executive Director of the California Head Start Association, underscored the need for communities to discuss Preschool for All and to build relationships among all stakeholders, including child care providers, so that everyone has an opportunity to have a voice in shaping PFA in their community. Condon also addressed pay equity for child care providers, noting that most are under paid and under valued for the work they do.

For more information on the forum, including audience Q&A and panelist biographies, as well as links to additional information on Preschool for All, please visit the LPC website at www.sac-lpc.org.



Preschool For All Plan

First 5 Sacramento Commission

Published by First 5 Sacramento Commission

PFA Program Description

As part of it's School Readiness Initiative, the First 5 Sacramento Commission approved a Preschool For All (PFA) Plan for the community served by the Elk Grove Unified School District. The goal of the plan is to provide free, voluntary preschool services to 3,033 eligible 4 year-old children living within the district by 2010. This is a Demonstration Project which is based upon existing district services with the goal of piloting a mixed delivery system with both public and private early care and education providers.

In April 2005, the commission allocated \$1.49 million for the first two years of the PFA plan. Through this plan, a School Readiness Advisory Committee has been established to assess the public will for future funding and provide input on a county-wide PFA plan.

Program Quality

With a PFA program in place, all 4 year-old children will be eligible for quality, preschool experiences for three hours per day, five days a week. PFA staff will provide education, health and community services, and referrals to ensure the individual needs of children and their families are met. All PFA classrooms will be of high quality with services provided by a credentialed teacher. Additional program criteria include:

- A minimum teacher to child ratio of 1:8, except in public programs where a 1:10 is already in place
- Two staff: PFA teacher with a credential and a PFA paraprofessional with an AA, both with coursework in early childhood education.
- A quality classroom environment
- Early intervention services for children, including screenings and assessments
- Parent leadership and family support services
- Health and social services integrated with the educational program.

Program Implementation

Implementation will be achieved through:

- Program expansion
- Site development
- Workforce development
- Advisory committee

Site and Workforce Development activities will be delivered through the *Comprehensive Approaches to Raising Educational Standards (CARES) program*, funded by First 5 Sacramento through a contract with Child Action, Inc.

Preschool Bridging

The PFA Model is based upon a mixed delivery system including public and private child care centers and family child care homes. Included in the PFA plan is an innovative approach referred to as "Preschool Bridging." In this system, a PFA master teacher delivers services to licensed early care and education programs, both centers and family child care homes, while staff from those programs engage in workforce and site development activities. When sites meet PFA quality criterion, the program is PFA eligible and can receive direct reimbursement for services provided.

Professional Development Coaches

Based upon the existing Elk Grove Unified School District model, each PFA classroom will be supported by a Professional Development Coach. Coaches are responsible for working with classroom staff to ensure the individualized needs of dual language learners and children with disabilities and other special needs are met. Coaches will assist the teaching staff through observation, accommodations and mentoring.



Preschool For All Plan First 5 Sacramento Commission

Published by First 5 Sacramento Commission

Program Expansion

The PFA model is based upon a mixed delivery system including public and private child care centers and family child care homes. Each site must be licensed, meet entry level quality requirements and working toward national accreditation. These sites include:

PFA Eligible Sites: School-based, public and private programs meeting PFA quality, located within the community.

School Based Sites: Programs meeting entry level PFA quality, located on elementary school sites.

Preschool Bridging Programs: Public and private programs meeting entry-level quality and working toward PFA eligibility.

Workforce Development

Staff employed in PFA programs are eligible to participate in workforce development activities through the *CARES Program*. The *CARES Program* offers educational incentives for college coursework, opportunities for professional development and assistance in developing quality improvement plans.

Each PFA classroom will have a Master Teacher and Paraprofessional. Staff qualifications are based upon the *Child Development Permit Matrix*. Staff meet entry-level quality requirements if eligible as a master teacher or teacher under option one on the permit matrix. The goal is for all staff to meet option two on the matrix. It is anticipated that an Early Childhood Credential will be developed and required. The *CARES program* provides outreach and recruitment for PFA Staff.

Site Development

Nearly one-third of the funds allocated for the PFA plan are allocated to the *CARES Program* for site and workforce development activities.

PFA Programs will achieve national accreditation within five years. Programs meet entry-level quality criteria with a score of "5" or greater on either the *Early Childhood Environmental Rating Scale* or the *Family Day Care Environmental Rating Scale*. The *CARES program* assists sites by providing incentives, developing quality improvement plans and providing technical assistance toward national accreditation.

School Readiness Advisory Committee

The School Readiness Advisory Committee is a standing committee to the First 5 Sacramento Commission. Membership includes: parents, early care and education providers, community and public agencies, and commission designees. The committee will assess the public will for PFA and provide recommendations for county-wide and informal PFA plans.



For more information:

First 5 Sacramento Commission
1111 Howe Avenue, Ste. 510
Sacramento, CA 95825
(916) 876-5865

PFA Program Information
First 5 Sacramento Commission
(916) 876-5869
www.sackids.saccounty.net

CARES Program Information
Child Action, Inc.
(916) 369-3346
www.childaction.org

Assessing Your Child Care Program

Environmental rating scale assesses quality in early care

In cooperation with the California Association for the Education of Young Children (CAEYC) and Kaplan Early Learning Company, Child Action, Inc. sponsored a week-long Early Childhood Environmental Rating Scale (ECERS) training with Thelma Harms of the Frank Porter Graham Institute in Chapel Hill, North Carolina.

Participants included 25 members of the Sacramento Community, and staff from Los Rios Community College, Child Action, Inc. Headstart, and CAEYC.

Harms is the co-author of the ECERS, which is rapidly becoming the standard assessment tool for quality in child care centers and family child care homes.



The environmental rating scales help support child care providers in their effort to provide quality child care and professional growth in the early care and education field.

Participants in the training with Thelma Harms learned how to use the ECERS tool to assess program quality. They will be training others in the community throughout the year as well as conduct assessments upon request from child care centers and family child care providers.

The Early Childhood Environmental Rating Scales or ECERS tool is designed to assess programs from preschool through Kindergarten that serve children 2 ½ through 5 years of age. The scale consists of 43 items organized into seven subscales: Space and Furnishings, Personal Care Routines, Language-Reasoning, Activities, Interactions, Program Structure, and Parents and Staff.

The environmental rating scales were written based on the principle that children need

three basic needs in a quality child care setting:

1. Protection of their health and safety
2. Opportunities to build positive relationships
3. Opportunities for stimulation and learning from experience

The environmental rating scales help support child care providers in their effort to provide quality child care and professional growth in the early care and education field. Evaluation helps you identify your program's effectiveness, validates your strengths and identifies areas in your program that may need improvement.

If you would like more information, please call Child Action, Inc. at 916/369-0191 or visit our training calendar at www.childaction.org.

Preparing for Kindergarten

Tips aid in helping children make a successful transition

Parents and child care providers play a vital role in helping to prepare children for kindergarten. When children's development is supported by transition activities and you understand how children learn, your child will be more successful in kindergarten and in the years to come.

Ways to provide a smooth transition to kindergarten

- Establish a routine that includes meal time, reading time and bed time
- Read to your child daily and allow them to explore books
- Spend time talking with your child
- Visit the class before the first day of school
- Make arrangements to meet the teacher
- Learn the expectations for kindergarten and discuss them with your child
- Identify an area in your home for your child to study and read
- Reassure your child that he/she will have fun learning new things and making friends

How do children learn?

- Active involvement (writing, singing and listening)
- Hands-on experiences with real things such as science experiments, manipulatives (legos, beading), art projects and dramatic play
- Visits to new places (park, museum, library or zoo)
- Talking about their experiences and verbalizing their thoughts
- Social interaction with other children
- Feeling loved, safe and secure
- Repetition



When children are able to explore their environment and interact with others, they are able to develop the skills necessary for kindergarten. Talk with your child

about this major life transition to help minimize their anxiety and increase their enthusiasm about entering kindergarten.

Parent Resource Center

The North Sacramento School District recently opened a Parent Resource Center that provides free information, resources and assistance to parents in the North Sacramento area. The Parent Resource Center is located at Sanford Settlement Neighborhood Center, 450 West El Camino Avenue, and is open Monday - Friday, 8:00 am - 11:45 am.

Some activities at the Parent Resource Center include:

- Coffee and Conversation, Fridays, 9:00 am - 10:00 am
- Parent Resource Center - open Monday - Friday, 8:00 - 11:45 am
- School Readiness class, Fridays, 9:00 am - 11:00 am
- Seminars for parents, ongoing (TBA)
- Community resources and referrals
- Assistance with school registration

For more information about the activities at the Parent Resource Center, please call Mary Lou Torres at (916)921-5117.

Partners for Readiness



Partners for Readiness Collaboration
Ready • Learn • Grow



Collaborative helps prepare children for kindergarten

Sacramento City Unified School District Partners for Readiness and Child Action, Inc. are working in collaboration to support families and providers in preparing children for kindergarten. Workshops are offered to parents and providers on ways to support kindergarten readiness. For information on upcoming workshops, please call Child Action, Inc. at (916) 369-0191 or check the calendar on our website at www.childaction.org

The Partners for Readiness program has resources for parents and providers to help with kindergarten transitioning such as:

- **"Now I Am Going To Kindergarten"** booklet available in English, Spanish, Russian and Hmong. This resource guide provides practical activities parents can do with their children and serves as a resource guide to help parents become familiar with the school district. The activities support children's oral language, social and emotional development, motor, literacy and math readiness skills. To get your free copy please call Tonie at 916/643-7858.
- **The 4th Annual Kindergarten Readiness Fair** will be held in February, 2006. The fair will offer families free health screening, assistance with kindergarten registration, fun hands-on activities and free school readiness materials. Please call Lorraine Weatherspoon at 916/643-7857 for more information.
- **Support for Family Child Care Providers**



Child Action, Inc. is now recruiting child care providers in the Sacramento City Unified School District who are interested in receiving one-on-one support in helping children transition to kindergarten. As well, they will develop improvement plans for

your program. If you would like more information about the Partners for Readiness program, contact Danell Ward, School Readiness Liaison with Child Action, Inc. at (916) 369-3318.



Kindergarten Registration

School Districts will begin kindergarten registration in January, 2006. To find out more information, please call the school district you reside in or check the county website at www.scoe.net/schools/districts.html. To determine what school district you are in, you can call (916)228-2500 or go to www.greatschools.net and enter your address to find the nearest school.

In order to register your child for kindergarten, you must bring the following documents:

- Proof of residence (SMUD or PG&E bill)
- Birth certificate – child must be five years-old by December 2, 2006
- Immunizations verification

Archoe Union (209)748-2313
Center Unified (916) 338-6330
Del Paso Heights (916) 641-5300
Elk Grove Unified (916) 686-7700
Elverta Joint (916) 991-4726
Folsom Cordova (916) 355-1100
Galt Joint (209) 745-3061
Natomas Unified (916) 567-5400
North Sacramento (916) 263-8300
Rio Linda Union (916) 566-1600
River Delta Unified (707) 374-6381
Robla (916) 991-1728
Sacramento City Unified (916) 643-7400
San Juan Unified (916) 971-7609



Cover the Kids 2006

Working to provide health insurance for all of Sacramento County's children

Does your child have medical, dental and vision insurance? Do children in your care?

There are approximately 25,000 uninsured children in Sacramento County. Two-thirds of these children qualify for existing affordable health insurance programs, but have not enrolled due to lack of awareness, the complicated application process, or language/cultural barriers.

Cover the Kids 2006 is working to achieve health insurance coverage for all children in Sacramento County that live below 300% of the federal poverty level. This means that a family of four making less than \$58,056 per year would be eligible for low-cost health insurance for their children.

A Health Insurance Coordinator and Certified Application Assistants are available to assist in crucial components of the health insurance enrollment process.

As part of the Cover the Kids by 2006 Collaborative, Child Action, Inc. is helping families enroll their children in affordable health insurance at no cost to them. We hope to provide thousands of children with necessary medical, dental and vision services.

A Health Insurance Coordinator and Certified Application Assistants are available to assist in crucial components of the enrollment process. They will: Inform families about preventive and primary care services, provide information about eligibility and enrollment, assist in filling out the enrollment application for Medi-Cal and Healthy Families, conduct follow-up services and provide information about all affordable health insurance programs available to children in Sacramento County.

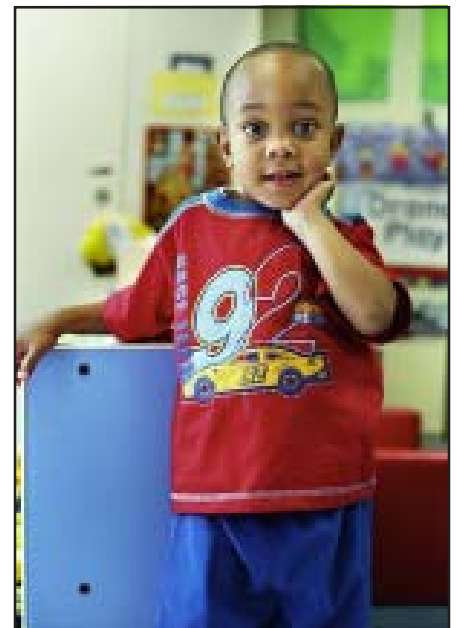
Child Action, Inc. has identified over 400 families in its programs that meet the eligibility requirements and will be contacting those families in the next few months. If your child is currently without comprehensive medical insurance, please contact the Horn Road Child Action, Inc. office at 916-369-0191 to make an appointment with a Certified Application Assistant. Your child may qualify for No-cost or Low-cost Health Insurance. A translator is available by appointment.

Child care providers who would like a presentation on affordable health insurance options for parents can contact our Health

Insurance Coordinator at 916-369-0191.

Cover the Kids 2006 is funded by a community collaborative including: First 5 Sacramento, County of Sacramento, United Way, Sierra Health Foundation, Catholic Healthcare West, Kaiser Permanente, Sutter Medical Center and UC Davis Health System.

For more information about this resource, please contact the Child Action, Inc. Health Insurance Coordinator at 916/369-0191 or email robert.sanger@childaction.org.



First 5 hosts Children's Celebration

On October 1, the First 5 Sacramento Commission hosted their third annual Children's Celebration at Fairytale Town & William Land Park. Child Action, Inc. was one of more than 45 resource booths featuring information on children's health, nutrition, safety, recreation, school readiness, parenting and child care. Staff were on hand to provide child care information to over 5,000 families who attended this inspiring event.

At the celebration, children were provided "passports" to travel around a world of activities focused on their healthy growth and development. Kids posed for Polaroid photos with their favorite story time characters and local mascots, and participated with their families in storytelling and theater activities.

The Children's Celebration is a yearly event that is free, fun and educational for young children and their families. For more information on next year's event, visit www.sackids.saccounty.net. For further information about the services and resources offered at the celebration, contact Child Action, Inc. at (916)369-0191.

(Right) Grace Rapaski and friend Ann Marie were using their imagination at the celebration. They made bunny hats and had faces to match. They also told us about the stories of Peter Cottontail and little Bunnie Foo Foo.



Shelby, age 3 1/2, came to the event with her dad, Steve Kissinger, and works diligently on her hat.



Parents Heather and David Haworth and (from left to right) Faith age 8, Hope age 6, Grace age 3 and Christian age 2.



Mom, Marie Santos, with Skai age 3 and Lance age 7 coming up with ideas for an animal hat to make at the Children's Celebration.

Making Tape Shapes

(1-5 years-old)

This is an activity you can do with your child that will promote shape recognition, color recognition, large motor and listening skills.

Use masking tape to create different shapes on the floor such as a square, triangle, circle or diamond (You can also use different colored masking tape or colored construction paper shapes taped onto the floor). Have child hop to the square, march to the circle or run to the green circle.

You can also have the child toss a bean bag to the desired shape by calling out the shape and/or color.

Come Play With Us!

Learn about the importance of play for children's learning

Are you an auntie caring for your niece or nephew, or grandparent caring for your grandchildren? Do you care for the family's child next door or for your best friend's children?

Child Action, Inc. will be coming to your neighborhood churches, libraries, community centers, parks and local schools to bring fun activities that you can do with children to help them learn and grow.

Some of the fun activities we are planning include:

- Play groups in your neighborhood or apartment complex
- Casual gatherings at local community centers or meeting rooms to share your ideas about raising children
- Hands-on activities you can do with the child you provide care for

At each event, Child Action, Inc. will provide materials, such as art supplies or books, for you to take home and play with the children you care for. This is a great opportunity to learn more about caring for children while you are actually *with* the children you care for!

If you would like help to organize a play group or gathering in your neighborhood, please call Nicole Ullrich at 369-3366 to set up a date.

Our next play group is coming up!

Learning through Play

Saturday, December 10, 2005

1:00 pm – 3:00 pm

Child Action, Inc.

5450 Power Inn Road Office

Call Nicole Ullrich at (916)369-3366

**This project is funded by the California Department of Education, Child Development Division.*

Stress Management Series for Providers

A project of the Child Action Wellness Movement (CAWM)

Tuesdays, 6:30 - 8:30 pm, January 10 – March 21

Stress is everywhere. Anyone who works, drives, or is part of a family knows what it is.

As providers, you are particularly challenged by the need to juggle dozens of responsibilities, leaving little time for taking care of your own needs. Fatigue, aching backs, tight budgets and screaming children exacerbate an already difficult existence.

This workshop series is designed for YOU - childcare providers. It offers support, coping strategies, problem solving and relaxation techniques. In this interactive workshop, you will have an opportunity to assess your needs, vent your anger, write your feelings and move your body.

The format of this workshop is different from most. Every other group meeting will be on the telephone. That is, we will have a conference call every other week. This will enable us to prolong our contact over a 12-week period, meeting in person only six times. This saves travel and babysitting time, gives us between-meeting accountability and increases our potential for change.

In addition to receiving valuable tips and strategies for increasing your serenity, you will also receive:

- A FREE Holistic Life Assessment
- A FREE Resource Guide
- A FREE booklet, "The ABC's of Successfulfilling Life"
- A FREE pedometer for monitoring your daily movement
- A Certificate of Completion

To register call 916/369-0191

Community Resources for the Holidays

This holiday season, like many others, local organizations as well as individuals in our community are coming together to provide assistance to families through special holiday programs. If you would like to make donations for these programs or are seeking assistance you may contact any of the following organizations for more information:

Loaves and Fishes (916) 446-0874

- * Thanksgiving Day Meals
- * Thanksgiving Sock Drive
- * Adopt-a-Family for Christmas
- * Christmas Stocking Drive
- * Christmas Day Meals
- * New Toy Drive for Mustard Seed Santa Day

Salvation Army (916) 563-3700

- * Annual Winter Coat Drive
- * New Toy Drive for Christmas

- * Accepting donations of personal items for adult men and women
- * Canned Food Drive
- * Thanksgiving Day Meals
- * Christmas Day Meals

Sacramento Emergency Housing Center (916) 455-2160

- * Emergency housing for displaced families

St. John's Shelter for Women and Children (916) 453-1482

- * Services for women and children
- * Accepting donations of new toys for Christmas
- * Accepting donations of personal items for women

SMUD (866) 675-6624

- * Energy Assistance Program Rate (EAPR) offers eligible low-income customers a discount of more than 30% on their entire electric bill.



(CARES from page 3)

or family child care home since March 1, 2006

- Work a minimum of 15 hours per week and make less than \$60,000 annually
- Meet annually with a CARES advisor and complete a professional growth plan

The most exciting addition to the 2006-2007 program year will be that all returning applicants must complete an ECERS assessment on their program and establish a program improvement plan. Technical assistance to complete the ECERS and the program improvement plan will be provided by CARES Advisors as well as Child Action, Inc. staff. Infor-

mation and training will be available throughout this year about the ECERS tool and how to use it.

Please visit the Child Action, Inc. website for upcoming information and the date that applications will become available at www.childaction.org. You may also send an email to Tracey Slater at tracey.slater@childaction.org to become part of the Sacramento CARES email list to receive information as it becomes available.

For further information about CARES, please contact Tracey Slater at (916) 369-3346 or tracey.slater@childaction.org.

The most exciting addition to the 2006-2007 program year will be that all returning applicants must complete an ECERS assessment on their program and establish a program improvement plan.

What You Should Know About Flu Vaccine

What is the flu?

- It is a very contagious virus that infects the nose, throat, windpipe and lungs.
- It is spread by coughing, sneezing or even talking.
- It usually occurs during December, January and February.
- Because influenza is a virus, antibiotics will not treat the illness.

What are the symptoms?

- The flu causes fever, chills, muscle aches, congestion, caught, runny nose and breathing difficulties. It can cause pneumonia.

When and who should get the vaccine to prevent the flu?

- It should be given in October and November before the epidemic starts, although it still can be given in December and January.
- All people at high risk for severe pneumonia caused by the flu should get the vaccine. These include:
 - People with chronic diseases like asthma, heart or kidney disease.
 - People older than 50 years of age.

- Children between six and 25 months-old.
- People who have contact with people at risk like household members, health care workers and child care workers.

Does the vaccine work and is it safe?

- The vaccine will prevent about 75 of 100 exposed people from getting the flu.
- It is safe because it is made by killing the virus. It cannot possibly cause the flu.
- Sometimes the vaccine causes pain, redness and tenderness at the site of injection.
- Sometimes it may cause a slight fever and muscle aches.
- Because the vaccine is made in eggs, people who are allergic to eggs can get a severe allergic reaction and should not receive the vaccine.

What is the FluMist vaccine?

- It is a live, weakened form of influenza virus that is given as a nasal spray
- It is recommended for healthy people between five and 49 years of age and protects them from the flu without giving a shot.
- The vaccine should not be given to people who have asthma or are allergic to eggs.

Child Safety Seat Training

The Quality Child Care Collaborative, in partnership with Sacramento County's Childhood Illness and Injury Prevention Program are offering Child Passenger Safety classes to parents and child care providers. In this two-hour class participants will learn how to choose the right child safety seat, how to use it correctly and where you can get free child safety seat inspections. These classes are being held:

January 19, 2006, 6:00 p.m. to 8:00 p.m.

February 1, 2006, 6:00 p.m. to 8:00 p.m.

February 9, 2006, 6:00 p.m. to 8:00 p.m.

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

There is a \$30.00 registration fee per family for the class. At the conclusion of the class, participants will receive an appointment to pick up a free age-appropriate child safety seat. Please bring the child and car to the appointment.

For more information about the Child Passenger Safety class or to register for the class, please call Carola Russell at 916/875-5869.

Child Safety Seat Inspection

Child Action, Inc. is hosting a Child Safety Seat Check-up event for parents and child care providers. Families can have their child's safety seat checked by certified Child Passenger Safety Technicians. The event is being held:

February 12, 2006, 9:00 a.m. to 1:00 p.m. at:

**Mike Daugherty Chevrolet
2449 Fulton Ave.
Sacramento, CA 95825**

Appointments are suggested to avoid a long wait time. Drive-ups are welcomed and taken on a First Come / First Serve basis. Please bring the child and the child's safety seat to the event.

For more information about the Child Safety Seat Check-up event or to schedule an appointment for the event, please contact Robert Sanger at 916/369-3335.

This event is in partnership with SAFE KIDS Greater Sacramento, Sacramento County's Childhood Illness and Injury Prevention Program, and Mike Daugherty Chevrolet.

Parent Central

Web service provides families with one centralized resource

Child Action, Inc. has launched Parent Central, a new web-based resource providing current information about issues affecting children and families in Sacramento County – issues such as disaster preparedness, Halloween safety and tips on going back to work after a baby. Anyone interested in receiving this type of information is invited to join our online community.

Parent Central will give members the information they want to receive at any given

time. Each person who signs up can choose the area or areas that most meet their needs. We will have information on child development, tips related to raising children or using child care, and a web community for parents on child care issues.

You can sign up by visiting the Child Action, Inc. website at www.childaction.org and clicking the Join Parent Central link. Join today, and make sure to tell your friends about this great new service!



Child Care Trainings and Parenting Workshops

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

December

Tuesday, December 6

Planning School-Age Activities
6:30-8:30 PM
Child Action, Inc.
9961 Horn Road
Sacramento, CA 95827
To register call 916/369-0191.

January

Wednesday, January 11

Miércoles, 11 de Enero 2006:
Somos Padres, y Ahora Que?
6:00 – 8:00 PM
La Familia Counseling Center
5523 34th Street
Sacramento, CA 95820
To register call (916) 379-7338.

Wednesday, January 18

Miércoles, 18 de Enero 2006: La
Disciplina y El Comportamiento
Desafiente - Parte 1
6:00 – 8:00 PM
La Familia Counseling Center
5523 34th Street
Sacramento, CA 95820
To register call (916) 379-7338.

Wednesday, January 25

Miércoles, 25 de Enero 2006: La
Disciplina y El Comportamiento
Desafiente – Parte 2
6:00 – 8:00 PM
La Familia Counseling Center
5523 34th Street
Sacramento, CA 95820
To register call (916) 379-7338.

February

Thursday, February 9

Helping Your Children Get Along:
“Getting Along with Siblings”
6:00-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road
Sacramento, CA 95822
To register call 916/369-0191.

Thursday, February 16

Helping Your Children Get Along:
“Getting Along with their Parents
and Caregivers”
6:00-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road
Sacramento, CA 95822
To register call 916/369-0191.



Thursday, February 23

Helping Your Children Get Along:
“Getting Along with Others”
6:00-8:00 PM
Susie Gaines-Mitchell Building
2450 Florin Road
Sacramento, CA 95822
To register call 916/369-0191.

Friday, February 24

“Identifying Children Who Have
Been Exposed to Trauma: Infant
Mental Health and Early
Intervention Coming Together”
Sacramento County Department
of Health & Human Services Bldg.
7001 East Parkway
Sacramento, CA 95823



Family Resource Center Warmline Workshops

"Serving Families and Professionals Involved with Children with Special Needs"

January

Tuesday, January 10

Scrappin Corner
10:30 am & 6:30 pm
Warmline
Call 922-9276

Wednesday, January 11

"Our Night Out"
Women's Support Group
7:00 pm
Mimi's Café in Folsom.
Call Robin Ryan at 989-9710

MIND Institute Lecturer Series -
"The Autism Spectrum Disorders:
Beyond Behavior-Treatment
Implications"
6:00 pm
Parent Cost is Free. Call 703-0280

Thursday, January 12

"Life Coaching: Planning for a
New Year"
6:30 pm
Warmline
Call 922-9276

Thursday, January 19

"Our Night Out"
Women's Support Group
7:00 pm
Bakers Square F.O.
Call Robin Ryan at 989-9710

Saturday, January 21

S.P.A.A.R.K: "Support Parents
Adopting At-Risk Kids"
2:00 pm
Liliput Childrens Center
1651 Response Rd Suite 300 (In
the Bank of the West Building) Call
941-8180

Tuesday, January 24

Down Syndrome Support Group
6:30 pm
Starking Elementary
4848 Cottage Wy.
Call Nancy at 628-4647

Monday, January 30

"Choosing Quality Childcare for
your child w/SN"
10:00 am & 7:00 pm
Warmline
Call 922-9276

February

Wednesday, February 8

MIND Institute Lecturer Series: "How
Cognitive Theories Can Help Us
Explain Autism"
6:00 pm
Parent Cost is Free. Call 703-0280

"Our night out"
Women's Support Group
7:00 pm
Mimi's Café Folsom
Call Robin Ryan at 989-9710

Thursday, February 9

"The Challenge of Managing
Difficult Behavior in Young Children"
6:30 pm
Warmline
Call 922-9276

Tuesday, February 14

"Scrappin Corner"
10:30 am & 6:30 pm
Warmline
Call 922-9276

Wednesday, February 15

Michael Rosenberg IEP
"Questions and Answers Time" from
Area Board III
6:30 pm
Warmline
Call 922-9276

Thursday, February 16

"Our Night Out"
Women's Support Group
7:00 pm
Bakers Square F.O.
Call Robin Ryan at 989-9710

Saturday, February 18

S.P.A.A.R.K: "Support Parents Adopt-
ing At-Risk Kids"
2:00 PM
Liliput Childrens Center 1651 Re-
sponse Rd Suite 300
(In the Bank of the West Building)
Call 941-8180

Tuesday, February 21

Down Syndrome Support Group
6:30 PM
Starking Elementary
4848 Cottage Wy
Call Nancy at 628-4647

Monday, February 27

"Choosing Quality Childcare for Your
Child w/SN"
10:00 am & 7pm
Warmline
Call 922-9276

March

Wednesday, March 8

"Our Night Out"
Women's Support Group
7:00 pm
Mimi's Café Folsom
Call Robin Ryan at 989-9710
MIND Institute Lecturer Series
"The Science of Reading: Overcom-
ing Dyslexia"
6:00 pm
Parent Cost is Free. Call 703-0280

Thursday, March 9

"Transition to Preschool"
6:30 pm
Warmline
Call 922-9276

Tuesday, March 14

Scrappin Corner
10:30 am & 6:30 pm
Warmline
Call 922-9276

Thursday, March 16

"Our Night Out"
Women's Support Group
7:00 pm
Bakers Square F.O.
Call Robin Ryan at 989-9710

Saturday, March 18

S.P.A.A.R.K: "Support Parents Adopt-
ing At-Risk Kids"
2:00 pm
Liliput Childrens Center
1651 Response Rd Suite 300
(In the Bank of the West Building)
Call 941-8180

Tuesday, March 21

Down Syndrome Support Group
6:30 pm
Starking Elementary
4848 Cottage Wy
Call Nancy@ 628-4647

Monday, March 27

"Choosing Quality Childcare for your
child w/SN"
10:00 am & 7:00 pm
Warmline
Call 922-9276

Child Action, Inc. Referral Files POLICY AND PROCEDURES FOR PARENTS

CHILD ACTION, INC. believes that parents are best able to choose the child care that meets their particular family situation. It is our goal to provide parents with information and referrals on a full range of child care services in the Sacramento community.

CHILD ACTION, INC. will provide free child care referral services that respond to parental needs for information with full recognition of the confidentiality rights of parents.

CHILD ACTION, INC. will provide information about child care services in Sacramento County as it is available, but cannot make recommendations. The choice of care remains with the parents. Child Action, Inc. has not inspected or warranted the condition of the provider's facility or the quality of supervision the children receive. Child Action, Inc. is not responsible for arrangements between parent and provider.

CHILD ACTION, INC. will provide referrals to licensed public and private child care centers and family child care homes. Referrals will be made to unlicensed child care programs only if there is no requirement that the facility be licensed. These may include parent co-ops, recreation programs, or community based programs.

CHILD ACTION, INC. will develop and maintain a resource file of child care services for Sacramento County that includes, but is not limited to, the following information: 1) type of program; 2) hours of service; 3) ages of children served; 4) fees and eligibility for services; and 5) sig-



nificant program information.

CALIFORNIA state law requires a licensed child care facility to make accessible to the public a copy of any licensing report pertaining to the facility that documents a facility visit or a substantiated complaint investigation. In addition, a more complete file regarding a child care licensee may be available at an office of the State Department of Social Services Community Care Licensing Division. **You have the right to access any public information in these files.**

CHILD ACTION, INC. strongly recommends that before placing a child in care, parents exercise their right and responsibility to review a potential child care provider's licensing history, which is available at the facility. A more complete file, including com-

plaints or violations for licensed programs in Sacramento County, may be available at the offices listed below.

Family Child Care Homes:
Sacramento County Family
Child Care Licensing,
916/875-2808

Child Care Centers:
Community Care Licensing
916/229-4530

Some community based programs are exempt from licensure. Ask about their complaint policies and procedures.

CHILD ACTION, INC. does not discriminate against individuals or groups on the basis of race, religion, color, national origin or ancestry, age, disability, sex, or sexual orientation.

Mark Your Calendar!

Child Care Enrollment Survey

In late January 2006, Child Action, Inc. will be mailing a survey postcard to all licensed providers in Sacramento County. This card will ask each provider to record their enrollment of children in specific age groups on February 7, 2006.

Results of this survey will be used by the Sacramento Local Child Care and Development Planning Council to determine enrollment and vacancy information for child care at the Sacramento County level. The data collected at the program level will remain confidential and will be used only to determine county level statistics.

Thanks in advance for your participation in our survey.

**SAVE
THE
DATES**

**Stress Management
Series for Parents**

Wednesdays, 6:30 - 8:30 pm

April 12 - June 21, 2006

(See our spring newsletter for additional information or call Child Action, Inc. at 916/369-0191)

Volume 1, Winter 2005-06

Our Children, Our Community



Resource & Referral

9961 Horn Road
Sacramento, CA 95827

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

Non-Profit Org.
U.S. POSTAGE

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Permit No. 991