

Our Children, Our Community

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

Spring 2005

Keep Children in Child Care Safe

"The thin layer of basic health and safety protections that should be provided by our licensing program is severely eroded. How can we even begin our conversations about improving quality when this most fundamental layer of protection is not in place?"

Patty Siegel, Executive Director of the California Child Care Resource and Referral Network

Children need a safe place to be cared for while their parents are working or attending school. In California, the health and safety is monitored by the California Department of Social Services Community Care Licensing.

This agency is responsible for licensing child care centers and family child care homes to ensure that minimum health and safety standards are met. To receive a license to provide child care, centers and homes must demonstrate they have successfully met these standards.

For example, all individuals applying for their center or family child care home license, and their employees who will be providing care, as well as anyone 18 years or older living

in a family child care home must complete a criminal background fingerprint clearance. Those with a criminal record or a substantiated report of child abuse are not allowed to work in a child care center or family child care home. The homes and centers are inspected prior to licensing to ensure health and safety standards are met. Licensing staff continue this monitoring through follow-ups on possible licensing violations and unannounced visits to the family child care homes or child care centers.

As the number of family child care homes and centers increases to meet the expanding child care need, it is critical that adequate funding for licensing and monitoring of these new providers also increases. Unfortunately, this is not the case.

Due to budget cut-backs, the California Department of Social Services Community Care Licensing has had to focus their remaining resources on investigating complaints, focusing on problem facilities, and making annual unannounced visits to only 10 percent of licensed facilities. This averages to one unannounced visit every 6 years.



In testimony to the Senate Budget and Fiscal Review Subcommittees, Patty Siegel, Executive Director of the California Child Care Resource and Referral Network stated that "regular inspections of licensed facilities are the cornerstone of the basic health and safety protections our child care licensing system purports to offer parents. For parents to have faith that this most basic layer of quality is in place they want and need to know how often the programs are visited."

Reductions in funding, which began in 2002, has created a domino effect and is now being felt throughout the state. "The quality of care we are able to offer children in California depends largely on the preparation, continuing development, and compensation of our diverse child care workforce. How can we even begin our conversations about improving quality when this most fundamental layer of protection is not in place?," said Ms. Siegel.

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

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

Referral Hours:

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



Services We Provide

Child Action, Inc. provides information and consumer guidelines to families in making choices about care for their children.

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

Child Action, Inc. has a subsidized payment program to help low-income families paying 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.

Building Relationships Between Parents and Providers

Good communication between parents and child care providers is one of the most important components for an ongoing partnership. With everyone's dedication, the relationship can grow into a wonderful support system! Once in place, you will have someone to talk with about toilet training, homework, or just about any of the complexities of maintaining a household and raising a family. In the long run, your child will be comforted knowing that he or she can trust another adult to care for him or her.

Points for Parents and Providers to Share as this Partnership Develops

- Your child's previous group experiences.
- Your child's interests: favorite games, books, songs and activities.
- Describe your child's personality — whether he/she is active, shy, verbal, or quiet.
- Make sure the emergency cards and health forms are completed and kept up-to-date and on file with your provider.
- Your method of discipline.

- How you comfort your child when she/he is upset or hurt.
- How you have prepared your child to meet the provider.
- The expectations your child has about being in child care.
- What medications your child may be taking. Any medical problems or allergies that your child may have.
- Any family situations that may place extra stress on your child or affect his/her feelings and behavior.
- Complete and up-to-date immunization records are required for all children being enrolled in child care facilities unless it is in conflict with the parents' religious beliefs. Check with your pediatrician or health clinic to make sure your child's shots are current.
- What kinds of activities are difficult for your child?
- If your child is in the process of toilet training, what routines have you established with your child?



Child Care Training and Community Events



March

Wednesday, March 09

Designing Play Environments
6:30 PM-8:30 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Thursday, March 10

A Toddler's Journey
6:30 PM-8:30 PM
Rancho Cordova Community Library
9845 Folsom Blvd., Sacramento
For more information call 916/369-0191.

Saturday, March 12

Cuidado de Grupo
8:30 AM-11:30 AM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
Para mas informacion llame 916/369-3395.

PITC Group Care

8:30 AM-11:30 AM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Monday, March 14

FCCT-Ages & Stages of Child Development
6:00 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Leadership-Communication in Workplace
6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

FCCT, Inc. Association Meeting

6:45 PM-9:00 PM
Child Action, Inc.,
9961 Horn Rd., Sacramento
For more information call 916/726-2575.

Tuesday, March 15

Leadership-Communication in Workplace
6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Wednesday, March 16

FCCT-Working With Children Special Needs
6:00 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Providing a Safe Environment for Children

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

Thursday, March 17

Sensory Strategies That Influence Behavior
6:30 PM-8:30 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

A Toddler's Journey

6:30 PM-8:30 PM
Rancho Cordova Community Library
9845 Folsom Blvd., Sacramento
For more information call 916/369-0191.

Saturday, March 19

Cuidado de Grupo
8:30 AM-11:30 AM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
Para mas informacion llame 916/369-0191.

Monday, March 21

FCCT Quality Environments
6:00 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Tuesday, March 22

FCCT, Inc. Board Meeting
6:30 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/726-2575.

Wednesday, March 23

FCCT-Creative Environments
6:00 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

PITC Learning and Development

6:30 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Thursday, March 24

Free Childhood Immunization Training
6:30 PM-8:00 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
For more information call 916/369-0191.

A Toddler's Journey

6:30 PM-8:30 PM
Rancho Cordova Community Library
9845 Folsom Blvd., Sacramento
For more information call 916/369-0191.

Saturday, March 26

PITC Learning and Development
9:00 AM-12:30 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Monday, March 28

Leadership-Supervision & Performance Management
6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Tuesday, March 29

FCCT-Know Business...Like Your Business
6:00 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Leadership-Supervision & Performance Management

6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Wednesday, March 30

FCCT-Building Professionalism
6:00 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

April

Wednesday, April 06

Communicable Diseases
6:30 PM-8:00 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Thursday, April 07

Understanding Your Teen
6:30 PM-8:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

Saturday, April 09

Making the Connections with Infants/Toddlers
9:00 AM-2:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

Monday, April 11

Leadership-Supervision & Performance Management
6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/ 757-8643.

The Three "R's" for Kindergarten: Readiness, Rhymes and Routines

6:30 PM-8:30 PM
Serna Center
5735 47th Ave., Sacramento
For more information call 916/369-0191.

FCCT, Inc. Association Meeting

6:45 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/726-2575.

Tuesday, April 12

Leadership-Building an Effective Team
6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Wednesday, April 13

Choosing Quality Child Care For a Child with Special Needs
6:00 PM-8:00 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

PITC Cultures, Families and Providers

6:30 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Saturday, April 16

Aprendizaje y Desarrollo Conocimiento
8:30 AM-11:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

FCC @ Its Best-Managing Difficult Behavior

9:00 AM-2:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

PITC Cultures, Families and Providers

9:00 AM-12:30 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

UCD School Readiness Series-Child

Observation
9:00 AM-2:30 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Wednesday, April 20

Building a Relationship With Your Provider
6:00 PM-8:00 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Social/Emotional Growth in the Classroom

6:30 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

Saturday, April 23

Aprendizaje y Desarrollo Conocimiento
8:30 AM-11:30 AM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
Para mas informacion llame 916/369-3363.

Monday, April 25

Leadership-Building an Effective Team
6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Tuesday, April 26

FCCP, Inc. Board Meeting
6:30 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/726-2575.

Leadership-Building an Effective Team

6:30 PM-10:00 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/757-8643.

Wednesday, April 27

Resources for Parents Caring For Children
with Special Needs
6:00 PM-8:00 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Thursday, April 28

Building Quality Through Building Trust
6:30 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Saturday, April 30

Culturally Consistent Care
9:00 AM-2:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

May

Monday, May 02

El Comienzo-Module 1
6:00 PM-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
Para mas informacion llame 916/369-3363.

Tuesday, May 03

FCCT-Partnerships with Parents
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

Wednesday, May 04

El Comienzo-Module 2
6:00 PM-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
Para ma informacion llame 916/369-3363.

Speech/Language Development in Young

Children
6:30 PM-8:30 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Thursday, May 05

FCCT-How Children Learn
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

What Do You Do With the Mad That You Feel?

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

Saturday, May 07

Loss, Trauma, and Young Children
9:00 AM-2:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

Monday, May 09

El Comienzo-Module 3
6:00 PM-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
Para mas informacion llame 916/369-3363.

Tuesday, May 10

FCCT-Ages & Stages of Child Development
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

Wednesday, May 11

El Comienzo-Module 4
6:00 PM-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
Para mas informacion llame 916/369-3363.

Thursday, May 12

Working With Children With Special Needs
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

Challenging Behaviors: Where Do We

Begin?
6:00 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/369-0191.

Cavity Free Kids

6:30 PM-8:30 PM
Susie Gaines-Mitchell Bldg.
2450 Florin Rd., Sacramento
For more information call 916/369-0191.

Saturday, May 14

Setting Limits With Love
9:00 AM-2:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

Leadership-Classroom Management:

Supporting Social/Emotional Development
9:00 AM-2:30 PM
Sutter Square Galleria
2901 K Street, Sacramento
For more information call 530/ 757-8643.

Monday, May 16

El Comienzo-Module 5
6:00 PM-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
Para mas informacion llame 916/369-3363.

Tuesday, May 17

FCCT-Quality Environments
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

Wednesday, May 18

El Comienzo-Module 6
6:00 PM-8:30 PM
Child Action, Inc.
5450 Power Inn Rd., Suite F, Sacramento
Para mas informacion llame 916/369-3363.

Thursday, May 19

FCCT-Creative Environments
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

Saturday, May 21

Partnering with Parents
9:00 AM-5:00 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

Monday, May 23

Gardening with Young Children
6:30 PM-8:30 PM
Arden-Dimick Community Library
891 Watt Ave., Sacramento
For more information call 916/369-0191.

Tuesday, May 24

FCCT-Know Business...Like Your Business
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

FCCP, Inc. Board Meeting

6:30 PM-9:00 PM
Child Action, Inc.
9961 Horn Rd., Sacramento
For more information call 916/726-2575.

Thursday, May 26

FCCT-Building Professionalism
6:00 PM-8:30 PM
Rancho Cordova Neighborhood Center
10665 Coloma Rd., Rancho Cordova
For more information call 916/369-0191.

What is West Nile Virus?

West Nile virus is a mosquito-borne disease and is spread through a bite by an infected mosquito. A person may experience mild flu-like symptoms. If you have symptoms of West Nile virus, call your doctor.

Protect Against the Virus

- Avoid activity outside when mosquitoes are most active, especially at dawn and dusk.
- When outdoors, wear long pants, long sleeve shirts and other protective clothing.
- Apply insect repellent according to label instructions.
 - Make sure that doors and windows have tight fitting screens with no tears or holes.
 - Eliminate all sources of standing water that can support mosquito breeding.

Why is the public urged to report dead birds?

Birds play an important role in maintaining and spreading this virus. Mosquitoes acquire the virus from infected birds, and then transmit the virus to people. Evidence of the virus in dead birds is often the first indication that the virus has been introduced into a new region.

Department of Health Services has set up a toll free hotline for the public to report dead birds: 1-877-WNV-BIRD. Birds can also be reported by visiting the WNV Web site at <http://www.westnile.ca.gov/>.

For more information on West Nile virus, visit the Web site <http://www.westnile.ca.gov/>.

Baby Shots Are Due Before They Are Two!

In the United States, vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed many infants, children, and adults.

However, the viruses and bacteria that cause vaccine-preventable disease and death still exists and can be passed on to people who are not protected by vaccines. Children should begin their immunization at birth and end at 18 months old.

Parents can elect not to immunize their children due to

personal or religious beliefs. Parents must sign the Personal Beliefs Affidavit on the back of the California School Immunization Record.

A physician can also exempt a child from immunizations for medical reasons. A written statement signed by the physician must be presented stating that there is a medical condition which rules out immunization(s) your child cannot receive.

Immunization Quiz

1: You may need a tetanus shot if

- a) you step on a rusty nail
- b) you are bitten by a dog
- c) you scratch yourself with a rose bush thorn while gardening
- d) all of the above

2: There are vaccines that can protect people against

- a) SARS, West Nile, and Anthrax
- b) Smallpox and Anthrax
- c) Lyme Disease
- d) Rotavirus

3: There are vaccines to prevent your child from getting infected with the

- a) Hepatitis A virus
- b) Hepatitis B virus
- c) Hepatitis C virus
- d) both a and b

4: Which of the following vaccines usually aren't given until your child's first birthday

- a) MMR
- b) DTaP
- c) Td

5: At what age can children begin getting yearly flu shots?

- a) 2 months
- b) 6 months
- c) 12 months

6: If you missed one or more of your child's sets of shots, you will need to

- a) start all over
- b) get an extra set as a booster to make up for the ones you missed
- c) get the missed shots at your next visit

Information provided by Pediatrics.

Answers: 1. d 2. c 3. d 4. b 5. b 6. c



Partners for Readiness Collaboration
Ready • Learn • Grow



KINDERGARTEN READINESS SUMMER CAMPS

Sacramento City Unified School District is pleased to announce its 6th year of free kindergarten readiness summer camp, Monday, June 27 through Thursday, August 4, 2005. Summer Camp is held for 6 weeks, 4 hours each day, Monday through Thursday. Children are provided a healthy lunch each day.

The summer camp environment is structured to help children make the adjustment to the daily routine of a school setting. Children gradually become comfortable with being in the classroom and quickly make friends with other children.

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

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

Annual Child Care Awards Dinner

On Thursday, April 7, 2005, the Sacramento Child Care Coalition will host its' Twenty-First Annual Child Care Awards Dinner, "In Praise of Providers", at the DoubleTree Hotel in Sacramento, from 6:30 p.m. to 10:00 p.m. Entertainment will be provided by the Sacramento Youth Symphony.

The Child Care Coalition has recognized child care providers and community members who have demonstrated a strong commitment to quality child care in Sacramento County. The awards are in following categories:

- Family child care provider award
- Child care center teacher or director award
- Overall child care program excellence award
- Inclusive care award

The Child Care Coalition would like to acknowledge the nominees.

St. Stephen's Preschool, NHDF - Carmichael, Rosemont Playschool, Beanstalk Ridgepoint, Only Love Children's Center, Beanstalk Crest Drive, Ms. Barbara's ABC Learning Center, Slavic Project, Warmline, Mary Ann O'Shaughnessy, Barbie & Richard Soito, Crystal & Jason Devlin, Maria Gamboa, Michael Fournier, Mylinda Weiss, Samina Khan, Sue Sparks-Fournier, Rosemary Showen, Rebecca Freeland, Julie Neuhauser, Stephanie Justice, Michele Whittaker, Joette Lee, Latrecia Arrington, Cecilia Molina, Michael Alexander, Ruthie Floyd, Monica Rodriguez, Eboney Davis, Ollie Marsaw, Tracy Williams, Irma Day, Earleen Pringle, Monica Alexander

KINDERGARTEN READINESS FAIR

The Del Paso Heights School District is sponsoring its first Annual School Readiness Reading Fair, Saturday, April 2, 2005.

This event will be held at the Robertson Community Center, 3525 Norwood Avenue, Sacramento, 95838, from 10:00 am-1:00 pm.

There will be kindergarten registration, free health screening and immunizations, and children's activities.



For more information please call Laura at 641-5360.

Sponsors for this event are as follows: Special sponsors: Child Action, Inc., Mutual Assistance Network, Sacramento ENRICHES, Del Paso Heights Library, Sacramento Surplus Book Room and Head Start.

10 Ways to be a Better Dad

*** Respect Your Children's Mother**

One of the best things a father can do for his children is to respect their mother. If you are married, keep your marriage strong and vital. If you're not married, it is still important to respect and support the mother of your children. A father and mother who respect each other, and let their children know it, provide a secure environment for them.

When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.

*** Spend Time with Your Children**

How a father spends his time tells his children what's important to him. If you always seem too busy for your children, they will feel neglected no matter what you say. Treasuring children often means sacrificing other things, but it is essential to spend time with your children. Kids grow up so quickly. Missed opportunities are forever lost.

*** Earn the Right to Be Heard**

All too often the only time a father speaks to his children is when they have done something wrong. That's why so many children cringe when their mother says, "Your father wants to talk with you." Begin talking with your kids when they are very young so that difficult subjects will be easier to handle as they get older. Take time and listen to their ideas and problems.

*** Discipline with Love**

All children need guidance and discipline, not as punishment, but to set reasonable limits. Remind your children of the consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children.

*** Be a Role Model**

Fathers are role models to their kids whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys, and what to look for in a husband. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility. "All the world's a stage..." and a father plays one of the most vital roles.

*** Be a Teacher**

Too many fathers think teaching is something others do. But a father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. Involved fathers use everyday examples to help their children learn the basic lessons of life.

*** Eat Together as a Family**

Sharing a meal together (breakfast, lunch or dinner) can be an important part of healthy family life. In addition to providing some structure in a busy day, it gives kids the chance to talk about what they are doing and want to do. It is also a good time for fathers to listen and give advice.

Most importantly, it is a time for families to be together each day.

*** Read to Your Children**

In a world where television often dominates the lives of children, it is important that fathers make the effort to read to their children. Children learn best by doing and reading, as well as seeing and hearing. Begin reading to your children when they are very young. When they are older encourage them to read on their own. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

*** Show Affection**

Children need the security that comes from knowing they are wanted, accepted and loved by their family. Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection everyday is the best way to let your children know that you love them.

*** Realize that a Father's Job Is Never Done**

Even after children are grown and ready to leave home, they will still look to their fathers for wisdom and advice. Whether it's continued schooling, a new job or a wedding, fathers continue to play an essential part in the lives of their children as they grow and, perhaps, marry and build their own families.

by Child Care Aware



Child Care Tips

Choosing your child's care is one of your most important parenting responsibilities. Because your children can spend most of their waking hours in care, your child care choice can have a major impact on your family. It's important to take this decision very seriously.

Where to start?

Start with a licensed facility. Licensed child care providers have successfully completed the following minimum requirements by the Sacramento County Licensing:

- Cleared the FBI Fingerprint Check

- Passed the Home Inspection for Health & Safety
- Received a minimum of 15 hours of CPR & First Aid training

However, keep in mind that in order to be a quality child care facility or home, it needs to go beyond minimum licensing requirements.

What to Look For

- Child care that continually protects the health and safety of children.
- The adults are trustworthy and caring. They want to work with children and help you raise your family.



- The adults do not have a criminal record or a history of child abuse.
- There are only a few children to one adult so each child can receive one-on-one attention.
- The adults know CPR and First Aid.
- The teachers know how children grow and develop and they can help your children learn and do well in school.

Resource & Referral

9961 Horn Road
Sacramento, CA 95827

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

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