



Our Newsletter

January/February 2008
Volume XXVIII - Issue I

HRC Child Care Resources

FREE

Meeting the Child Care Needs in Our Community!

FREE

THE ABC'S OF TOY SAFETY

News from the U.S. Consumer Product Safety Commission (CPSC)

WASHINGTON, D.C. - As gift-givers shop for that perfect toy this holiday season, the U.S. Consumer Product Safety Commission (CPSC) is emphasizing the importance of shopping safely. Knowing your ABC's of toy safety will make for happy holidays: (A) awareness, and knowing the (B) benefits, for (C) consumers - (Awareness Benefits Consumers).

Awareness is not only knowing there is a CPSC and what the agency does to protect consumers but also being aware of what poses the greatest risks. The leading causes of toy-related fatalities include choking and aspiration of toy parts.

The increased scrutiny of toys and the CPSC has led to B, or benefits, to consumers. CPSC has increased the agency's inspections of toys and is taking the action needed to remove violative products from the marketplace. More companies are testing their products and reporting possible safety problems.

The Chinese government has signed new agreements to conduct pre-export inspections to prevent lead painted toys and other unsafe toys from being exported to the U.S. "CPSC recalled 61 toys involving more than 25 million product units in 2007, underscoring CPSC's daily commitment to keeping consumers safe 365 days a year," said Acting CPSC Chairman Nancy Nord. "Toys today are undergoing more inspection and more intense scrutiny than ever before." Finally, consumers should stay informed and be aware of recalls by signing up to receive direct e-mail notification of recalls at www.cpsc.gov. CPSC has launched a "Drive to 1 Million" to sign up at least 1 million consumers to receive this direct notification.

Consumers can also be more aware by shopping with CPSC's Top SafeShopping Tips for this year:

- **Ride-on Toys** - Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be sized to fit.
- **Small Parts** - For children younger than age three, avoid toys with small parts, which can cause choking.
- **Magnets** - For children under age six, avoid building sets with small magnets. If magnets or pieces with magnets are swallowed, serious injuries and/or death can occur.
- **Projectile Toys** - Projectile toys such as air rockets, darts and sling shots are for older children. Improper use of these toys can result in serious eye injuries.
- **Chargers and Adapters** - Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.

To choose appropriate toys for children:

- Be a label reader. Look for toy labels that give age and safety recommendations and use that information as a guide.
- Select toys to suit the age, abilities, skills and interest level of the intended child. Look for sturdy construction, such as tightly-secured eyes, noses and other potential small parts.
- For all children under 8, avoid toys that have sharp edges and points. Once the gifts are open:
- Immediately discard plastic wrappings on toys before they become dangerous play things.
- Keep toys appropriate for older children away from younger siblings or neighbors.
- Pay attention to instructions and warnings on battery chargers. Some chargers lack any device to prevent overcharging.

CPSC Hotline: (800) 638-2772
CPSC Media Contact: (301) 504-7908
To see this release on CPSC's web site, please go to: <http://www.cpsc.gov/cpsc/pub/prere1/prhtml08/08086.html>



STAFF UPDATES



Peggy Driscoll is our new CAL Works Coordinator at HRC Child Care Resources in the Amador office. We are very excited to have Peggy join our

team. She comes with a wealth of experience in Social Work from Southern California; she planned and implemented a new program with the Indian Child Welfare Act and has worked with Foster Care, and Specialized Family Services. Peggy has a new grand daughter here in Amador County and we welcome her to the agency and the area.

KNOWLEDGE IS POWER DAY!



Join CCR on a parent advocacy training day at Child Action in Sacramento. Learn to become a passionate parent advocate through interactive trainings on budget process, speaking to the media and developing action strategies for your local Parent Voices chapter.

Saturday, February 2nd
at Child Action / Sacramento
Van leaves HRC Child Care Resources at 8am.

The fun starts at 10:00am and we will arrive back at 4pm

If you are interested in attending call Cheryl Berg in Calaveras County @ 754-1075 and Amy Jones in Amador County @ 223-1624.

HRC Child Care Resources
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San Andreas, CA 95249

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SNOWFLAKE POEM



See the pretty snowflakes
Falling from the sky;
On the wall and housetops
Soft and thick they lie.

On the window ledges,
On the branches bare;
Now how fast they gather,
Filling all the air.

Look into the garden,
Where the grass was green;
Covered by the snowflakes,
Not a blade is seen.

Now the bare black bushes
All look soft and white,
Every twig is laden,
What a pretty sight!

How good to lie a little while
And look up through the tree!
The Sky is like a kind big smile
Bent sweetly over me.

The Sunshine flickers through the lace
Of leaves above my head,
And kisses me upon the face
Like Mother, before bed.

The Wind comes stealing o'er the grass
To whisper pretty things;
And though I cannot see him pass,
I feel his careful wings.

So many gentle Friends are near
Whom one can scarcely see,
A child should never feel a fear,
Wherever he may be.



HEART SHAPED PIZZA

INGREDIENTS:

- Pre-made pizza dough
- Pizza sauce
- Pizza cheese
- Pepperoni slices
- Large heart shaped cookie cutter (for pizza dough)
- Small heart shaped cookie cutter (for pepperoni slices)

PREPARATION:

Cut pizza dough and pepperoni slices into their respective heart shapes. Spread sauce on dough and top with cheese and the pepperoni. Bake until cheese is melted.

Prep Time: 15min

Cook Time: 10min

Course: Appetizer, Lunch

Special: For Kids

Type of Prep: Assemble, Bake

ROSEY APPLESAUCE

4 pounds Golden Delicious apples (about 8), peeled, cored, and cut into 1-inch pieces

1 1/2 cups fresh or thawed frozen cranberries (6 ounces)

1/2 cup sugar

1 (3-inch) cinnamon stick



Cook apples, cranberries, sugar, and cinnamon stick in a large heavy saucepan, covered, over medium-low heat, stirring occasionally, until fruit is very tender and broken down into a sauce, about 45 minutes. Discard cinnamon stick. (For a smoother texture, force applesauce through a medium-mesh sieve or a food mill fitted with fine disk into a bowl.) Cool to room temperature or chill before serving.

Cooks' note: Applesauce can be made 1 week ahead and chilled, covered.



DISCOVER NORMAL EATING

Many of us have crazy eating habits. We may skip one meal and then overeat at the next meal. We feel awful when we skip meals- tired, moody and unable to concentrate. Then we feel awful when we overeat- uncomfortable, sick and upset with ourselves. We need to discover normal eating habits again.

What is normal eating? Normal eating is typically 3 meals and 2 or 3 snacks which satisfy our hunger. Normal eating is to eat when hungry and to stop eating when satisfied.

There are many reasons why we eat. Sometimes we eat because we are bored, stressed, upset or just because the food is there and it tastes good! We are pressured everywhere to eat more- on television, radio, at shopping malls, in restaurants, at school and work.

We need to listen more to our bodies and discover normal eating:

- Plan to eat three nutritious meals each day.
- Buy nutritious foods for snacks - fruit, cheese, yogurt, crackers, pretzels.
- If you feel hungry between meals and snacks, drink water. We often think we are hungry when we are actually thirsty.
- Eat slower. We often eat in a rush and do not realize how much we are eating. Slow down and enjoy food!



VALENTINE'S TREE CRAFT

Tissue Paper Valentine Tree:

You can decorate a "homemade" trunk (to make the trunk, trace your child's arm from the elbow up, including the fingers)



Cut 1.5 inch squares of tissue paper, wrap around an eraser end of a pencil and glue to the trunk.



Materials: paper, scissors, glue, something to color with.

VALENTINES DAY



V Z Y K J E Y G A T D Q A R Z
J A I D C F O U R T E E N T H
H S L N N G L A U I R I P R N
S Q A E U A E O F O J X H H K
M D T H N H C R V K O L W O Y
T F I G T T I B Y E U E A G L
X X M E H E I S S F T R A E H
X W E W N Y G N X E P A R T Y
W W V D F I T S E B D H A S U
S K S O V D R L P R W A E B R
Q L B Q H I D K I U K O Q D W
L I Z Q R P M M N A D U K T J
B G U B V U J F K R Q R X C M
S C L U Y C J F B Y L Y A D M
W A I B D J X O C M D Q W C Q

CANDY
CARD
CUPID
DANCE
FEBRUARY
FOURTEENTH
FRIENDS
GIFT
HEART

HUG
KISS
LOVE
PARTY
PINK
RED
SWEETHEART
VALENTINE

January 2002 issue of Smart Food, Low Cost and Healthy Eating

10 EASY NEW YEAR'S RESOLUTIONS FOR PARENTS

Have you made your usual New Year resolutions? You know the resolutions where you turn over a new leaf to get fit, steer away from junk food and start a savings plan. While you are reflecting on past bad habits and setting new directions for your personal life consider taking stock of your parenting as well.

As you ponder the next twelve months of parenthood here are 10 New Year's resolutions to consider. Avoid trying to adopt every idea. Be realistic and choose one or two to add to your list of New Year's resolutions.

1. Be consistent with your discipline. This is a big task as dealing with kids' misbehavior tests the patience and resolve of the even the most assured parents. Set consistent limits and boundaries, even for adolescents, and be willing to negotiate and give a little ground. When children refuse to cooperate or break the rules, act calmly and reasonably rather than resort to severe measures to 'teach them a lesson'.
2. Focus on children's positive behaviors. If you find yourself continually pointing out your children's misbehavior and getting nowhere then try to ignore the inappropriate as much as possible. Get into the habit of 'catching kids being good'. Like adults, children respond to favorable comments and are likely to adopt behaviors that gain them attention.
3. Encourage children persistently. It has been estimated that children hear 17 negative comments at home for every piece of praise or encouragement. Exposure to continuous criticism and negative comments can have disastrous effects on children's self esteem. If you are not an encouraging person then linking your positive comments to something you normally do such as saying good night to your children. Then you will know that you have encouraged them at least once each day. That's a good start.
4. Give yourself a regular break. Don't be a slave to your family. Taking time out to do something just for yourself is a necessity rather than a luxury. Revise your household routine, solicit the help of your partner or relatives, or employ a baby-sitter to provide you with some time-off.
5. Make guilt work for you. Let's face it, parents can find plenty of issues to feel guilty about. Leaving children in child-care, long hours spent at work, and even discipline measures are common sources of guilt. Avoid easing your guilt by being too lenient, spoiling or indulging children with toys or other material possessions. Guilt can be beneficial though; if it reminds you to take time off work to attend a child's school play children or prompts you to hire some domestic

- help to create more family time.
6. Make a plan to survive those difficult times. Only television families are free of manic times of the day. Mealtime mayhem, morning madness and bedtime battles are common in many families. Identify your difficult time of the day and get super organized and be willing to make yourself scarce if children make unnecessary demands on you at these times.
7. Stay out of children's fights, unless there may be physical danger. Brawling siblings disturb the peace so it is difficult for parents not to become involved. Chances are you either plead for peace and quiet, make a ruling to end the dispute, or take sides to lay blame on the child who caused the infraction. If you are tired of interfering in children's battles then leave it up to them to resolve. When your children begin to bicker beat it to another part of the house or boot them outside until they have finished.
8. Check your children's computer usage. Computers are rapidly replacing the television as the electronic baby-sitter in many families. To be fair, computers have more educational potential than the television but children predominantly use them for games, unless they receive assistance and direction from parents. Pull up a chair and join in rather than leave children to their own devices whenever they hit a computer.
9. Avoid the 'good' parent syndrome. Good parents protect children from many of life's difficulties and rob them of opportunities to develop independence and responsibility. They take forgotten lunches to school, pay fines for their children's overdue library books and believe that chores are for parents rather than children. If this sounds familiar let children take more responsibility for their own actions in the coming year.
10. Keep misbehavior in perspective. You probably think at times that your children or teenagers are the worlds worst or that no one else acts up like them. Think again. If your child misbehaves the chances are that he or she is no trailblazer. Many others mess up too. That is little comfort, however, if you have to put up with difficult kids day in and day out. Regardless of how hard things become try to focus on their positive behaviors and work hard to maintain your relationship even if it appears that the effort is all one way. Your persistence will pay off in the long run.

Article used with permission from Michael Grose, parenting expert and coach. Visit his web site <http://www.parentingideas.com.au>



PIZZA NIGHT!

Don't worry about dinner tonight.
It's on Parent Voices!

January 17, 2008 at 6:00 pm
At 501 D Gold Strike Rd in San Andreas

Learn more about Parent Voices and how you can be involved.
We will be talking about the Parent Voices 07 - 08 campaign to increase funding by 20% over the next 5 years to get everyone off the waiting list (CEL)!

Please RSVP to Amy in Amador at 223-1624 or to Cheryl in Calaveras at 754-1075.
Child Care will be provided.

Facts About Pandemic Flu

Pandemic flu is a worldwide outbreak (respiratory illness) that occurs when a new type of influenza virus appears that people have not been exposed to before or have not been exposed to in a long time.

In the last century, there have been three flu pandemics. When a pandemic starts, everyone around the world could be at risk. The effects of a pandemic can be lessened if you are prepared ahead of time. There is NO pandemic flu in the United States now.

A pandemic would touch everyone. Everyone has a role to play in the event of a pandemic and everyone needs to be prepared.

Schools, child care homes and centers may be closed for an extended period of time. Other important services may also be affected, such as grocery stores, transportation, ATM's and banks.

There are ways to prevent the spread of pandemic flu and to stay healthy, such as covering your cough and washing your hands often.

How Does Seasonal Flu Differ from Pandemic Flu?

Seasonal Flu:

Occurs every year, usually in winter; usually some immunity built up from past exposure; most serious illness seen in very young and very old; health providers and hospitals can usually meet public and patient needs; usually enough vaccine for people who need it; about 36,000 people die each year in the U.S.; symptoms include: fever, cough, headache and muscle pain.

Pandemic Flu:

Occurs rarely; no past exposure - little or no immunity; all people are at risk for becoming seriously ill; health providers and hospitals may be overwhelmed; vaccine probably would not be available; number of deaths could be very high; symptoms: may be similar, but complications will be more frequent.

Stay informed. Knowing the facts is the best preparation. For more information contact the Amador County Public Health office at 223-6407 or the Calaveras County Public Health office at 754-6460.

Cover your mouth • Use a tissue • Wash your hands



STORYTELLING IN AMADOR COUNTY



Do you remember someone telling you a story when you were young?

At our Storytelling Workshop on November 15th, Erika Simmons, our Child Care Initiative Coordinator (CCIP), helped us remember those days. Erika provided an enchanted evening with stories, activities and literature. We learned how storytelling enriches children's lives, how to make a story nook, the art and history of storytelling, how literacy begins at home and how you can start a storytelling tradition.

If you missed the workshop, don't worry Erika has plans to make this an annual event. If you can't wait until next year, call our office at 223-1624 and ask for Erika. She is always ready to share her knowledge and resources on storytelling.



Sheri Mcquiston and Brianne Pendley licensed and pending child care providers enjoy the activities at the storytelling workshop.

Motherlode Mothers of Multiples

The Motherlode Mothers of Multiples club hosted the NCAMOTC Fall Convention at the Jackson Rancheria Hotel & Casino in November, welcoming 150 attendees from all over California. Twice a year, mothers of twins, triplets and higher-order multiples gather for these Conventions. The Motherlode MOMs are a non-profit group that



provides support, activities and information for families with multiples in Amador and Calaveras counties. For more information, please call (209) 245-4405.

SAVE THE DATE FOR "CELEBRATE OUR CHILDREN"!

Planning for the Tenth Annual Celebrate Our Children is underway. The event will take place on Saturday, April 19th, 2008 at the Italian Picnic Grounds on Highway 49, near Sutter Hill. As always, a BIG thanks to our many community sponsors and supporters who help make this event possible. This event is entirely FREE to all children and families.

Celebrate Our Children is held in collaboration with Amador County Child Abuse Prevention Council, the Amador Child Care Council, as well as many other organizations - to commemorate the Week of the Young Child and Child Abuse Prevention Month.

The event will include food, entertainment, crafts, and activities for children of all ages. For more information on how you can be involved, please call Joyce Stone at 257-5303.

ONLINE (ECE) COURSES FOR SPRING

Consumnes River College will be offering three online courses in Early Childhood Education (ECE).

ECE 312 - Child Development (3 Units)

Prerequisite: None.

Description: This course is a study of the physical, cognitive, social and emotional development of the child from the prenatal period through adolescence. In this foundation course, students will examine children as individuals and the environmental influences that impact their growth and development.

ECE 350 - Introduction to Elementary Teaching with Field Experience (3 Units)

Prerequisite: None.

Description: This course is a career exploration course with an early field experience for those students considering the field of K-8 teaching. It includes a supervised field placement and four hours weekly in a local elementary school in addition to

AMADOR C.A.R.E.S. UPDATE

It's that time of year again to begin thinking about earning a C.A.R.E.S. Stipend. Last year we awarded over \$50,000 to Amador County Child Care Professionals and we hope to do the same this year.

To join in on this wonderful program, there are 3 basic requirements:

1. Provide care for 3 or more children 0 - 5 years of age in Amador County.
2. Work with these children a minimum of 15 hours per week, and have done so for at least 9 consecutive months. This can be in a Family Child Care Home, a Child Care Center, or if you care for children of family, friends, and neighbors.
3. You must attend 3 of our C.A.R.E.S. approved trainings, each about 2 hours long, between April 1, 2007 and March 31, 2008. (There are still plenty of meetings scheduled. See CCR's workshop book for dates)

Past C.A.R.E.S. members will also be required to be working on Professional Growth as well as a self-evaluation tool.

This year, I am happy to announce the addition of our new professional track, Track 5. Members in this track work as C.A.R.E.S. Advisors, who will be available to help other C.A.R.E.S. participants with their professional growth requirements, meeting C.A.R.E.S. specific requirements, as well as helping them complete their application on time.

If you are interested in joining C.A.R.E.S., or if you would like more information please contact Dianne Small, Amador County C.A.R.E.S. Coordinator, at (209) 223-1624 or you can e-mail her at dsmall@hrcccr.org. If you would like to learn more about having a C.A.R.E.S. Advisor let me know so we can sign you up with one of our Advisors.

C.A.R.E.S. applications will be mailed out in January so there is still plenty of time to become an Amador C.A.R.E.S. Member.

6TH ANNUAL CHILDREN'S HOLIDAY FESTIVAL



The 6th Annual Children's Holiday Festival "Winter Festival's Around the World" event sponsored by First 5 Amador was held in Sutter Creek on Friday, November 30th. Many agencies from Amador County including HRC Child Care Resources made the event a huge success. Families and children enjoyed activities, music, snacks, holiday entertainment, and Santa Clause took pictures with the children. Each booth highlighted a different country. CCR's

country was South Africa, which highlighted the many flags of Africa. Children had fun creating and decorating their own personal flags.



ONLINE CHILD DEVELOPMENT COURSES FOR SPRING 2008

San Joaquin Delta College will be offering eight online courses in Child Development

CDEV 021: Child and Adolescent Development (3 units)

Prerequisite: Reading level II or concurrent enrollment in reading

This course is an analysis of the dynamics of growth from infancy through adolescence. Cognitive, linguistic, physical, and social-emotional development are discussed. Special emphasis is placed on psychoanalytic, behaviorist, cognitive and sociocultural theories. (UC, CSU, CAN FCS 14)

CDEV 026: Child, Family & Community (3 units)

Prerequisite: None

This course is designed to examine the interactive nature of child, family and community relationships. Child, family, peer, school and community influences on development are explored. Community resources and advocacy will be addressed. (CSU)

CDEV 028: Health and Safety in Child Care (2 units)

Prerequisite: None

This course is designed for the teacher or child care provider who works in child development centers or family day care homes. Health and safety issues in child care settings are identified. Licensing regulations pertaining to prevention of infectious disease, recognizing signs of child illness, preparation for emergencies, and the caregiver's responsibility for children's health are discussed. (CSU)

CDEV 031A: ECE Theory-Working with Children (3 units)

Prerequisite: None

This course is designed to prepare the student to teach in various types of Early Childhood Education (E.C.E.) programs. The course emphasizes methodologies to stimulate healthy growth and a positive self-image in children 2 1/2 - 5 years. The history of and current trends in E.C.E. are discussed. (CSU)

CDEV 031B: ECE Theory-Early Cognitive Learning (3 units)

Prerequisite: None

This course is designed to prepare the student to teach in various types of Early Childhood Education (E.C.E.) programs. The course examines how the young child learns and how children's learning may be assessed. The theories of Piaget, Montessori and Skinner are emphasized as a basis for curriculum planning. (CSU)

CDEV 063: Child Discipline (1 unit)

Prerequisite: None

This course is designed to provide teachers and parents with theory and effective techniques related to discipline. Topics include discussions of cultural differences and practical, positive approaches to discipline. (CSU)

CDEV 075: Discovering Child Development (2 units)

Prerequisite: None

This course is an introduction to child development for those interested in the processes and stages of development from infancy through middle childhood. Focus is on the major developmental milestones and how they may be observed in children's everyday behavior. This course does not meet Community Care Licensing requirements for child growth and development.

CDEV 076: Child Education Adult Supervision (2 units)

Prerequisite: None

This course is designed to prepare the student to supervise, evaluate, and support the performance of adults in an early childhood classroom. The skills necessary to meet adult needs while simultaneously meeting the needs of children are examined. The relationship of the physical environment of the classroom to ease of supervision is stressed.

For more information either visit Delta College's Website at: www.deltacollege.org or phone them at (209) 474-5625.



SAVE THE DATE!!



2ND ANNUAL BABY FAIR & CHILDREN'S DAY

Don't forget to visit us at the Baby Fair & Children's Day event this March for some "Under the Sea" fun. There will be fun for the whole family. Drawing prizes and plenty of activities for infants, toddlers, preschoolers and school age kids. There will also be a Car Seat Check in the parking lot.

This year's event will be held at:
The Calaveras County Fair Grounds
March 29, 2008
10:00am - 2:00pm

There is still time to reserve a booth if you would like to take this opportunity to market your agency or program. For more information you can contact either Cathy Wagner or Cheryl Berg @ 754-1075.

CALAVERAS C.A.R.E.S. PROGRAM

Calaveras C.A.R.E.S. is looking for family, friend and neighbor child care providers. Do you babysit or care for at least one child (birth to 5) for 15 hours a week or more? If so, you could be eligible to receive up to \$150.00 in gift cards. There are several ways to earn a \$25.00 gift card up to 3 times a year for a total of \$75.00.

- Attend a playgroup offered by HRC programs or Calaveras Unified School District;
- Attend a workshop or training offered by HRC Child Care Resources or First 5 Calaveras
- Have a home visit with HRC Child Care Resources staff

You can also earn AN ADDITIONAL \$75.00 gift card for filling out a C.A.R.E.S. survey and provide care for:

- The same child for at least 9 months
- A child with a special need
- A child that is Native American
- A child that lives in West Point, Jenny Lind, or Angels Camp
- A child that is an infant or toddler

Interested??? For more information and/or an application call Calaveras C.A.R.E.S. at 754-1075.

C.A.R.E.S. UPDATE

Recruiting for Family, friend and neighbor participants is now under way. Please see related article for requirements. If you, or anybody you know might qualify, please call 754-1075 for more information and/or an application.

All participants in Tracks II-V should have met with their advisors by now. If you are a participant and have not met with your advisor for some reason, please call her ASAP to schedule the appointment.

The Harms/Clifford Rating Scale training has been scheduled for participants in Track III and IV. Kelly Graesh and Kelley Kirschten will be the trainers; it should be a lot of fun as well as an educational experience. One training will be offered on Thursday January 10th from 6:00-9:00 pm in Angels Camp. The other will be on Wednesday February 6th from 6:00-9:00 pm in San Andreas. Other dates and locations to be announced. Call Pam at 754-1075 for location and to RSVP.

A date has not been scheduled for the CPIN meeting yet. We'll send out a flyer to Calaveras C.A.R.E.S. participants when we have more information.

PARENT EDUCATION PROGRAM

SATURDAY MORNING WORKSHOPS 9:00 AM - 12:00 PM

Workshops are also offered as part of the Beyond Talking Parenting Program on Tuesday afternoons 4:30 to 6:00 - Call Arleen at 754-1075 for more information.

TOPICS AND SCHEDULE

Class #1	1/19/08
Self-Esteem / Building a Solid Self - Image	
Class #2	1/26/08
Group Dynamics / Parenting Styles	
Class #3	2/2/08
Ages and Stages / Child Development	
Class #4	2/9/08
Communication / Words and Actions	
Class #5	2/16/08
Anger and Stress Management	
Class #6	2/23/08
Conflict Resolution / Discipline	
Class #7	3/1/08
Discipline / Sibling Rivalry	
Class #8	3/8/08
Protecting Children from Abuse / Review	

YOU ARE NOT ALONE: SERIES II

A three part series for parents of children with Attention

Deficit/Hyperactivity Disorder and/or Autism Spectrum Disorders

Nutrition for Individuals with AD/HD and Autism Spectrum Disorders

Wednesday, January 16
6:15 - 7:30 p.m.

Dr. Ryan Thompson will discuss important dietary and nutritional information in regards to interventions that help to improve the quality of life for individuals affected by AD/HD and ASD.

Helping Your Child To Become A Social Thinker

Wednesday, January 23
6:15 - 7:30 p.m.

Growing up in a social world can be extremely challenging for individuals with ADHD and Autism Spectrum Disorders. As parents we often find ourselves confused because social thinking and perspective taking comes naturally for us. Corrina Lindblom, MA, EdS, LEP will provide helpful information about how to help your child understand another person's perspective.

Note: This session targets those individuals with "High Functioning" Autism (verbal, near average to average intelligence), Asperger's Syndrome, PDD-NOS, and AD/HD.

Practical Parenting Strategies

Wednesday, January 30
6:15 - 7:30 p.m.

We will explore a variety of well known parenting strategies as well as practice techniques and tools that will empower parents of children with special needs to feel more confident at home. Susan Deax-Keirns, MFTI, will offer this fun, experiential workshop.

All meetings will be held at the Mind Matters Clinic in Murphys. A minimum donation of \$10.00 per session is encouraged.

Please contact Mind Matters at 209-728-2184 to register and for more information. Space is limited to room capacity.



Ryan S Thompson MD
150 Big Trees Rd, Suite A
Murphys, CA 95247
209.728.2184 / FAX 209.728.2185

FOR WORKSHOP INFO, SEE THE COMMUNITY CALENDAR ON PG 8

CCIP UPDATE AMADOR

The month of January brings the half-way point for the Child Care Initiative Project (CCIP)! Welcome to CCIP's new participants-- Sarah Whaling and Juanita Ballard, new licensees, and Irene Johnson and Tammy Anderson, both pending providers who are participating. Congratulations to Sheri McQuiston- a pending provider in Ione who has already moved to Trainee Status, acquiring 39 hours since August! There are still 6 months left of this 2007-2008 year. Please remember that we have a lot of terrific workshops coming up, and also offer a long list of home study packets that are available for ALL providers to check out and work on at home. Thank you all for your dedication and enthusiasm!

New Providers

Please welcome Amador County's newest licensed Providers... Sarah Whaling and Juanita Ballard! Sarah was licensed in October and is a preschool teacher living in Pine Grove with her husband and two children. Juanita is a former provider from another county and was licensed here in November. She lives in Plymouth with her husband and grown daughter, who is attending college. We would like to extend a very warm welcome to both.

CALAVERAS

Congratulations to the four participants who have completed their CCIP requirements so far this 2007-2008 year. They are Danielle Saldana, Genice Knight, Merlita Stalcup, and Becky Ferguson. There are many of you who are very close to finishing your requirements. There is still plenty of time to complete CCIP hours with great workshops and home studies available. Please contact Kelley Kirschten to find out how many hours you have and need to complete for CCIP. Remember the Child Care Initiative Project is to promote quality child care for our community. We greatly appreciate your participation in this wonderful project.

READ READ READ

Cuddle up with your child and read children's picture books about winter and snow

Owl Moon

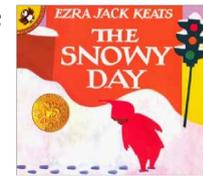
Author Jane Yolen's words capture the mood of hushed expectancy and joy while John Schoenherr's luminous watercolors capture the wonder and beauty of the walk through the woods.



It's apparent that the walk itself is what's important and getting to actually see and hear an owl is just the icing on the cake. Both the artwork and the text show the loving bond between father and child and the significance of their walk together.

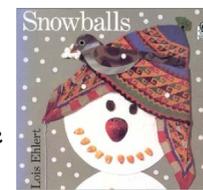
The Snowy Day

Ezra Jack Keats was known for his striking mixed media collages and for his stories. Keats was awarded the Caldecott Medal for illustration in 1963 for The Snowy Day. During his many years of creating illustrations for other authors, Ezra Jack Keats had never seen an African American child as the hero in a children's picture book. He determined that when he wrote his own books, a black child would be the hero. The Snowy Day is the tale of Peter, a little African American boy who lives in the city, and his delight in the first snow of the winter. While Peter's joy in the snow will warm your heart, Keats' dramatic illustrations will have you shivering! I recommend this book for three- to six-year-olds. It is one of seven picture books by Keats about Peter.



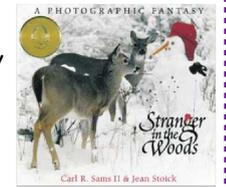
Snowballs

Lois Ehlert is a master of collage and Snowballs is a delightful look at a variety of snow people and animals that can be made with snowballs and household items like mittens, buttons, and nuts. Snowballs is told in the words of a child who, along with the rest of the family, has "been waiting for a really big snow, saving good stuff in a sack." The good stuff includes corn, bird seed, and nuts for the birds and squirrels to eat off of the snow creatures; hats, scarves, bottle caps, plastic forks, buttons, fall leaves, a man's tie, and a lot of other things. The photo collages feature fabric circles as snowballs that are transformed when stacked and decked out with features and accessories. At the end of the book, there is a two-page photo feature showing all of the "good stuff," with captions, that the family used to make the snow people and animals. That's followed by a four-page section about snow, including what it is and what makes it snow and featuring photographs of snowmen and other snow creatures.



Stranger in the Woods

The full-page color photographs go a long way in telling the story of the Stranger in the Woods. In the woods, the bluejays caw, "Take care!" All of the animals are apprehensive because there is a stranger in the woods. The blue jays, chickadees, deer, owl, squirrels and other animals are not sure how to react. Little by little, starting with the birds, the animals in the forest follow the snow trail and come close enough to examine the stranger. They find a snowman. Unbeknownst to them, a brother and sister had crept into the woods and built the snowman. They gave him a carrot nose, mittens, and a cap in which they make a dent so it could hold nuts and bird seed. They also left corn for the animals. A doe eats the snowman's carrot nose, while the birds enjoy the nuts and seed. Later, when a fawn finds a mitten on the ground, the animals realize that there is still another stranger in the woods. Stranger in the Woods is a beautifully photographed, captivating book that will appeal to three- to eight-year olds. The book was written and illustrated by Carl R. Sams II and Jean Stoick, who are professional wildlife photographers. Younger children will enjoy their book Winter Friends, a board book, which also includes exceptional nature photography.

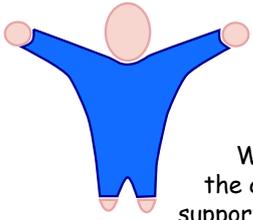


Katy and the Big Snow

Young children love the story of Katy, a big red crawler tractor who saves the day when a huge snowstorm hits the city. With her big snow plow on, Katy responds to cries of "Help!" from the police chief, the doctor, the superintendent of the Water Department, the fire chief and others with "Follow me," and plows the streets to their destinations. The repetition in the story and the appealing illustrations make this picture book a favorite with three- to six-year-olds. The illustrations include detailed borders and a map. For example, a border with illustrations of the City of Geopolis' trucks, diggers, and other heavy equipment surrounds an illustration of the Highway Department's building where all the vehicles are kept. A map of the City of Geopolis with lots of red numbers on it includes a border of numbered illustrations of important buildings in the city that match the numbers on the map. The award-winning author and illustrator of Katy and the Big Snow won the Caldecott Medal in 1942 for her picture book The Little House, one of my childhood favorites. Burton's Mike Mulligan and His Steam Shovel was another family favorite.



About.com: children's books



HRC CHILD CARE RESOURCES

Our Mission - HRC Child Care Resources supports children and families by providing programs and resources while developing strong partnerships. We lead through innovation in child care and education.

We believe that children are our future and every opportunity must be taken to enhance the quality of their lives by providing support services and community education which supports quality child care and encourages parental choice. Child Care Resources has become an integral part of the communities we serve, as many of our programs originated in response to the concerns of parents, children's agencies, and community groups. We are committed to preserving the integrity of the family and we strive to make changes in the community that promotes positive growth in children and strengthens family relationships.

CHILD CARE RESOURCE & REFERRAL (R&R)

The primary focus of R&R is to provide child care related information and resources to parents, child care providers, and the community, free of charge.

The Six Core Services of Resource & Referral:

- Counseling parents about child care resources.
- Developing the child care profession through training, education, outreach and resources.
- Documenting and analyzing child care supply and demand.
- Advocating for improved quality, accessibility, and affordability of child care.
- Educating and informing the community about child care concerns, parent needs, and available resources.
- Increasing the supply and improving the quality of child care in local communities.

Resource Libraries:

The TOY LENDING LIBRARY houses an array of toys and educational equipment. The public is encouraged to join the library free of charge. Family child care providers receive this service on our mobile toy runs. The PROFESSIONAL REFERENCE LIBRARY contains books, publications, and handouts to parents and professionals on a variety of child-related topics.

CHILD CARE INITIATIVE PROJECT (CCIP)

This project is designed to increase the supply of licensed, quality child care throughout our counties. CCIP helps people interested in becoming family child care providers with training, technical assistance and financial incentives.

LICENSE EXEMPT PROGRAM (LEP)

Is a program for informal child care providers who provide child care for a child and/or children on a regular basis. This program makes available opportunities to gain training and support in various child care topics.

CENTRALIZED ELIGIBILITY LIST (CEL)

The Centralized Eligibility List (CEL) provides a single place where parents can enter their names on a list while waiting for services offered in several programs throughout the county. The CEL is a free service funded by the State of California Department of Education.

CARES (Comprehensive Approaches to Raising Educational Standards for the Early Learning Workforce)

Promotes quality child care by rewarding early learning teachers and family child care providers for educational attainment and professional development.

ABCD CONSTRUCTING CONNECTIONS

Encourages child care and community development sectors to work together to support and streamline the local system for developing and financing child care facilities. Assistance in facilities development and process by providing you with technical assistance and resources.

CALAVERAS CHILD CARE COUNCIL (CCCC)

The Local Child Care and Development Planning Council for Calaveras County. The CCCC is a group of community members that conduct child care needs assessments, and develop countywide plans that focus the public's attention and encourage collaboration to support the development of affordable, accessible, quality child care.

CHILD CARE SUBSIDY PROGRAMS

These programs are designed to provide full or partial payment of child care costs to families who meet certain need requirements, such as employment, training, and other special needs. Eligibility for programs are based on family size and income or CalWorks eligibility. Reimbursement is determined by a sliding fee schedule. These programs provide parents with the widest freedom of choice possible in the selection of child care programs, while helping them to become economically self sufficient.

Family Child Care Homes

Provides comprehensive services to eligible children enrolled in participating family child care homes. Services include family needs assessments, developmental profiles, education programs, parent involvement, health and social services, and support for child care providers.

PREVENT CHILD ABUSE CALAVERAS COUNCIL

Is a group of agencies, parents and interested community members who meet monthly and are committed to protecting the children of Calaveras County from any form of abuse whether it is physical abuse, emotional abuse, sexual abuse or neglect. They do this by providing children, families and the community choices and options through prevention, education, intervention and action.

PARENT EDUCATION PROGRAMS

These programs offer free weekend Parent Education workshops and specialized Parent Education classes at various locations throughout the county. Programs include: Basic Parent Education, The Beyond Talking Program, 1-2-3 Magic, Bi-lingual Parenting Classes.

AMADOR COUNTY PLAYGROUPS

Free playgroups for all stay at home kids ages 0 to 5 and their caregiver: grandparent, mom or dad, or child care provider. Activities and themes change each month.

IN CALAVERAS COUNTY:

501 F Gold Strike Rd., P.O. Box 919

San Andreas, CA 95249

e-mail: calaverasccr@hrccr.org

phone: (209) 754-1075 fax: (209) 754-4244

Administration

Catherine Bourland - Program Director

Larry Anderson - Technical Specialist

Kelly Graesch - Program Manager

Cathy Wagner - Administrative Secretary / Admin Secretary Team Leader

Cynthia Cobb - Administrative Secretary

Resource & Referral

Tammy Beilstein - PCAC Outreach Coordinator

Cheryl Berg - Resource & Referral Coordinator

Pam Hewes - C.A.R.E.S. Coordinator

Arleen Garland - Parent Education Coordinator

Kelley Kirschten - Child Care Initiative Project / Licensed Exempt Provider Coordinator / R & R Team Leader

Child Care Subsidy

Michele Giuffra - CalWORKS Coordinator/Subsidy Team Leader

Leslie Kaulum - CEL Coordinator

Carole Meltzer - Child Care Subsidy Coordinator

Constructing Connections

Calaveras Child Care Council

Kerry Williams - Coordinator

IN AMADOR COUNTY:

10877 Conductor Blvd., P.O. Box 216

Sutter Creek, CA 95685

email: amadorccr@hrcccr.org

phone: (209) 223-1624 fax: (209) 223-5852

Administration

Brenda Bullington - Program Manager

Kiera Lacy - Administrative Secretary

Resource & Referral

Amy Jones - Resource & Referral Coordinator / R & R Team Leader

Denise McGee - Parent Educator & Activities Coordinator

Erika Simmons - Child Care Initiative Project/Licensed Exempt Provider Coordinator

Dianne Small - C.A.R.E.S. Coordinator

Child Care Subsidy

Dee Bassett - Child Care Subsidy Coordinator /Subsidy Team Leader

Peggy Driscoll - CalWORKS Coordinator

Nancy Miner - Family Child Care Specialist

CCR On-Line: www.hrcccr.org

COMMUNITY CALENDAR & WORKSHOPS

Amador County School Readiness Playgroups:

- * Plymouth: Every Monday 9:30-11:30am, location: "Little Red Schoolhouse", Hwy 16 and DeMartini Street
 - * Camanche: Every Tuesday 9:30-11:30am, location: Camanche Lake Community Center, 4232 B. Camanche Pkwy. N., behind Camanche Blues
 - * Lone: Every Wednesday 9:30-11:30am, location: Lone Memorial Hall, 207 S. Amador St. next to VFW Hall
 - * Pine Grove: Every Thursday 9:30-11:30am, location: River of Life Church, 19751 Highway 88, Pine Grove
 - * Sutter Creek: Every Friday 9:30-11:30am, location: Sutter Creek Community Center & Minnie Provis Park, Sutter Creek
- For information regarding the above playgroups, please contact: Denise, HRC Child Care Resources, (209) 223-1624

Calaveras County Playgroups:

- * West Point ~ January 4th & February 1st
 - * Angels Camp ~ January 7th & February 4th
 - * San Andreas ~ January 17th & February 21st
 - * Valley Springs ~ January 25th & February 29th
- For information regarding the above playgroups, please contact: HRC Calaveras Head Start/State Preschool, (209) 772-3980

January 2008

- 1 New Year's Holiday - All Sites /Offices Closed
- 8 License Exempt Family Child Care Training (LEP) 10:00AM - 12:00AM in Jackson, CCR 223-1624
- 9, 23 Parent Ed Bilingual Class 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075 / 754-6875
- 10 Child Care Licensing Orientation 9:30AM - 12:30PM in Martell, CCR 223-1624
- 10 ECERS Training Workshop, 6:00PM - 9:00PM in Angels Camp. call Pam 754-1075
- 12 UC Davis' Family Child Care At Its Best - Math and Science for Young Children 9:00AM - 2:30PM in San Andreas, CCR 754-1075
- 12 Family Child Care Business Work Time 2:30PM - 4:30PM in San Andreas, CCR 754-1075
- 15 Family Child Care Start-Up Workshop 6:00PM - 8:00PM in Jackson, CCR 223-1624
- 16 CPIN Meeting, 6:00PM - 8:30PM, Greenhorn Creek in Angels Camp, for registration and info, go - www.ccoe.k12.ca.us or call Sharon at 736-6013, RSVP by 1/9/08
- 16, 30 Family Empowerment Support Group 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075
- 17 License Exempt Family Child Care Training (LEP) 9:30AM - 11:30AM in San Andreas, CCR 754-1075
- 17 ECERS Training Workshop, 6:00PM -9:00PM in Valley Springs. call Pam 754-1075
- 19, 26 Saturday Parent Education Workshop 9:00AM - 12:00PM in San Andreas, call Arleen / CCR 754-1075
- 21 Martin Luther King Jr. Day - Offices Closed
- 22 ECERS Training Workshop, 6:30PM -9:30PM in Jenny Lind, call Pam 754-1075
- 24 License Exempt Family Child Care Training (LEP) 2:00PM - 4:00PM in Jackson, CCR 223-1624
- 27 Child Care First Aid Training 8:30AM - 12:30PM in San Andreas, CCR 754-1075
- 29 Family Child Care Contracts, Policies & Records Workshop 6:00PM - 8:00PM in Jackson, CCR 223-1624

February 2008

- 2 Preventative Health and Safety Training 9:00AM - 5:00PM in San Andreas, CCR 754-1075
- 2, 9, 16, 23 Saturday Parent Education Workshop 9:00AM - 12:00PM in San Andreas, call Arleen / CCR 754-1075
- 2 Smiles for Kids 2008, 8:00AM - 12:00PM, in Jackson, call Jackson Creek Dental Group at 223-2712 for more information
- 5 License Exempt Family Child Care Training (LEP) 9:30AM - 11:30AM in San Andreas, CCR 754-1075
- 5 License Exempt Family Child Care Training (LEP) 10:00AM - 12:00AM in Jackson, CCR 223-1624
- 6 Parent Ed Bilingual Class 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075 / 754-6875
- 6 ECERS Training Workshop, 6:00PM - 9:00PM in San Anderas. call Pam 754-1075
- 9 UC Davis' Family Child Care At Its Best - Culture and the Care of Young Children 9:00AM - 2:30PM in Jackson, CCR 223-1624
- 9 Hands-On Crafts: Teddy Bears and T-Shirts 9:30AM - 1:30PM in San Andreas, CCR 754-1075
- 11 Sign With Your Baby 7:00PM - 9:00PM in San Andreas, CCR 754-1075
- 13 Family Empowerment Support Group 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075
- 13 Arts & Crafts Workshop 6:30PM - 8:30PM in Jackson, CCR 223-1624
- 14 Child Care Licensing Orientation 9:30AM - 12:30PM in Sonora, call Infant Child Enrichment Services (ICES) 533-0377
- 18 President's Day - Offices Closed
- 20 Parent Ed Bilingual Class 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075 / 754-6875
- 20 ECERS Training Workshop, 6:00PM - 9:00PM in Arnold, call Pam 754-1075
- 21 License Exempt Family Child Care Training (LEP) 9:30AM - 11:30AM in San Andreas, CCR 754-1075
- 21 License Exempt Family Child Care Training (LEP) 2:00PM - 4:00PM in Jackson, CCR 223-1624
- 23 UC Davis' Family Child Care At Its Best - Culture and the Care of Young Children 9:00AM - 2:30PM in Jackson, CCR 223-1624
- 26 Family Child Care Business Practices 6:30PM - 8:30PM in San Andreas, CCR 754-1075
- 27 Family Empowerment Support Group 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075

March 2008

- 1 UC Davis' Family Child Care At Its Best - Supporting Young Bilinguals 9:00AM - 2:30PM in San Andreas, CCR 754-1075
- 1, 8 Saturday Parent Education Workshop 9:00AM - 12:00PM in San Andreas, call Arleen / CCR 754-1075
- 4 License Exempt Family Child Care Training (LEP) 9:30AM - 11:30AM in San Andreas, CCR 754-1075
- 4 License Exempt Family Child Care Training (LEP) 10:00AM - 12:00AM in Jackson, CCR 223-1624
- 5 Parent Ed Program 4:00PM - 5:30PM in San Andreas, call Arleen / CCR 754-1075

LEGISLATIVE UPDATE

NEW LAWS- Effective Immediately:

ACR34 (Nakanishi) Resolution on Shaken Baby Syndrome Awareness Week

Designates April 15 – April 21, 2007 as "Shaken Baby Syndrome Awareness Week"
Status: Chapter 24, Statues of 2007

AB194: Budget Committee

Restores \$5 million in funding to the state preschool budget item and assigns priority of these funds for wrap-around to children in PKFL.
Status: Chaptered 489, Statutes 2007

SB80: Education budget trailer

Encourages child care facilities to meet the same increased nutritional requirements for meals as schools in order to receive funding for meal subsidies. Contains other provisions.
Status: Chapter 174, Statues 2007

NEW LAWS- Effective January 2008: AB304 (Huff)- Community Care Facilities: Disaster Plans

Requires that a community care licensing facility provide a copy of their disaster and casualty plan to the local fire department, law enforcement agency, civil defense and other disaster authorities upon request. (According to the CDSS-policy unit, this bill does not apply to child care centers or family child care homes)
Status: Chapter 18, Statues of 2007

SB7 (Oropeza)- Smoking in Cars

Makes it an infraction punishable by a fine not exceeding \$100 for a person to smoke a pipe, cigar, or cigarette in a motor vehicle, whether in motion or at rest, in which there is a minor. Prohibits a law enforcement officer from stopping a vehicle for the sole purpose of determining whether the driver was in violation of the antismoking provisions or for the sole purpose of determining whether a driver with a provisional license is in violation of the antismoking provisions.
Status: Chaptered 425, Statutes 2007

Prepared by the California Child Care Resource & Referral Network. For additional information: Contact Donita Stromgren, Public Policy Manager at 530 750-1127 or at donita@davis.com

