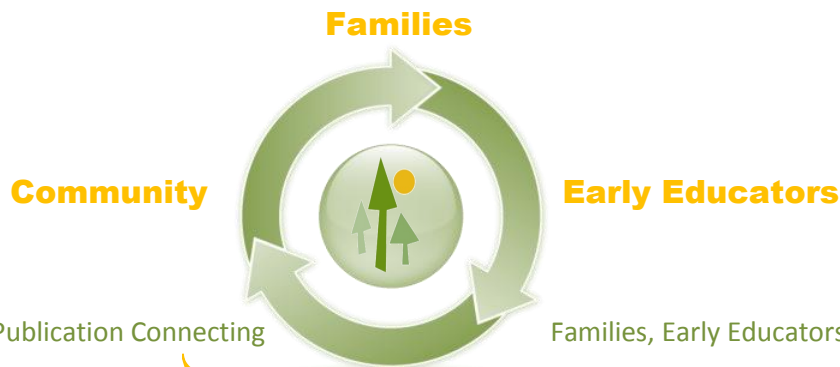


Sierra Nevada Children's Services



A Partnership Project Publication Connecting

Families, Early Educators and Community

Full Circle

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THE SEASONS CHANGE AND SO DO WE

by John Kitsco

My tired looking boat never reached the water this year. Time to put on the tarp and ready the craft for the ravages of winter. And with these changes of seasons, temperatures and our own beings, it is often a time that we begin to ponder yesterday, and consider what lies ahead. We try to ready ourselves but at the same time have a few regrets, which is normal, of things that did not get done, or could have been done differently. And the seasons change and so do we.

We sometimes escape into a book or a song or a painting, at least for a while. And that sort of escape is reasonable. It might open new vistas; it might make us ponder the next day with a renewed joy. And we are all due for a great big heaping teaspoon of a renewed joy. Allowing memories to make us smile, or just walking around the block to find ourselves looking at our homes from a different angle, a new perspective. I guess whatever works for you is likely the right thing, as long as it leads to a continued wonder and amazement of this tender and precious world we live in. And tender and precious it is indeed.

So however you walk that walk, or talk that talk, just be yourself and proud of it in these changing times, grip onto the future by understanding the past, and knowing full well that maybe all we have is another day. Maybe that is enough to make this life good. Or maybe we know someone who only has another day and we want to help make those moments special. And that's how and why we are all unique, special and placed here to leave our own footprint of goodwill keep dreaming.



IT COULDN'T BE DONE

by Edgar A. Guest

Somebody said that it couldn't be done,
but he with a chuckle replied
that "maybe it couldn't," but he would be one
who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
on his face. If he worried he hid it.
He started to sing as he tackled the thing
that couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
at least no one ever has done it";
but he took off his coat and he took off his hat,
and the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
without any doubting or quiddit,
he started to sing as he tackled the thing
that couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
there are thousands to prophesy failure;
there are thousands to point out to you one by one,
the dangers that wait to assail you.
But just buckle in with a bit of a grin,
just take off your coat and go to it;
just start to sing as you tackle the thing
that "cannot be done," and you'll do it.



SNICS Picks

These are some of my favorite books.
Great reading on cold winter days.

Enjoy!

Sharon Thurman



Pink and Say, by Patricia Polacco

This is a Civil War story passed from great-grandfather to grandmother, to son, and finally to the author-artist herself. It is about two young boys, Sheldon Russell Curtis and Pinkus Aylee, who met on the battle field. One was white and the other was black. Their lives were very different but they became fast friends. War is always hard for me to read about, but this story touches my heart as it celebrates the shared humanity of the peoples of this world.

The Other Side, by Jacqueline Woods

This story is also set in the South. Two little girls, Clover and Annie, lived in the country. Their houses were next door to each other but were separated by a long fence that they were not allowed to cross (because that's the way it had always been). They watched each other every day through the fence and saw each other sometimes in town, but did not speak. One day they decided that since they were not allowed to cross the fence, they would just sit on top of it. So they did and they found out that they could be friends after all. A heartwarming story with beautiful illustrations.

Each Living Thing, by Joanne Ryder

“Let toads cross the road. Let dangling spiders be. Watch for wriggling worms, for bashful bears, for bats that flutter wild and free. Slimy or fuzzy, gentle or fierce, each living thing has its own special place on earth. Take care. Be aware. And see our world like never before.”

Matthew's Meadow, by Corinne Bliss

“Far up on the hill, far beyond where the eyes of the house could see, was a meadow of long, soft grass.” This was Matthew's meadow and he shared it with no one except the red-tailed hawk who perched in the top of the black walnut tree. One day, when he was nine years old, the hawk spoke to him. This surprised him but he soon got used to it and over the years they had many conversations. The hawk taught him about being alive and awakening his mind and his senses. A truly beautiful and insightful story.

Subsidy and Resource and Referral Updates

REMINDERS FOR PROVIDERS:

Please keep us updated of any changes regarding your program, for example: hours of operation, slots available, contact information such as phone numbers and mailing information. Also, please make sure to open your check from SNCS even if you have direct deposit. Occasionally a paper check may be mailed due to various circumstances and it is important to verify if you were mailed a paper check or had your payment directly deposited each month.

LICENSING CONTACT INFORMATION UPDATE:

Community Care Licensing has a new phone number and address. They can be reached at **916-263-5744** or by mail at:

River City Regional Office
2525 Natomas Park Drive
Suite 205, MS 19-29
Sacramento, CA 95834

SAFETY TRAINING SCHEDULE

Professional Education Programs (PEP) is offering the following trainings for 2011. Please contact PEP at (530) 889-8737 for more information.

✓ PEDIATRIC CPR AND FIRST AID 2011 TRAINING SCHEDULE:

January 8 th and 29 th	July 9 th and 30 th
February 12 th	August 13 th
March 5 th and 26 th	September 17 th
April 16 th	October 1 st and 22 nd
May 14 th	November 12 th
June 11 th	December 10 th

✓ Health and Safety Practices 2011 Training Schedule:

February 5th
May 7th
August 6th
November 5th

- License exempt providers are required to complete these trainings within 90 days of the first day of services, and must remain up to date on the CPR/First Aid certification in order to remain eligible for subsidized child care reimbursement.
- Nevada County Superintendent of Schools also offers trainings. For more information please contact (530) 478-6400 ext. 201. Please note that trainings must be EMSA approved to meet our requirements.





SNCS Grass Valley Workshops & Activities

FEBRUARY 2011

Date/Time	Location	Title	Description/Comments
EVERY THURSDAY 10:00-11:30 a.m.	SNCS Grass Valley	Tots and Twos	Free, fun activities for children, families, and educators to learn more about how children develop and learn. For more information and to reserve a spot please call: Ada at 530.272.8866 ext 221
Friday, Feb. 4 th Deadline: 5:00 p.m.	SNCS	Subsidy Attendance Sheets DUE	Subsidy Attendance Sheets for January 2011 due at SNCS no later than 5:00 p.m.
Thursday February 17th 6:30 to 8:30 pm	SNCS Grass Valley	TAX Workshop	Back by popular demand, Catherine Clow, from CAC Professional Services will be providing tax tips and guidance for family child care providers. The 2010 Redleaf Press Tax Workbook and organizer will be given to the first 10 individuals to sign up and attend the workshop.

MARCH 2011

Date/Time	Location	Title	Description/Comments
EVERY THURSDAY 10:00-11:30 am	SNCS Grass Valley	Tots and Twos	Free, fun activities for children, families, and educators to learn more about how children develop and learn. For more information and to reserve a spot please call: Ada at 530.272.8866 ext 221
Friday, March 4th Deadline – 5:00 pm	SNCS	Subsidy Attendance Sheets DUE	Subsidy Attendance Sheets for February 2011 due at SNCS no later than 5:00 p.m.
Wednesday March 23 rd 6:30 to 8:30 p.m.	SNCS Grass Valley	NETWORK MEETING	All About Curriculum – for those looking to choose the best curriculum for their program. Jeannette Mulhern will be highlighting several popular curriculums.

PLEASE NOTE: ALL TRAININGS ARE OPEN TO THE PUBLIC, INCLUDING NETWORK MEETINGS. PLEASE CALL ADA AT 272.8866 EXT. 221 WITH ANY QUESTIONS OR TO ENROLL.



Local News From SNCS



GRASS VALLEY

Although the holiday season is now past, we still would like to acknowledge those who helped make the holidays a little brighter for many of our families. First, we want to thank the lovely ladies from *Caps for Kids* for knitting hundreds of sweet little hats that are now keeping the heads of lots of little ones warm this winter.

We also want to thank the LA Retired Firefighters Association and the Ortiz family for all the time and effort they gave to collecting scores of wonderful toys that went home with many a happy child.

A BIG thanks also goes out to Adam Harris, a junior at Nevada Union, for collecting and donating over a hundred books for us as part of his community service project.

We would also like to let our western Nevada County early educators know about an exciting program that is now being offered through the Nevada County Superintendent of Schools office. The new ECE Behavior Consultation Program offers the services of a behavioral consultant for early educators who have concerns about the behavior of a child or need advice with behavioral problems and/or other challenging issues in their programs. For parents who also want help, a series of parenting classes is being planned. You can contact Connie Moller at (530) 575-2373 for more information.

SIERRA COUNTY

Provider Network Meeting: February 2, 2011 6:00 – 8:00 pm at the Sierra Nevada Children's Services Loyalton Office
Infant and Toddler Series: February 23, 2011/March 9, 2011/March 16, 2011 6:00 – 9:00 pm at the Loyalton Social Hall

TRUCKEE

February 23, 2011 – 6:00 to 8:00 pm - Sierra Nevada Children's Services Provider Meeting
Truckee Park and Recreation Center (Small Conference Room): 8924 Donner Pass Road - **Contact SNCS: 587-5960**

[Winter Early Learning Classes offered through Family Resource Center of Truckee](#)

Gym time Location: TTUSD District Office Gym
Free, weekly active play using developmental toys and equipment.
Preschoolers (3-5) and Parents: Mondays 10-11:30 a.m.
Toddlers (1-3) and Parents : Thursdays 10-11:30 a.m.

Baby and Me Location: Family Resource Center
7 week Series - Fridays 10:00 - 11:15 a.m.

Play and Learn Location: Family Room at Truckee Elementary
Parents and Children under age 5
Mondays and Thursdays 9:00 a.m to noon and Fridays 9:00 to 10:30 a.m.
Tuesdays and Wednesdays 9:00 a.m. to noon (bilingual activities)

Family Music w/ Todd Wees Location: Family Room at Truckee Elementary
Parents and children 0-5
7 week Series - Friday 10:30-11:15 a.m.
Family Room @ Truckee Elementary

For more information, call 587-2513, ext.110



U.S. WILL BAN DROP-SIDE CRIBS AMID SAFETY CONCERNS

By [Lyndsey Layton](#)

Washington Post Staff Writer

Saturday, May 22, 2010

They've been a fixture in millions of American homes since the 1940s, used by parents, then passed down to friends and relatives. Now the federal government is moving to ban drop-side cribs, saying that the nursery furniture with a moveable side poses lethal dangers to children.

By the end of 2010, it will be illegal to sell a drop-side crib. And public places such as daycare centers and hotels will be prohibited from using them, federal officials said. Under rules being developed, violators would face a range of penalties, from an order to stop use to criminal sanctions for repeat offenders.

Drop-side cribs, which have one side that lowers to allow caregivers easy access to a baby or toddler, have caused at least 32 deaths in the United States since 2000, according to the Consumer Product Safety Commission. Another 14 fatalities might be related to drop-side cribs, but investigators lacked information to make a clear link, according to agency officials.

"There have been few too many recalls and far too many deaths from defective cribs in recent years," said Inez Tenenbaum, chairman of the Consumer Product Safety Commission.

A crib is meant to be safe enough to leave a child unattended; when it malfunctions, the infant is usually alone.

Since 2005, more than 7 million drop-side cribs have been recalled by manufacturers because of suffocation and strangulation hazards, including 2 million StorkCraft cribs last year, the largest single product recall in CPSC history.

It is unclear whether manufacturing changes have made the cribs more dangerous or whether the government has gotten better at pinpointing the cause of infant deaths.

Many deaths associated with drop-side cribs occurred when the moveable side partly detached, trapping the infant between the mattress and wood slats of the crib. In some cases, caregivers unwittingly installed the drop side incorrectly. In other cases, the crib hardware apparently failed and the side detached.

The crib industry says that drop-side cribs are not inherently hazardous.

"When these products are used correctly, they're perfectly safe," said Mike Dwyer, executive director of the Juvenile Products Manufacturers Association, which represents about 90 percent of crib manufacturers. "Many of these incidents involved improper assembly. There are a lot of second-hand cribs sold through garage sales, thrift stores, and that's a problem. They have missing hardware or missing instructions . . . Some parents and caregivers are using bailing wire and duct tape."

Nancy Cowles, executive director of Kids In Danger, a non-profit organization that works to improve the safety of children's products said the fact that a crib can be assembled incorrectly is a design flaw, not the fault of the caregiver. And problems with drop-side cribs started growing after manufacturers switched to lighter, less-expensive materials, she said.



"I had all three of my kids in a drop-side crib," said Cowles, whose youngest child is now 16. "But they were different then. I think with the efforts to make cribs sleeker and the switch to more plastic, we've ended up with more drop sides that can't hold up to the use."

Federal officials do not know how many drop-side cribs are in use. They once made up about half the market of new cribs purchased, Cowles said. By early 2009, after a spate of recalls, drop sides fell to about 18 percent of 2.5 million new cribs sold annually, Dwyer said.

Because cribs can cost as much as \$1,000, they are often used repeatedly, handed down to family members and friends or sold again, making it difficult to estimate what percentage of the marketplace they represent.

Cowles and other consumer advocates have been talking with federal regulators and crib manufacturers for nearly 10 years about ways to make drop-side cribs safer, but there's been little action. Federal safety standards for cribs were last updated in 1982.

In 2008, Congress ordered the safety commission to set new standards for cribs, baby bathtubs and other durable products for children. When Tenenbaum became CPSC chairman last year, she put crib safety on a fast track and told her staff to craft a ban on drop-side cribs.

At the same time, Tenenbaum urged ASTM International, the organization that sets voluntary standards for materials, products, systems and services, to prohibit drop-side cribs. "I got them on the phone, and said, 'You need to work with us right now to have the best voluntary standard possible,'" Tenenbaum told a congressional committee in January. ASTM International agreed to ban drop-side models; those voluntary standards for crib makers take effect next month.

Most of the cribs recalled in recent years met the ASTM International standards, leading consumer advocates to argue that new federal requirements should be tougher than the voluntary standards. In addition to banning drop-side cribs, the new federal standard also will require that cribs meet a certain level of mattress support and pass a "shaking test" to ensure they can withstand the jumping and pulling expected from a typical toddler, among other things. The new federal rules will require manufacturers to either make it impossible for a caregiver to incorrectly assemble a crib or use warning labels in a way that makes obvious incorrect assembly.

Anticipating these changes, most manufacturers have already stopped making drop-side cribs, Dwyer said.

Instead, they plan to produce cribs on shorter legs, so that a caregiver can more easily bend to pick up a child, or cribs that have a "drop gate," where the top five inches of one side folds down along a "piano hinge" to allow easier access to the infant, he said.

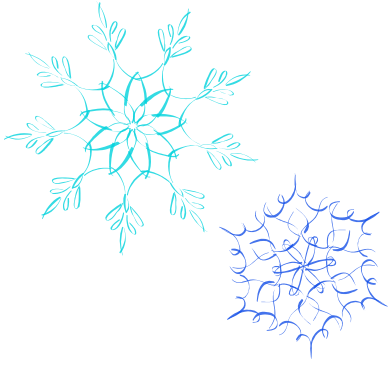
Consumer advocates and regulators say they remain concerned about the drop-side cribs still in circulation.

Anyone owning a drop-side crib should examine it thoroughly, said Patricia L. Edwards, a CPSC engineer. "If you've got a fairly new crib and it is in perfect working condition, still consider not using the drop side," she said. "But if this is your third child using the crib, or it is a hand-me-down crib from your aunt, I would recommend not using it anymore. The older a crib gets, the more problems we see."

And when the crib is no longer needed, throw it out, Cowles said. "Don't pass it on," she said.

Snow and Ice Activities

Snow and Ice Activities



SNOW ART

Fill spray bottles with water dyed with food-coloring. Find a snowy spot outside and create a masterpiece by spraying the colored water on the snow. You can even create a "frame" for the artwork using branches, pine cones, or pine needles.

SNOWFLAKE EXAMINATION

Place several sheets of black construction paper in the freezer. When you see snow falling, give each child a sheet of the frozen paper and go outside to catch snowflakes on the paper. After the paper is filled with snowflakes, go back inside and look at the snowflakes with a magnifying glass. Talk about the various patterns and shapes. *Is it true that no two snowflakes are exactly alike?*

CONSTRUCTION POSSIBILITIES

On those days when there is a large amount of snow in your yard, think about building something other than a snowman. Work with children to create an igloo or a snow sculpture. Try making a snow table or chair. This works best when the snow is slightly dry so that it packs well. You can form blocks of ice and snow using various plastic containers, sand toys, or any tool you can think of. Use the colored water filled spray bottles to decorate!

ICE BRUSH PAINTING

Place craft sticks in partially frozen ice cubes and then freeze completely. Put tempera powder on a sheet of paper and use the ice brush to paint. Talk about how different it is to paint using an ice brush and a regular paintbrush.





Outdoor Winter Activities

Can't keep them indoors another minute? Send them out with these ideas for fun activities out-of-doors. Dress them warm and let them get some fresh air and exercise. They'll come back hungry and ready for some quiet activities. Onward and Upward!



- Take a walk and look for animal tracks
- Bird watch
- Lick an icicle
- Decorate a tree in your yard with streamers and watch them blow in the wind
- Sit in a sunny place and feel the sunshine
- Have a winter picnic. Cocoa, hot soup and snacks
- Gaze at the stars or the full moon on a clear night
- Plant an amaryllis indoors and watch the magic of its growth
- Go fishing
- Watch a sunset outdoors
- Feed ducks at the park
- Make an icicle tree by running a sprinkler on a cold night



DRESS WARM AND HAVE FUN!!



Sierra Nevada
Children's
Services

Go Green!

The greenest paper is no paper at all!
The more you do online, the less you need paper.

Would you like to help us go green?

This publication "Full Circle" is available on our website,
along with other valuable publications, forms, and updates.

If you prefer to utilize this "green option" please call
272.8866 ext. 222 or e-mail katherinec@sncs.org

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We're on the Web!

www.sncs.org

investing in our community, one family at a time.



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