



**April
2010**

**Sierra Nevada Children's Services
Family Resource Center**



Parent Newsletter

**Be Informed
Get Involved**

**Know your
resources**

SPRINGTIME IS HERE

For most children, this means more outdoor activities (swimming, camping, bike riding, etc.).
For all parents, this means being extra vigilant to keep your child safe and healthy.



- 
- 
- **Avoiding and Treating Spring Allergies**, which can cause your child to have a lot of sneezing, plus a clear runny or stuffy nose, itchy and watery eyes and a cough, especially when he has spent a lot of time outside.
 - **Water Safety** to protect your children when they are swimming or boating. Most importantly, always supervise your children around the water.
 - **Sun Safety** to prevent damage from too much exposure to the sun. Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%. But remember that sunscreen only works if you use it correctly and it does not substitute for limiting too much sun exposure. Many parents make the mistake of using sunscreen and then allowing unlimited sun exposure.
 - **Using Insect Repellents Safely** to prevent bites from mosquitoes, etc. which can make your child miserable.



Growing Learning and Caring Program

Parents, did you know that we have a program that helps support those who provide license exempt care for your children? The Growing Learning and Caring Program offers toys and other resources as well as fun workshops and home visits. We even have a monthly play group for little ones. For more information contact Ada Miyakawa at 272-8866 x 221.

Outdoor Adventures Extravaganza



Fun hands-on activities will be offered for families, children and providers May 5 from 6:00-8:30pm. We'll have all sorts of ideas that you can try at home to liven up your outdoor experiences. **NOTE:** Free Lakeshore products will be given to the first 15 participants to register and attend. Call Ada Miyakawa at 530-272-8866 x221.

Provider Appreciation Day- May 7, 2010

To recognize your child care provider on Provider Appreciation Day, decide how you'd like to show that appreciation. Get together with other parents, community leaders, business leaders, or act individually to let your child care providers know that you appreciate them. This is just one opportunity to say 'thank you' to providers who help young children feel safe and secure and get a good start in early learning. (See flyer in this issue)

Praise or Encouragement

Cindy Santa Cruz-Reed
SNCS Child Development Specialist

As a parent I always thought praise was a "good" thing to do, that praise would help improve my child's self-esteem. Now as a child development specialist I am right in the middle of the praise verses encouragement debate. In my many years working with children it is evidently clear that encouragement is the better choice.

Why change my point of view? First it was important to look at why I praised children. What I found was I praised children because I had underlying motives. Praise was used because I hoped that my children would be more cooperative, but what really happened was they learned that I hold the external values. Through praise children learned not to trust themselves. Children who are praised looked to get instant gratification for their work or actions. Instead of children becoming more self-reliant they constantly needed approval or acknowledgement.

When the message was changed and encouragement was used children began to look inward. Children began to look at themselves as people who were capable and valued as a part of the family or our class. For example when a child would come to me and say, "Look I drew a picture.", and my response was praise, "That is a beautiful picture." many times that child would look at their picture and shrug their shoulders as they threw their picture away. They knew that I was not truly interested or even invested in hearing from them. If I took the time to respond to them with encouragement, "Wow, you look very excited about your picture. Tell me why you are so excited.", then that same child tended to reflect and respond with all the reasons why they liked it or didn't. But the important thing that happened was they did not get frustrated. Then they tended to keep drawing with earnest.

The difference became clear. Praise was getting in the way of that child's reflection and their ability to make choices. Encouragement helped children learn self-control. The children who were encouraged were now able to see themselves as people who are valued. I was then able to step back and watch as children encouraged each other.

Making this kind of change is not very hard. Take the time to think about how you are going to respond. Be present for your child and they will learn to challenge themselves.



For more information on how to raise happy, healthy, children come by the SNCS lending library and pick up the following books.

How to raise Emotionally Healthy Children by Gerald Newmark
The Parent's Handbook by Don Dinkmeyer

Go online in our Family Resource Center and look up The Non-Violence in the Lives of Children Project or talk to one of our child development specialists.

Quick Guide

WHAT PRAISE OR ENCOURAGEMENT TELLS A CHILD
From The Parent's Handbook by Don Dinkmeyer

PRAISE

"You are worthwhile only when you do what I want."

"To be worthwhile you must please me."

"You will be rewarded only for jobs well done, even if you tried real hard."

ENCOURAGEMENT

"I trust you to become responsible and independent."

"How you feel about yourself and your efforts is most important."

"Your efforts and improvements are recognized.
You do not have to be perfect."

"Your contribution counts. We function better with you."

Parent Newsletter: Truckee

Parenting Classes

The Truckee Family Resource center is presenting a new series of parenting classes called "Loving Solutions". This parenting series is geared to parents of children ages 5 to 10. Build your parenting skills now and see the benefits later! Contact the Truckee FRC for more information at 587-2513.

Open Gym

The FREE "Open Gym" at the Old Truckee Middle School is going strong into spring. The open gym offers an open space for infant/toddlers to age 5 including an indoor space to try out bikes, slides, tunnels and other gross motor skill equipment. Every Wednesday 10am-12pm.

Friday Night Dance Club

Placer County Friday Night Live Partnership with Sierra School Students and Inner Rhythms Dance Theater presents Friday Night Live Dance club. Free dance class presented by instructors at Inner Rhythms Dance Theatre 2nd & 4th Friday of the month starting March 12 from 630pm-830pm. Transportation provided. Open to all TTUSD high school students. For registration or more information contact club leaders Jasmine or Sara at Sierra High 530.582.2640

1st Annual Wonderland Tea Party

Benefitting Communities 4 Kids (formerly Tahoe Truckee Child Abuse Prevention Council) Saturday, **April 17** at Resort at Squaw Creek from 1-3pm. Tea, cookies, face-painting, raffle, music, story-telling, and dancing. Tickets \$25 adults and \$10 kids. Tickets are available online with credit card at www.tahoewomenservices.org or cash/check at Family Resource Center of Truckee 587.2513 or North Tahoe Family Resource Center 546.0952.

Lifeplan Training

Monday, **March 22** from 10am-3:30pm for training, 10-1130am is an overview of Lifeplan and the strategies to implement it. Nevada County Joseph Center, 10075 Avenue - Donner Room, 2nd floor, Truckee. Cost of training will be covered by a California Mentor Foundation grant. Contact Dr. Jim Kooler or Debbie Whitted at 559.733.6496. www.lifeplaninstitute.org

Drug Use: Not my Child! What you need to know.

Presenters from Reno Police Department/SET Team Sergeant: Mac Venzon and Drug Abuse Prevention Coordinator: Stacy Shamblin. Thursday, **April 1**, 5:30pm at Incline Middle School, 931 Southwood Blvd., Incline Village. Babysitting will be provided. Contact mblount@washoe.k12.nv.us with any questions.

THINGS TO DO IN NEVADA COUNTY

April

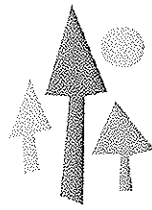
- 3rd Penn Valley Easter Egg Hunt** 8:30am - 11:00am
Western Gateway Park - 18560 Penn Valley Dr., Penn Valley
530-432-1802 · pennvalleycoc.org
- 4th Easter Eggstravaganza**
Come ski with the Easter Bunny Tahoe Donner
downhill ski area www.skitahoedonner.com
- 11th Daffodil Run** 7:00am - 11:00am
registration begins at 7am
Western Gateway Park - 18560 Penn Valley Dr., Penn Valley
530-432-1802 · daffodilrun.com
- 24th Nevada City Spring Run/Walk** 8:30am - 11:00am
7:30 am Registration
Nevada City United Methodist Church - 433 Broad St., Nevada City
530-265-2797 · nevadacitymethodist.com
- 25th Spring Festival** 11:00 a.m. to 4:00 p.m
Art Show & Living History Days, So. Yuba River State Park ,Bridgeport
17660 Pleasant Valley Rd., Penn Valley
432-2546 · southubariverstatepark.org

May

- 14th Penn Valley Rodeo**
Schedule for all 3 days posted on website
Penn Valley Rodeo Grounds - Spenceville Rd. @ Penn Valley Dr., P.V.
530-432-1802 · pvrodeo.com
- 15th Penn Valley Rodeo Parade** 1:00pm - 3:00pm
Penn Valley Drive to Village Center
530-432-1802 · pennvalleycoc.org
- 22nd Relay for Life of Nevada County** 10:00am - 10:00am
Nevada County Fairgrounds - 11228 McCourtney Rd., Grass Valley
530-272-5378 · relayforlife.org/nevadacountyca
- 30th Sierra Festival of the Arts** 9:00am - 5:00pm
Downtown Grass Valley - Grass Valley
530-272-8315 · historicgrassvalley.com

June

- 5th Smokin' in the Oaks**
Championship BBQ Cook Off 10:00am—6:00pm
Penn Valley Rodeo Grounds
Spenceville Rd. @ Penn Valley Dr.
Penn Valley
530-559-5274 - pennvalleyrodeo.com
- 19th Cherry Carnival** 10:00am - 4:00pm
North San Juan
530-292-3249
- 20th Nevada City Bicycle Classic** 12:00pm - 7:00pm
Nevada City
530-265-2692, 800-655-6569 - nevadacitychamber.com



Sierra Nevada
Children's
Services

investing in our community, one family at a time



Provider Appreciation Day

May 7, 2010

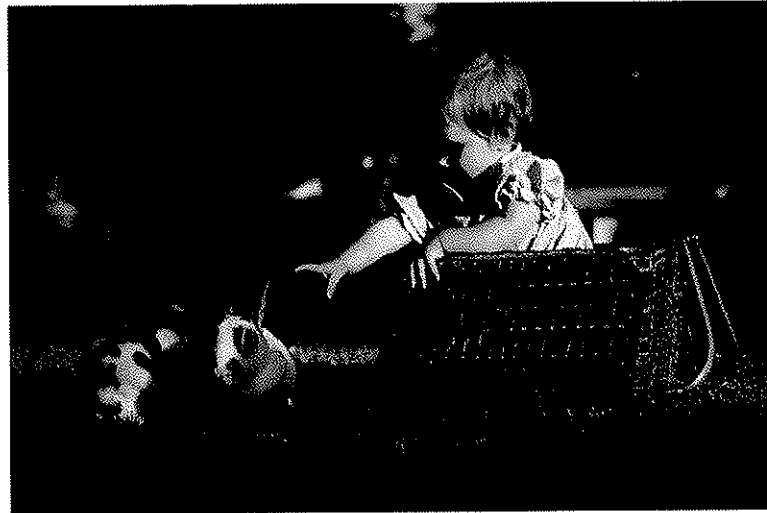
A YEARLY EVENT TO CELEBRATE CHILD CARE
PROVIDERS

This is just one opportunity to say thank you to providers who help young children feel safe and secure and get a good start in early learning.

For ideas on how to recognize
your provider visit:

PROVIDERAPPRECIATIONDAY.ORG

ARE YOU PLANNING FOR A CAREER WORKING WITH YOUNG CHILDREN?



Sierra College students who are

- Enrolled in Human Development Courses; and
- Currently or previously have received CalWORKS cash-aid benefits

are eligible for a program which provides free transportation, school supplies, text books, and additional educational resources.

For information on the CDC-WORKs Program Contact:

- Nevada County Campus, Mary Anne Kreshka (530) 274-5353
- Rocklin Campus, Carol Silvia (916) 660-7873 or Debbie Eastman (916) 660-7930
- Truckee Campus, Cindy Flores (530) 550-2221 or Barbara Robertson (530) 587-8733

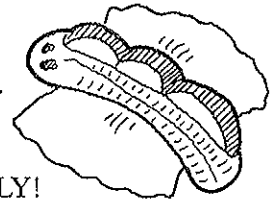
Springtime Recipes

CATERPILLAR BUTTERFLY SALAD

You'll Need: banana ● green pear ● 2 lettuce leaves ● 2 raisins ● sharp knife (ADULT USE ONLY)

What to Do:

1. Cut a pear into wedge slices.
2. Invite your child to help peel the banana. You can cut a slit in one side of the banana.
3. Show your child how to push pear slices into the slit with the green peel showing. Encourage him to add raisin "eyes." Now it is a CATERPILLAR.
4. When he adds lettuce leaves to both sides of the caterpillar, it becomes a BUTTERFLY!
5. Make several of these for the whole family to enjoy. Talk about how a caterpillar becomes a butterfly.



CREAMY HOMEMADE BUTTER

You'll Need: 2 cups heavy cream ● plastic container with lid ● salt (optional)
 ● measuring cup and spoons ● glass marble ● wooden spoon ● small bowl

What to Do:

1. Invite your child to help measure and put cream into the container. Add a marble. Cover tightly and take turns shaking it.
2. In about 15 minutes, the butter should separate from the thin white liquid (buttermilk).
3. Encourage your child to help you press out all the liquid with a wooden spoon and to remove the marble.
4. Chill the butter. Taste. (It will be sweet.) Add a pinch of salt, if you wish. Encourage your child to compare the taste and color of butter you buy with homemade butter.
5. For a change, make delicious honey butter by mixing 2 Tbsp. honey with 6 Tbsp. softened butter.



BLACK BEANS AND RICE CASSEROLE

You'll Need: one 15 oz can black beans, drained ● one 15 oz can diced tomatoes, drained ● 1 cup salsa ● 1 cup frozen corn ● 1/2 tsp. cumin ● 2 cups prepared rice ● 1 1/2 cups grated Monterey jack cheese or crumbled soft tofu combined with a little salsa

What to Do:

1. Preheat the oven to 400° F.
2. Coat a medium-sized casserole dish with spray vegetable oil.
3. In a large bowl, let your child mix beans, tomatoes, salsa, corn, and cumin.
4. Cover the bottom of the casserole dish with one cup of rice.
5. Then, cover the rice with half of the bean mixture.
6. Next, cover the bean mixture with half of the cheese or tofu.
7. Repeat the layers of rice, bean mixture, and cheese.
8. Bake for 20 minutes. Remove casserole dish and cover with aluminum foil. Allow it to cool for at least 10 minutes before serving.

