



October  
2009

Sierra Nevada Children's Services  
Family Resource Center




# Parent Newsletter

Be Informed  
Get Involved


Know your  
resources

## Looking for child care? SNCS Has a New Resource



If you are looking for a child care program to meet the needs of your family, come visit Sierra Nevada Children's Services. Our Resource & Referral Specialist can discuss the options available to you. There are several considerations such as what type of care best meets your family's needs, the area in which you want care to be provided, and what programs are available that fit with the needs of your family's schedules.

We also have a new **Child Care Referral Binder**. The Binder has great information on the various types of care available in our community, a 'checklist' for when you visit a program, and specific information on many of the programs in Nevada County.



Child Care providers complete a one page form that provides essential information on their program. Several have included pictures that highlight various aspects of their program. You can comfortably sit and look through the binder, take notes on programs that you find interesting, and meet with a staff member for further information. The binder is located in our Family Resource Center which is filled with toys and books so bring your child, relax, and have fun while getting informed!



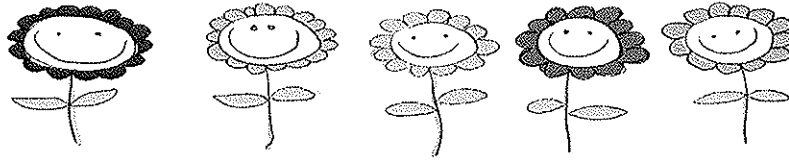
## Growing Learning and Caring



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.

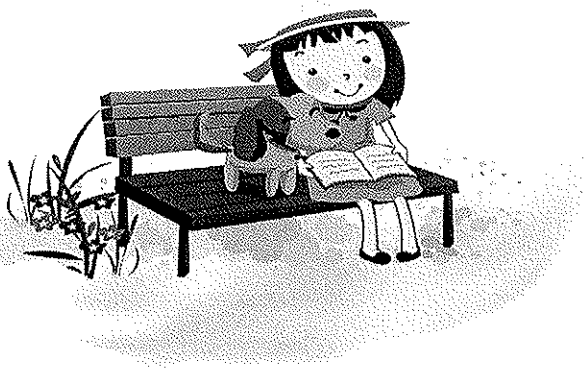


# Subsidy Updates for Parents.....



## Do I have a need for child care services on furlough days?

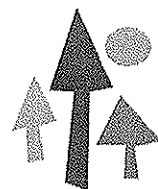
In the face of our economic crisis many employers are implementing furlough days as a solution to prevent layoffs. Furlough days can be either voluntary or involuntary and **do not** count as a need for child care services since you will be available to care for your child. Communicate with your child care provider regarding which days are your furlough days so they can make informed business decisions. Communicate with your Family Support Specialist here at SNCS so that we can assist you in maintaining compliance for your child care services. If you choose to take your child to your provider on a furlough day, that day cannot be reimbursed by state subsidies. In this case you would pay the provider directly and you would not sign the SNCS attendance sheet on that day.



## Family fees and co-payments; what's the difference?

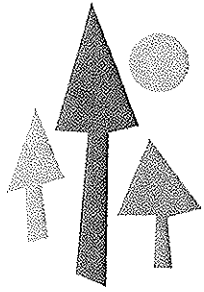
**Family fees** are based on a family's gross monthly income and family size. Your gross income and family size are compared on a sliding scale. You may pay a portion of the child care cost based on where you land on that sliding scale. SNCS does not keep the money. California Department of Education requires payment of family fees, when applicable, as part of your participation in the program and requires us to use these fees to fund the programs. Basically your family fee payments go right back into the child care subsidy grant.

**Co-payments** are different. A co-payment is the difference between what SNCS is able to reimburse your child care provider, based on a **Regional Market Rate**, and what your child care provider charges. Reimbursements to your child care provider cannot exceed the **RMR**. If your provider charges more than what SNCS can reimburse, you will have a co-payment to your provider for the difference.



Sierra Nevada  
Children's  
Services

*investing in our community, one family at a time*



# Sierra Nevada Children's Services

*investing in our community, one family at a time*

Family Resource Center  
Activities for  
October –December 2009

## P.L.A.Y. Groups (Parents / Providers, Learning, Activities, Year-Round)

You can participate by dropping in any time or by joining our Tuesday gathering. Just take a child development activity sheet and enjoy fun activities with your child while networking with other parents and providers. 10-11:30 every Tuesday. Everyone welcome. No cost! Child Care programs are invited to join too!

- 10/6/09
- 10/13/09
- 10/20/09
- 10/27/09
- 11/3/09
- 11/10/09
- 12/1/09
- 12/8/09
- 12/15/09
- 12/22/09

## Nurturing Parenting/Second Step Violence Prevention Workshop Series

Dates: Tuesday Evenings-child care included if you confirm your place before each class. You must attend all classes. 6:30-8pm

- 10/6/09
- 10/20/09
- 11/17/09
- 12/1/09

## Parent Leadership Council

Join our parent leadership council and learn more about your child's development, provide a parent perspective on what programs families need. Voice your concerns and help us make a difference.

PLC meets the first Wednesday of the month. Lunch provided from 12-1. Children welcome. Meeting dates:

## Tots and Twos

This fun class will begin meeting again on September 24<sup>th</sup> 10-11:30. Help your child develop social/emotional skills while having fun with other families.

For more information contact Cindy at: 272-8866 x 203

# Topic of Interest

## Swine Flu: Information from the American Academy of Pediatrics ([www.aap.org](http://www.aap.org))

The H1N1 virus has been causing illnesses throughout the summer and 'flu season' is just around the corner. We hope that the information below, adapted from the American Academy of Pediatrics website, will be helpful.

Parents can protect children from the swine flu by following these basic precautions:

- Wash hands often with soap and water, especially after you cough or sneeze.
- Cough or sneeze into your elbow or cover your nose and mouth with a tissue.
- Stay home when sick to keep from spreading illness.
- Children and adults who are sick should stay home at least 24 hours after they are free from fever (100°F) or signs of fever without the use of fever-reducing medications.
- Seek medical care if you are severely ill, such as having trouble breathing.

Parents who have children in school or child care should:

- Not take children out of child care or school unless public health authorities have recommended such a step.
- If the school or child care program closes and your children are healthy, you should still keep them home and not participate in social activities. Working parents may team up with other parents to take turns staying home with children; such groups should be kept to small numbers of children (less than 6) to minimize the risk of spreading germs.
- Parents should remind their children about proper hygiene, including sneezing and coughing into a tissue or sleeve, and frequent hand washing.
- Parents should advise children to go to the school nurse if they start to feel sick during school. Children who are sick should stay home at least 24 hours after their fever is gone.
- Start preparing for what you would do if schools and child care centers do close.
- Keep surfaces (including toys and bedside table) clean - wipe them down with a household disinfectant.

To learn more about the swine flu and for links to the Center for Disease Control, visit the American Academy of Pediatrics website at [www.aap.org](http://www.aap.org). You can access the document titled 'Frequently Asked Questions About H1N1 Flu (Swine Flu)' at <http://www.aap.org/advocacy/releases/may09swinefluqanda.htm>.

# Nurturing Parenting

*Want to feel good about your parenting?*



**Topics addressed in these workshops include:**

- Working with your children, not against them.
- Getting children to take ownership of their actions.
- Social/emotional development.
- Teaching children to problem solve.
- Violence prevention.

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**New series starting in October, 2009 sign up now**



Sierra Nevada  
**Children's  
Services**

investing in our community, one family at a time

256 Buena Vista Street, Suite 110, Grass Valley

**(Classes are no cost)**

Includes child care and snacks, if you *RSVP* one week prior to each class.

**Contact**

**Cindy Santa-Cruz Reed**

**(530) 272-8866 x. 203**

# Tots-and-Twos

This program is designed to guide parents on the value of interactive play with their toddlers.



**Dates:** Every Thursday starting September 24<sup>th</sup>, 2009

**Time:** 10:00 am - 11:30 am

**Where:** Sierra Nevada Children's Services  
256 Buena Vista Street, Suite 110, G.V.

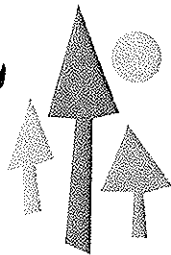
**Contact:** Cindy Santa Cruz-Reed, SNCS  
(530) 272-8866 x. 203



## Activities are geared towards:

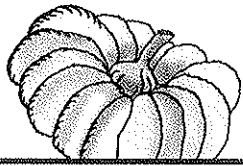
Social Development and Skills • Language • Nutrition  
Creative Expression • Fine and Gross Motor Skills  
Developing/Encouraging Curiosity and Wonder

*Sponsored  
By*

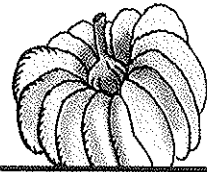


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# PUMPKINS ALL AROUND



## PUMPKIN PIE

*You'll Need:* paper plates ● orange markers, paint, and/or crayons ● glue ● spices—powdered cinnamon, ginger, allspice, whole cloves ● small bowls ● cotton swabs

*What to Do:*

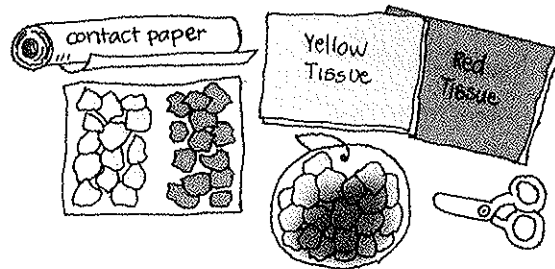
1. Invite children to color the plates orange.
2. Let children spread glue onto the paper plates with a cotton swab.
3. Put out spices such as powdered cinnamon, ginger, allspice in shakers. You can put out a few whole cloves in a small bowl.
4. Let children sprinkle on spices.
5. Let these dry and together smell the fragrance of the "pumpkin pies."

## PUMPKIN SUN CATCHER

*You'll Need:* clear contact paper ● red and yellow tissue paper ● safety scissors

*What to Do:*

1. Place a piece of clear contact paper down on the table sticky side up. You may need to tape this in place.
2. Encourage children to tear and place pieces of red tissue paper on one side and pieces of yellow tissue paper on the opposite side.
3. When finished, fold the paper in half and see what happens when the red and yellow paper overlap.
4. Cut a pumpkin shape from this now "orange" paper and hang in a sunny window.

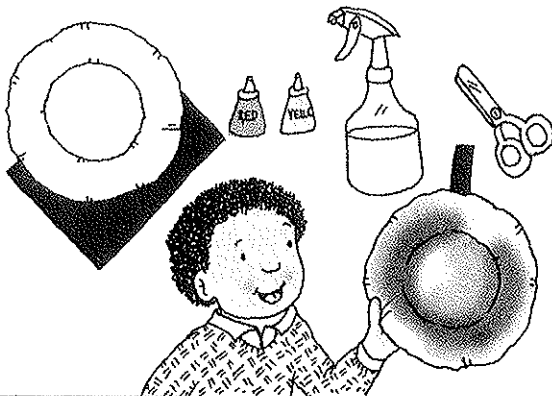


## COFFEE FILTER PUMPKIN

*You'll Need:* white coffee filter ● food coloring (yellow and red) ● squirt bottle filled with water ● green construction paper ● glue

*What to Do:*

1. Invite children to place some drops of yellow and red food coloring randomly on a coffee filter.
2. Then with a squirt bottle, lightly spray some water onto the filter. The colors will bleed and mix together to make an orange tie-dye effect.
3. When dry, cut and glue on a green stem to create a colorful pumpkin.



## PUMPKIN ROLL GAME

*Pumpkins are giant gourds that roll on the ground. Introduce children to this movement game, which will bring on the giggles! This activity helps children grow stronger and helps them develop large muscle skills.*

*You'll Need:* a round pumpkin

*What to Do:*

1. Have one or two real pumpkins for the group to touch, examine, and roll.
2. Invite children to copy a rolling pumpkin on the floor. Have them lie on the floor (a soft carpeted area is best) nice and straight, and help them roll their bodies around.
3. Why not do a few rolls yourself? Recite this rhyme as you roll together with children:

*Pumpkins, pumpkins, orange and round,  
Rolling, rolling on the ground.  
See them rolling down the hill,  
When they stop, they lie so still.*

## FALL RECIPES

### BLENDER APPLE SAUCE

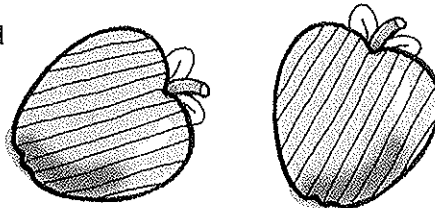
*This "no cook" recipe is easy and quick.*

*You'll Need:* 6 apples ▲ 1/2 cup honey\* ▲ few drops of water ▲ plastic knife ▲ vegetable peeler ▲ blender ▲ measuring cup

*What to Do:*

1. Peel the apples. Your child may want to try using the peeler with your help.
2. Together, cut each apple into four pieces with a plastic knife. (Remove the core and seeds.)
3. Invite your child to put the apples, honey, and a small amount of water into the blender.
4. Invite her to push the button and blend until smooth. Enjoy together as a healthy snack!

\* *Don't give honey to a child younger than one year.*

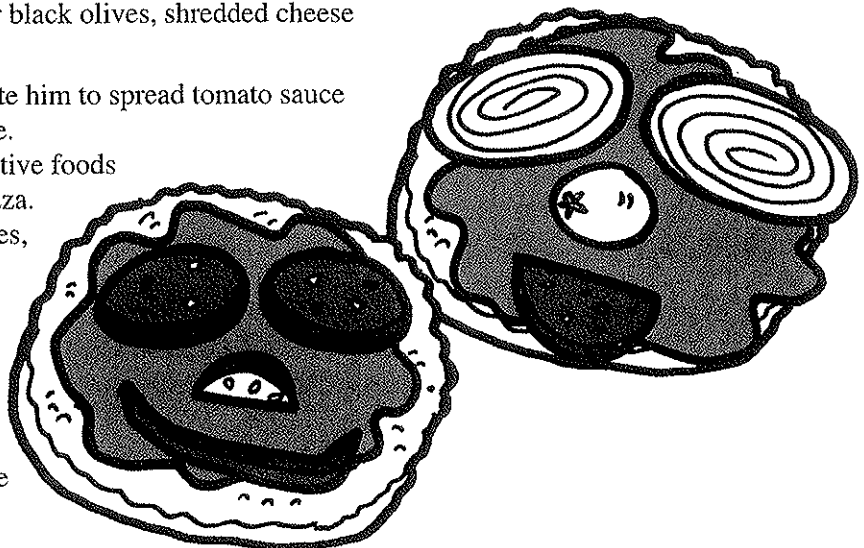


### ENGLISH MUFFIN FACE PIZZAS

*You'll Need:* English muffin, sliced in half ▲ tomato/pizza sauce ▲ decorative foods: salami strips, pepperoni slices, red and green pepper strips, onion slices, cherry tomatoes, green or black olives, shredded cheese

*What to Do:*

1. Give your child a muffin half. Invite him to spread tomato sauce on top with a spoon or plastic knife.
2. Encourage your child to use decorative foods creatively to make a face on the pizza. Talk about how each face needs eyes, a nose and a mouth. Add extra features such as eyebrows, eyelashes, hair and so on with cheese shreds.
3. Put pizzas under the broiler until cheese melts.
4. You might even take a photo before your child eats his creation.



Art: Debby Dixler and Nina Woldin

Please replace page 20 of your Parent Guide with this page. Note the due date for family fees has changed and that language is highlighted. This change will be effective 11/1/09.

## PARENTS SHARE OF CHILD CARE COSTS

### ❖ CO-PAYMENTS

Parents who choose child care providers whose usual and customary fee exceeds the Regional Market Rate (RMR) ceiling are responsible to pay the difference between the rate cap and the child care provider's fee. The *co-payment* will be paid directly to the child care provider by the parent and shall not be accounted for by SNCS.

### ❖ REGISTRATION FEES

When child care providers charge registration fees, SNCS may be able to pay those fees. This is dependent on state limits. A maximum of two registration fees to two separate child care providers is allowed in a 12 month period.

### ❖ FAMILY FEES

Some families may be required to pay a Family Fee. Family fees are determined by the California Department of Education Family Fee Schedule and are based on family size, the monthly gross income and hours per day of child care. Fees are charged for only one child in the family - the child receiving the most hours of care.

Family fees are billed by SNCS 19 days before the last day of the month for the next month's services. Payments must be submitted to SNCS by the first (1st) day of the service month. SNCS cannot accept post-dated checks. **SNCS cannot accept cash as payment.** Only checks or money orders will be accepted **and all family fees are submitted to the Grass Valley Office.** Family fees are considered delinquent after seven (7) calendar days from the date the fees were due. Upon determination that fees are delinquent, a notice to terminate services shall be mailed. If the fees are paid by the effective date of the termination notice, child care payment assistance services may continue. Fees must be kept current; however, SNCS will accept a REASONABLE payment plan for payment of past due fees. If the payment plan is followed, termination of services for delinquent Family Fees can be avoided.

Repeated late Family Fees are grounds for automatic termination. Also, if your Family Fee is paid by a check that bounces, a \$15 non-sufficient funds fee will be added to your bill. If you bounce two checks within a fiscal year, all future payments will be received in the form of money order only.

If you are terminated for outstanding family fee bills, all fees must be paid prior to being re-enrolled into the subsidy program.