

Sierra Nevada
Children's
Services

investing in our community, one family at a time

JUNE/JULY 2009

PROVIDER NOTES

STUDENT GRANT OPPORTUNITY

The Child Development Training Consortium, funded by the California Department of Education, is seeking eligible students to apply for the Career Incentive Grant. This grant is a great resource for dedicated students who are working hard to increase their professionalism and provide quality child care across the state. An application can be downloaded at www.childdevelopment.org. The application deadline is June 20th.

SAVE MONEY & ENERGY

The California Preschool Energy Efficiency Program (CPEEP) is designed to help center-based child care facilities save money and energy. Funded by PG&E and So Cal Edison, CPEEP is administered by the Low Income Investment Fund. Eligible centers receive an energy assessment, air conditioner tune up and lighting retrofits. All of this is provided 100% FREE, including labor and materials. CPEEP has already worked with more than 600 centers in California, saving centers over \$1.6 million annually. Registration is easy. Go to www.liifund.org/cpeep or call (415) 489-6122.

CASH ONLY

Beginning July 1st Sierra Nevada Children's Services will no longer accept payment for any service in cash. All payments, including family fees, must be in the form of a check or money order!



KEEP AN EYE OUT FOR AN EXCITING MARKETING / REFERRAL OPPORTUNITY

Sierra Nevada Children's Services, in association with the Quality Child Care Collaborative, is in the process of creating a hands-on 'Child Care Resource & Referral Binder' to provide parents with information on available child care programs in our service area.

Child care programs will be mailed an 'information / profile page' that defines the basic aspects of your program as well as allowing you to define additional program components. Each completed 'profile sheet' will be included in the binder specifying your particular program attributes. The binder will also include preliminary information regarding various forms / types of child care programs, what defines quality child care, and Community Care Licensing contact information.

Don't miss this opportunity to highlight your program to parents and others who are seeking child care services.

Look for more information in our next *Provider Notes*. Profile sheets will be mailed out within the next few months along with additional information regarding submission of information and how to keep your information current.

Provider Notes is a newsletter published every other month designed to keep you informed on legislation, workshops, and ideas that will assist you in your valuable work with children. This publication of Sierra Nevada Children's Services (SNCS) is targeted to the child care professionals of Sierra and Nevada counties.

Sierra Nevada Children's Services

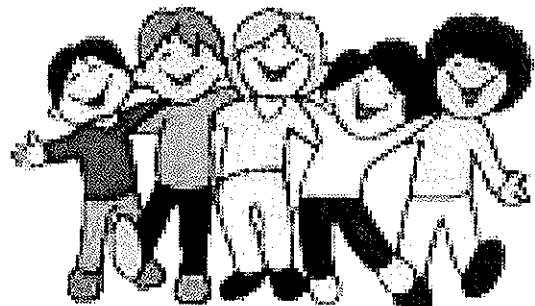
Calendar of Events

June 2009

- 6/3 Parent Leadership Council Mtg. 12-1pm
(First Wednesday of each month)
- 6/4-25 Grass Valley Mill St. Farmer's Market 6-9pm
Thursday nights through the summer
- 6/5 Subsidy Attendance Sheets for May
Due no later than 5pm
- 6/6 Introducing Language Through Play
(Spanish) Truckee 8:30am -2pm
- 6/9 Early Learning Advocacy Day
Seize the Moment for California's Youngest
Children 10am-4pm
Sacramento Convention Center
- 6/12 Play and Learn 9-11am
Location: Center for the Arts
Contact: Ada @ 272-8866x221
- 6/13 CPR/First Aid Class in Auburn 8:30-5pm
Contact: 889-8737
- 6/19 Family Nights at Memorial Park Pool for
Swimming and BBQ 5:30-7:30pm
Contact: Cindy @ 272-8866x203
- 6/20 Application Deadline for Career Incentive
Grant (see front page of Provider Notes)
- 6/21 Father's Day and First Day of Summer
- 6/24 Network Provider Meeting @ 6:30pm
- 6/9,16, 23,30
Family Summer Fun Days 10-11:30am
Contact: Cindy @ 272-8866x203

July 2009

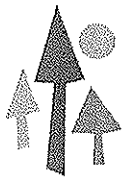
- 7/2-30 Grass Valley Mill St. Farmer's Market
6-9pm Thursday nights through the summer
- 7/4 4th of July Celebrations
Parade in Downtown Grass Valley
Fireworks at Fairgrounds
- 7/6 Subsidy Attendance Sheets for June
Due no later than 5pm
- 7/11 CPR/First Aid Class in Auburn 8:30-5pm
Contact: 889-8737
- 7/15, 22, 29
Summer Nights in Nevada City 6-9pm
- 7/15 Intro to the Business of Family Child Care
12:30-2:30pm
Contact: Ada @ 272-8866x221
- 7/22 The Second Step Program and
Puppet Making 6:30-8:30pm
Contact: Cindy @ 272-8866x203
- 7/24 Play and Learn 9-11am
Location: Mini Park in Grass Valley
Contact: Ada @ 272-8866x221



SIERRA NEVADA CHILDREN'S SERVICES
CHILD DEVELOPMENT SYMPOSIUM
 JUNE / JULY 2009

Date/Time	Location	Title	Description/Comments
Friday, June 12, 2009 9:00-11:00 am	Grass Valley, Center for the Arts	Play and Learn <i>(For License Exempt Providers)</i>	Play group for children 2-5 years of age and their caregivers (baby sitters, grandparents, nannies, etc.). Come and join us, we'll have 2 local artists presenting a morning filled with all sorts of amazing art activities. Art supplies to be given to the first 15 participants to sign up and attend.
Wednesday, July 15, 2009 12:30-2:30 pm	SNCS, Grass Valley	Into to the Business of Family Child Care	This class is for individuals who are in the process of obtaining their family child care license or for those who've recently been licensed. General business practices such as contracts, policies and record keeping will be discussed.
Wednesday, July 22, 2009 6:30 - 8:30 pm	SNCS, Grass Valley	The Second Step Program and Puppet Making	How can you help build a more harmonious environment in your child care? Discover ways to help children hone their social emotional skills through creative use of puppets. Join Cindy Santa Cruz to learn about the amazing Second Step Program and have fun making puppets for you to use at home.
Friday, July 24, 2009 9:00 - 11:00 am	Mini Park, Grass Valley	Play and Learn <i>(For License Exempt Providers)</i>	Play group for children 2-5 years of age and their caregivers (baby sitters, grandparents, nannies, etc.). Come and join us at Mini Park for some summer fun. We'll be doing art projects, story time and music and movement activities.

Note: Trainings in the SNCS Professional Development Symposium are open to the public. Registration is required. To register for a class or if you would like more information, call Ada Miyakawa at (530)272-8866x221 .



Grass Valley

Farmer's Market: Sierra Nevada Children's Services will be hosting a "Free Farmers Market" to help families during these difficult economic times. We are looking for local farmers and gardeners to help supply fresh fruit and veggies for our weekly market. To join our food donation program please call Cindy at 272-8866 ext. 203.

Play and Learn: This month our group went out to the Loma Rica Ranch. We toured the farm, sang songs, planted beautiful flowers and fed the horses. Join us in June at the Center for the Arts for our Art Extravaganza. **Play and Learn** is a free play group for license exempt providers and children. Please see the Child Development Symposium for more information, and contact Ada at 272-8866 ext. 221 to join the group!

Sierra County

Trainings: Recent Pediatric CPR/First Aid class was attended by 18 participants. Thank you to attendees for setting aside their Saturday and completing the eight hour course. It was a very long day for all involved.

Leadership Institute: The one and a half day Leadership Institute for members of our Child Development Corps (22 participants) will take place on May 27th at the Loyalton Social Hall from 6:00 p.m. to 9:00 p.m. with the full day session occurring on May 30th at Big Springs Garden in Sierra City. The May 30th event will be facilitated by Carol Scofield. Topics to be included are: organizational management (supervision and performance indicators, program quality etc.), active leadership, communication, effective teams and how best to incorporate your two worlds; personal and professional.

Summer Events: First 5 Sierra once again is funding the swim program for children ages 3-5. Swim classes will occur at the Portola Park swimming pool.

First 5 Sierra Preschool summer program will run from June 15th - August 14th. The program is only for 4 year olds who will be attending Kindergarten in Fall.

An innovative concept funded by First 5 is the opportunity for garden projects throughout the summer at Toddler Towers Child Development Center and any of the Family Day Care homes interested. The coordinator for the project is Amy Filippini; Master Gardener. Each participant will have a garden on site (flowers/veggies) and will incorporate it into their mealtime activities. Additionally, the use of 2 greenhouses off site (Kreeger and Fatheree homes) will provide additional access for veggies and demonstration projects.

Truckee

Summer Planning: With summer on the way it is a good time to consider summer activities and opportunities. **Truckee Donner Park and Recreation Center** offers everything from art, dance and music to sports camps. Kids can also enjoy the **Kid's Zone** featuring the new exhibit "Farm Life". This interactive experience features a replica farmhouse, a barn with animals, a cherry tree orchard and tractors to climb on. The **Truckee Library** is offering morning and afternoon story times for parents and children age birth to five. Lastly, don't forget to let your parents know about the Family Fun Nights at the **Family Resource Center** of Truckee beginning Friday, May 22nd from 5:30 p.m. to 7:30 p.m. at 11603 Donner Pass Road in Truckee.

SNCS Picks

A review of books, toys, and other resources at the SNCS Lending Library

By Sharon Thurman

In This Issue: Books about Dads
Celebrate Father's Day on June 21st!



My Somebody Special
By Sarah Weeks

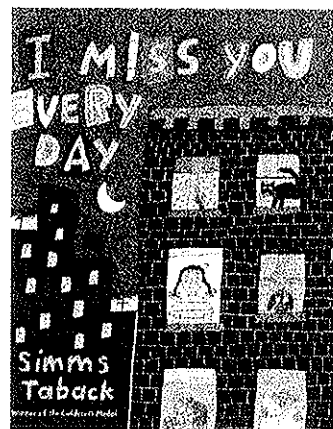
"It is the end of a busy day, and one by one almost all of the children have gone home. Now just one worried child sits alone with his teacher, waiting and wondering... *When will my somebody special come for me, too?*"

A warm and cozy celebration of that exuberant end-of-the-day reunion. *My Somebody Special* will reassure any little one who has ever felt anxious about getting picked up from school."

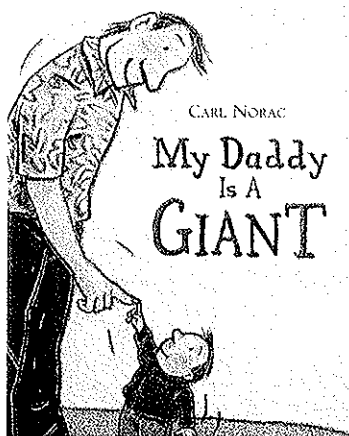
I Miss You Every Day
By Simms Taback

"When you miss someone you love so much – miss them every day – there is only one thing left to do: wrap yourself up, jump in a box, and send yourself for a visit!"

Warm and wonderfully silly, this is a book to delight anyone who has ever missed someone."



My Daddy Is A Giant
By Carl Norac



"Having a daddy is like having your own personal giant. He's so tall the clouds can rest on his shoulders. His sneezes are as powerful as hurricanes. And there is no safer place to be than in a giant's strong arms.

Whimsical illustrations and a simple text create a loving celebration of these true giants among men."

Other books about dads that are available at SNCS:

Daddy Hugs By Karen Katz • *My Dad* By Anthony Browne
Do I Have A Daddy – A Story About a Single-Parent Child By Jeanne Lindsay
Night Shift Daddy By Eileen Spinelli • *Every Friday* By Dan Yaccarino
I Love My Pirate Papa By Laura Leuck • *I Lost My Dad* By Taro Gomi

NOTES FROM THE EDUCATOR SUPPORT PROGRAM (ESP)

Submitted by Beth Bishop Hardwick, ESP Coordinator

ESP Participants from all corners of Nevada County are meeting together for a truly special gathering that will include an entertaining and informative workshop as well as lunch and discussion about ways providers can support each other creatively in these challenging budget times. It's a one of a kind event that has been arranged to honor all the hard work of ESP participants who strive to improve the quality of their programs through continuing education. We congratulate all ESP participants and thank them for their efforts!

We want to remind all providers about the recycled resources room at the Child Care Coordinating Council offices. In the back room at 640 E. Main Street in Grass Valley, you can find a fun and interesting mix of materials that can add a new twist to art projects in your child care. Feel free to call either Beth at ESP (271-0268) or Child Care Coordinator, Marcia Westbrook (271-0258) to get an idea of what's around or to find a good time to come and take a look. As an added bonus, ESP participants can call Beth, and if there is something on the shelves that sounds good to you, she'll deliver it right to your door! Give us a call and come on over. Even if you don't find the perfect thing, you are bound to get a fun inspiration for a project that will be a hit!

What is a quality child care? There are many ways to provide quality child care, but the bottom line for quality is a program that offers developmentally appropriate activities in a safe and appropriate environment. Seventeen states and the District of Columbia already operate a Quality Rating and Improvement System (QRIS), and 28 other states report that they are exploring or preparing to launch QRIS. In California, State Bill 1629 has established a committee to explore options for implementing a QRIS here in California. In the meantime, Nevada County is considering options to implement such a system, so keep a look out for more information about quality and your ever vigilant eyes on how to ensure the quality of care you provide to Nevada County children every day. And thank you all for being there for our children!

For more information about ESP please contact: *Beth Bishop Hardwick at 271-0268*

Subsidy Updates

JUNE ATTENDANCE SHEETS IMPORTANT INFORMATION to ENSURE YOU RECEIVE REIM- BURSMENTS:

This is a reminder that all attendance sheets must be submitted **no later than July 6th at 5:00pm**. We cannot accept incomplete attendance sheets later than July 6th because we are closing out the 08/09 fiscal year which is 7/1/08 to 6/30/09. We don't want you or the parent to absorb the bill for turning them in late or incomplete, so get 'em on in by the July 6th deadline (or we cannot reimburse you!)



PROVIDER AGREEMENTS

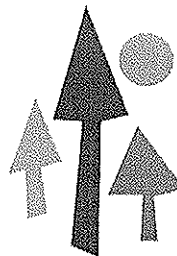
Your current provider agreement **expires on June 30th**. This is your agreement to receive reimbursements for families subsidized through SNCS. We will be mailing them soon. Reimbursements cannot be made if your signed provider agreement and corresponding paperwork is not **received by July 1st**. The agreement packet will also be available on our web site at www.sncs.org.

PLAN FOR A POSSIBLE INTER- RUPTION IN REIMBURSEMENTS

This has become an annual message that you don't want to hear, and we don't like to deliver. But, once again, the uncertainty of the State's ability to fund subsidized child care programs may affect our ability to reimburse you. **If the state does not fund subsidy programs on a timely basis, SNCS must temporarily suspend reimbursements to you starting in August for July child care service.** We will continue to process attendance sheets on schedule and will then make all reimbursements once funded by the state. For the most current information on reimbursement interruptions, please visit the SNCS website welcome page at www.sncs.org.

ABSENCES

A new policy regarding excused absences and sick days will become effective on July 1st. We will have the updated Provider Guide for you to view these changes on our web site before the end of this fiscal year.





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Helping Children Build Strong Social/Emotional Skills

By Ada Miyakawa



Social/emotional skills allow children to communicate, connect with others, resolve conflicts and cope with challenges. A "sense of self" affects how much and how well a child will learn, as well as the quality of the relationships they will build with others; it is the foundation upon which so many other skills will be built. For this reason, it is essential that we do whatever we can to help children develop solid social/emotional skills.

Infants

In early infancy, we can help build a strong foundation for the development of social and emotional skills by providing a sense of safety, predictability, comfort. By responding to an infant's cries and other attempts to communicate, we teach children trust, empathy, compassion and a sense of right and wrong. Providing affectionate and nurturing care at all times, even during more challenging moments is vital. Also, tuning into the children's natural temperaments and learning how to work with their personalities is key.

Toddlers

In toddlerhood children begin to explore their surroundings more. Providing a safe environment, allowing them to figure things out on their own, and offering just enough help to overcome challenges without becoming frustrated all go towards building a child's sense of competence and autonomy. It is through this feeling of competence and independence that the seeds of empathy are planted. At this stage, children start to develop an interest in their peers. Encouraging toddlers to connect with others teaches them how to deal with challenges, communicate emotions and develop friendships. You can help the children work through conflicts in suitable ways through guidance and lots of support. Remember, redirecting or distracting children at this age can be one of the most effective ways to help minimize or avoid many conflicts.


Preschool and School Age Children

As children get a little older they start to play more interactively with their peers building social, cognitive and language skills. They begin to take on roles and develop their own ideas. At this stage they are building more advanced social skills such as sharing and turn-taking. We can encourage this process in many ways. Design orderly learning spaces that allow for quiet time alone as well as busy interactive play. Provide a variety of duplicate open-ended toys to cut down on conflict but also offer some materials and activities that encourage cooperative play. Help children identify and express their feelings in socially acceptable ways. Encourage children to see how their actions impact others. Model appropriate behavior and help foster a climate of empathy and kindness. Read books and play games that help develop the ability to read and interpret emotions. Provide plenty of opportunities for children to express their ideas and feelings through music, movement, sensory experiences, and play.

When conflicts arise, calmly help the children through the process of conflict resolution. First offer your observations. Ask if the children know what is causing the problem. Ask if they have any thoughts on how to resolve the conflict. Present any necessary suggestions or support. When the conflict is successfully resolved, praise the children's' efforts to find a solution.

Related Training

There is a remarkable program that teaches different techniques to help children hone their social/emotional skills. Using stories and puppets, the program focuses on helping children develop empathy, learn how to better manage their emotions and become more effective problem solvers. We are fortunate to have a staff member, specially trained in the "Second Step Program" who has agreed to put on a special training here at our Grass Valley office. Cindy Santa Cruz will be presenting an engaging workshop on Wednesday, July 22 at 6:30 pm. For more information on the workshop as well as other trainings see the Child Development Symposium.





FUN SUMMER CREATIONS PERFECT FOR THE OUTDOORS

Homemade Sidewalk Chalk Recipe



You will need:

- Two parts plaster of paris
- One part water (or just a little less)
- Coloring of some sort - this could be powdered or liquid tempera paint, food coloring, or acrylic craft paints, mixed in to a level that provides the color you want

Measure the plaster of paris into a bowl (margarine tubs work well), then gradually add warm water, stirring to combine. Add coloring, then allow mixture to thicken. Add more water, if required, to the consistency of thick frosting.

Homemade Sidewalk Chalk Molds

Molds can vary from paper towel rolls (cut to desired length and covered on one end with plastic wrap, foil, duct tape or something similar), muffin or cupcake pans, dixie cups, cookie cutters, small sand molds, soap molds, ice cube trays film canisters, clean prescription pill bottles or popsicle molds. Line tubular molds such as popsicle containers with waxed paper before filling and the dried chalk should slide out easily. It may take several days for your homemade chalk to harden.

Fun & Easy Paints for Children

In a child's mind, any time is a good time to paint. With these easy-to-make and easy-to-clean paint recipes, adults will have to agree.

1. Easy Face Paint

This is the easiest to make (and easiest to clean) recipe for face paint. Separate colors with a muffin tin or an egg carton. Place a spoonful of cold cream into each cup. Add 1 or 2 drops of different colors of food coloring to the cold cream, and stir. Apply the face paint using a clean paintbrush or cotton swabs.

2. Spiffy-Sniffy Watercolors

Your artwork will smell terrific with this simple watercolor recipe. Use a small cup for each color. Mix one package of powdered drink mix (Kool-Aid) with 2 tablespoons of warm water for each color. Stir until the powder dissolves. Once all of the colors are prepared, use a clean paintbrush to paint sweet-smelling pictures.

3. Window Paint


Turn your windows, patio doors and mirrors into works of art. Mix together equal parts dishwashing liquid and washable liquid paint or powdered tempera. Children will love the process of painting and adults will love the end result: the paint wipes off easily with a dry paper towel.

4. Foamy Bath Paint

Encourage children to paint undersea adventure scenes while taking their evening baths. To make bath paints, simply mix together shaving cream with a drop of food coloring. Dip a paintbrush, or better yet, your fingers, into the mix and start creating!

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256 Buena Vista Street, Suite 110
Grass Valley, CA 95945-7239

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Advertising your child care business: Are you looking for a new place to advertise your business? Try Dial211.com, Nevada County's online community resource directory. If you are interested in being included in the directory, visit the website at www.Dial211.com.