

Sierra Nevada
Children's
Services

investing in our community, one family at a time

FEBRUARY/MARCH 2010

PROVIDER NOTES

Social
Emotional
Development

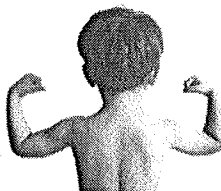


Language
Development



Cognitive
Development

Behavior
Concerns



Motor
Development

Perceptual
Development



The Partnership Project

Call today to sign up: 530.272.8866 ext. 203

Go to www.snscs.org for more information

Want to learn how to keep your early care and education program full? Want to be ready for the State Quality Rating System? **The Partnership Project** is our "make it happen" approach that will link the State requirements to trainings that support your efforts to improve your Early Care and Education programs. We will bring current information about what is happening in education and present information in a meaningful way to ensure success.

Workshops and on-site visits will occur to bring the concepts right to the programs that participate. Components of this project include:

- Social Emotional Development
- Language Development
- Cognitive Development
- Perceptual and Motor Development
- Behavior Concerns



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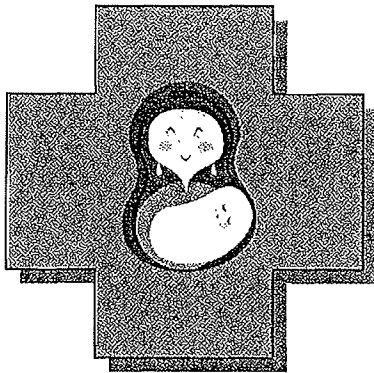
256 Buena Vista Street, Suite #110
Grass Valley, California 95945

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.

CPR + First Aid + Health & Safety

Take or re-new your certifications while there is funding available!

Early Educators



need to be ready for any situation that may arise. Being certified for CPR, First Aid and Health & Safety provides you with the knowledge and tools needed in case an emergency arises. SNCS administers grants for licensed providers and license exempt providers that will reimburse you for taking these courses. Take your class now, before June 30th, 2010 and upon completion, get reimbursed. Here is how it works ...

For:

Licensed Providers

- Eligibility is open for licensed center based staff and licensed family child care providers (other categories apply) on a first come, first served basis.
- Each participant may receive up to \$100.00 per fiscal year toward payment for completed classes or course work.
- Each participant shall pay a \$5.00 co-pay for each training segment.
- All training curriculum must be EMSA approved.
- Get a reimbursement form for completed courses on our web site at www.snscs.org/providers/healthsafety.html
- Courses must be taken before 6/30/10. Receipt of payment and copies of certificates/cards must be included with applications.

For:

License Exempt Providers

- Eligibility is open to license exempt providers
- Full reimbursement will be provided to those who commit to a minimum two hours in the Growing Learning and Caring program. (participating in a home visit, play group, or training/workshop at Sierra Nevada Children's Services etc.) For more information on the Growing Learning and Caring Program contact Ada Miyakawa at (530) 272-8866 x221.
- All training curriculum must be EMSA approved.
- Reimbursement forms can be obtained through our web site www.snscs.org/providers/healthsafety.html
- Courses must be taken before 6/30/10. Receipt of payment and copies of certificates/cards must be included with submitted applications.

Training sites with EMSA approved courses:

Nevada County Superintendent of Schools 478-6400 x 201
Professional Child Care Training in Auburn 889-8737



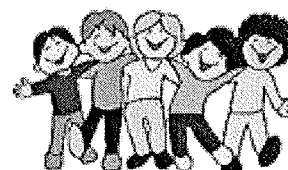
Sierra Nevada Children's Services Calendar of Events

February 2010

- 2/2,23 **P.L.A.Y. and Learn Activities** Twice Monthly on Tuesdays from 9:00am-11:00am. SNCS will provide free, fun activities for children, families and educators to learn more about how children develop and learn.
Contact: Cindy at 272-8866 x203
- 2/4,11,18,25 **Tots and Twos Activity Group** Every Thursday from 10:00am-11:30am
Contact: Cindy at 272-8866 x203
- 2/5 **Subsidy Attendance Sheets** for January Due No later than 5:00pm
- 2/6 **Health and Safety Class in Auburn**
8:30-5:00pm
Contact: 889-8737
- 2/9 **Family Childcare Tax Workshop**
6:30-8:30pm
Contact: Ada at 272-8866 x221
- 2/9 **Filing Taxes as a Large Family or Small Family Childcare** Free Workshop
5:30-6:30pm in Truckee
Contact: 587-5960
- 2/10 **Evening P.L.A.Y. and Learn** 6:00-8:00pm
- 2/16 **Nurturing Parenting/Educator Workshops**
3rd Tuesday of each month from 6:00-8:00pm
Contact: Cindy at 272-8866 x203
- 2/18 **Quality Child Care Training** "How to perform an Environmental Assessment"
Presented by Mary Anne Kreshka and Sponsored by Quality Child Care Collaborative and First 5. Must sign up to attend. 7:00-9:00pm
Contact: Beth Bishop Hardwick at 271-0268
Location to be announced.
- 2/20 **CPR/First Aid Class in Auburn** 8:30-5:00pm
Contact: 889-8737
- 2/22 **Partnership Project Social Emotional Competency Training (2 part class)** 6:00pm-8:00pm
Contact: Ada at 272-8866 x221
- 2/27 **California Infant-Toddler Seminar**-3-day seminar presented by West Ed and Sponsored by Placer County Office of Education. Option of 1 college unit available through Sierra College. Cost \$35.00. For more information contact Mickey Eichenhofer at 530886-2087 or meichenhofer@placercocoe.K12.us.

March 2010

- 3/9,23 **P.L.A.Y. and Learn Activities** Twice Monthly on Tuesdays from 9:00am-11:00am. SNCS will provide free, fun activities for children, families and educators to learn more about how children develop and learn.
Contact: Cindy at 272-8866 x203
- 3/3 **Evening P.L.A.Y. and Learn** 6:00-8:00pm
- 3/4,11,18,25 **Tots and Twos Activity Group** Every Thursday from 10:00am-11:30am
Contact: Cindy at 272-8866 x203
- 3/5 **Subsidy Attendance Sheets** for December Due No later than 5:00pm
- 3/6,13 **UC Davis Class "Serving Children With Special Needs and their Families"** 9:00-2:30pm
- 3/6,27 **CPR/First Aid Class in Auburn**
8:30-5:00pm
Contact: 889-8737
- 3/6,26 **California Infant-Toddler Seminar**-3-day seminar presented by West Ed and Sponsored by Placer County Office of Education. Option of 1 college unit available through Sierra College. Cost \$35.00. For more information contact Mickey Eichenhofer at 530886-2087 or meichenhofer@placercocoe.K12.us
- 3/16 **Nurturing Parenting/Educator Workshops**
3rd Tuesday of each month from 6:00-8:00pm
Contact: Cindy at 272-8866 x203
- 3/23 **Partnership Project Social Emotional Competency Training (2 part class)**
6:00pm-8:00pm
Contact: Ada at 272-8866 x221



Attention all Early Educators: Back in June, a letter was sent out to all child care programs in our service area introducing a new Child Care Resource and Referral Binder. The letter described the binder as wonderful new resource for parents to get information on area childcare programs. Providers were invited to submit an information profile sheet to include in the binder. Many providers responded by sending in their completed forms. As a result, many programs are now represented in our binder. If you have not taken advantage of this opportunity to highlight your program, we would like to encourage you to do so. For more information about the binder and the profile sheet, go to our web site at www.snccs.org/providers/marketing.html, and download a copy of the letter that was sent as well as copy of the profile sheet.

Community Care Licensing's New Web Based Communications and Electronic Platform.

Designed to enhance communication and business interactions between the CCL Division, licensees, care providers and all interested stakeholders.

Introducing the MyCCL Web Portal

We are pleased to announce the new "MyCCL Web Portal". This is our first step in the development of a web based licensing information center and the future of Community Care Licensing. Try our new features *today!

- Securely register your email address.
- Update your emergency contact information.
- Sign up for periodic information releases and content.

Be the first to know!

NEWS

Check the website often as we expand our service features!

SNCS Picks

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

By Sharon Thurman

In This Issue:

Sometimes You Get What You Want ~ by Lisa Brown & Meredith Gary
“Sometimes you get what you want and sometimes you don’t. This is a book about those times.”



The Boy Who Wouldn’t Share ~ by Mike Reiss

“Edward has oodles of toys but doesn’t share any of them with his sister, Claire. She cannot ride his rocking horse, hug his teddy bear, or even *think* about touching his Slinky. That is, until one day when Edward finds himself stuck under his enormous pile of toys and can’t move! With a little help from an unlikely ally, he learns that if he can share with others, they’ll share right back with him.”

The wickedly funny verse and comic illustrations make this one book you’ll want to share again and again!



When I Was King ~ by Linda Ashman

“Before you came, I owned the throne. They trembled at my slightest moan. I was the star, the prize, the king ... But *you* have ruined everything.”

“Welcoming new siblings isn’t the easiest thing to do. But if you give them a chance, you’ll discover how much fun they are. So maybe there is room for another king or queen?”

A humorous and charming picture book about adjusting to a new sibling.



More books about feelings ~

How Do You Make a Baby Smile? ~ by Philemon Sturges

The I LOVE YOU Book ~ by Todd Parr

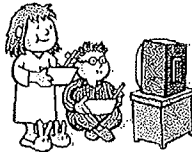
It’s Hard to be Five – Learning How to Work My Control Panel ~

by Jamie Lee Curtis & Laura Cornell

When I’m Feeling Scared ~ by Trace Moroney

When I’m Feeling Happy ~ by Trace Moroney

Is Watching TV Really Harmful for Kids?



By Ada Miyakawa MEd

Well folks, it looks like winter really is here. With shorter days and less than ideal weather, many of us find ourselves tempted to turn on the TV to entertain both ourselves and the children in our care. Before you touch that remote though, you may want to consider these facts: The average American child watches about 4 hours of television a day. Yet, the American Academy of Pediatrics recommends no more than one to two hours of "quality" television a day and children under the age of two should not watch television at all. There are many reasons for these recommendations. Several studies have shown that television viewing really can negatively impact a child's physical, mental and social/emotional health.

The effect of TV violence on kids- Flip through the TV channels for only a few moments and chances are you will witness several acts of violence. Even shows specifically designed for children are not immune. Over a quarter of children's shows contain four or more incidents of violence per show. Hundreds of studies on the effects of TV violence on children and teenagers have found that depending on the degree of violence and the number of violent programs watched, children are more likely to become numb to violence, accept violence as a way to solve problems, imitate the violence they observe, and identify with either the victims or the victimizers.

The effects of TV on the developing brain- Very young children's brains are particularly affected by environmental experiences. Time spent passively watching TV deprives children of opportunities to engage in positive experiences such as close interaction with peers and loving caregivers, creative play, reflection and the development of language and problem solving skills. The jazzy visual effects of TV are purposefully created to engage children's brains involuntarily. These experiences deprive children of the practice of using their own brain independently. Not surprisingly, it has been found that higher levels of TV viewing are linked to attention problems and lowered academic performance in children.

TV viewing and childhood obesity- Studies show that the more TV a child watches the more likely they are going to be obese. If you think about it, it makes sense. If children are sitting around passively watching TV they are not getting out there and burning up calories and are more likely to unconsciously consume too many calories staring at the screen while being exposed to numerous "junk food" advertisements.

So what can early educators do?

- Limit TV viewing to an hour or less. Remember children are probably getting more than enough viewing at home.
- If you do allow TV viewing, choose shows that are more educational and avoid those with any violent or sexual content. Watch the TV with the children. Engage them in conversation about the show. Remember children often have difficulty telling the difference between fantasy and reality; you may need to explain things to them. Also, avoid eating in front of the TV.
- Finally, provide rich programs with a variety of stimulating activities that encourage children's growth and imagination. Get out there with them ride bikes, explore nature, build forts, play games and just have fun!

References: American Academy of Pediatrics, AAP News, May 1998, *Children and TV Violence*, retrieved, Dec. 2009. US National Library of Medicine, August 2001, *Television Viewing and childhood obesity*. Miller, Daphne, MD, August 20, 1999, *Television's Effects on Kids, It can be Harmful*, Retrieved, Dec, 2009. Healy, Jane M. PhD. May, 1998, retrieved, Dec, 2009.



Fun Winter Activities



Snowing all Around (fingerplay)

Way up high in the winter sky, (Looking up, holding hand over eyebrows)
Two little snowflakes caught my eye (Hold two fingers up and then point to your eye)
Down to the ground they fell without a sound (Move hands down while moving fingers)
And before very long, It was snowing all around! (Twirl around)

Fun with Snow

If snow is available, scoop some up in a large tub and bring it inside. If you don't have any snow, make your own by grinding ice cubes up in the food processor. Then try the following activities:

Healthy Snow Cones -Scoop some of the "snow" into a dessert dish, drizzle with thawed frozen juice concentrate, then enjoy!

Mini Snow Men- Read Lois Ehlert's book, *Snowballs* for inspiration and then collect various objects from around the home or yard with the children (twigs, berries, pebbles, pine cones, buttons, beans, pipe cleaners etc.) Have the children put gloves on and give each of them a tray of snow to build their mini snowmen, using the found objects to decorate with. If it's cold enough outside, put the children's snowmen outside to preserve them. If it is too warm outside, try putting the snowmen in the freezer until it's time for the children to go home.

Snow Fun- Set up a large tub or water table with snow, have the children put gloves on and try out these different activities: Bury "treasures" in the snow and have the children search for them using forks or spoons to dig with. Supply the children with small containers filled with water mixed with food coloring or liquid water colors. Give the children eye droppers and have them decorate the snow.

Fun with Ice

Colored Ice Sculptures- Fill a medium sized plastic or metal bowl with water and put in the freezer. Once frozen, flip the ice block onto a tray. Give the children a cup filled with Epsom salts and cups filled with different colors of liquid water or food coloring and a little bit of water. Have the children spoon salt on the ice block and then drop the colored water on the ice block using eye droppers. The effect of the salt and the colored water on the ice is pretty interesting.

Ice Painting- Mix liquid water or food color with a little bit of water. Fill a small *Dixie* cup half way with the solution, and then cover with aluminum foil. Stick a popsicle stick in the center of the cup and then put it in the freezer. When frozen, remove the foil and peel the *Dixie* cup away. Let the cubes thaw for a few minutes. Give the children a large sheet of paper and let them paint with the colored ice cubes.

Winter Science- Talk with the children about water's different forms (Ice, steam, snow.) Put one cup of snow on a plate and one cup of ice on another plate. Have the children guess which will melt faster and which will have more water. Chart the children's guesses and then observe what happens.

