



CCCC E-Newsletter August, 2005 Issue

Greetings from Community Connection for Child Care! Many providers are welcoming new children into their care programs and classrooms. Some of these children will have special needs or complex health conditions (such as asthma, diabetes, etc.) that will need special attention throughout the day. One of the most important tools for safely including these children is a special care plan. A special care plan contains the important information that caregivers need to know in order to understand the child's condition and to provide a safe, supportive place for the child to learn and grow.

A good care plan is a team effort. The team is composed of the child's parents and the child care staff, with input from the child's medical provider when needed. The best way to create a care plan is to hold a team meeting, where parents and staff can discuss the child's condition, symptoms, routines, and treatments or medications. When information is needed from the child's medical provider, the parents can be the liaison between the team and the medical provider.

The essential components of a care plan are:

- description of the child's health condition/diagnosis
- list of behaviors or symptoms the child shows when there is a problem
- description of diagnostic devices used to assess or treat the child, and where this equipment will be stored at child care
- list of medications the child requires, instructions from the prescriber on their use, and written parental consent to administer them
- training plan for the staff who will be using diagnostic equipment or administering medications
- list of the staff who have been trained
- clear guidance for staff on all of the "what if..." situations that may emerge during child care hours
- schedule for communication between parents and child care staff, with input from the medical provider as needed
- clear description of any symptoms that might indicate a medical emergency

Successful inclusion requires regular communication between the family and the program staff, and occasional updates to the care plan. The care plan should be updated at follow-up meetings on a regular basis or whenever there is a change in the child's status. For a sample care plan and other forms that may be useful in the inclusion process, visit the CCHP Web site at www.ucsfchildcarehealth.org.

From Partnering with Parents to Create a Special Care Plan by Eileen Walsh, RN, MPH

Until next time, our best to you and yours --

The staff of Community Connection for Child Care

^^^^^^^^^^^^^^^^^**THIS MONTH'S FEATURES**^^^^^^^^^^^^^^^^^^

KCSOS PROGRAM SPOTLIGHT

Motor vehicle crashes are the number one killer of children ages 2 to 14. "The use of belt-positioning booster seats lowers the risk of injury to children in crashes by 59 percent compared to the use of vehicle seat belts." The finding comes from a study of children ages 4 through 7 by

Partners for Child Passenger Safety (PCPS), a State Farm-funded research project at The Children's Hospital of Philadelphia.

CCCC will join State Farm in its ongoing commitment to child passenger safety by inviting parents and caregivers to its 5th annual National Child Passenger Safety Day at Family Motors Used Cars at 5051 Stine Road in Bakersfield on Saturday, September 17, 2005. National Child Passenger Safety Day focuses on the significance of car seats, booster seats and seat belts for children riding in motor vehicles. Additionally, it promotes the critical message that age appropriate restraint and rear seating provide the best protection for children in motor vehicle crashes. Certified passenger safety technicians from CCCC, Family Motors, Kern County Fire Department, CHP and Kern County Department of Public Health will inspect child car seats to make sure that each child is riding in a restraint that is age and weight appropriate and correctly installed.

There will also be representatives from local organizations with additional safety tips and fun activities for the kids!

For more information, visit the Little Travelers website at <http://www.littletravelers.org/> or call 661.861.5200 or 877.861.5200 (toll-free).

FEATURED QUESTION

How can I help my school-age children create a routine with their homework now that school is back in session? - Lisa, Family Child Care Home Provider

Homework can help children learn good habits and attitudes. It can teach children to work by themselves and encourage discipline and responsibility. Here is how parents and providers can help make learning fun and worth the effort!

1. Develop a system for homework with parents. Establish how much time child/ren will spend on homework.
2. Designate a homework corner and place for backpacks. Then, stick with it. Having a set place for backpacks minimizes lost homework or missing items.
3. Create a study space that is quiet and well lit. Provide a desk or surface where child/ren can spread out books/papers. Have parents provide extra materials if necessary. Make sure children have a quiet, well-lit place to do homework and avoid television and other distractions. Make the designated homework spot more attractive by stocking it with colorful pencils, paper, and coordinated desk sets.
4. Establish a set time each day for doing homework.
5. Be positive about homework and tell children how important school is.
6. Have parents provide or better yet have children make a thinking cap. Keep hat on hook in study area. Encourage children to wear cap only when studying.
7. When a child asks for help, provide guidance, not answers.
8. Watch for signs of failure and frustration and let children take a short break if they are having trouble keeping their minds on an assignment.
9. Use direct praise for doing the homework and even more for accomplishment. "You've spelled 18 out of 20 words correctly--that's the best you've done this semester!"
10. Allow bathroom, drink, and/or snack breaks, but insist on completion of tasks.
11. Allow children to have recreational time before and/or after study time.
12. Even if the children complete their homework in your after-school care environment, it's still a good idea to have their parents check up on their progress and make sure that assignments are being understood and completed.

MONTHLY PLANNER FOR SEPTEMBER

Don't forget Grandparents Day on September 11. Help the children create a Handprint Flower at <http://www.first-school.ws/activities/crafts/holiday/handflower.htm>

Hispanic Heritage Month is September 15 to October 15. Check out these activities for various age groups that celebrate heritage and culture at http://teacher.scholastic.com/activities/hispanic/tguide/desc_obj.htm

National Elephant Day is September 22. Check out these preschool-age activities and book ideas. <http://www.first-school.ws/activities/shapes/animals/elephantcd.htm>

^^^^^^^^^^^^^^^^^^**CHECK THIS OUT**^^^^^^^^^^^^^^^^^^

KIDS IN THE KITCHEN

Quick, healthy snacks for school-age children for back to school from Meals Matter <http://www.mealsmatter.org/>

Dairy

- String cheese and fruit (canned or fresh)
- Nonfat cottage cheese or yogurt with fruit
- Smoothies with milk or yogurt and sliced bananas or strawberries
- Whole-wheat crackers with cheese or peanut butter
- Yogurt with fresh fruit or granola
- Low-fat chocolate milk
- Scoop of ice cream or frozen yogurt with fresh berries

Fresh fruits and vegetables

- Raw vegetable sticks with low-fat yogurt dip, cottage cheese or hummus
- Apples and cheese - pears and other fresh fruits work too!
- Baby carrots
- Fruit salad
- Applesauce cups (unsweetened)
- Frozen fruit bars
- Dried fruit such as raisins or plums and nuts

Low-fat grains

- Cereal - dry or with milk
- Baked potato chips or tortilla chips with salsa
- Pretzels (lightly salted or unsalted) and a glass of milk
- Bagels with tomato sauce and melted cheese
- Flavored rice cakes (like caramel or apple cinnamon) with peanut butter
- Popcorn - air popped or low-fat microwave
- Whole-grain crackers or english muffin with peanut butter
- Vanilla wafers, gingersnaps, graham crackers, animal crackers or fig bars and a glass of milk

For more meal and snack ideas: [http://kcsos.kern.org/cccc/stories/storyReader\\$36](http://kcsos.kern.org/cccc/stories/storyReader$36)

KEEPING KIDS BUSY

I Am Special Activities

You may be welcoming some new children into your care program. Let children introduce themselves with these activities!

- Download "ME BOOKS" for ages 0-5 and 6-11 in both English and Spanish at the CCCC website: [http://kcsos.kern.org/cccc/stories/storyReader\\$1118](http://kcsos.kern.org/cccc/stories/storyReader$1118)

These books are designed to help identify the special little details about children's lives, such as information pertaining to their home life, temperaments, fears, likes, dislikes and much more.

The information collected from these books can be used to help create a care environment and curriculum that meets each child's individual needs and excites children's interests.

- Help kids trace their bodies on large sheet of paper and decorate.

- Help child/ren create a happiness list where they write down things that make them happy and things they do that make others happy.

- Display the artwork on walls, windows or on the refrigerator.

For more activity ideas, visit our CCCC Activity of the Month:

[http://kcsos.kern.org/cccc/stories/storyReader\\$764](http://kcsos.kern.org/cccc/stories/storyReader$764)

SCHOOL READINESS

Parents and Caregivers Working Together for Kindergarten (ages 4 & 5)

Colors

There are colors all around us - in the sky, in the sea, on the ground, and in our homes. Most preschoolers learn about colors and shapes naturally, as they go about their daily business.

Children entering Kindergarten should be able to identify primary and secondary colors.

Activity #1

Color Rhymes. Practice color recognition by looking at each other's clothes, eyes and hair color. Play this game:

"If you're wearing blue, touch your shoe."

"If you're wearing red, touch your head."

"If you're eyes are brown, turn around."

"If you're wearing pink, give a wink."

Activity #2 (refer to parent to do with child/ren at home)

Drawing Together

For this art activity you'll need crayons or markers and some large paper. Both parent and preschooler draw pictures together. Take turns telling about your pictures. Then ask your child to name the colors that he or she used. Afterwards take a "Color Walk" with your child. Ask him or her to point to all things that are (choose a color).

Check out CCCC's Learning Tools for Kindergarten Readiness handbook for more ideas:

<http://wwwstatic.kern.org/gems/cccc/KindergartenReadinessActivit.pdf>

BUSINESS RESOURCES

Key Marketing Tips for Family Child Care Providers

- Use visual aids (scrapbook, receipts, evaluations, daily note, video, business cards, etc.).
- Keep track of children after they leave your care.
- Advertise with other providers with whom you have something in common (neighborhood, religious viewpoint, CDA or other professional credential, philosophy, etc.).
- Keep informed about what parents want (survey centers and homes, do exit evaluations, call parents who don't enroll, etc.).

For further information see the Family Child Care Marketing Guide, by Tom Copeland, published by Redleaf Press.

Occasionally parents are upset when they leave my care. How can I protect myself if they decide to file a complaint against me?

Protecting Yourself When a Parent Leaves by Tom Copeland

<http://www.redleafinstitute.org/pdfs/protectingyourself.pdf>

Community Connection for Child Care is a child development and family services agency dedicated to providing options, education and support to children, families, child development professionals and the community. CCCC is a program operated by the Kern County Superintendent of Schools, Office of Larry E. Reider. <http://www.kern.org>