



CCCC E-Newsletter December, 2006 Issue

Season Greetings from Community Connection for Child Care! Now we are in the middle of the holiday season and we are reminded of the many people working together to make the life of a child better - child care providers, early childhood educators, private professionals, family members and friends. December is a busy time! Did you know that December is National Stress Free Holiday Month? Stress among child care providers is an important problem because it not only affects the provider's health, but also the quality of care that the provider is able to give. A provider who is under too much stress will not be able to offer the praise, nurturing, and direction that children need for good development. It is important for you to take good care of yourself during the holiday season - consider this the most valuable gift you can give yourself!

The Resource Lending Library located at the 24th Street office in Bakersfield will be closed December 20, 2006 until January 9, 2007 to have new flooring installed. All equipment including the laminator and Ellison dies will be boxed up and placed in storage during this time. Library resources and toy checkout will also not be available during this time. The library staff will be temporarily moved and will continue to provide child care referral services at their current phone numbers. Do not forget that the KCSOS Materials Lab on K Street has a large variety of resources too with a nominal charge for the work you do there.

Are you a child care provider who is moving? For your payment to arrive at your new address and not delay your payment, please visit the 24th Street office to fill out a new W-9, bring your, social security card and drivers license for identification no later than the 15th of that payment month. If you choose to turn in your W-9 with the address change to the case manager, they will forward it to Accounting and it will not take affect until the next payment month. If you have any questions, please contact Accounting at 661.861.5200 or 877.861.5200 (toll-free). Their fax is 661.861.5261.

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

The staff of Community Connection for Child Care

~~~~~THIS MONTH'S FEATURES~~~~~

CCCC PROGRAM SPOTLIGHT

The 10th Annual Wendy Wayne Scholarship award will be presented on March 24, 2007, at the 22nd Annual Professional Recognition Luncheon sponsored by the Kern Association for the Education of Young Children and Community Connection for Child Care. This scholarship was set up to assist students completing their studies in early childhood education with books & tuition.

Who may apply?

The applicant must currently be a student studying in the field of early childhood education and currently working in the child development field.

What is the procedure for application?

Submit the completed application (attached). Please print or type.

Attach two (2) letters of recommendation (From an instructor, employer, or an early childhood professional).

Attach verification of student status.

Attach a one-page statement outlining how this award will help meet educational and career goals.

Completed applications must be received by Tuesday, March 13, 2007. You can download a pdf version of the application at <http://wwwstatic.kern.org/gems/cccc/2007WWScholarshipApplication.pdf>

Mail to: Linda Hudson c/o Community Connection for Child Care
2000 24th Street
Bakersfield, CA 93301
(661) 861-5200

UPCOMING TRAINING

TV Training

CCCC along with KCSOS broadcasts training programs and videos for viewing every Thursday at 1:00 p.m. (English) and 2:00 p.m. (Spanish). The broadcast can be viewed on the KETN Network.

December 2006: The Whole Child Series

#1 I'm Glad I'm Me: Recognizing children's accomplishments and offering opportunities for individual choice.

#2 Listening to Families: Ways to help families deal with everyday problems and life crises.

January 2007: The Whole Child Series

#1 Everybody's Special: Working with children who have special educational needs.

#2 Getting Along Together: Childhood social development and ways to enhance a child's social competence.

FEATURED QUESTION

"How do I set my rates?" - Teresa, Family Child Care Provider

There are several things to think about when you set your rates for child care services. How much do you NEED to make (don't confuse this with how much you WANT to make). Did you recently quit a job to start your child care business? What were you making there? A full time job at minimum wage earns about \$270 a week. A job paying about \$12 per hour would earn about \$480 per week.

Another way to figure out how much you need to earn is to look at your expenses. How much does it cost to run your business each month? Figure out the cost of utilities, insurance, rent or mortgage and get a monthly total. Divide that amount by the percentage of space you use for day care and the percentage of time each month your day care is open. This method of figuring expenses can be helpful when you do your taxes each year.

One more factor to consider is how many children do you plan to care for? If you need to make \$500 per week and you only care for 4 children then each one has to pay \$125 per week. Also, consider the going rate of care in your area. If you find out that other child care providers in your neighborhood are charging \$100 per week you may need to lower your rate to \$100 per week and take 5 children in stead of 4 in order to earn the same income.

~~~~~CHECK THIS OUT~~~~~

**\*KIDS IN THE KITCHEN\***

Pear Quesadillas

1 cup of grated sharp cheddar cheese

2 Small flour tortillas

½ pear, cored and sliced into 1/8-inch-thick wedges

½ tbsp. unsalted butter

Have your toddler sprinkle three-fourths of the cheese over one tortilla. Arrange the pear slices over the cheese and sprinkle the rest of the cheese over the pears. Top with the second tortilla. Melt butter in a skillet until hot. Cook quesadilla over medium heat until the cheese begins to melt then flip and cook about three minutes more. Transfer to a cutting board and let stand 2 minutes before cutting into wedges. Serves 4 (snack) or 2 (lunch).

For more recipe ideas, check out our Get Ready, Get Set, Get Fit 4 Life website at [http://www.everydaylearning.net/stories/storyReader\\$95](http://www.everydaylearning.net/stories/storyReader$95)

#### \*MOVIN' & GROOVIN'\*

##### Bug In The Rug Game

A "who's missing" game during group time that builds a child's developing observation and memory skills. A group of children sit around a large sheet on the floor. One child steps away from the group and closes her eyes. The teacher/parent taps a child and he gets under the "rug." The child that was away from the group with her eyes closed comes back to the group.

Now the rest of the children chant:

Bug in the rug,

Bug in the rug.

Whose that bug in the rug?

The child has to guess who is under the rug by looking around to see who is missing. The child under the rug is then revealed. For more fun physical activity ideas, visit our Get Ready, Get Set, Get Fit 4 Life website at [http://kcsos.kern.org/everydaylearning/stories/storyReader\\$40](http://kcsos.kern.org/everydaylearning/stories/storyReader$40)

#### \*INCLUDING ALL CHILDREN\*

##### Strategies for Aggressive Behaviors

Develop a word list of what you consider to be aggressive behaviors. Find pictures that illustrate each of the behaviors you have identified and match these with the word list. Share this list with the children and talk about why these behaviors are not acceptable in your setting. Post this list in an appropriate place as a reminder for the children who need it.

Source: Inclusion: Strategies for Working with Young Children, Lorraine O. Moore, Ph. D., 2003

For more activities and resources for working with children with special needs check out the 2006 Literacy Calendar at <http://www.everydaylearning.net/literacycalendar>

#### \*SCHOOL READINESS\*

##### To Market, To Market

Read To Market, To Market by Anne Miranda and Janet Stevens aloud with your children.

Based upon a traditional nursery rhyme, the main character has to make multiple trips to the grocery store because her main course keeps escaping. Here are a number of activities you can use along with the book.

\*Set up a pretend grocery store that the kids can use to play shopping. Use your small tables, vegetables, rice and beans from the grocery store and pretend food. Sort by color, then place the food in baskets. Cut out pictures of each food item and place the pictures in a paper bag. Explain to the children that, just like the book, they have to go shopping to get food for lunch. Give each child a chance to pick a picture out of the paper bag and then go and find the item on the tables. This can be done individually or in groups, depending on your children. As each child brings their food item, you can talk to the children about what it is, the color, the shape, the feel, etc.

\*The second part of the activity will be to prepare a soup from the items the children bought at the store. We can talk children through the process of cutting, chopping, mixing and cooking. This builds on language skills, math concepts, sequencing, etc. (Please be sure to supervise children's use of kitchen utensils.)

\*Let children practice small motor skills that were necessary in preparing the food for cooking. Make homemade play dough (it tends to be a little softer than store bought) and give the children items like Popsicle sticks, rolling pin, cookie cutter, etc that they can use in the playdough.

\*Visit a petting zoo or farm so that the kids can see the animals up close.

#### \*WORKING WITH SCHOOL AGE\*

##### I Spy Bottle

Into a 2-liter soda bottle, insert several small "I-Spy" type items (Barbie shoe, key, marble, Cootie leg, Lego brick, penny, etc.) Make an I spy list, and tape it (folded shut) to the side of the bottle. Fill the bottle half to three-fourths full with bird seed. The kids have to turn the bottle to find the items. Kids can help make these bottles and come up with what items to put in. Make a game out of it by seeing who can find the most items in one minute!

#### \*TAKING CARE OF BUSINESS\*

##### What To Include In A Brochure Or Handbook?

There are many things parents need to know about your day care business. Many providers prefer to put this information in a brochure or handbook, rather than in a contract. Parents do not always remember everything you told them during the initial interview. Giving parents a brochure or handbook with the main points will allow them to go over the information later.

Guidelines and procedures listed in the brochure or handbook should reflect your home and explain the way you deal with children and families. State the days and hours you are open, the rates you charge, and the meals you serve. Include special information about feeding infants. Tell parents your ideas about children and what they need. Explain what types of activities you will offer. Talk about how you will guide and discipline children. How do you handle toilet training? What do you do if one child hits another child? This information is helpful for parents. It also shows you care and know about children. Some of this information, such as hours and fees, may also be included in your contract. The advantage of also listing it in a handbook or brochure is that you can go into more detail. You can explain why a policy exists in addition to saying what the policy is. Often there is not enough room for this detail on the contract form.

Also spell out what you expect of parents. State that you expect to be paid on time and that children should be picked up on time. Tell parents if you want them to send extra clothes. Tell them if children are allowed to bring toys and food. If there are other ways you expect parents to support your program, let them know. Explain your policies about sick children and giving medicine. Tell parents if you expect to be paid when children are absent. You may be able to suggest substitutes for days when you are sick or on vacation. Talk about what you will do if the child care arrangement is not working. Source: Reprinted with permission from the National Network for Child Care - NNCC. Morse, N. (1992). Contracts with parents. In Todd, C.M. (Ed.), \*Family day care connections\*, 1(4), pp. 4p;5. Urbana-Champaign, IL: University of Illinois Cooperative Extension Service.