



**CCCC E-Newsletter February, 2005 Issue**

Greetings from Community Connection for Child Care! That time of the year is quickly approaching...TAX TIME! CCCC is pleased to welcome Tom Copeland, Director of the Redleaf National Institute who will be presenting a

FREE workshop on record keeping and tax preparation Tuesday, March 1, 2005. Participants will learn how to maintain vital business records, claim proper deductions, and legally reduce their taxes. The workshop will be held at Community Connection for Child Care 2000 24th St. in Bakersfield in the Board Room from 6:00 p.m. to 9:00 p.m. The audience is primarily licensed child care providers, but all interested caregivers are welcomed! Books and materials from Redleaf Press will be available for purchase! Registration is recommended for each session in order to have an adequate supply of materials. Please contact Pat Barron 661.861.5308 or Corina Vasquez 661.861.5265 or toll free at 877.861.5200 to reserve your seat today!

Until next time, our best to you and yours --  
The staff of Community Connection for Child Care

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

**\*KCSOS PROGRAM SPOTLIGHT\***

The Kern County Children's Dental Health Network February is National Children's Dental Health Month! In spite of the current national emphasis on preventive dental health, many children are still affected by dental caries. Caries in the baby (primary) teeth is one of the most common health problems affecting young children. In many cases, children go to the dentist only after a problem was severe enough to be noticed by a parent. Oral health visits during a child's early years is now the foundation upon which a lifetime of oral and dental health can be built!

Oral health is a vital component of a child's overall health. A partnership between families, dental professionals, and other health professionals is necessary for achieving oral health in children. Children's oral and dental health is achievable! By providing a healthy diet, minimizing the consumption of sweets, cleaning a child's teeth twice a day, and getting early dental examinations, a child can have a happy, healthy smile.

Since 2000, the Kern County Children's Dental Health Network (KCCDHN) has provided dental services for Kern County children through a partnership between the Kern County Superintendent of Schools, West Kern Community College District (Taft College Dental Hygiene Program) and Clinica Sierra Vista. Funded by First 5-Kern, the primary goal of the mobile school-based dental program is to decrease the amount of decay in children, 1-5 years of age by improving access to dental services and preventive services at a school site or child care program, under the direction of Stacy Eastman DDS. Services include oral health education, an oral screening, a plaque index, a prophylaxis, application of fluoride, and sealants, if age appropriate. There are no fees for any of the dental services provided.

Children who are identified as needing further treatment are then given the opportunity to be treated utilizing Clinica Sierra Vista's mobile dental van . . . at the child's school site. If the van is deemed not an appropriate environment for the child, he/she has the opportunity to have their decay treated by one of the local subcontracted pediatric dentists, Dr. Launspach, Dr. Purdy and Dr. Purdy, in their respective offices. For more information, please contact KCCDHN at 661-

861-5288 or check out the Kern County Children's Dental Health Network website for downloadable resources and oral hygiene tips at <http://www.kccdhn.org/> .

### **\*CCCC TRAINING OPPORTUNITIES\***

"Place of Our Own" is a new television show that was developed by KCET for people who do child care in their homes. CCCC is offering 2 FREE workshops in English and Spanish on topics that are covered in the programs. Saturday, February 26, 2005 Conflict Resolution Saturday, March 19, 2005 Play and Creativity All training are scheduled from 9 AM to 12 noon at CCCC, 2000 24th Street in Bakersfield. Participants will receive a book, curriculum ideas and training materials. To reserve a spot, call CCCC at 661.861.5200 or toll free at 877.861.5200 and ask for Debbie Matthews, Sally Ramirez or Janet Shaw.

Learn more about upcoming training opportunities and CCCC services and browse through our many child development resources...check out the CCCC training website at <http://kcsos.kern.org/cccc/calendar>

### **\*FEATURED QUESTION\*:**

What can I do to get the children in my daycare to eat enough of the right kind of foods?--  
Dominique, Family Child Care Provider

Feeding young children can be a real challenge. We know children need a nutrient dense diet (lots of nutrients for the amount of energy in the food) to grow and develop properly.

1. Create a pleasant eating environment. Mealtime should be a happy unhurried time.
2. Serve familiar foods with new foods. Introduce new foods one at a time to gain greater acceptance.
3. Serve age-appropriate servings. Large servings make children feel overwhelmed.
4. Schedule meal time after a quiet activity such as story time so children are rested and ready to eat.
5. Allow children to decide how much they will eat.
6. Allow children to participate in meal time preparation. Setting the table or helping to stir the vegetable dip may be all that is needed to encourage better eating.
7. Serve interesting foods that will appeal to children. Bite-sized pieces, interesting shapes, small muffins, and funny sounding names are just a few ideas for you to try.
8. Remember that children can balance their diets over several days, not one meal or one day. Make a variety of foods available to them each week.
9. Focus on your child's positive eating behavior not on the food. Stay positive and avoid criticizing or calling any child a "picky eater." Children believe what you say!
10. Finally...You Can Lead Them to a New Food, But You Can't Make Them Eat!

### **\*MONTHLY PLANNER\***

**February is African-American History Month** Celebrate African-American history with these activities and resources <http://www.gp.k12.mi.us/ci/ce/multi/bhmes.htm>

**February is National Children's Dental Health Month** Resources and hands-on activities for talking with children about their oral health for ages 3 and up <http://www.ada.org/public/education/teachers/ideas.asp>

**February 13-19 is Random Acts of Kindness Week** Get ideas for your children in your program. <http://www.actsofkindness.org/classroom/>

**March 2 is Read Across America** Initially created as a one-day event to celebrate reading on Dr. Seuss' birthday, March 2, NEA's Read Across America has grown into a nationwide initiative that promotes reading every day. <http://www.nea.org/readacross/index.html>

**\*WEBSITE OF THE MONTH\* \***

Meals Matter Healthy eating and meal planning made easier. Includes meal planning tools, recipe and meal ideas and interactive tools for planning better fitness routines and nutrition for children and adults. Sponsored by the Dairy Council of California <http://www.mealsmatter.org/>

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

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

Vegetable Omelet - Recipe for young cooks!

Each child needs the following:

1 zipper storage bag 1 egg 1/8 cup milk or water ¼ cup vegetables, chopped (tomatoes, green peppers, broccoli, mushrooms) Optional: chopped ham and/or shredded cheese

Bring a pot of water to a boil. In the meantime, have each child crack an egg into a zipper bag. Add milk or water as desired. Seal zipper bag, Mix the egg and liquid together by squeezing the bag. Add additional ingredients as desired. Reseal bag and mix again by squeezing the bag. Place the closed bag into the boiling pot of water until the egg is done. The egg will peel away from side of the bag. Simply remove the egg from the bag and serve with milk and whole wheat toast!

**\*KEEPING KIDS BUSY\***

Make a Mystery Bag Children love to play guessing games. Mystery bags (pillowcases, grocery bags) and boxes (all sizes and styles) are a perfect way to introduce new objects, because they keep kids engaged. They also encourage children to use higher -order thinking skills, including creative problem solving and inductive/deductive reasoning. Here are some great things to hide in your mystery bags and boxes. Invite children to guess what is inside (be sure to provide some hints and clues): -ABC blocks or magnets -New books to read together -Items that make sounds (bells, sticks, shakers) -Healthy snack foods -Objects that can be found around the house

**\*FEATURED QUOTE\***

Life's most persistent and urgent question is: What are you doing for others? --Dr. Martin Luther King Jr.