



## CCCC E-Newsletter January, 2007 Issue

Greetings from Community Connection for Child Care! CCCC is happy to announce the release of the 2007 Literacy Calendar. With the generous support of Castle & Cooke, CCCC's Resource & Referral and the CEL of Kern County, the 2007 Literacy Calendar provides developmentally appropriate early learning opportunities, promotes early childhood literacy and improves children's school readiness.

Available on-line, the calendar offers parents and providers daily and weekly low-cost activities to do with infants and preschoolers of all abilities to encourage children to explore the world around them. The calendar also features literacy enrichment advice, storytelling tips, snack ideas and arts and crafts each month. Printed copies are available at Community Connection for Child Care 24th Street office for providers and parents participating in trainings and Story Time events. Download it today at <http://wwwstatic.kern.org/gems/everydaylearning/calendar07Web.pdf>

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

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

#### \*CCCC PROGRAM SPOTLIGHT\*

##### Create A Parent Handbook Workshop Series

CCCC debuted a new workshop in 2007 to help Kern County family child care providers create a basic handbook for parents enrolled in their programs. There are many things parents need to know about the child care program they selected for their child such as its policies on attendance, discipline, health and safety and holidays. Many providers prefer to put this information in a brochure or handbook, rather than in a contract, so parents can easily refer to it on a regular basis.

Your family child care program is as unique as you are! No one can write your policies as well as you can. The Parent Handbook Workshop can help you develop written policies that reflect the way you run your business. The workshop will also address the development of fees and rate sheets as well as marketing strategies. A total of six workshops will be held at CCCC on 24th Street in Bakersfield beginning in January from 6:30 p.m. to 8:30 p.m.

#### \*UPCOMING TRAINING\*

March 1, 2007

Asthma in Child Care (CCCC)

Time: 6:30 p.m. - 8:30 p.m.

Location: 2000 24th St. in Bakersfield, Board Room

Cost: Free

Audience: Child care providers, center based staff, parents and the community

Contact: Registration is required. To register, call 661.861.5330 Certificates of participation will be provided.

#### 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.

February 2007: The Whole Child Series

- #1 Building Inner Controls: Guiding children in controlling themselves and finding acceptable ways to express their aggressive feelings.
- #2 Respecting Diversity: How prejudice develops and how to respect cultural differences.

March 2007: The Whole Child Series

- #1 Creativity & Play: The relationship of creativity to self-worth and self-expression.
- #2 Let's Talk About It: The process of language acquisition and methods for increasing language competence.

**\*FEATURED QUESTION\***

"Sometimes the boys in my day care like to play superheroes. Is this okay or should I stop them?" Connie-Family Child Care Provider

When a child plays superhero or other good vs. evil games, he is exploring different power roles -- an important part of his social and moral growth. Still, this activity can easily escalate into chaos! Keep it from getting out of hand by following these guidelines from Scholastic.Com.

1. Play it safe. Set clear boundaries (for example, no hitting or leaping off the couch) to remind your child that safety comes first.
  2. Monitor your child's television watching. Keep violent TV shows and films to a minimum and always talk with your child about what she has seen and how she feels about it.
  3. Encourage open communication. Remind your child that talking things out is always the best way to solve a problem. Encourage him to ask you for help if he is feeling troubled.
  4. Use art as therapy. If your child is using violent games to express anger or other negative feelings, show her that she can substitute creative projects or exercise instead. Pounding on clay or taking a run helps alleviate frustration.
  5. Be a part of the play. If he'll allow it, become involved in your child's game to gain a better perspective on what he's feeling. Source: Scholastic.Com
- <http://content.scholastic.com/browse/article.jsp?id=708>

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

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

Basic Bread Dough

- 3 to 3 1/2 cups unsifted flour
- 4 teaspoons sugar
- 1 1/2 teaspoons salt
- 1 package dry yeast
- 2 Tablespoons soft butter or margarine
- 1 1/4 cups very hot water (105-115°F)

Let the children help you measure and combine 1 cup flour, sugar, salt, and undissolved dry yeast in a large bowl. Mix well. Add butter or margarine. Add very hot water slowly to the dry ingredients. Let the children help to beat the mixture for 2 minutes. Add 1 cup flour or enough to make a thick batter. Beat for 2 or 3 minutes. Stir in more flour to make a soft dough. Cover the bowl tightly with plastic wrap. Let rise in a warm place for 45-60 minutes. Wash everyone's hands again. The children will love stirring the dough down. Take the dough out of the bowl and place it on a floured surface. Sprinkle some flour on the children's hands and give each child some dough to knead until it is smooth. Let them try making it into different shapes. Place dough shapes on a lightly greased cookie sheet or give each child a piece of aluminum foil with his name written in the corner. Lay dough shapes on the foil, and then place the foil pieces on a cookie sheet to bake. Bake at 400°F for 8-10 minutes or until golden brown (larger shapes may take longer to bake). Source: Better Kid Care 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'\*

#### Zoo Loo

Have the children move their bodies to imitate animals' movements. Music or use percussion instruments to encourage the children to:

- \* slither along the ground like a snake;
- \* stomp along like a big black bear;
- \* hop like a kangaroo that never stops;
- \* crawl along like a slow old turtle carrying his heavy house on his back;
- \* fly like a bird so high in the sky;
- \* climb like a monkey up in a tree;
- \* gallop like a horse crossing in a field.

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\*

If you have a withdrawn child in your care, it is important to talk with the child's parents to determine how their child relates to others in the home. If possible, find the cause for the withdrawn behaviors. Check if the child has been shy or withdrawn from birth or if this is a more recent occurrence (ex. attending preschool for first time, after some trauma). The reason for these behaviors could also be due to lack of exposure to social situations, the presence of cultural expectations, the personality of the child, or how the child was treated when he initially tried to communicate or interact. 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\*

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

Practice Writing First and Last Name

1. Have children practice writing their name using a variety of tools such as a Magna Doodle, crayons, pencils, and markers. Check that your child is gripping the writing utensil correctly. You may even consider having your children practice writing their name using different items around the house such as pudding, rice, sand, or shaving cream. \*\*\* Be sure that your child uses a capital letter only at the beginning and lowercase letters for the rest of the name.
2. Write your children's names in large letters (or use magnetic letters). Say each letter aloud as you write or place it so your child can associate the name of the letter with the shape of the letter.
3. Cut apart the letters of your child's name (or use magnetic letters) and have him/her put them back in the correct order saying the name of each letter while doing so. (Start with just the first name, adding the last name only when they have mastered this.)
4. At home, label your child's door or other objects so his/her name can be seen in print.

Source: <http://www.olentangy.k12.oh.us/pdf/kinder/activities.pdf>

### \*WORKING WITH SCHOOL AGE\*

#### Mudcloth

Get creative with this African art form. What you will need: 1 piece white cloth, paintbrush, ½ cup brown tempera paint, ½ cup blue tempera paint, 1 cup dirt, mixing bowl, strainer and spoon. What you need to do: Prepare the dirt by placing it in a strainer and running water over it. Sift the mud into the mixing bowl and pour out some of the excess water. Stir the blue and brown paint into the mud until it is completely mixed. What design would your child like to paint? She may want to sketch it on the cloth with a pencil before starting to paint. Use the paint and mud mixture to paint a design on the cloth. You may want to place the cloth on top of newspapers to catch spills or drips. Let the paint dry and then add a second coat on top of the first. Let the

cloth dry completely. Encourage your children to use Internet or library resources to learn more about mudcloths and the cultures that paint them. She might even find some new designs she would like to try!

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

#### **How To Promote Your Business**

1. Offer a safe, caring, high quality program.
2. List the benefits of your program. Does it offer a child-centered curriculum with planned learning activities? Do you have an enclosed yard for safe, fun outdoor activities? Will individualized care and attention be provided? Will you become accredited by the National Association for Family Child Care (NAFCC)? Have you obtained degrees or certification in early childhood education? What is unique about your program?
3. Maintain a positive, professional impression on the phone, in person, and throughout your home. Record a message on your answering machine that lets the caller identify who you are and the name of your business. Your outgoing message should convey that you are unable to come to the phone because you are with the children.
4. When parents call in search of care, be sure to describe the benefits of your program. Set up time for an interview. When interviewing, be sure to give the parent written materials about your program. Give them a tour and point out what makes your program safe, fun, and educational.
5. Make sure that the outside of your home is clean and uncluttered. The entry into your home should be warm and welcoming. Post your credentials, activity schedules, and emergency procedures on bulletin boards.
6. Create a business name and register it. No one else will be able to use your name if it is registered.
7. Distribute flyers about your business including the benefits of your program in your community. Some places to put flyers would be grocery stores, libraries, schools (after receiving permission from school), hospitals, etc. Be sure to include your license number on all advertising (it is a licensing requirement).
8. Use other organizations to promote your business. Talk to your local 4C about how to attract new parents or for advice and encouragement. Source: [http://www.childcare4c.com/starting\\_a\\_child\\_care\\_business.php](http://www.childcare4c.com/starting_a_child_care_business.php)