



CCCC E-Newsletter July, 2006 Issue

Greetings from Community Connection for Child Care! School is almost back in session, and for many children in your programs this will be their first year! Having a routine is essential when school is back in session. Coordinating homework, different school schedules, school and extracurricular activities is definitely a challenge, but child care providers can play a key role in

helping the children in their care establish a routine.

It is extremely important to have close contact with parents in order to have things run smoothly. First, start with the yearly school calendar, so you are aware of holidays, teachers' in service days and minimum day schedules. These details will help you in planning activities, meals and the number of children who can attend each day. Now, take a few minutes each week to put special days and upcoming events on the calendar. Aside from keeping everyone aware of upcoming, special days and events, a calendar teaches children a little bit about time management!

As a visual aid for children just starting a preschool program or entering elementary school, a simple calendar helps develop a sense of time. Just knowing that there are certain days to be in school or child care and other days to be home with family can help children cope with the transition. Counting down the days and marking them off will not only help the time pass, but also teaches children the days of the week, months, counting skills, and time management. It is also helpful to mark significant events, such as birthdays and field trips, or note when homework and school projects are due.

Also, CCCC is receiving a number of calls from parents looking for care when school begins. Please take a minute to update your information with our R&R consultants at 661.861.5200 or submit your current information on-line at [http://kcsos.kern.org/cccc/stories/storyReader\\$1008](http://kcsos.kern.org/cccc/stories/storyReader$1008)

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

The staff of Community Connection for Child Care

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

KCSOS PROGRAM SPOTLIGHT

SEARCH & SERVE

Children develop at different rates and in different ways. Differences in development may be related to personality, temperament, and/or experiences. Some children may also have health needs that affect their development. The first five years are very important in a child's life. The sooner a concern is identified, the sooner a child and family can receive specialized services to support growth and development.

Any individual that believes they know a child that might require special education intervention may call the Search and Serve office and talk to someone about their concerns. Every call results in a personal contact. The Search and Serve office will screen each contact and make a referral to the most appropriate source of evaluation and services for the child. This is provided at no cost to the parent. Requests for screening and referrals are made to appropriate schools, agencies, and other resources that will assist the child to receive an assessment and recommendations. The referral could be directed to a speech pathologist, the local school district, the Kern County Superintendent of Schools Office or other educational and community resources.

Contacts with the Search and Serve office may be made by any person concerned about a child. Parent involvement and agreement is obtained prior to any further action. Information is confidential and the privacy of children and parents is protected. If you know of a child who has one of more of the following disabilities, (or you suspect they have) please contact Search & Serve at 661.636.4817

- *Autism
- *Learning disabilities
- *Deafness or hearing impairment
- *Total or partial blindness
- *Speech or language difficulties
- *Physical or orthopedic disabilities
- *Developmental disabilities
- *Mental retardation
- *Emotional disturbance
- *Multiple disabilities

There are many programs and therapeutic services provided by Kern County school districts that are available to a child with a disability from birth until age 21. There are no fees and there is no cost to the parents at any time for services that are provided to a student in special education. If parents have concerns about their child's development, they should first discuss them with the child's doctor. If a child care provider or teacher has concerns about a child in his/her care, discuss your concerns with the family. The California Department of Education produces a brochure to assist families and caregivers regarding concerns about a child's development:

Reasons for Concern Brochure (English)
<http://www.cde.ca.gov/sp/se/fp/documents/rsnsconcrnenglish.pdf>

Reasons for Concern Brochure (Spanish)
<http://www.cde.ca.gov/sp/se/fp/documents/rsnsconcrnspnsh.pdf>

Visit the Kern County SELPA website for more information about special education services and resources for children with special needs
<http://kcsos.kern.org/specialed/>

UPCOMING TRAINING

The Whole Child Series Television Training
CCCC along with KCSOS broadcasts training programs and videos for viewing every Friday from 1:00pm to 3:00pm. The broadcast can be viewed on the KETN Network (List of KETN channels [http://kcsos.kern.org/cccc/stories/storyReader\\$382](http://kcsos.kern.org/cccc/stories/storyReader$382)).

The Whole Child Series
Nurturing the growth and well-being of a child is an important goal that many people share. This video series provides essential information about children's physical, emotional, and cognitive development; offers techniques to use in difficult situations; and shows how to help children develop to

their fullest potential. Beneficial for parents, professional child care providers, and students, the Whole Child helps both caregiver and the child get the most out of time spent together.

August:

1:00 pm-2:00 p.m. (English)

#9 Building Inner Controls

#10 Respecting Diversity

1:00 pm-2:00 p.m. (Spanish)

#9 Building Inner Controls

#10 Respecting Diversity

FEATURED QUESTION

"Help! I have a lot of vacancies in my day care. How do I fill them?" - Cindy, Family Child Care Home Provider

All new businesses need promotion. Having a marketing plan is essential to ensure a thriving business. The Local Investment in Child Care (LINCC) provides a "50 Tips for Success" flyer that is really helpful. These low-cost tips on how to promote your business are from successful, locally owned child care businesses. The following are two excerpts from this flyer.

*Create, print and distribute flyers about your child care business. Include three special things about your child care. Make it easy for people to get in touch with you.

*Ask current clients to take fliers to their workplace, put business cards on bulletin boards, or just recommend your business to others.

Read more marketing tips at <http://wwwstatic.kern.org/gems/cccc/LINCCMarketingTips.pdf>

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

KIDS IN THE KITCHEN

Pasticcio (Baked Macaroni with Beef and Cheese)

Elbow macaroni	1 1/4 cup
Water, boiling	1 qt
Salt	1/8 tsp
Ground beef	1 lb
Fresh onion, chopped	1/4 cup
Canned tomato sauce	2 cups
Parmesan cheese, grated	1/2 cup
Cinnamon	1/8 tsp
Skim milk	1 cup
Margarine	3 Tbsp
Large eggs, beaten	2
Nutmeg (optional)	1/8 tsp

In 2-qt saucepan, combine water and salt to bring to a boil for 12 servings. Add macaroni; reduce heat and cover, and cook for eight minutes. Drain. Cook beef and onion in a 10" skillet until lightly brown; drain off excess fat. Stir in tomato sauce. Spread half the macaroni in a greased 2-qt baking dish. Cover with beef mixture. Combine cheeses and cinnamon; sprinkle one cup over beef mixture. Cover with remaining macaroni. Cook milk and margarine until margarine is melted, using a 2-qt saucepan for 12 servings or a 6-qt saucepan for 25 servings. Beat in eggs. Pour over macaroni and sprinkle with remaining cheese. Cook uncovered in 325°F oven for one hour. Sprinkle with nutmeg. 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'

Jug Catch

Use a utility knife to cut a one-gallon plastic jug in half horizontally. Recycle the bottom half of the jug, but save the top half (the half with the handle). For safety, cover the cut edge of the jug with duct tape. Two or more children playing together can use the jugs to toss a tennis ball or beanbag back and forth without touching it with their hands. A child playing alone can toss a ball or beanbag in the air and catch it in his jug, seeing how many successful catches he can make in a row. 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

Fingerplays are good for children with speech and language needs. Done in a group or with one child fingerplays cause children to lose their self consciousness in some part because they are participating in the motions without speaking. The motions also provide visual cues that can help children understand the words. National Network for Child Care has a collection of fingerplays and action songs at <http://www.nccc.org/Curriculum/fingerplay.html> 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)

Off To School Tips to Share with Parents

*Set the school-night bedtime before school starts and begin to stick to it. Get up early yourself and get things going on the morning schedule you'll follow on school days.

*Start the routine of selecting and laying out the next day's clothes the night before, including shoes and socks. Have your child begin the habit of dressing completely before breakfast.

*Walk to school or the bus stop with your child several times. Discuss the best ways to get there and talk about any dangers along the way, such as busy intersections.

*Draw a big map including the home-to-school route and put in major landmarks. Let your child play on it with small cars or dolls.

*Talk a lot about what school will be like, but be careful not to promise anything you're not sure will happen. Listen carefully to your child to discover fears and worries he or she may have. Try to put yourself in the child's place if some fears seem silly to you - they're very real to him or her.

*Rehearse your child in reciting his or her full name, address and phone number.

*Try role-playing, and let the child play both pupil and teacher.

*Give your child two gifts to help him or her with scheduling: an alarm clock - and start setting it for bedtime and wake up time - and a calendar on which he or she can mark and cross off special days.

*Don't forget to inquire each day about school activities. Listen very carefully to the answers in order to head off any problems. (Some children will share more than others; don't give your child the "third degree"!) you may find that the best time to ask about the day's events is at night, as you are tucking your child into bed.

WORKING WITH SCHOOL AGE

Simple Sun Experiments

Sun-Dry Grapes into Raisins

Using a small scale, weigh a bunch of firm, seedless grapes and write down the weight to be able to compare with the dried fruit. Then wash the grapes in a container of water and dry with a towel. Remove the grapes from the stem and spread them evenly in one layer on paper plates. Cover the plates with netting or a screen and fasten them down. Place the grapes in the full sun to dry. After four days, test the grapes for dryness by squeezing them - if there's no moisture left on your hand and the grapes spring apart when you open your hand, the grapes are dry enough. Weigh the dried grapes (now raisins!) to compare with the weight before drying. Discuss what made the grapes heavier than the raisins. It is also interesting to note the changes in color, form and texture. And, finally, taste!

Create a Sundial

Find an existing erect pole (telephone pole, flag-pole, street light, basketball pole, tree, fence post, street sign) or put a large stick into the ground. Make sure there is plenty of clearing around the pole so that buildings, trees and other objects don't interfere with the sunlight. Now mark off the hours around the pole - using sticks or pebbles on grass and chalk or paint on concrete indicate the position of the shadow each hour.

BUSINESS RESOURCES FROM REDLEAF NATIONAL INSTITUTE

Tracking Hours

The middle of the year is a good time to check to be sure you are keeping careful records of the hours you work. Record at least weekly the number of hours you are caring for children, from the moment the first child arrives until the last child leaves. Keep track of when the last child actually leaves, not when the parent is supposed to pick up. In addition, keep at least two months of records showing all the hours you spent on business activities after the children in your care were gone (cleaning, activity preparation, record keeping, parent interviews, calls to parents, etc.). Keeping accurate track of your hours is probably the single most important thing you can do that will reduce your taxes.

More information can be found at <http://www.redleafinstitute.org>

FEATURED QUOTE

"Children are the living messages we send to a time we will not see." ~ J o h n W. W h i t e h e a d .

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>