



**CCCC E-Newsletter July, 2005 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 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\***

Recent Grants will Raise CCCC Quality Care Efforts in Community  
Over the last year, CCCC has refocused its efforts to outreach to the community with a focus on improving the quality of care that children receive. These efforts have included revamping of the Advisory Board into the CCCC Foundation Board after a long hiatus. The Board has added new members and is now meeting more frequently. In addition to raising Agency awareness and importance of quality child care, the Board is also playing a central role in securing outside funding through fundraising like Cartridges for Kids and grants to expand CCCC's training opportunities and special projects to enhance quality countywide. The Foundation Board is excited to announce its partnership with these following organizations to develop innovative projects and obtain new provider resources to enhance quality countywide.

United Way-Quality Child Care Training Project  
Objective: Expand current training efforts in English and Spanish throughout the County on various topics such as children with special needs, health and safety, nutrition and early literacy.

Kaiser Permanente-“Get Ready, Get Set...Get Fit 4 Life”

Objective: CCCC will be collaborating with the Dairy Council of California on this preventive outreach project that will extend nutrition and physical activity training, healthy recipes and resources to the teachers and parents of preschool children in licensed child care centers within the City of Bakersfield. This project is designed to address childhood obesity and help children “thrive” by establishing healthy eating and activity habits in the early years.

Castle & Cooke-“Links to Literacy” Activity Calendar

Objective: Support the development and production of the 2006 “Links to Literacy” activity calendar, in an effort to provide developmentally appropriate early learning opportunities, promote early childhood literacy and improve children’s school readiness. The calendars will also provide a comprehensive list of resources that will help connect the project’s audience with local programs and service providers that benefit children. CCCC plans to make copies of this calendar available at each office location and to staff providing home visitations. In an effort to increase access to this calendar, CCCC will also post this project on the web.

Kern Community Foundation

Objective: Increase the supply of learning materials within CCCC’s Lending Library in order to increase check-out options for caregivers and promote children’s healthy growth and development. This grant would allow CCCC to expand its outreach and help parents, caregivers, child care providers, and educators increase their capacity to promote children’s health, social/emotional development and improve their learning readiness.

CCCC greatly appreciates the partnerships and generosity of these private and public organizations and looks forward to matching their resources with the Agency’s expertise in child care operations, health and safety and early childhood development to ensure good beginnings for all Kern children. We will be sharing more information about these exciting projects as they are launched!

**\*FEATURED QUESTION\*:**

"What can I do when kids in my care curse?" - Jennifer, Family Child Care Home Provider

Cursing has been around since the beginning of language and there is no reason to believe that it will disappear on its own. What early childhood professionals can do is to understand the nature of cursing and how the total language environment influences children's cursing and our reactions to it. Because some curse words are more problematic than others, it is necessary to sort language into three categories: acceptable, unacceptable, and inappropriate. Acceptable language is what we read in a magazine or hear in a news broadcast. It is a formal or conventional level of speech that we hope young children will eventually learn and use. Unacceptable language is that which must be forbidden for legal reasons. Unacceptable language includes harassment, libel, threats, gender or racial discrimination, and obscenity. Inappropriate language is the gray area between acceptable and unacceptable language. It is language that depends heavily on context, because different contexts pose different standards or restrictions on language and behavior. What constitutes appropriate speech on the playground may not be appropriate within the classroom.

Most children under three won't comprehend that certain words are unacceptable. Often, ignoring the offense may be the best defense when dealing with the very young. Around the age of 4, a child may use inappropriate language for shock value. She notices that she gets a big reaction after saying certain words and is excited by the power of saying them and seeing

others respond. Another instigator may be that a kid repeats words she hears an adult say because it makes her feel "grown up" and independent. Lastly, a child may use bad words to transfer her own emotions. Someone may have called her a name, leaving her sad. She wants to pass those emotions to others-"if I make you feel bad, then I won't feel bad."

#### What You Can Do:

##### Be a Good Role Model.

Remember, while there are many ways caregivers and parents can help children avoid bad language, there is no substitute for avoiding it yourself. Because young children are little language vacuum cleaners ready to collect and repeat what they hear, teachers should be careful to attend to their own language so that they are good role models. Don't be caught off guard. Don't overreact or laugh when children curse. What you do when a child sends out a "test" bad word may have a lasting impact on the child. When a child curses intentionally or accidentally, act in the child's best interest. Work to establish a warm, positive relationship with the child, so that he or she will seek you out for information and advice about words. Teachers should also, from time to time, remind parents that they are language role models, too.

##### Reward the Use of Good Language.

Your goal is to eliminate unacceptable language while at the same time increasing the use of acceptable language. Give rewards in the form of positive comments for children's good speech. Comments such as, "I like the way you say that" and "You used a good word today" are effective reinforcers. Remember that while praise works, over-praise does not.

##### State Your Expectations.

Make your language use expectations clear to children and parents. For instance, if there are certain words that are always unacceptable at your center or home program, make sure that parents are aware of them. If your expectations are unclear, then they cannot be followed. Share appropriate words that children can use to express negative emotions such as frustrated, angry, annoyed and upset.

##### Adapt the Physical Environment.

Control the physical environment and you control the behavior in it. Change factors in the center which cause conflicts or disputes. Eliminate frustrating situations such as having too few toys to share. Remove frustrating furniture and barriers. Create areas that provide for smooth transitions between activities and eliminate confusion and arguments.

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

July is National Picnic Month. If weather permits, have a picnic in the backyard or at a local park. Kids can bring a packed lunch from home and enjoy these picnic activity ideas at <http://www.childfun.com/modules.php?name=News&file=article&sid=169>

National Watermelon Day is August 3. Talk about the different textures of a watermelon, the color green, circles, have watermelon for snack and count the seeds in the watermelon. Make some watermelon art <http://familycrafts.about.com/cs/summercrafts//blwmart1.htm>

American Family Day is August 7. Discuss different parents/households: two parent households, adoptive parents, single parent households, etc., put on a special play or performance for parents or invite the parents for a special lunch. Older children can begin to think about their family histories and their own lives by making a family crest([http://www.eduplace.com/rdg/gen\\_act/family/f\\_crest.html](http://www.eduplace.com/rdg/gen_act/family/f_crest.html)).

## **\*EVENT CALENDAR\***

National KidsDay will be held on August 7 and is a day set aside each year to celebrate and honor America's children by spending meaningful time with them. It's about celebrating kids - whether your children, grandchildren, or any child in need of mentoring.

The Boys & Girls Clubs of Bakersfield and the Kern County Superintendent of Schools Office is hosting a FREE KidsDay event at the Kern County Museum, located at 3801 Chester Avenue in Bakersfield, with over 50 activities, giveaways, games, prizes, bounce houses, music petting zoo and food. To share the fun, children must bring an adult from 12 p.m. - 4 p.m. For more information, please call 661.319.3081.

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

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

### Cheesy Meatballs

This recipe lends itself to lots of small hands helping to roll balls. You may even want to double it to have it on hand for another lunch. Children do a great job crushing the cereal in a plastic bag with a rolling pin and rolling and shaping the meatballs. (Perfectly shaped meatballs should not be the goal in this recipe!)

- 1 lb. hamburger, preferably lean ground
- ½ t. salt
- Pepper
- 1 c. grated cheese, (preferably low-fat cheddar, American, or Swiss)
- 1 egg
- ½ c. crushed high-iron cereal (Total, Kix, Corn Bran, Product 19)
- 1 small can or jar of spaghetti sauce

Combine all ingredients except spaghetti sauce and mix lightly. Form into small balls and brown in pan or bake at 400 degrees until brown. Pour spaghetti sauce over meatballs. Cook slowly for 20 minutes until meatballs are done. Makes about 16 meatballs.

### Zucchini Carrot Cookies

Children can help measure ingredients and drop dough by teaspoonful onto the baking sheet.

- ¾ cup margarine
- ¾ cup sugar
- 1 egg
- 1 teaspoon vanilla
- 2 ½ cups enriched flour
- 2 teaspoon baking powder
- ½ teaspoon soda
- 2 teaspoons cinnamon
- 1 cup shredded zucchini
- ½ cup shredded carrots

Cream the margarine and sugar.  
Add the egg and vanilla; mix well.  
Add the shredded vegetables and mix.  
Combine the dry ingredients in a bowl.  
Add the dry ingredients to the creamed mixture; mix thoroughly.  
Drop the dough by teaspoonful onto an ungreased baking sheet.

Bake at 350 degrees for 10 to 12 minutes.

Yield: 30 servings

Serving size: 1 cookie

Snack Suggestion: One zucchini carrot cookie and ½ cup 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\***

Worry Dolls Take the Worry out of School

Most children look forward to getting out of school for the summer, but not every child is as eager to go back to school in the fall. In fact, for some children this can be a stressful time. If your children are reluctant, or even frightened, about returning to the classroom, let them know it is okay to have these feelings about starting school. To put a positive spin on all these exciting, though admittedly unsettling, changes, share with them how children in Central America deal with their fears. In Central America, children make tiny "Worry Dolls," from wood and yarn. The children tell these dolls their worries and, before they go to bed, the children put the dolls under the pillows. The dolls take away all of the children's worries and let them have a restful night of sleep. Try this activity before school starts and see what happens!

Whimsical Worry Doll

Materials Needed

- 1 craft stick\*
- Piece of drinking straw
- Fine-tip washable markers
- Various colors of yarn
- Tape
- Glue

How to Make It

Cut straws into 3-inch pieces. You will need one piece.

1. Tape the piece of straw to the craft stick.
2. Use markers to draw eyes and a mouth.
3. Wrap the doll's arms with various colors of yarn for clothing. Tuck in the loose ends.
4. Wrap the doll's body with various colors of yarn for clothing. Tuck in the loose ends.
5. Glue a small piece of yarn onto the head for hair.

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

What Should Kids Know for Kindergarten?

Every school district has different expectations on what a child entering Kindergarten should know, but in general, preschoolers should work on the following skills:

- Colors: Red, green, blue, yellow, orange, black, gray, purple, brown
- Shapes: Square, circle, triangle, rectangle, octagon, pyramid, cylinder
- Count from 1 to 30
- Recognize their first & last name
- Upper case & lower case letters

- Write their first & last name
- Know their address & phone number
- Be able to sit quietly at a task

Activities to build upon these skills:

Colors, Shapes & Numbers: Strengthen these skills through sorting activities. Children can sort practically ANYTHING! Legos, playing cards, seashells, crayons, socks or silverware are just a few!

Big, Bigger, Biggest: Use a piece of cardboard (large, lap sized) and trace different sized buttons (or Legos, lids, seashells, etc.) onto the board. Give children the objects to see if they can put them in the proper order on the board.

The Name Game: Make name tags for each child to use at snack or lunch. Say the child's name and give the card to the child to hold. During the meal, talk about name similarities and differences. Which names start with the same letter? Do any of the children have the same name? If so, how do they feel about it? Do any of the children's names rhyme? For older children, try asking if they think anyone in the world might have the exact same name. In what ways might they be different (likes, dislikes, parents, birthdays?)

#### **\*BUSINESS RESOURCES\***

##### THE BASICS OF A PARENT/PROVIDER AGREEMENT

by Tom Copeland, Red Leaf Institute

How is your contract written? Tom Copeland offers suggestions for information you should include.

<http://www.redleafinstitute.com/index.cfm?section=bn&page=bn01#article1>

Maria Garza from Little Angel's Child Care submitted this link <http://www.vistaprint.com> where providers can receive 250 FREE business cards in both English and Spanish. Thanks Maria!

#### **\*FEATURED QUOTE\***

"The ultimate inspiration is the deadline." -Nolan Bushnell, Computer Pioneer

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>