



## CCCC E-Newsletter June, 2006 Issue

Greetings from Community Connection for Child Care! Most new kindergartners need a physical and additional immunizations before starting school (even if they have been attending a preschool). Playing "Doctor's Office" can help to reduce fear before the actual visit. According to Kaiser Permanente's Dr.

Poornima Kunani, the best way to alleviate a child's fears about the exam is to not procrastinate. Parents should schedule the visit well ahead of the deadline and try to schedule the appointment with a doctor that their child is familiar and comfortable with.

A basic health screening and physical will be performed to monitor a child's general health. This will include height/ weight/ blood pressure measurements and hearing and vision tests. They may also be asked to provide a urine sample. The doctor will also assess if a child is developmentally ready to start formal learning. For example, can the child understand and carry out simple commands, is speech appropriate for age, are vision and hearing are normal. Children should also be able to identify basic shapes and colors by this stage in their life. They may ask the child to hop up and down, identify body parts, say their first and last name, identify their age, etc.

It is really important to reassure the kids about shots. Most children will receive the DTAP combo shot (for pneumonia, whooping cough and tetanus,) as well as the polio vaccine and a MMR combo shot for measles, mumps and rubella. Some children may need additional vaccines. Usually after this set, there are no routine vaccines until the child is 11-12 years old, which means no more scary needles or tearful rescue pleas for a couple more years. Your provider will ask you a few questions to assess if your child needs this test. There will be a screening for anemia and lead toxicity with a blood test you should talk to your child's provider about because both anemia and lead toxicity can interfere with a child's ability to learn. Screening for tuberculosis entails an injection given directly under the skin on the forearm which usually translates into "another shot!" for the child, but usually just feels like a tiny pin prick and shows up as a small bubble in the child's forearm. The injected area needs to be evaluated within 48-72 hours, so make sure to schedule that appointment before you leave the provider's office. Explain to the children that the bubble will go down in a couple of days but they shouldn't press on the bubble or scratch it.

For the exam, parents will need their child's immunization record, a list of food/ medication allergies, medication that the child will need at school and paperwork that the school wants. Most schools will require a medications list that details appropriate dosing instructions and they will also need emergency medical contact information.

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

The staff of Community Connection for Child Care

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

### \*CCCC PROGRAM SPOTLIGHT\*

Everyday life is a learning experience for children. CCCC's EverydayLearning website invites parents and caregivers to make everyday moments into teachable moments. Drawing from years of experience from CCCC staff members, the website ([www.everydaylearning.net](http://www.everydaylearning.net)) was created to house all of CCCC's special outreach projects and grant programs that enhance the quality of child care and the children's lives.

Currently, EverydayLearning.Net features Get Ready, Get Set, Get Fit for Life!, activity of the month segment, recipes from the Dairy Council of California, Family and Provider Physical Fitness Activity Planners, Food! Fun! Fitness! Newsletter, 2006 Literacy Calendar, monthly health feature from a Kaiser Permanente's pediatrician and links to United Way's Born Learning and LittleTravelers.Org, CCCC's car seat safety website. EverydayLearning.Net is driven by the philosophy that children learn through everything they experience during the day and doing simple things can make a big difference. The website is designed to assure parents and caregivers that it is easy - and fun - to turn everyday moments into quality early learning moments...and that is important because children are born learning. Visit today at [www.everydaylearning.net](http://www.everydaylearning.net)

### \*UPCOMING TRAINING\*

Play Day in the Park

(June - September, 2006) English/Spanish

Bring the children and get some great ideas for a fun filled summer! Community Connection staff will be out at parks across the County to help share creative low and no-cost activities ideas to use with children. The locations have changed to be INSIDE to avoid the heat! A variety of children's activities will be set up for EVERYONE to explore. These activities are made out of everyday household items and are designed to help children learn through the use of their senses, motor skills, social skills and language.

Play Days will also feature the popular Story Time events where CCCC staff will be there to read to the children a story and demonstrate some fun wrap-around learning activities you can do at home or in child care with the children. All providers, children and parents are invited to join us for a fun filled morning! Be sure to call and let us know that you're coming. To register, please call 661.861.5330.

### Dates & Places

Mojave June 30th - Veteran's Hall 15580 O Street

Taft July 28th - West Side Park & Recreation Assembly Room 500 Cascade Place

Lamont August 25th - David Head Center 10300 San Diego St

### \*FEATURED QUESTION\*

"I have a couple of parents who are not paying me on the date in my contract. How can I ensure I get paid on time to pay my bills while keeping up a positive relationship with these parents? - Lisa, Family Child Care Provider

Although the vast majority of parents pay for their child care in a timely manner, some parents chronically pay late which can contribute to budget problems at family child care programs and centers. As a child care professional, you have the right to expect your customers to pay on time. You are providing a service to families, and you should be paid for that service just as the phone company and the gas company are paid for the services they provide. Here are some suggestions to help ensure prompt payment from parents.

Be clear about your payment policies. Parents must know how much to pay and when you expect payment. Discuss this policy with parents during their initial interview. Also, provide them with the information in writing. So many things are discussed during an interview that details are often lost. It can be included in your contract if you have one or in an accompanying brochure or handout.

Make it easy for parents to pay on time. There are many reasons why parents may not pay on time. Your payment schedule may not match their needs. Some parents may prefer to pay for two weeks at a time. It may be easier for parents to pay on their payday instead of some other time of the week. If you are having problems with a particular parent, find out if a different payment schedule would make things flow more smoothly. While this may be more work for you in terms of bookkeeping, it may be less problematic than being paid late every week.

If forgetting the check is the major problem, you might suggest that parents write all the checks for day care when they receive their paycheck. Suggest that they keep the checks for future weeks in their wallet or purse. That way, they do not have to make an effort to remember the check each week. You can simply remind them it is payday and they can pull out the appropriate check.

Use "I-messages" when talking with parents. When parents fail to pay, you do need to bring the subject up. When discussing the matter, remain calm and take a problem-solving approach. Begin by indicating that you understand their side. Then mention the behavior that is causing problems, how you feel about it, and why you feel that way. End by telling them what you would like done and offer your help in resolving the problem. For example, you might say, "I realize that my payment schedule may not match up with your payday. But when you don't pay on time, I feel frustrated because I count on the money to pay my bills. I would like to come up with a schedule that will allow me to be paid on time. Would it be easier for you to pay on a different day or to pay for several weeks at once?" Remember, the goal of the conversation is to come up with a more workable solution to the problem, not to make the parent feel guilty or become upset. Take a matter-of-fact approach and handle the matter with confidence.

Establish a consequence for late payment. Despite your best attempts, some parents may continue to pay late even after you have discussed the matter and explored various solutions to the problem. In such situations, charging a late fee may encourage parents to pay on time. For this to work, the late fee must be high enough for the parent to want to avoid it. Charging a late fee is most easily done if you have explained your late-fee policy to parents at the initial interview and written the policy into your contract or brochure.

Sometimes parents forget that you are running a business and have a right to be paid on time. Other times, there are specific situations that cause late payment. If you provide parents with a clear, written payment policy, take a problem-solving approach, and use effective communication techniques, you are more likely to avoid late payments.

Reprinted with permission from the National Network for Child Care - NNCC. Todd, C.M. (1992). When parents don't pay. In Todd, C.M. (Ed.), \*Day care center connections\*, 1(5), pp. 5p:6. Urbana-Champaign, IL: University of Illinois Cooperative Extension Service.

#### \*MONTHLY PLANNER FOR JULY\*

-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>

-Celebrate the Dog Days of summer during the first week of July with these dog activities at

<http://www.123child.com/animals/dog.html>

-July 10 is Teddy Bear's Picnic Day

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

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

Getting kids to try new foods can be a challenge. Kids will be more interested in trying new foods when they get to pick them themselves. So, let them make their own meal! They'll love getting to choose their own food and you'll love getting them to try something new.

#### Ham and Swiss Summer Salad

- 1 (12 oz) pkg Mixed greens
- 8 oz Cooked ham, cubed (about 1 1/2 cups)
- 8 oz Swiss cheese, cubed (about 1 1/2 cups)
- 1 cup Croutons
- 1/2 cup Honey-mustard salad dressing (any variety)
- 1 tsp Poppy seed

Lay out and discuss all the ingredients in separate bowls and let the children try them individually. In large bowl, have the children take turns combining the salad greens, ham, cheese and croutons. The children can toss the salad to mix. Add salad dressing and poppy seed; toss to coat. 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'\*

##### Crab Walk Soccer

Celebrate the 2006 FIFA World Cup Soccer Tournament with this fun soccer experience. Two teams sit on two goal lines a short distance apart. Team members are numbered or given a letter from the alphabet. A soccer ball sits in the center. An official calls a number or letter. The members of that number/letter from each team crab walk to the ball and attempt to get the ball over the opponent's goal line. 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\*

Snack time can present some challenges for both you and the children. Typical problem behaviors are children taking others food, leaving the table before they are finished and difficulties with verbal communication to meet their needs. Some ideas to try:

- Give clear expectations. Start with short amounts of time for snack so that the child will be successful right away and then lengthen the time gradually.
- Present food in small pieces/amounts, this will help the child chew before getting a second bite.
- Try putting the snack table in a quieter area (one with less distractions).
- Work slowly to increase the child's tolerance for different tastes/textures, introduce new foods slowly.
- Avoid power struggles over eating, provide appropriate foods during snack then remove when snack is over.
- Help children who may have difficulties with verbal communication to use sign language and pictures to make comments and requests.

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): New Experiences/Setting Good Habits

Providers

Practice tasting different foods with your child. Kindergartners often have a hard time eating the hot lunches provided by school because of the diverse taste of all the students. First, create a pleasant eating environment. Serve familiar foods with new foods and introduce new foods one at a time to gain greater acceptance. 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. Focus on your child's positive eating behavior not on the food. Stay positive and avoid criticizing or calling any child a "picky eater."

\*A local family child care provider suggested an idea for a field trip to encourage healthy eating and trying new foods. Contact any VONS produce department to set up a time to bring children in your care to the produce section. VONS will cut up any item the kids are interested in and let them taste it, as many as they want to. Best of all, it is FREE!

Parents

Eating breakfast is a really good tradition to start preparing children for school. It's easier for breakfast-eaters to meet their daily nutritional needs, however, breakfast is often a victim of the morning time crunch. Simplify your morning routine by:

- Deciding what your children will wear to school before going to bed. Locate lost shoes for the next day.
- Getting up 15 minutes earlier.
- Giving up morning television and computer games.
- Having healthy foods on hand.

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

Giant Straw Sculptures (Scholastic.Com)

Use simple materials to create a masterpiece that develops planning and creativity skills and strengthens geometry skills.

You will need paper clips, plastic drinking straws and scissors (optional). First, discuss with children what they would like to build. How many straws and paper clips do they think they will need? Can they use the straws as they are, or do some of them need to be cut? After gathering the materials, open up one of the paper clips so that the two rounded corners are facing away from each other, connected by a flat line. Insert these rounded ends into two straws to connect them. Then you can bend the flat part of the clip, and add more clips and straws, to make shapes. Begin the sculpture with two-dimensional shapes like triangles, squares, hexagons, and so forth. You can join more than two straws together at any one joint by hooking two or more paper clips together at their centers. More straws of any length can then be added to form three-dimensional sculptures or hanging mobiles.

**\*BUSINESS RESOURCES FROM REDLEAF NATIONAL INSTITUTE\***

<http://www.redleafinstitute.org>

The Business Side of Family, Friend and Neighbor Care

<http://www.redleafinstitute.org/index.cfm?page=elibrary&category=newslink#article3>

**\*FEATURED QUOTE\***

"We must teach our children to dream with their eyes open." --Harry Edwards

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>