



CCCC E-Newsletter, June 2005 Issue

Greetings from Community Connection for Child Care! School is out...now what? Field trips promote child learning at its best. Children, staff, everyone likes the excitement and the adventure of a field trip especially when the weather turns warm. Field trips give children an opportunity to learn in the way they learn best - first-hand experience. They open children's eyes to their community and widen their horizons. They expose children to careers and how things work. Best of all, field trips are exciting and fun. A little advanced planning can help make your trip a successful occasion that the children will remember with pleasure.

You don't have to look for a place that is far away or costly. When you learn where to look, how outings fit in, and the power of positive planning, you'll be ready to tap into the multitude of resources available in your community. Many of the neatest trips are not the first that would come to mind.

Read more about field trip ideas in Kern County, planning an excursion and preparing children for field trips:

[http://kcsos.kern.org/cccc/stories/storyReader\\$1091](http://kcsos.kern.org/cccc/stories/storyReader$1091)

<http://www.littletravelers.org/> (Car Seat Safety Resources)

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

^^^ THIS MONTH'S FEATURES ^^^

KCSOS PROGRAM SPOTLIGHT

Kern County Museum

The Kern County Museum was founded in 1941 and serves more than 94,000 people each year, including 19,000 school children, from its 16-acre site north of downtown Bakersfield. The museum features 56 historic exhibits, many in relocated structures, an award winning hands-on oil exhibition Black Gold: The Oil Experience and the Lori Brock Children's Discovery Center for youth eight and under. The museum is consistently recognized for providing some of the most outstanding educational programs in the state of California, such as Native American Life, and Frontier Life. In addition, the museum hosts temporary exhibitions and special events in an effort to achieve its mission. Child care providers and center/preschool programs are encouraged to take part in the following summer events.

- Saturday, July 16 - 10am-1pm
Book Blast: Celebrate reading at this fun festival. Celebrity readers, crafts, clowns & prizes! Bring a book log & get in FREE!
- Saturday, July 30 - 10am-3pm
Pioneer Day: Old-fashioned fun and games. Sponsored by the Church of Jesus Christ of Latter day Saints. Admission is FREE!
- Sunday, August 7 - 12pm-4pm
Kern County KidsDay: Celebrate kids at this fun filled day of over 50 activities. Enjoy games, bounce houses, petting zoo, music and more! Admission if FREE!
- Tuesday, August 16 -9am-1pm
Water Fun for Everyone!: Learn about water, play in water, slide through water! Admission is \$3 per person (includes lunch). Especially for child care providers.
For more information and reservations, please call 661.852.5035.

***FEATURED QUESTION*:**

How can I make sure the kids in my classroom are getting enough liquids during these hot summer days? - Patty, child care center teacher

Keeping children properly hydrated during the summer months, or in warm climates, is very important to their overall health. Sweating helps cool down the body, but also takes away salt and water. When kids are playing, they often forget to eat and drink and don't want to do anything else but play. Dehydration-the loss of water in the body-can lead to heat exhaustion and heat stroke, and it can happen quickly. When playing outdoors in hot weather, a child can overheat in just 30 minutes. Drinking plenty of fluids is the best way to prevent dehydration.

- Water is the best choice. Have your children drink a glass of water 30 minutes before a sport or activity, then more about every 20 minutes during the activity.
- In general, children who weigh less than 90 pounds should drink about five to six ounces of water after every 20 minutes of activity. Children who weigh more than 90 pounds should drink eight to 10 ounces.
- Eating fruits and vegetables that contain water is another great way to get liquids. Good choices include grapes, watermelon, peaches, lettuce, cucumbers, and celery.
- Be careful about giving your children fruit juices and sports drinks. These can be high in sugar and can cause stomach cramps. Soda and drinks with caffeine can send kids to the bathroom more often, causing their body to lose water faster.
- If your kids prefer something sweet, try mixing juice or a sports drink with water. Limit them to a total of 20-ounces of sports drink.
- The tricky thing about dehydration is that thirst is a delayed response. By the time a child feels thirsty, she may already be dehydrated. So keep the water and fruits around for a safe, active summer!

MONTHLY PLANNER

June is Zoo and Aquarium Month: Learn art and science activities at http://www.eduplace.com/monthlytheme/April/zoo_activities.html

June is Child Vision Awareness Month: Not all eye conditions cause a child discomfort, so it's quite possible that a youngster in your care won't cry or even mention a problem, thinking that what he or she is experiencing is something ordinary. Learn the signs of eye problems here at http://news.fen.com/article/0,1120,1-521,00.html?wtlAC=FE_Grades_3-5_2005-06-07,email-t

July 17, 2005 is National Ice Cream Day: Have each child make their own ice cream. Ingredients: One small seal top plastic bag, One gallon size seal top plastic bag, 1 tablespoon sugar, 1/4 teaspoon vanilla, 1/2 cup of milk, Crushed ice, 8 tablespoons ice-cream salt (rock salt). In a small seal top plastic bag, pour 1/2 cup of milk, 1 tablespoon sugar, 1/4 teaspoon vanilla. Close the bag and place in a gallon-size seal top bag. Add some crushed ice and 8 tablespoons of ice cream salt(rock salt). Close the top, shake being careful not to bust the bags and watch your ingredients turn into ice cream. You can use this activity when talking about the concept of cold (since the bag is very cold when you shake it). You can also use this activity when introducing the letter I for ice cream and igloo.

2005 Free Family Film Festival

Since 1991, Regal has provided this service to the community, and best of all it's FREE! Selected G & PG movies start at 10 a.m. each Tuesday and Wednesday during the festival. Edwards Theatres Bakersfield Stadium 14 at 9000-G Ming Avenue will be participating. It is a first-come, first-served seating is limited to theater capacity. The Free Family Film Festival is safe, lots of fun and a great way for kids to spend a weekday morning in the summer from June 14 to August 10, 2005.

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

KIDS IN THE KITCHEN

Roll Your Own Sandwich

Children can use a rolling pin to make this variation of a sandwich. Have your child roll a slice of bread with the rolling pin to flatten it. Spread with the sandwich spread. Roll bread slices up in a spiral. Sandwiches can be sliced cross-wise for bite-sized pieces or eaten as is.

What you need:

Rolling pin

One slice of bread per sandwich

Sandwich spreads such as tuna, egg salad, cream cheese and crushed pineapple, or peanut butter and mashed bananas

Storage Tips for Summer Produce

The new season offers many fruits and vegetables to enjoy. Find out the best ways to store them and keep them fresher longer.

<http://www.mealsmatter.org/EatingForHealth/Topics/article.aspx?articleId=114>

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

Comparing "Me" (Taken from *Better Kid Care*)

What you need: Current photo of each child, Paper, White glue, Large sheets of paper

What to do: Talk about how all children are the same and how they can be different. Have the children bring in a photo of themselves. Glue the photo to a piece of paper and make a class book. Have each child name some way they are all the same. For example - two eyes, one nose, two arms and legs, hair on their heads, etc. Then have each child mention ways they are different, such as hair, eye, and skin color, straight or curly hair, short or tall, etc. Talk about things they like to do, food they like to eat, favorite animals, sports they enjoy, etc. Make charts of these listing the children's names with their favorites. The charts can really show other ways children are alike and different. Have the children draw "self-portraits" and hang them up around the room. This is a good lesson in cultural awareness that stresses ways we are all the same, as well as some ways we are different.

What your children will learn: Comparison, Parts of body, Communication and language skills

Fine motor skills

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

Parents and caregivers can work together on readiness skills by:

- Regularly discussing your child’s daily activities, making sure a variety of activities that include reading, writing, building, and creative play, are being offered;
- Making a plan for transitioning into preschool or kindergarten as time approaches that includes--
 - talking with your child about the new school,
 - saying goodbye to old friends,
 - visiting the new school, and
 - meeting with your child’s new teacher.
- Including routines that may be part of the kindergarten routine, such as circle time.
- Gradually transitioning your child from two naps to one or working to match your child’s naptime to that of the local kindergarten schedule.

The Kindergarten Survival Handbook, www.parent-education.com/h.html.

Share this booklet with your parents to explain all the necessary skills and give suggestions for activities that parents can do to get their children ready for kindergarten.

For more information to share with your parents in both English and Spanish, please visit <http://www.naccrra.org/dailyparent/>

BUSINESS RESOURCES FROM REDLEAF NATIONAL INSTITUTE

The Basics of a Parent/Provider Agreement

<http://www.redleafinstitute.org/Index.cfm?Section=BN#article1>

Advice for Beginning Child Care Providers

<http://www.redleafinstitute.org/Index.cfm?section=ARX&Page=ARX51>

FEATURED QUOTE

Imagination is more important than knowledge. - Albert Einstein

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NEWSLETTER

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[http://kcsos.kern.org/cccc/stories/storyReader\\$1043](http://kcsos.kern.org/cccc/stories/storyReader$1043)

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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>