



CCCC E-Newsletter, May 2005 Issue

Greetings from Community Connection for Child Care! Father's Day is June 19 this year. Father's Day is a natural opportunity for you to reconnect or connect with the fathers in your program who are an important element in a child's positive development. Fathers play a large role in nurturing their children and can build creativity, character, the ability to make friends and get along with others.

Unfortunately, an estimated 39 percent of all US children - now live apart from their father and many fathers lack workplaces that are family-friendly and supportive to the needs of working parents. However, there are some easy ways for you to involve your fathers in your program. Every child care provider can examine how inviting their program environment is for fathers. Look at your enrollment forms and parent notices to be sure you are as welcoming to fathers as you are to mothers. Have photos or drawings of men on your bulletin board and on the walls. If you have a place for parents to drop in and browse, add a few items that fathers may head for. If your program doesn't have many fathers involved, your efforts will send a message as to what you would like to achieve in the future.

Reach out to fathers to let them know ways they can be involved in your program. Some may have special skills or hobbies to share. Others may feel more comfortable reading a book to their child before leaving for work in the morning. Offer a variety of opportunities for involvement that allow all parents who work full time to participate. Here are some strategies from Child Care Aware (<http://www.childcareaware.org>) that you can build on to increase fathers' involvement in your child care program:

- Find out what fathers want to do to be involved: it may or may not be the same as your ideas
- Have dads call other dads to encourage involvement
- Have dads come to a "Dads-come-to lunch"
- Be sure to have fathers' names on all your lists and flyers
- Have dads come to your program to teach the kids about their favorite sport or cook a favorite meal
- Examine your practices, materials and environment to ensure they are father-friendly
- Offer training to your staff on how to effectively work with fathers
- Be persistent. You may have to try several ideas before you find what works best for your program and your families
- Make parent involvement a core value of your program

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

The staff of Community Connection for Child Care

FEATURED QUESTION

How do I make sure kids get enough active outdoor play time and make sure I keep them safe from the sun during the upcoming summer months? -Jamie, Family Child Care Provider

The summer is a wonderful time for children to enjoy the outdoors-playing in the backyard, exploring the parks and field trips. Protecting children from the sun may reduce their chances of skin cancer in later life. The American Academy of Dermatology, estimates that 80 percent of a person's lifetime sun damage occurs before the age of 18. Family child care providers, preschool and child care sites are encouraged to check out the following links:

- 1) An early childhood education curriculum with 20 activities to teach young children about the sun's power and how to protect themselves from overexposure.
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
- 2) Daily Ultraviolet (UV) Index Forecast Index by Zipcode
<http://www.epa.gov/epahome/commsearch.htm>
- 3) A poster that features "Alex the Alligator."
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_alexalligatorposter.pdf
- 4) Parents! Protect your children and Yourself From Too Much Sunlight Handout
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/outdoor/skin_parents.pdf

To help protect children from the sun's damaging effects:

- Remember the sun is strongest from 10 a.m. to 3 p.m. Schedule children's outdoor activities accordingly.
- Have children play in shaded areas.
- Dress children in protective lightweight and light colored clothing, including hats. Tightly woven cotton fabrics are best.
- Children should wear sunglasses with protection from 100 percent of UVA & UVB (broad-spectrum). UV-protective coatings should be added to prescription glasses.
- Keep babies under 6 months old out of direct sunlight and an infant's developing eyes are especially vulnerable to sunlight. They should not use sunscreen unless recommended by their doctor. Always try to keep babies under the shade of a porch, tree, umbrella, or stroller. Sunburns can be very dangerous for a baby. If a baby is under one year old and gets even a mild sunburn, it could be an emergency.
- Twenty minutes before going outside, apply a SPF 15 or greater broad-spectrum (UVA/UVB), water-resistant sunscreen to exposed skin.
- Children should use lip balm that has a SPF rating of at least 15.
- Give children plenty of fluids. Offer them something to drink (water is best) every half hour. If they look flushed or sweaty, have them drink more fluids and rest in the shade.
- While on duty, staff are encouraged to practice sun-safety principles/strategies to serve as good role models for children.
- These guidelines will be communicated and reinforced to staff, students, and parents through notices, newsletters, and meetings, etc., and above all - institutional PRACTICE.

For more tips and information, click this link:
http://www.dhs.ca.gov/ps/cdic/cpns/skin/skin_resources.htm

MONTHLY PLANNER

*May is National Physical Fitness and Sports Month. Celebrated since 1983, the nation has observed National Physical Fitness and Sports Month during May. Visit the Fit 'n' Active Kids website at <http://www.fitness.gov/funfit/funfit.html> for activities and ideas for your care program.

*June is National Fresh Fruit and Vegetable Month. Learn more about 5 A Day student activities from Dole.

http://www.dole5aday.com/Teachers/ClassroomResources/Activities/T_StudentActivities.jsp?topmenu=1

*June 1 is Stand for Children Day

*June 14 is Flag Day. Songs, activities and more at <http://www.childfun.com/modules.php?name=News&file=article&sid=16>

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

KIDS IN THE KITCHEN

Number Salad-A fun way for your kids to learn their numbers! This recipe can be adapted for whatever fruits you have. Make sure pieces of fruit are cut up into age appropriate sizes to prevent choking hazards.

Ingredients for 1 child:

- 1 scoop of yogurt
 - 2 orange sections
 - 3 pineapple chunks
 - 4 apple slices
 - 5 strawberries
 - 6 banana slices
 - 7 blueberries
 - 8 shakes of sprinkles
- Stir 9 times

Eat and say "yummy" 10 times!

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

Living Words

You'll need: grass seed, potting soil, pie tins, spray bottle (filled with water), pencil. Fill the pie tin with potting soil and moisten. Use a pencil or stick to write words or draw a picture in the soil. This will create little trenches to plant the seeds in. Carefully sprinkle grass seed into trenches made with the pencil. Gently cover the seeds with a thin layer of soil and moisten. Place the tin in an area where it will receive plenty of sunlight. Lightly moisten the soil 1-2 times a day with the spray bottle. The Living Words will begin to sprout in 7-10 days.

Developmentally: this is a fun science activity for children. Children can draw anything in the dirt, or write their name - fitting different developmental levels. Young children generally enjoy the processes involved in growing things and are generally very observant of changes. They also take their responsibilities very seriously and do a great job of keeping water on their growing seeds. This project can work whether you have a class full of kids or one child at home.

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)

BUSINESS RESOURCES

The Real Risks in Family Child Care
by Tom Copeland

These true stories from family child care providers illustrate the need for liability insurance.
<http://www.redleafinstitute.com/index.cfm?section=bn&page=bn01#article2>

How to Pick a Business Liability Insurance Policy
by Tom Copeland

Learn more about what to look for when shopping for business liability insurance.
<http://www.redleafinstitute.com/index.cfm?section=bn&page=bn01#article3>

FEATURED QUOTE

"We shall never know all the good that a simple smile can do." - Mother Teresa

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