



CCCC E-Newsletter September, 2006 Issue

Greetings from Community Connection for Child Care! 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 traditional

field trip for many preschool programs and family child care providers is the Kern County Fair, which kicks off Wednesday, September 20 with the "Jungle 'O Fun" theme. The Fair is running three "Kid's Days" on September 25, 26, and 27. Child admission is free on these days from 9 a.m. to 12 noon! A little advanced planning your field trip to the Fair can be a successful occasion that the children (and adults) will remember with pleasure! Here are some suggestions:

- Use the field trip as part of a long-term topic or theme activity (for example, farm animal theme, down on the farm, growing food).
- Plan trips based on the ages of the children. Consider the developmental level of your children. Children enjoy hands-on and interactive activities rather than watching or listening to someone else.
- Establish a safe and direct route to and from the Fairgrounds.
- Maintain adult to child ratios needed to insure the safety and well being of the children. Plan to add either extra staff or parent volunteers since safety is a special concern (crowded area, limited visibility, etc.).
- Post trip information by the telephone in the office area or other pre-established location. Include route, destination, departure and return times, a list of the children and adults involved, field trip permission slips, and a cell phone number if available.
- Provide tags for each child with the name and phone number of your child care facility. Never put name tags on the children. This makes it easier for strangers to approach, familiarizing themselves by using the child's name.
- If you need to visually identify the children, have them wear the same color shirts on the day of the trip. (If your program has the funds to print T-shirts, they are also a great marketing tool!) You can make tee shirts for your group by purchasing basic white t-shirts and tie-dying them with the children or decorating them with colorful paint hand prints from the children. Either way you will have a distinctive shirt that is easy to spot in a crowd. Double check fabric/craft paints to be sure they are non toxic. You can also use CCCC's Resource Lending Library to create buttons with your facility/program name and phone number that each child can wear and then reuse each year.
- Make sure that any parent volunteers are all familiar to each child.
- Carry a first aid kit, health consent forms and emergency information for each child with you in a binder along with a picture of each child.
- Remember that use of sunscreen requires parental permission.
- Plan to keep food/lunches cold and safe. Make arrangements for handwashing if running water is not available.
- Plan for frequent rest and water breaks between activities.

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

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

CCCC PROGRAM SPOTLIGHT

CCCC's Quality Training Project, funded by the United Way of Kern County, is intended for individuals who are currently, or who are interested in becoming, providers of family child care. In September, the Project launched its Family Child Care Management Series. New and experienced providers will get many ideas for operating an effective business, pick up new tips, share knowledge and network with other providers. Topics will include contracts and policies, marketing and advertising, record keeping, nutrition, creating a learning environment, working with parents and creating developmentally appropriate activities for children. Certificates of completion given at the end of each session. Providers can participate in any or all of the workshops that are held in English and Spanish twice a month. Spaces are limited and reservations are required. Call 661.861.5330 for more information on upcoming dates or to reserve a spot.

UPCOMING TRAINING

Child Care & Children with Special Needs Video Workshop (CCCC)
First in series to provide caregivers guidance to care sensitively and effectively for children with special needs. Will cover inclusion, legal requirements and collaboration with families, health care and specialized service providers.
Time: 6:30 p.m. - 8:30 p.m.
Location: CCCC, 2000 24th Street in Bakersfield, Boardroom
Audience: Child care providers, center staff, parents and anyone who works with children.
Cost: Free
Contact: Please call 661.861.5330 to register. Spaces are limited. Certificates of completion will be given at end of workshop.

TV Training

CCCC along with KCSOS broadcasts training programs and videos for viewing every Thursday at 1:00 p.m. (English) and 2:00 p.m. (Spanish). The broadcast can be viewed on the KETN Network.
October : The Whole Child Series
#1 It's the Little Things: The importance of a well-ordered and predictable environment.
#2 By Leaps & Bounds: Physical development and appropriate developmental activities, good health practices and environmental safety.

Find more trainings at <http://kcsos.kern.org/cccc/calendar>

FEATURED QUESTION

"It feels like I do the same things with the kids each year. How can I do 'something new' without spending a lot of money?" - Suzanne, preschool teacher assistant

1. Boxes

Use large boxes such as appliance boxes or furniture boxes to create play houses. Think creatively. Make one box a castle, another a western fort, and yet another a space ship. If there are no large boxes available near you, try building the same kind of thing with smaller ones. Any store that sells toilet tissue will have fairly large boxes that work nicely. Use smaller boxes to create a town. Draw streets, ponds, trees, and other features onto an old sheet or shower curtain. (Note: if you use washable markers, it will wash out

when you are done.) Let the children create houses, stores, hospitals, and more. It will be interesting to learn what buildings they think are important. Make horses, race cars, doll furniture . . . ask the children what they think the boxes should be.

2. Rocks

Find smooth rocks or go on a rock hunt with the children. Wash the rocks. Paint the rocks. Sort the rocks by size, color, and texture. Ask the children what they would like to do with the rocks-they'll have lots of ideas.

3. Collages, Mobiles, and Sculptures

Gather magazines, yarn, scraps of wood, leaves (non-poisonous ones), weeds, ribbon scraps, and anything else that happens to be around. Make a collage on a piece of paper, or create a bird's nest or sculpture of some sort from the collection. Older children may wish to attach items to a coat hanger to create a mobile. Hang the items from strings attached to the hanger. They will have an opportunity to create a work of art and learn how to balance the items on the hanger.

4. Baker's Clay

Mold it, shape it, and use it just as you would clay except that you can bake the finished products if you wish. Baker's Clay Recipe: 2 cups flour, 1/4 cup salt, 1/4 cup water. Knead until soft and thoroughly mixed. Bake pieces at 350 degrees until lightly browned. Children should not eat the clay, nor should they eat from the finished pieces. You will want to remove any spills before they dry, as the air-dried clay is very hard.

5. Plastic Bottles

Use for pouring, dramatic play, or science projects like "Tornado in a Bottle" or "Ocean in a Bottle." Tornado in a Bottle requires two one-liter soda bottles. Fill one bottle 3/4 full with water. Place the mouth of the empty bottle to the mouth of the one with water, and use duct tape to seal them. The children can swirl the bottles and then set them down with the empty one down and see a mini "tornado" swirl in the water. Ocean in a Bottle can be created in a small baby oil bottle or something similar. Fill the bottle 1/2 full of baby oil and the other half full of water that has been colored with food coloring. Again, seal the bottle with duct tape. The oil and water will not mix, and the result is a visual delight. The children will be able to position the bottles so it appears that waves are flowing through the bottles.

Don't forget to check out the CCCC Resource Lending Library! We have toys and license quality equipment that is readily available for use by all providers that can be borrowed at no cost. CCCC's Resource Lending Library also helps child care providers and parents expand learning opportunities for their children by offering access to our laminating service, binding machine, copy machine, Ellison machine and much, much more! Each of these tools can help you add pizzazz to your reading, creative projects and interactive programs. We encourage you to take advantage of this wonderful center - as a resource in helping you be the best you can be!

*Source: The Child Care Provider Program: Training for Family Day Homes & Licensed Facilities. Texas Cooperative Extension, The Texas A&M University System, 2002.

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

KIDS IN THE KITCHEN

Easy, Cheesy Chicken Enchiladas with Yogurt Sauce

- 1 3-ounce package cream cheese
- 2 cups chopped, cooked chicken breast
- 12 ounces chunky salsa
- 1 cup Mexican-blend cheese, shredded
- 8 6-inch flour tortillas

Yogurt Sauce:

- 2 cups low-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin

Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and 1/2 cup of the salsa; mix well. Add 1/2 cup shredded cheese; stir until melted. Spoon about 1/3 cup of the chicken mixture onto each tortilla; roll up. Place seam side down in 12x8-inch baking dish. Top with remaining salsa and cheese. While enchiladas are baking, combine yogurt, cilantro and cumin. Chill until needed. Bake at 350 degrees F for about 15 minutes, or until heated through. Serve with yogurt sauce. Makes 8 servings (1 enchilada). 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'

Horse Play

You will need grocery bags or white paper, plastic bags or newspaper (for stuffing), stapler, yardstick or dowel, markers, tape and felt to make your horses. Make the horse heads by taking a grocery bag or white paper and stuffing it with plastic bags or newspaper. Then, staple them shut. Leave a small opening on the bottom to insert a yardstick or dowel. Decorate with markers and use felt to make a mane. Have kids gallop to different rhythms of music or have races outside. 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

Children learn social skills when what they do is reinforced, or followed by a pleasant event such as a hug, smile, or extra attention. Watching and imitating others are also ways they learn. The pressure of a disability can delay the natural learning of social skills.

- Keep groups small.
- Have the right number of materials in group play.
- Give similar toys to two children and encourage them to play beside each other.
- Model the behaviors you want children to learn.
- Prompt desired behaviors.
- Help children notice what is going on around them by pointing it out and talking about it.
- Move children through the motions, for example: helping a child make the movements for a finger play.
- Practice some skills ahead of time.

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)
Building Children's Literacy Skills

Try these read-aloud tips:

- Introduce the book: read the title, author, and illustrator; look at the cover; talk about what the book might be about; suggest things to look and listen for.
- Run your finger under the text, while reading.
- Answer questions related to the book; save other questions for later.
- Talk about the story during and after a read-aloud session.
- Use information and reference books to answer children's questions.
- Ask children to look closely at the pictures to help them understand the story and make predictions about what might happen next.
- Repeat interesting words and rhymes while reading a book and at a later time.
- Pause and wait so children can say the word that ends a repetitive or predictable phrase.
- Stop to ask thinking questions: "What might happen next? Where did he go? Why did she do that?"
- Follow up on the story. Invite the children to talk; draw or paint; pretend to be one of the characters; and so on.

Try introducing the following types of books to your preschoolers:

- Concept books, such as counting and A-B-C books
- "Pattern books" with rhymes and repetition
- Simple stories with predictable plots

For more resources and activities, visit Reading is Fundamental at <http://www.rif.org/>

WORKING WITH SCHOOL AGE

Homework can help children learn good habits and attitudes. It can teach children to work by themselves and encourage discipline and responsibility. Here is how providers and parents can help make learning fun and worth the effort!

- Make sure children have a quiet, well-lit place to do homework and avoid television and other distractions.
- Establish a set time each day for doing homework.
- Be positive about homework and tell children how important school is.
- When a child asks for help, provide guidance, not answers.
- Watch for signs of failure and frustration and let children take a short break if they are having trouble keeping their minds on an assignment.
- Reward progress in homework and working hard with a special event to reinforce the positive effort.

TAKING CARE OF BUSINESS

How to Establish a Business Relationship with Parents

Parents often have little experience with using family child care as a business. It is always up to the provider to set the business rules and enforce them. Providers can only expect parents to treat them as a business when they act like a business. Use props to turn a personal relationship into a business relationship:

- parent receipts
- newsletter
- bulletin board
- put new policies in writing
- set up a regular meeting time with parents
- written contract and policies

How to Enforce Agreements with Parents

Providers should establish a negative consequence for parents who do not follow their rules. For example, a provider might establish one of the following consequences for a parent who regularly shows up late to pick up a child:

- Parent must pay a late fee of \$1 every 5 minutes, or every minute.
- Parent will be terminated if she shows up late more than once a week.
- Parent will be terminated if she shows up late more than once a week.
- If parent is more than 15 minutes late and has not notified provider, provider will drop off child at another home and parent will pay new provider.

For more business resources and articles, visit Redleaf National Institute at <http://www.redleafinstitute.org>

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>