

Making the Connection

Community Connection for Child Care Newsletter

Winter 2011-12

The Child Care
Resource and
Referral
Agency for
Kern County.

Community Connection for
Child Care

2000 24th Street
Bakersfield, CA, 93301

661-861-5200
877-861-5200 (toll free)

CCCC is open Monday
through Friday 7:30am to
5:00pm.

The Resource Library is open
Monday through Friday
from 8am to 5pm.
Closed the last Friday of the month

www.kernchildcare.org

Please address comments and
questions regarding this
newsletter to:
Lisa Duncan-Purcell, Editor
liduncanpurcell@kern.org

Healthy Beverages in Child Care



Over twenty percent of children between the ages of 2 and 5 are overweight or obese and research shows unhealthy beverages are a big part of the problem. In 2010, **California passed legislation** (AB 2084) to establish nutrition standards for beverages served in ALL *licensed child care centers and homes* (not just those on the child care food program).

These standards go into effect on January 1, 2012:

- Only unflavored, unsweetened, nonfat (fat free, skim, 0%) or lowfat (1%) milk can be served to children over two years of age.
- No beverages with added sweeteners, natural or artificial, can be served, including sodas, sweet teas, juice drinks with added sugars, flavored milks, and diet drinks.



- A maximum of one serving (4 to 6 ounces for 1 to 6 year olds*) of 100% juice will be allowed per day.

- Clean and safe drinking water must be available at all times, including meals and snacks.



California Childcare Health Program www.ucsfchildcarehealth.org

*serving size as per *Preventing Childhood Obesity in Early Care and Education Programs*, American Academy of Pediatrics



New Crib Standards and Child Care Programs

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards took effect for manufacturers, retailers, importers and distributors on June 28, 2011, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non full-size cribs including wood, metal and stackable cribs.
- If you purchased a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.
- Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance. The document must:
 - ⇒ Describe the product
 - ⇒ Give name, full mailing address and telephone number for importer or domestic manufacturer. Identify the rule for which it complies (16 CFR 1219 or 1220)
 - ⇒ Give name, full mailing address, email address and telephone number for the records keeper and location of testing lab.
 - ⇒ Give date and location of manufacture and testing
- The crib must also have a label attached with the date of manufacture



What you should do...

All child care facilities, family child care homes, and places of public accommodation:

- Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
- Should not resell, donate or give away a crib that does not meet the new crib standards.
- Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.
- Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores.
- CPSC recommends disassembling the crib before discarding it.

Calendar Highlights for Early 2012

The School Age Seminar, Sponsored by the Early Childhood Council of Kern, is coming on February 4th and the Infant Toddler Seminar is scheduled for March 10th.

Check out the CCCC web site for more information; all workshops require reservations.

www.kernchildcare.org

All workshop flyers can be printed directly from the web site.



December 2011

26th & 27th CCCC Closed

January 2012

2nd & 3rd CCCC Closed

5th - Last day to turn in CCCC attendance logs

16th - Martin Luther King Jr. Day - CCCC Closed



February 2012

4th- School Age Seminar

6th - Last day to turn in CCCC attendance logs

13th- Lincoln's Birthday - CCCC Closed

20th - Washington's Birthday - CCCC Closed



March 2012

5th - Last day to turn in CCCC attendance logs

10th - Infant Toddler Seminar

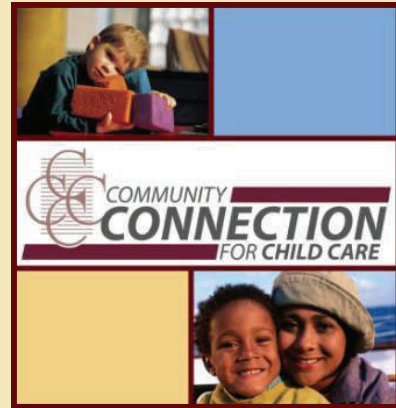
Important Dates in April 2012

5th - Last day to turn in CCCC Attendance Logs

6th - CCCC Closed



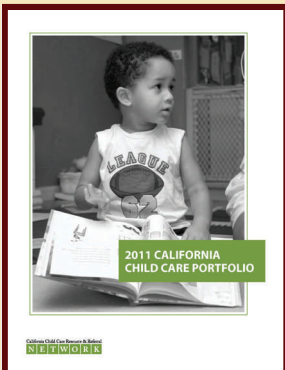
Community Connection for Child Care has a **facebook** page. Check it out and stay informed of updates from CCCC, workshop details, news and helpful links.



It's not too late... Greg and Steve in Concert

Greg and Steve will be returning with 3 concerts on March 21-22-23, 2012. Tickets are still just \$7 each. Go on-line to make your reservations now.

www.kernchildcare.org



2011 Child Care Portfolio released

December 13, 2011

The 2011 Child Care Portfolio is produced every other year by the California Child Care Resource and Referral Network. The R&R Network uses data supplied by local R&R agencies, like Community Connection for Child Care, to create a snapshot of child care supply and demand at the state and county levels.

Click [here](#) to link to the story on the CCCC web site or go to

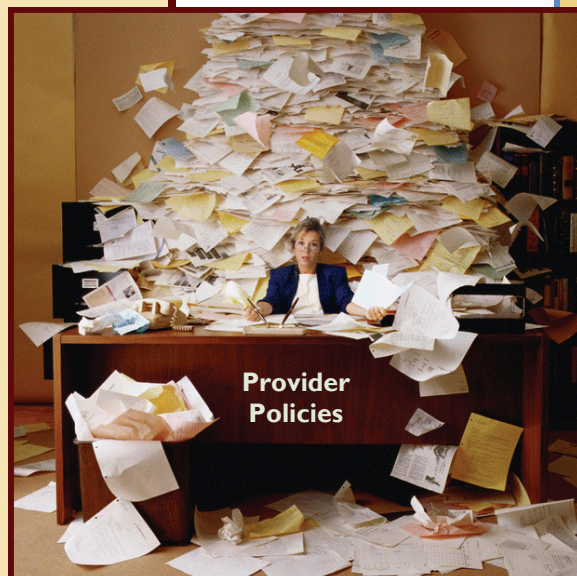
www.kernchildcare.org

IMPORTANT INFORMATION

If you contract with CCCC to care for children on our Alternative Payment and/or CalWORKs programs here are important dates worth noting on your calendars:

Providers may submit policy changes to CCCC one time per year between
April 15-May 15
to become effective July 1, 2012.

Soon you will be able to email your polices to us, watch our web site and **facebook** for more information.



CCCC will be moving...

Sometime in February or March CCCC will be moving to the University Square Building (USB) at 2000 K Street in downtown Bakersfield. Watch our web site and **facebook** for when the move is scheduled.

In the mean time, always be sure to check out the location for workshops and meetings. We will be utilizing USB more as the new year progresses.

Low-Fat Macaroni and Cheese

Prep Time: 15 Minutes

Cook Time: 1 Hour

Ready In: 1 Hour 15 Minutes

Servings: 4

1 cup fat-free milk
 1 1/4 cups shredded reduced-fat Cheddar cheese
 2/3 cup fat-free cottage cheese
 pepper to taste
 2 1/2 cups cooked elbow macaroni
 1 tablespoon grated onion
 Paprika

In a blender or food processor, combine the milk, cheeses and pepper. Cover and process until creamy. Pour into a bowl; stir in macaroni and onion. Transfer to a 1-1/2-qt. baking dish coated with nonstick cooking spray. Sprinkle with paprika. Bake, uncovered, at 350 degrees for 1 hour or until heated through.

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Serving Suggestion: Add 1/2 cup broccoli, tomatoes or other vegetables to increase the nutritional value of this dish.



Nutritional Analysis

One 3/4-cup serving equals 233 calories.

3 g fat (0 saturated fat)
 12 mg cholesterol
 372 mg sodium
 30 g carbohydrate
 0 fiber
 20 g protein

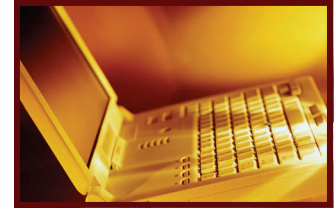


Get reimbursed for the healthy meals and snacks you serve the children in your licensed family child care program.



Sign Up for the Child Care Food Program. For more information call 661-861-5202 or 861-5271

From the Desk of: Steve Sanders, CCCC Administrator



Happy Holidays to all of you and please know how much we appreciate and support the great work you do as child care providers in nurturing Kern County's children. Enclosed in this newsletter is helpful information that we hope will assist you in providing quality care to the children and families that you serve.

In addition to the many Holiday blessings that appear during this time of year, we typically can also expect to see the Grinch. This year the budget situation in Sacramento are again forcing the Governor and Legislature to make difficult decision on cutting core services to children and families. You know better than anyone the impacts of the cuts to child care funding, and unfortunately I must report that the new year will bring additional cuts to the child care infrastructure.

This week Governor Brown and his Department of Finance Director, held a press conference to confirm that due to lower than expected revenue, additional cuts to the State budget will happen January 1st. Cuts to child care are estimated to be around \$23 million statewide. We are awaiting

details on where the cuts will be made so that we can assess the impacts of these cuts locally.

In his press conference the Governor said "We either cut or tax, there is no third way, no alternative," he said. "And as governor of California, I am sensitive to what these cutbacks do to real people, but I am also aware over time that California has to balance its budget, that we have to exercise fiscal discipline."

Unfortunately we are in for more challenges ahead. Thanks in advance for working with the families you serve and for working together to weather these cuts.

Please check our website at www.kernchildcare.org frequently for the most recent budget news, especially as we get into January. Again, thank you for your dedication to children!

**Steve Sanders
Administrator, CCCC**

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.



COMMUNITY



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FOR CHILD CARE



Community Connection for Child Care is on [facebook](https://www.facebook.com/CommunityConnectionforChildCare)