

The Connection

FREE Meeting the Child Care Needs in Our Community!

Update on School (K - 12) and Child Care Programs: Interim CDC Guidance in Response to Human Infections with the Novel Influenza A (H1N1) Virus

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If you have any questions or comments please contact your local Health Department; Amador (209) 223-6407 Calaveras (209) 754-6460

This document provides interim guidance to child care programs and schools on suggested means to reduce the spread of the novel influenza A (H1N1) virus in their programs and facilities. However, recommendations may need to be revised as more information becomes available.

This document updates the previous document by reorganizing the information into information for K-12th grades versus child care programs. However, this document does NOT make any changes in guidance for these settings.

Background

This document provides updated interim guidance for schools and child care programs regarding the prevention of the spread of novel influenza A (H1N1) virus. For the purpose of this guidance, "child care programs" will be used to refer to both licensed and unlicensed child care programs providing family home or center-based child care. "Schools" will refer to both public and private institutions providing grade K-12 education to children and adolescents in group settings. Although child care programs and schools share common characteristics, there are differences between the two and some specific recommendations for child care programs are given in this guidance.

Initial cases of novel influenza A (H1N1) in the United States included school-aged students and were associated with travel to Mexico and school-based outbreaks. Early

information from Mexico indicated that many previously healthy young adults were hospitalized with rapidly progressive pneumonia, frequently resulting in respiratory failure requiring mechanical ventilation and death.

Based on this initial information, CDC recommended consideration of school and child care program closure as an option to lessen the risk of infection with this novel influenza virus in order to protect students, staff, parents and other caregivers from a potentially severe disease as well as limit spread into the community.

New information on disease severity and the extent of community spread led to a revision of the school and child care program closure guidance. The large number of confirmed or probable cases of novel influenza A (H1N1) reported from almost states, with numerous disease clusters, indicates spread within communities that makes individual school and child care program closure less effective as a control measure. Most U.S. cases have not been severe and are comparable in severity to seasonal influenza. CDC and local and state health officials will continue to closely monitor the severity and spread of this novel H1N1 influenza outbreak.

At this time, CDC recommends the primary means to reduce spread of influenza in schools and child care programs focus on early identification of ill students and staff, staying home when ill, and good cough and hand hygiene etiquette. Decisions about school and child care program closure should be at the discretion of local authorities based on local considerations, including public

concern and the impact of school or child care program absenteeism and staffing shortages.

Interim Recommendations: K-12 Schools

School dismissal is not advised for a suspected or confirmed case of novel influenza A (H1N1) and, in general, is not advised unless there is a magnitude of faculty or student absenteeism that interferes with the school's ability to function.

Students, faculty or staff with influenza-like illness (fever with a cough or sore throat) should stay home and not attend school or go into the community except to seek medical care for at least 7 days even if symptoms resolve sooner.

Students, faculty and staff who are still sick 7 days after they become ill should continue to stay home from school until at least 24 hours after symptoms have resolved.

Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the day should be isolated promptly in a room separate from other students and sent home.

Aspirin or aspirin-containing products should not be administered to any confirmed or suspected ill case of novel H1N1 influenza virus infection aged 18 years old and younger due to the risk of Reye syndrome. Refer to pediatric medical management for guidance regarding use of any medications, especially those containing aspirin. (<http://www.cdc.gov/h1n1flu/clinicians/>)

Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness.

Ill students should not attend alternative child care or congregate in other neighborhood and community settings outside of school.

School administrator's should communicate regularly with local public health officials to obtain guidance about reporting of influenza-like illnesses in the school. Schools can help serve as a focus for educational activities aimed at promoting ways to reduce the spread of influenza, including hand hygiene and cough etiquette.

Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza, including covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.

Interim Recommendations: Child Care Programs

As for schools, closure of child care programs is not currently recommended due to novel H1N1 influenza in the community or the child care facility. Child care programs should follow the above recommendations for schools along with the other recommendations in this section.

Child care programs should work closely and directly with their local and State public health officials to make appropriate decisions and implement strategies in a coordinated manner.

Child care providers should conduct daily health checks on all

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The Resource Connection
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Amy Jones is now the Resource Connection's new Human Resource (HR) Associate. Congratulations Amy! We will miss her in Amador County and all of us with

Resource and Referral wish her the best with her new direction. Amy was our Resource and Referral Supervisor in Amador County. Amy wore many hats and was very organized, professional, and committed in all the programs we offer. Amy was instrumental with the Playgroup program and Parent Voices. Thank you Amy we appreciate all your hard work.

We will be replacing her position with a new Resource and Referral Coordinator.

Breast Feeding Awareness Walk



The Third Annual Breastfeeding Awareness event was held Thursday, August 13 in Jackson at Detert Park, provided by the Amador/Calaveras Breastfeeding Coalition. The theme this year was "Breastfeeding: The Right Answer in Tough Times". In these hard economic times breastfeeding is more economical in that it costs less than formula. Also, healthier babies and mothers costs less in health care costs! Additionally, breastfeeding is better for the planet-fewer cans, bottles, and extra trips to the store to get formula. We all benefit!

The Amador/Calaveras Breastfeeding Coalition provided a special room for breastfeeding, refreshments, a few booths and very nice raffle prizes. There were mothers and fathers present who took part in the Walk. Additionally, a clothing exchange for maternity clothes and infant clothes was available to the families.

Referral and Complaint Policy

Referral Policy

The Resource Connection encourages and supports parental choice in the selection of child care. We believe that children have the right to a safe and healthy environment. We give referrals not recommendations and we urge parents to interview childcare facilities and check references before leaving a child in care. The services we offer are private and confidential. We will not release personal information without prior consent.

State law requires licensed childcare facilities to keep a record of any licensing report for public view on their premises. A complete file regarding a childcare facility may be obtained by contacting the State Department of Social Services, Community Care Licensing Division (CCL), which is also known as River City Child Care in our region. When parents call for information, they will need to give the correct spelling of the last name of the provider, their facility number or their correct physical address.

Child Care Referrals

1. The Resource Connection offers a minimum of 30 hours per week of referral services. These services are free to all parents regardless of income level, race, gender, color, age, disability, sexual orientation, religion, or national origin.
2. Referrals are made to licensed family child care homes, licensed centers, and some legally license exempt centers.
3. Parents will be screened for subsidized child care, and if

eligible, referred to our child care subsidy eligibility (waiting) list.

4. The Resource Connection will refer parents to a minimum of three child care facilities (if available) in the requested area.
5. The Resource Connection will provide appropriate consumer/parent education and information with each referral.

Complaint Policies and Procedures

The Resource Connection's complaint policy is designed to protect the health and safety of children in child care settings in Amador and Calaveras Counties. As a referral agency, The Resource Connection does not license child care providers, nor do we investigate licensing violations.

The responsibility for investigating complaints rests with the appropriate agency (Community Care Licensing, Child Protective Services, or Sheriff's Department). Parents have a right to examine licensing information maintained in the provider's facility and at the State Department of Social Services, Community Care Licensing at (916) 229-4530. When The Resource Connection receives a complaint, staff encourages the person making the complaint to report it directly to the appropriate agency (see above). Staff will document the complaint and follow up with the appropriate agency within one to three (1-3) working days.

For a copy of the complete Referral and Complaint Policy please contact the Resource Connection at 754-1075 or 223-1624.

Dolly Parton's Imagination Library

Sign Up Today!

Introducing a new program FREE to Amador County children, ages 0-5

It sounds almost too simple to be true, but by reading regularly with children during their preschool years, they are given the biggest boost toward a successful education they will ever get.

Children will receive a new, carefully selected book, mailed to their home, each month from birth

until he/she turns five.

To receive registration brochures for the children in your care, please contact First 5 Amador today at 257-1092.

If you would like to make a donation in support of this program contact The Resource Connection at PO Box 216 Sutter Creek, CA 95685.

Make your donation online at <http://theresourceconnection.net>

Amador County Children and Family Services Office Hours Change

The office hours for the Resource and Referral program at 10877 Conductor Blvd in Sutter Creek is changing to Monday through Thursday 8:00am to 6:00pm. We lease our space from Amador County and they have implemented a furlough day and have closed the building to the public on Fridays. We have made adjustments to our schedule so that we can continue to provide our services to the public in a convenient and consistent manner.

Thank you for your cooperation and understanding in this change. If you have any questions feel free to call us at 223-1624.

Playgroup Has New Days

The Amador Playgroup is back from summer vacation and we are excited to start playing with all of our Playgroup friends. We have changed our days and here is our new schedule.

Mondays - Camanche

Camanche Lake Community Center
4232 B. Camanche Lake
Community Center
(behind Camanche Blues)

Tuesdays - Jackson

Kennedy Meadows Apartments
701 New York Ranch Rd, Jackson

Wednesday - Ione

Ione Memorial Hall 207 S. Amador
Street, next to VFW Hall

Thursday - Pine Grove

River of Life Church
(old church site)
1975 Hwy 88, Pine Grove

Playgroups are free to children ages 0-5 and their Mom, Dad, Grandparent, or Caregiver.

All Playgroups are from 9:30am to 11:30 am Monday through Thursday.

Join us for socialization, sharing, learning, snack, circle time, painting, singing, reading, dress up and all through Playing!

Adults have access to resources, materials and support with child development, community services and adult networking!

Thanks to all of our visitors at the Amador County Fair!

We had a wonderful time and appreciate everyone who stopped by our booth to say hi and learn about all the services we provide.

Congratulations to Kasey May White (L) in front with her rabbit who won first place and her sister Kaylee White who sold her pig. Great job ladies!



CALAVERAS CHILD CARE COUNCIL COMPLETES THE 2010-2015 STRATEGIC PLAN FOR QUALITY CHILD CARE.

The Calaveras Child Care Council (CCCC) recently completed the 2010-2015 Strategic Plan. The Plan is a county-wide child care strategic document, and it represents on-going research, planning, and assessment in supporting the development of affordable, accessible, quality child care in Calaveras County that will promote the success of all children, their families and the economy of our communities.

The CCCC continues to determine local community child care needs through the development of a Needs Assessment study conducted every five years and a correlated county-wide Strategic Plan. The CCCC plays a key role in developing affordable, accessible, quality child care for families in Calaveras County.

Calaveras Unified School District - Community Resource Ambassador Program

Last February we received a letter from three community-minded Girl Scouts, from the West Point area, requesting our attendance and participation at a meeting to discuss local resources for families. These young ladies noticed that hard times were falling upon their neighbors and peers and they wanted to do something to help. I went to the meeting with a stack of brochures from the Resource Connection and various community partners, but they wanted more. They wanted more than a description of services and a phone number, they wanted to be able to respond and connect people.

With the support of Calaveras Unified School District (CUSD), the girls began an undertaking to provide hope and support for residents during what is for many of us the most difficult economic times of our lives. From their dedication to their community, the CUSD Ambassador Program was born.

This past July, less than 5 months later, I had the privilege of participating in a training designed to share information about community resources and how to help connect families to the resources. CUSD identified and designated Community Resource Ambassadors at each school site and their role is to provide guidance and direction to students/families with an identified level of need. Once they are aware of a student/family that may need assistance, the Community Resource Ambassador will provide information and direction needed to connect the

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CALAVERAS CHILD CARE COUNCIL SEEKS NEW MEMBERS

Are you concerned about child care needs and issues? Worried about the lack of child care facilities, preschool, school age programs or infant care?

If your answer is yes, The Calaveras Child Care Council is seeking new members to be part of a very special planning group that works together to assess and coordinate the delivery of quality child care services and programs within Calaveras County.

Meetings take place the third Tuesday of the month from 4:00 pm to 6:00 pm at 501-D Gold Strike Road in San Andreas.

If you would like more information regarding the Calaveras Child Care Council or on how to become a member, please contact Kerry Williams, Council Coordinator, at (209) 754-5348.

NEWS FROM THE FOOD BANK

Here we are in the middle of the summer, it is really flying by. We are very busy here with Donate Don't Dump Produce Distributions twice a month (2nd and 4th Fridays during the summer). Thank you to WIC, First 5 Calaveras, Intervention and Prevention - Crisis Center, Mark Twain Hospital and Mother Lode Job Connection for joining us. It is a lot of fun and a great venue to meet families. At our last Produce Distribution Day we distributed 8,894 pounds of produce to 225 families.

We really appreciate all of the produce that is being donated by our local gardeners. What a beautiful bounty it is!



Thank you so much. It seems to be a bumper crop year for squash. Keep it coming, please. So far this summer we have received well over 600 pounds of produce from our community and community gardens!

We will be starting a Commodity Site in Angels Camp in August (First Thursday of the Month). It will be held at the First Baptist Church, 1555 Depot Rd. in Angels Camp, 9 a.m. - 11 a.m. Tell your neighbors and friends.

Please remember we always need brown grocery bags. We can never have too many! (Really!!)

Intervention and Prevention News

Like many other programs around Calaveras County the Intervention and Prevention Division of the Resource Connection was hit hard by last minute cuts to the California State Budget. In order to cut costs and preserve services, Intervention and Prevention will be making some changes.

The Self Help Legal Center will co-locate with the Calaveras Crisis Center and will be offering family law and general civil assistance at 1404 Gold Hunter Drive beginning on September 14, 2009. The contact number for self help legal services will remain 754-1443 and self represented litigants will still be able to use computers to access on line legal forms, search for information in the legal library and schedule time to speak with attorneys on an individual basis regardless of their income, gender, age or ethnicity. The Calaveras Crisis Center and the Self Help Legal Center look forward to being able to provide a broader range of services at a single location.

Although staffing at the Crisis Center has been significantly reduced services will largely remain the same. Victims of Sexual Assault and/or Domestic Violence will be able to access peer counseling, support groups, 24 hour crisis line services, Temporary Restraining Order Assistance, Court Accompaniment and Emergency Shelter. Unfortunately, the Crisis Center has had to make the decision to decrease the length of stay for the shelter program from 12 months to three months but will still be able to provide a safe place for families fleeing violence on a limited basis. The Center will also still offer response services to Law Enforcement in Sexual Assault and Domestic Violence cases.

How can you help? Donations of full size shampoo, conditioner, soap and toothpaste, paper products such as toilet paper, paper towels, diapers and feminine products are always appreciated. Donating and/or shopping at the Once Again Thrift Store in San Andreas helps with the purchase of essential items for both the Crisis and Self Help Legal Centers. Volunteers are always needed at any of the three Intervention and Prevention locations ... The Once Again Thrift Store, The Self Help Legal Center and the Calaveras Crisis Center. For more information please call 754-1300.

Child Care Initiative Project News

The Child Care Initiative Project (CCIP)

Another fun and rewarding year is planned for licensed family child care providers participating in CCIP. If you are not participating and are a licensed family child care provider in Amador or Calaveras counties, what are you waiting for? If you are interested in getting licensed and running a family child care business and would like support and financial incentives, this project is for you. This is a wonderful opportunity to meet other providers, learn new ideas, practice new skills and have the support from this project. Join in our workshops this year which will include; ECO-Healthy Child Care, Farm and Nature Field Trip, Students with Learning Difficulties, Tax Workshop, Introduction to Infant/Toddler Foundations, Infant Massage and Nurturing Touch, Cooking with "Lil" Chefs, Leave No Child Inside and more. We look forward to your participation in this Quality project.

The Growing, Learning, and Caring Project (GLC) is available for license exempt providers in Calaveras and Amador counties. We are waiting for your call to help you with any child development issue or concern you might have with children you are caring for. Many exempt providers throughout Amador and Calaveras counties already participate in this project and love it!

If you are a grandparent or relative, neighbor, nanny, friend or babysitter who is providing care for a child/or children other than your own, give us a call.

The Growing, Learning, and Caring project can:

- Enhance experiences for you and the children by providing tools and resources
- Promote a fun, healthy and safe environment
- Provide practical information and exciting incentives.

Speak with Erika (Amador) 223-1624 or Kelley K (Calaveras) 754-1075 to learn more about these projects.

Centralized Eligibility List (CEL for short)

Do you, or someone you know need help paying for childcare?

Go to www.thecel.net, click on the county for which you use or need child care, and complete the application process on line. If you need assistance, or do not have internet access, call the county office in which you use or need childcare.

In Amador County, call (209) 223-1624. In Calaveras County, call (209) 754-1075.

Leave No Child Inside

Kids today build Internet sites instead of constructing forts in the woods. Music piped into earphones has replaced listening for the sounds of birdcalls and frog croaks. Cell phones and emails are more efficient than two cups on a string or flashlight signals. Childhood has changed.

Unstructured play outside – child-centered, exploratory, imaginative play – is important for wholesome, balanced development of cognitive, emotional, social, and physical aptitude. Research has demonstrated that outdoor play helps children manage stress and become resilient. Natural spaces stimulate children's limitless imaginations and foster creativity and children who connect with nature may be more inventive and better problem solvers due to the hands-on learning that the outdoors provides.

Young people who grow up spending time in nature are also more likely to be strong advocates for the environment when they reach voting age. This is important to ensure that the land, water and wildlife legacy we as a nation have spent the last 200 years working to conserve continues to benefit future generations.

As kids have settled in to a sedentary lifestyle, their physical, mental and emotional health has suffered:

- The percentage of obese youths has tripled in the last decade.
- A child is 6 times more likely to play a video game on a typical day than to ride a bike, according to surveys by the Kaiser Family Foundation and the CDC.
- Almost 50% of 4- to 6-year olds have TVs in their bedrooms. And after age 8, "screen time" – TV plus computers and other electronic media – soared to 6.5 hours a day, on average.

Fortunately, this serious problem has a simple solution. Take your kids outside and skim stones, count butterflies or go fishing. Get outside with them and look, listen, touch and smell! Let your kids take the lead -- with their natural curiosity, they will quickly find something for the family to explore. Enjoying the outdoors with your children is fun, healthy and a great way to spend quality time with your family.

One of the greatest gifts you can give a child is to share your love of nature.

The growing movement to reconnect children and nature, and to battle "nature deficit disorder"

This article taken from Bananas INC

How to Give Your Children Great Nature Play!

The Right Kind of Place

We live in a beautiful year round place for great nature play! "Free play" or "nature play" must have elemental nature to play with and discover: things like rocks, dirt, trees, bugs, flowers, mud, and water. Kids must be free to dig, collect, climb, build, and hide there. This has been called "rough ground" — patches of land that adults don't much care about, but that kids can love and adopt as their own. It's not the size, it's the freedom!

Chances are, your children aren't getting enough play outside. American kids now spend 27 percent of their time with electronic media: video games, television, computers, and recorded music. "Make-it-up-as-you-go free play" amounts to only about 30 minutes per week for each of our children. That's barely four minutes per day.

Toddlers and elementary-aged kids need unstructured playtime to help with their emotional and physical development. In fact, a lack of unstructured

playtime might be the reason today's young adults have trouble with problem-solving or critical thinking. Consider what makes great nature play, but don't worry about perfection. Open the door and get your kids started!

- It can be found in your own back yard. Real nature play is watching tiny critters, collecting leaves and rocks, hiding in tall grass, digging for buried treasure, splashing in the creek, hiding amidst the shrubs, and climbing a tree as high as you dare.
- If the local park won't allow digging holes or catching frogs, you can still let your children decide where to explore in the park and what to do next.
- If your kids can't get outside to play every day, then once or twice a week will still be great!

The right kind of play Outdoor, "child-centered" play is the goal: play that children themselves initiate, guide, change, or abandon. The very best nature play comes from the child, not from the adult! We need to bring nature play to places they can reach on foot or by bicycle, day after day, to play and re-play, and help our children "go outside and play"!

Adapted from a Parents' Guide to Nature Play, Green Hearts INC



Let Nature Empower and Educate your Children



For children, spending time outside presents a myriad of opportunities for life enriching education and fun. Your backyard can serve as this outdoor setting or maybe you would prefer the neighborly interaction that comes along with participation in a community garden. One such garden has just gotten underway at the Molly Joyce House in Pioneer. Your participation can provide the opportunity to meet your neighbors, learn how to grow some of your own food and most importantly allow your children a chance to be outside.

On Saturday July 11th the Pioneer

Community Garden got underway with 10 adults and 2 children around the age of four participating. The children especially enjoyed moving pine needle mulch from under the large ponderosa pine trees into the garden area. In the process they discovered how Manzanita bark peels back in order for the bush to grow and how a wood rat makes its home in the duff and sticks of the Manzanita bush. On the pine trees they found evidence of the beetles, which bore into the pine tree causing the tree to exude a kind of serpentine sap designed to flush the beetles out. These are just a few learning opportunities which came up in just a couple of hours outside and all we were hoping to do was start a garden. If we had children's education as the primary goal we could have come up with partially structured activities, which covered the educational gamut from math to art.

Going outside to play and learn with your child is an essential part of their learning, development and

empowerment. A 2007 report from the American Academy of Pediatrics reminds us that young children need simple, hands-on nature experiences with caring adults if that are to thrive physically, emotionally, intellectually, socially and creatively. If you would like to learn more about providing fun, easy and simple early-learning outdoor experiences for your child (age 0-5) join us in Sutter Hill on Thursday, September 3rd from 6 to 8:30 p.m. for "Children, Nature and You: Sowing the Seeds of Learning." This workshop is brought to you by First 5 Amador. Space is limited! For more information or to RSVP, please contact Cheri Garamendi at 257-1092 or cheri@first5amador.com by Monday, August 31st.

To get involved in the Pioneer Community Garden at the Molly Joyce House, contact Sean Kriletich at (209) 223-6837 or skriletich@ucdavis.edu. If you are interested in a community garden but don't live in the Pioneer area contact Sean for information about how to get a food production

and outdoor education center (a.k.a. Community Garden) started in your neighborhood.

This information is brought to you by Amador Children in Nature, whose mission is to promote children's well-being through outdoor play. We encourage you to remember that spending time outside can reduce your level of stress. Why not take your child out in the yard for a little time in the dirt today?



What to Do If You Get Flu-Like Symptoms

Printed with permission from Center of Disease Control and Prevention

Background

The novel H1N1 flu virus is causing illness in infected persons in the United States and countries around the world. CDC expects that illnesses may continue for some time. As a result, you or people around you may become ill. If so, you need to recognize the symptoms and know what to do.

Symptoms

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. The high risk groups for novel H1N1 flu are not known at this time, but it's possible that they may be the same as for seasonal influenza. People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are

immuno-suppressed (e.g., taking immunosuppressive medications, infected with HIV).

Avoid Contact With Others

If you are sick, you may be ill for a week or longer. Unless necessary for medical care, you should stay home and minimize contact with others, including avoiding travel and not going to work or school, for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. If you leave the house to seek medical care, wear a facemask, if available and tolerable, and cover your coughs and sneezes with a tissue. In general, you should avoid contact with other people as much as possible to keep from spreading your illness, especially people at increased risk of severe illness from influenza. With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods. People infected with the novel H1N1 are likely to have similar patterns of infectiousness as with

seasonal flu.

Emergency Warning Signs

- If you become ill and experience any of the following warning signs, seek emergency medical care.
- In children, emergency warning signs that need urgent medical attention include:
 - Fast breathing or trouble breathing
 - Bluish or gray skin color
 - Not drinking enough fluids
 - Severe or persistent vomiting
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Licensing Regulation Reminders

You must notify CCL any time your hours of operation change.

Any time you do not have any children enrolled in your facility, you must notify CCL and file an "Inactive Status." This includes any short periods of time in which you may not have any children enrolled, OR if you choose not to provide care for awhile.

When using a parent volunteer in your Family Child Care facility, remember that they can never be left alone with the children in your care, unless they have been fingerprint cleared.

If your outdoor play area is not fenced, then you must provide 100% supervision while children are playing outside. However, outdoor play areas must be fenced if there are any bodies of water present, or any other hazards.

Read the labels on all of your cleaning supplies, shampoos, beauty products, etc. Any product labels that say "Keep Out of Reach" must be kept inaccessible to children at all times. Any products that say "Harmful" anywhere on the label, must be kept inaccessible and locked at all times.

Remember to report any unusual incidents or injuries to CCL. These reports must be called in within 1 business day of the incident, and a written report must be submitted within 7 days.

Never leave the children in your care, unattended in a car. Doing so will cause CCL to automatically revoke your child care license.

As soon as your own children (living in your family child care home) turn 18, you must report that to CCL, in addition to having them fingerprinted.

Be sure that your fire extinguishers are serviced or replaced every year.

Infants may not be allowed to eat or sleep in a car seat or booster seat.

You are required to conduct a Fire & Disaster Drill at least every 6 months, and you must document these drills on a Drill Log.

You are required to have a written disaster and mass casualty plan of action. Title 22 regulations specify what the plan must include.

CPR, Pediatric First Aid and Preventive Health Practices Training

Early care and education providers have many responsibilities, which include protecting and promoting the health and well-being of children in child care settings. While some of these skills and knowledge may seem practical in nature, on-going training, self-evaluation and plans for improvement are required to ensure children are spending time in appropriate environments. Unfortunately, even though we know how important health and safety is, expired CPR and Pediatric First Aid certifications are common citations in licensed child care settings.

The State of California Title 22 Child Care Licensing regulations requires that child care center directors and licensees of large family child care homes ensure that at least one staff member is on site at all times when children are present who has a current course completion card in pediatric first aid, and pediatric CPR. It also requires that directors and licensees have at least one staff member with a course completion card in preventive health practices. Small family child care licensees are considered the primary staff in the facility and required to have all three.

"Retraining in pediatric first aid and CPR shall consist of no less than four hours of pediatric first aid and no less than four hours of pediatric CPR. Retraining in pediatric first aid and CPR shall be completed at least

every two years." So this means that 8 hours of training is required every 2 years. Some CPR certifications are only valid for 1 year and require recertification every year. The 4 hour requirement for CPR courses is a minimum and actual courses may take longer than 4 hours to complete.

Preventive Health Practices training is only required once, but we recommend a refresher course every few years to make sure you have the necessary information to develop policies related to current immunization requirements, preventive health practices, injury prevention, and disaster planning.

Staff and licensees can obtain training and certification from a variety of sources: American Red Cross (First Aid Pediatric, CPR, and Preventive Health), American Heart Association (First Aid Pediatric, CPR) or a training program that has been approved by the California Emergency Medical Services Authority (EMSA).

The American Red Cross and American Heart Association CPR and Pediatric First Aid are considered exempt from needing EMSA approval or stickers. However, you must make sure the First Aid course is pediatric and will meet licensing standards - ask before you register! We review many certifications from both of these institutions that do not meet

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Consultation Service Available for Child Care Providers

A program is available from First 5 Amador that provides consultations services by an experienced behavioral specialist to assist child care programs who are caring for children with behavioral concerns, disabilities and special needs. A consultant is available to assist family child care providers and early education teachers with a wide range of resources and services. The consultant offers phone and on-site assistance to programs serving children ages 0-5.

For more information contact Cheri at 257-1092

Community Care Licensing Information

Community Care Licensing has announced the new "MyCCL Web Portal" (<http://www.mycl.ca.gov/>) the first step in the development of a web based licensing information center and the future of Community Care Licensing. New features include:

- Update your emergency contact information.
- Sign up for periodic information releases and content.
- Register today and check the website regularly for new updates.



Why Children Eat as They Do

Children want to be Independent.

Children want to choose their food and feed themselves. Sometimes they aren't hungry, sometimes they eat everything insight. Some days they feel like eating only peanut butter sandwiches. These may taste so good they only want peanut butter for the next week.

Children don't understand or care about food and it's relation to their health.

It doesn't matter that milk is good for them. Some days they may want milk; some days they won't. When a child won't accept milk, try other dairy sources, such as yogurt, cheese, pudding, cottage cheese and soups make with milk. Or, offer chocolate milk. Parents should serve a variety of healthful foods and let children decide which and how much they want to eat.

Children's taste buds are more sensitive than adults.

Most children prefer plain foods, not mixed foods. Sometimes they don't even want different foods to touch each other on their plates. Introduce new foods one at a time. Most children don't like new foods at first, but will accept them in time if you continue to offer the food. Children



With the Fall season comes cooler weather, school (homework, games, music lessons, carpooling, etc.), thoughts about the holidays, and football. With all the things that are going on, we often have even less time to slave away at the kitchen stove to prepare the family meal. But not to worry. Crockpots to the rescue!

Crockpot Hot Apricot Cider

Usually hot ciders are made of apple - this one starts with apricot nectar for a nice change.

- 36 oz. apricot nectar
- 2 cups water
- 1/4 cup lemon juice
- 1/3 cup sugar
- 1/4 tsp. ground cloves
- 2 (3") cinnamon sticks

In 4 quart crockpot, combine all ingredients. Cover and cook on low for 2-3 hours, stirring once during cooking time. Stir and serve in mugs. Serves 8-10

slowly add new foods to their diet as they grow older. Some children never try new foods and become adults who are picky eaters. If after repeated exposure a certain food is not liked, forget it. Children dislike some foods just like adults do.

A child's stomach is small.

Plan on 3 meals and 1 or 2 snacks a day. During periods of rapid growth, appetite increases. During periods of slow growth, appetite decreases. Snack portions should not be large, or eaten too close to meal time. Serve snacks 1 to 3 hours before meals. Children like routines, so provide meals and snacks at about the same time each day.

Children stop eating when they are full.

Don't expect children to always clean their plates. When adults make children eat, instead of trusting them to control their own food intake, they don't allow children to focus on their own internal hunger cues. This encourages overeating or food dislikes that could result in weight or food problems later on.

Children learn about foods by tasting, touching, and smelling, and they need to experiment.

Children eat slowly. When adults are in a hurry, both become frustrated. Children need time to explore the feel of food and learn to use utensils, but if a child is just playing with food, simply clear the table and offer the next snack or meal at the usual time.

Crockpot Autumn Vegetable Minestrone

- 2 cans (14.5 oz size) vegetable broth
- 1 can (18 oz size) crushed tomatoes, un-drained
- 3 medium carrots, chopped
- 3 small zucchini, cut into 1/2" slices
- 1 medium yellow bell pepper, cut into 1/2" pieces
- 8 medium green onions, sliced
- 2 cloves garlic, finely chopped
- 2 cups shredded cabbage
- 2 teaspoons dried marjoram
- 1 cup uncooked instant rice
- 1/4 cup chopped fresh basil

Mix all ingredients except rice and basil in a 3 1/2 to 6 quart slow cooker. Cover and cook on low heat setting for 6 to 8 hours or until vegetables are tender. Stir in rice. Cover and cook on low heat setting for about 15 minutes or until rice is tender.

SUMMER SQUASH SALAD

- 4 cups Zucchini -- julienned
- 4 cups Yellow squash -- julienned
- 2 cups Radish -- sliced
- 1 cup Vegetable oil
- 1/3 cup Cider vinegar
- 2 tbs. Dijon mustard
- 2 tbs. Fresh parsley -- snipped
- 1 1/2 tsp. Salt
- 1 tsp. Dill weed
- 1/2 tsp. Pepper

In a bowl, toss the zucchini, squash and radishes. In a small bowl or jar with tight-fitting lid, combine all remaining ingredients; shake or mix well. Pour over vegetable. Cover and refrigerate for at least 2 hours.

Recipe by: TASTE OF HOME

Butternut Soup

Makes 8 servings

- 2lbs. butternut squash, peeled and cut into cubes
- 4 cups chicken or vegetable broth
- 1cup low-fat sour cream
- 1/2 cup grated cheddar cheese
- 2Tbsps. Butter
- 1/4 tsp. ground red pepper
- Salt and pepper to taste
- Optional: 1Tbsp. sugar

1. Pour broth into saucepan with squash cubes, Simmer until squash is tender when tested with a fork.
2. Remove the pan from the heat and let cool a few minutes.
3. Pour half of the mixture into the blender and puree.
4. Put puree back into the sauce pan and heat over medium-low heat.
5. Add sour cream, cheese, butter and red pepper.
6. Stir until heated but not boiling. Serve

Crockpot Baked Cranberry Apples

- 5 medium baking apples
- 1/2 cup fresh or frozen cranberries, chopped
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 4 tablespoons chopped walnuts
- Whipped cream (optional) or sour cream (optional)

Peel each apple about a fourth of the way down; remove core and seeds. In a small bowl, combine cranberries, sugar, cinnamon, nutmeg and walnuts. Spoon cranberry mixture into center of each apple.

Place in a 4-quart or larger crock pot. Cover and cook on low 4 to 5 hours or until apples are tender. Serve warm or at room temperature. Top with whipped or sour cream, or vanilla ice cream, if desired.

Source- www.blisstree.com



Eco-Healthy
Child Care

Keep the poison plastic off your back-to-school shopping list!

Why Shop for PVC-Free School Supplies?

Many children's school supplies (such as lunchboxes, backpacks and binders) are often made out of polyvinyl chloride (PVC or vinyl)—a toxic plastic that is dangerous to our health from production, use, to disposal.

Here are some quick tips to avoid PVC in common back-to-school products. Look for non-plastic products whenever available. When choosing plastic items, be sure to avoid PVC as well as polycarbonate (PC), polystyrene (PS) and acrylonitrile butadiene styrene (ABS) plastics. Avoid the three-arrow "recycling" symbol with the number 3 and/or the initials PVC — indicating it's made with PVC.

If no symbol is present, call the manufacturer's question/comment line (usually a toll-free 800 number) listed on the package to find out what it's made of.

Art Supplies

Avoid PVC in paint smocks. Avoid modeling clays made of PVC (polymer clays such as Fimo and Sculpey). Try making your own homemade clay.

Backpacks

Avoid backpacks with shiny plastic designs as they often contain PVC and may contain lead.

Clothing and Accessories

Look for PVC-free materials in raincoats, rainboots, prints on clothing, and accessories such as handbags, jewelry and belts.

Lunchboxes and Food-Wrap

Use cloth lunch bags or metal lunchboxes. Many plastic lunch boxes are made of, or lined with, PVC. Use PVC-free butcher paper, waxed paper, parchment paper, low density polyethylene (LDPE) or cellulose bags for food-wrap.

Notebooks

Avoid notebooks with metal spirals encased in colored plastic, as it usually contains PVC.

Paperclips

Stick to the plain metal paperclips. Colored paper clips are coated with PVC.

Three-Ring Binders

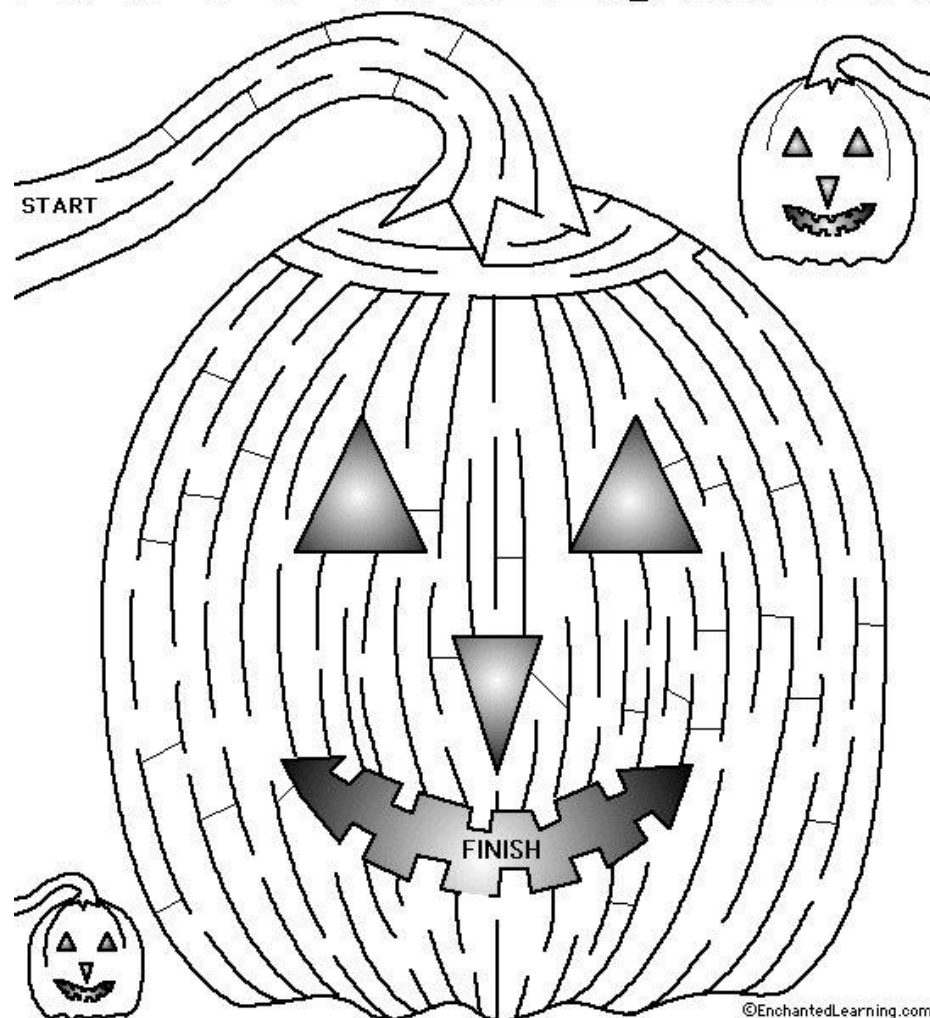
Use cardboard, fabric-covered, or polypropylene.

Source- Center for Health, Environment & Justice, www.chej.org, August 2009

Nature Field Trips for Children

1. Visit as many different habitats as you can find in your neighborhood. Here's a check list to see what you can find.
River, stream or creek
Lake or ocean
hill or mountain
desert
meadow or field
forest
2. Plan to spend an hour outside. It could be in a backyard, on a balcony, or in a park. Make a list of all the living things you see. Bring along a bird and bug book if you want to identify what you are seeing.
3. Find a local farm to visit. At this time of the year, you may be able to U-Pick berries, or even see what crops are growing that will be harvested in the fall. Don't forget about unusual farms like a bee farm or an ostrich farm. If you aren't sure how to find a farm, try the yellow pages under 'farm' or call your local tourist information center and ask about farm tours.
4. Spend a morning at a farmers' market. Plan a meal using the fresh produce you bring home.
5. Call your local Parks Department or Park Services and find out what programs they are running this week.

HAPPY HALLOWEEN



Puddles

The next time it rains (after the thunder and lightning are gone) let your children jump in the puddles. You may even want to join in the fun. Put rain boots on your children and let them stomp their feet in the puddles. Help them see their reflections and let them drop stones in the puddles and watch the ripples. Float nature objects in the puddles, such as a leaf or feather, or make a boat from sticks and leaves. Locate puddle and rain books at your library, such as *Rain Talk* by Mary Serfozo and *Pete's Puddles* by Hanna Roche.

Grapevine and Leaf Wreath

Why not decorate the house with a grapevine wreath that your kid can create by himself or with your help? Let him gather leaves from your yard to stick into the wreath until he's created a halo of red, gold, and green. Let him decide where to hang it!

Leaf Toss

Let the children help you rake and pile leaves onto a large sheet, then let each child hold onto a section of the sheet. Lift the sheet high into the air, and watch the leaves fly in the sky!



Thankful Wreath of Leaves

You and your child can make a beautiful wreath of leaves that displays what your child is thankful for. This wreath makes great Autumn or Thanksgiving decoration.

Supplies needed:

- A plain white paper plate
- Construction paper (orange, red, yellow, brown, and other earth tones)
- Crayons or markers
- Scissors
- Glue or a glue stick

Instructions

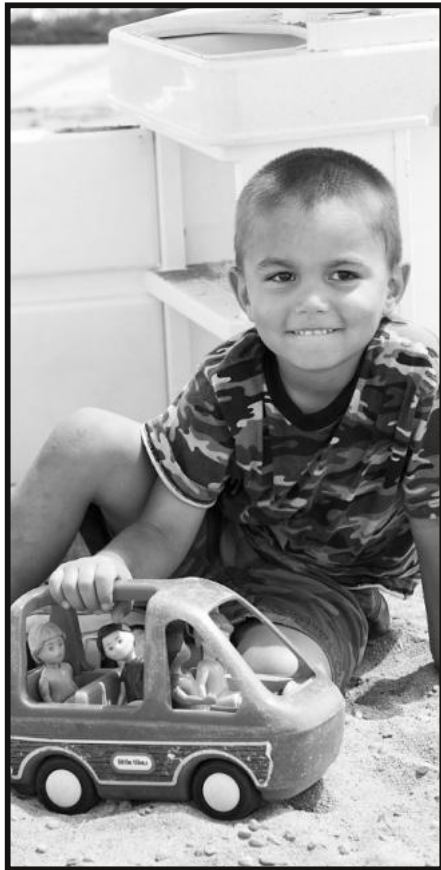
- Cut a half circle out of the center of a plain paper plate. This will hold the leaves.
- Cut out a lot of leaves from construction paper. Draw the leaf veins if you wish.
- Glue the leaves all around the rim of the paper plate.
- In the lower center of the wreath write, "I am thankful for," and then let the children write or draw what they are thankful for.
- Put the child's name on the wreath (or let them sign it)

For variations on this wreath: instead of using leaves, cut out handprints of the child, tissue paper baking cups or torn up scrapes of paper.

Did You Know?

Our offices are closed one afternoon a month for staff meetings ~ usually the last Wednesday of the month.

Our Amador County office is closed on Fridays. Our hours are now Monday through Thursday, 8:00 am to 6:00 pm.



Provider Payments			
Claim Month	Maximum Care days/weeks	Attendance Sheets Late after 4:30 p.m.	Checks mailed by
Aug	21/4.2	Sept 4, '09	Sept 15, '09
Sep	22/4.4	Oct 5, '09	Oct 15, '09
Oct	22/4.4	Nov 5, '09	Nov 13, '09
Nov	21/4.2	Dec 4, '09	Dec 15, '09

Remember:

- All time sheets are due on the 1st of the month
- They are late after 4:30 on the 5th of the month (or last business day if the 5th falls on a weekend or holiday)
- Late claim sheets = late (or no) payment

Parent Fee Payments

The Resource Connection can now accept credit card payments for Parent Fees!

Online credit card payments can be made through our website at: www.theresourceconnection.net

Click on Online Services and then click on Pay Family Fees Online in the drop down menu. Once you are at the "Pay Family Fees On-Line" page, click on "Pay your family fee now"

The Resource Connection Administration Department can now accept credit card payment by phone at (209) 754-3114 for parent fees. Payments can be made by phone with a credit card between the hours of 9:00 a.m. and 4:00 p.m.

The card can be a debit as long as it has a Visa, Master Card, Discover or American Express symbol on it.

Currently there is no fee for this service but is subject to change in the future.

You can also pay your Parent Fee by cash at the Administration Department during regular office hours: 9:00 am to 4:00 pm. at 1113 Highway 49, Building 2, Suite 2 in San Andreas. To use the cash option you must bring the exact amount; we cannot make change.

We hope this new added service can assist in making this part of the child care subsidy program more convenient for you. If you have questions regarding credit card payments please call the Administrative office at (209) 754-3114 Monday through Friday 9:00 am to 4:00pm.

Drop Box

Can't make it during business hours? Use the drop box for claims and other subsidy paperwork.

Remember....claim sheets in the drop box after close of business on due dates are considered late.



Reminder:

The holiday season is coming.

Parents: if you are not going to use care during the winter holiday, you must call your subsidy coordinator and report your vacation plans.

Providers: If you are going to be closed during the Thanksgiving or Christmas holiday, please give us a call and remind us.

Frequently Asked Questions

The following questions are taken from our annual parent surveys.

Why don't you hire bilingual staff or have more documents available in Spanish?

We are pleased to report that we are now able to offer more responsive services in Spanish. Our Parent/Provider Handbook is offered in Spanish as well as many of our forms and paperwork. We also utilize interpreters during phone calls and appointments (not limited to Spanish).

The Centralized Eligibility List (CEL) has a "button" to click for the Spanish version and we are always interested in potential job applicants that can speak Spanish as well as meet the other job requirements.

Can you make the CCR website more available to Mac users?

The Resource Connection, Resource

and Referral staff utilize Mac computers. If you are having trouble opening our website, it may be your browser. If you haven't tried accessing our website lately we encourage you to visit; it has been redesigned. If you are having problems with the CEL site you might try using Safari as a browser.

Would you consider staying open until 7:00 p.m. a few days a week?

Our Amador office is open Monday through Thursday until 6:00 p.m. and one subsidy staff is available in Calaveras until 6:00 p.m. Monday through Thursday. We are sensitive to work needs and staff is available for evening appointments on a case-by-case basis.

Could you offer satellite lending libraries so we don't have to travel more than necessary?

This would be wonderful, however, it

would be cost prohibitive. If we have a book that is not available at your local branch of the County library please let us know and we will do our best to work with you to provide you with resources.

Have you considered a bi-monthly meeting that a group of providers and parents attend so that we can meet, discuss hours or availability and sign up with providers at that time; similar to a job fair of sorts with refreshments?

Many counties have Child Care Provider Associations that meet these types of needs. At one time Amador and Calaveras had such associations. We encourage providers to unite and work together for these, and other goals. You can talk to your provider about starting a local association; our staff is available to assist these endeavors.

While we are unable to host such an event we encourage parents and providers to attend our trainings and community events, this is a great way to have fun, learn the newest trends in parenting and child development and meet each other.

The Resource Connection does a very good job, the coordinators have been very helpful, and I would like to see an appreciation day for all the coordinators.

THANKS! We always appreciate your kind words. The staff at The Resource Connection is dedicated to the work they do. Knowing we make a difference is thanks enough. Other ways to show your appreciation for the program include short letters to our Board of Directors, a Letter to the Editor of our local newspapers, or letters to elected officials. The more decision makers know that you value the services the more likely they are to continue to fund those services.

Why is Hand Washing So Important?

A delicious mud pie, a good-luck rock, or a friendly frog are just a few of the presents kids love to bring home to Mom and Dad. But behind these adorable gifts, millions of germs could be lurking.

Kids don't always listen when you tell them to wash their hands before eating, but it's a message worth repeating. Hand washing is by far the best way to prevent germs from spreading and to keep your kids from getting sick.

The First Line of Defense Against Germs

Germs can be transmitted many ways, including:

- touching dirty hands
- changing dirty diapers
- through contaminated water and food
- through droplets released during a cough or a sneeze
- via contaminated surfaces
- through contact with a sick person's body fluids
- When kids come into contact with germs, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

- Good hand washing is the first line of defense against the spread of many illnesses, from the common cold to more serious illnesses such as meningitis, bronchiolitis, influenza, hepatitis A, and most



types of infectious diarrhea.

Washing Hands Correctly

Here's how to scrub those germs away. Demonstrate this routine to your kids — or better yet, wash your hands together often so they learn how important this good habit is:

1. Wash your hands in warm water. Make sure the water isn't too hot for little hands.
2. Use soap and lather up for about 10 to 15 seconds (antibacterial soap isn't necessary — any soap will do). Make sure you get in between the fingers and under the nails where uninvited germs like to hang out. And don't forget the

- wrists!
- 3. Rinse and dry well with a clean towel.

To minimize the germs passed around your family, make frequent hand washing a rule for everyone, especially:

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing one's nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)

Don't underestimate the power of hand washing! The few seconds you spend at the sink could save you trips to the doctor's office.

Reviewed by: Mary L. Gavin, MD.
Date reviewed: March 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit KidsHealth.org or TeensHealth.org. © 1995-2009. The Nemours

Use Safer Alternatives for Cleaning and Disinfecting

With the cold and flu season upon us, and the threat of the Swine Flu ever-present, it's especially important to keep your home or child care facility free of harmful germs. There are many easy, in-expensive, non-toxic ways of doing this...

Wash hands thoroughly and frequently with water or alcohol-based sanitizers.

Scrub surfaces with hot, soapy water. Rinse sponges regularly, and replace often.

Disinfect selectively—only disinfect objects that come into contact with raw meat, fish, or eggs, such as plastic cutting boards, utensils, and counters.

Restrict the use of antibacterial products. Antibacterial soaps kill good germs as well as bad germs, and contribute to the growing problem of bacterial resistance to antibiotics. Also, research shows that antibacterial soaps are no better than plain soap in preventing infectious disease. It's how you wash your hands that makes the difference. Rub hands together vigorously for at least 15-20 seconds. Don't forget the spaces between your fingers, your wrists, and under your nails.

Use basic kitchen ingredients to make your own cleaners.** (Even

baking soda and vinegar can be harmful to children if they ingest too much. Always store home-made cleaners out of reach or in a locked cabinet and make sure to label the container.)

- All purpose cleaner - Add 3tsp. Liquid soap or ¼ cup Borax to 1 gallon water.
- Window cleaner - Use ½ cup vinegar mixed with one gallon of



water.

- Disinfectant - Mix ¼ cup Borax with ½ gallon of water. Or, make a solution of 3 tbs. liquid soap, 2 cups water, and 20-30 drops of tea tree oil (which is a natural disinfectant). Hydrogen peroxide is also a proven sanitizer. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or

spray it on the counters. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will (be sure you put the mixture into a bottle that filters out sunlight.)

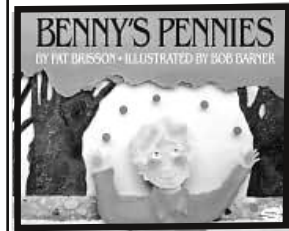
- Mild abrasive for soap scum and stains - Sprinkle baking soda on the area and wipe with a damp rag.

Finally, don't forget that the best way to get rid of many air-borne germs and viruses, is to OPEN YOUR WINDOWS! Even in the Winter, open your windows for just a few minutes every day. Doing this will also improve your indoor air quality, by ridding your home of toxic fumes from cleaners, carpeting, etc.

Excerpted from- www.healthychild.org

READ READ READ

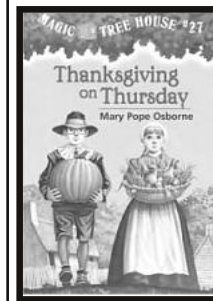
Benny's Pennies



Benny sets off in the morning with five shiny new pennies to spend and eventually buys

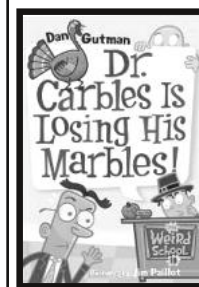
something for his mother, brother, sister, dog, and cat.

Thanksgiving on Thursday



Jack and Annie travel in their magic treehouse to the year 1621, where they celebrate the first Thanksgiving with the Pilgrims and Wampanoag Indians in the New Plymouth Colony.

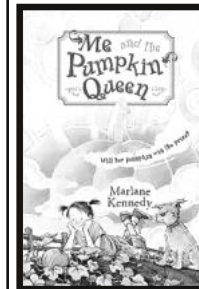
Mr. Carbles is Losing his Marbles



It's Thanksgiving, but the kids at Ella Mentry School aren't feeling very thankful. That's because Mr. Carbles is grumpier than ever, and he wants to fire Mr. Klutz! Will A.J. and his friends be able to save their principal's

job?

Me and the Pumpkin Queen



Mildred's Guide to Growing a Giant Pumpkin

1. Get the right seeds. These days, no one grows a Pumpkin Show winner without Howard Dill's Atlantic Giant seeds.

2. Convince your dad that having a pumpkin patch in your backyard is a good idea.

3. Make sure that your dogs stay far, far away from your seedlings.

4. Don't let your busybody aunt interfere with your "pumpkin obsession," no matter how much she wishes you were interested in boys or clothes or anything other than pumpkins.

5. Find a best friend who can help out in a pinch.

6. Never, ever, ever give up.

Legislative and Licensing Updates

Child Care Subsidy:

AB315 (DeLeon)- Child Care Provider Payment Schedule (Sponsored by the United Child Care Union)

Requires the SDE to consider developing guidelines for Alternative Payment Programs on specific matters. In developing regulations, they shall consider, timeliness of payments, due process and complaint process, completion of attendance records, manner of issuing payments, timeliness of notification when a child is no longer eligible to receive subsidies and administrative recourse and penalties for late payments to providers. If a penalty is assessed against an AP, it can only use administrative and support service funds.

Status: Passed Assembly, Conveyed to Senate

*SB244 (Wright)- Child Care and Development: High Risk Children Priority

Requires the CDE to study (by December 31, 2010) the feasibility of providing priority enrollment in high quality programs for the designated target populations including children 0-5 who are in foster care; at risk of being neglected, abused or exploited in relative care; adopted out of the foster care system, homeless, or have a parent who is in the foster care system, on probation, or on parole or in a correctional or residential treatment facility.

Status: Assembly Appropriations.

Community Care Licensing:

*AB1368 (Adams)- Family Child Care: First Aid

Requires small family child care homes to have a staff person with training in first aid and CPR in the home at all times which means that substitutes would need to have this training.

Status: Senate Appropriations

*SB702 (DeSaulnier)- Ancillary Day Care

Effective January 1, 2011, defines a new category of child care programs as "ancillary" and relates to programs in athletic club, grocery stores or other business or group of businesses that provides a day care center that is ancillary to its principal business activity. It requires ancillary programs to use Trustline for their employees.

Status: Assembly Appropriations

Preschool:

*AB769 (Torres)- Preschool Priorities (Sponsored by LACOE)

In addition to existing priorities, this bill would require priority for participation in state preschool programs also be given to children who have a biological parent who is,

or who has been within the previous 6 months, under the jurisdiction of the delinquency or dependency court. Amended to clarify that priority enrollment does not allow for the displacement of children already in care.

Status: Senate Floor

School-Age Child Care:

*AB434 (Block)- After School Program: Matching Funds

Reduces the amount of cash or in-kind local funds required by each ASES program for the 2009-10 and 2010-11 fiscal years to 15% including the local match that can be fulfilled by providing facilities from 25% to 15%. Authorizes the cost of a program site supervisor selected under the ASES Program Act of 2002 to be included as direct services, provided that at least 85% of the site supervisor's time is spent at the program site.

Status: Senate Appropriations.

Other Bills:

*AB627 (Brownley)- Child Care

Nutrition

Requires the SPI establish an 18-month pilot program (funding permitting with non-General fund sources) that provides higher meal reimbursement for meeting higher nutritional and physical activity standards. Requires that (effective January 1, 2011 and annually) a licensed child day care facility self-certify that they meet specified health and nutrition-related requirements. Requires the juice served (only once per day) be 100% juice. Requires serving only nonfat and low-fat milk to children over 2 years old, and water accessible throughout the day. Exempts children with medical necessity.

Status: Senate Health 7/15.

*SCR44 (Corbett)- Regional Market Rate Structure-

Requests the CDE to review the current regional market rate structure to determine if it results in sufficient access for working families. Requests state holders involvement in an open/transparent process for new RMR survey, planning or implementing new rates or a new rate structure. Amended to request the department to submit a report on the RMR methodology to the Legislature by April 10, 2010.

Status: Senate Appropriations

SCR47 (De Saulnier)- Child Care Funding: Workforce

States the intent of the Legislature to increase funding for child development centers and preschools to provide staff with adequate salaries and benefits and provide adequate resources to support program quality.

Status: Senate Floor

New Child Care Licensing Fee Schedule (Effective 7/28/2009)

Capacity	Annual Fee	Application Fee
FCCH		
1-8	\$ 66	\$ 66
9-14	\$ 127	\$ 127
CCC		
1-30	\$ 220	\$ 440
31-60	\$ 440	\$ 880
61-75	\$ 550	\$ 1,100
76-90	\$ 660	\$ 1,320
91-120	\$ 880	\$ 1,760
121+	\$ 1,100	\$ 2,200

Disaster Planning - Best Practices

Title 22, Division 12, Section 101174 (Child Care Centers) requires licensees to have a written disaster and mass casualty plan of action. The regulations specify what the plan must include and require, in part, that licensees conduct disaster drills every six months.

All children, age and abilities permitting, and all child care personnel, including volunteers, shall be instructed in their duties and responsibilities under the plan.

Title 22, Division 12, Section 102417 (Family Child Care Homes) requires licensees to have a written disaster plan of action prepared on a form approved by the Department.

All children (including newly enrolled), age and ability permitting, and the provider, the assistant provider, and other members of the



household, shall be instructed in their duties under the disaster plan.

Current regulations do not specifically dictate a requirement to locate children's parents during a disaster where children are separated from their parents. However, a written plan of action is required. It is important that licensees have a plan in place to ensure that children are reunited with their parents after being separated during a disaster.

For this reason, we have developed the following "Best Practices". We encourage you to review and implement them should the need arise:

Reuniting Children with Their Parents

The primary purpose of an emergency preparedness plan is to ensure child safety at licensed child care facilities during natural and man-made disasters. The second priority of an emergency preparedness plan is to facilitate the speedy and safe return of children to their parents.

Ensure Communication

Child care facilities are required to have on file emergency contact information including, but not limited to, the parent's home, work, and mobile phone numbers. To the extent that parents have them, e-mail addresses should be included.

Child care facilities should collect one out-of-area contact phone number and e-mail address to be used as an intermediary for communications in the event that parents cannot be reached directly;

Emergency contact information should travel in some form with children to relocation sites;

Identify and communicate to parents a local broadcast station through which updates will be made available.

Travel to Relocation Sites

On an annual basis, parents should be given written notice of designated relocation sites and contact information for those sites.

In the event that relocation sites are added, subtracted, or otherwise modified, written notification should be given to parents.

The Resource Connection

Our mission is to engage families, empower communities, and enrich the lives of the residents of Amador and Calaveras counties.

CHILD CARE RESOURCE & REFERRAL (R&R)

The primary focus of R&R is to provide child care related information and resources to parents, child care providers, and the community free of charge.

The Six Core Services of Resource & Referral:

- Counseling parents about child care resources.
- Developing the child care profession through training, education, outreach and resources.
- Documenting and analyzing child care supply and demand.
- Advocating for improved quality, accessibility, and affordability of child care.
- Educating and informing the community about child care concerns, parent needs, and available resources.
- Increasing the supply and improving the quality of child care in local communities.

Resource Libraries:

The TOY LENDING LIBRARY houses an array of toys and educational equipment. The public is encouraged to join the library free of charge. Family child care providers receive this service on our mobile toy runs. The PROFESSIONAL REFERENCE LIBRARY contains books, publications, and handouts to parents and professionals on a variety of child-related topics.

CHILD CARE INITIATIVE PROJECT (CCIP)

This project is designed to increase the supply of licensed, quality child care throughout our counties. CCIP helps people interested in becoming family child care providers with training, technical assistance and financial incentives.

LICENSE EXEMPT PROGRAM (LEP)

Is a program for informal child care providers who provide child care for a child and/or children on a regular basis. This program makes available opportunities to gain training and support in various child care topics.

AMADOR COUNTY PLAYGROUPS

Free playgroups for all stay at home children ages 0 to 5 and their caregiver: grandparent, mom or dad, or child care provider. Activities and themes change each month.

CALAVERAS CHILD CARE COUNCIL (CCCC)

The Local Child Care and Development Planning Council for Calaveras County. The CCCC is a group of community members that conduct child care needs assessments, and develop countywide plans that focus the public's attention and encourage collaboration to support the development of affordable, accessible, quality child care.

• **ABCD CONSTRUCTION CONNECTIONS:** Encourages child care and community development sectors to work together to support and streamline the local system for developing and financing child care facilities. Assistance in facilities development and process by providing you with technical assistance and resources.

CHILD CARE SUBSIDY PROGRAMS

These programs are designed to provide full or partial payment of child care costs to families who meet certain need requirements, such as employment, training, and other special needs. Eligibility for programs are based on family size and income or CalWorks eligibility. Reimbursement is determined by a sliding fee schedule. These programs provide parents with the widest freedom of choice possible in the selection of child care programs, while helping them to become economically self sufficient.

Family Child Care Homes

Provides comprehensive services to eligible children enrolled in participating family child care homes. Services include family needs assessments, developmental profiles, education programs, parent involvement, health and social services, and support for child care providers.

CENTRALIZED ELIGIBILITY LIST (CEL)

The Centralized Eligibility List (CEL) provides a single place where parents can enter their names on a list while waiting for services offered in several programs throughout the county. The CEL is a free service funded by the State of California Department of Education.

IN CALAVERAS COUNTY:

501 F Gold Strike Rd., P.O. Box 919
San Andreas, CA 95249

e-mail: calaverasccr@hrccr.org

phone: (209) 754-1075 fax: (209) 754-4244

Administration

Kelly Graesch - Program Director

Larry Anderson - Technical Specialist

Cathy Wagner - Administrative Supervisor

Carol Larson - Administrative Secretary

Resource & Referral

Kelley Kirschten - Resource & Referral Supervisor

Child Care Subsidy

Dee Bassett - Subsidy Supervisor

Carole Meltzer - Subsidy Coordinator

Child Care Planning Council

Kerry Williams - Calaveras Child Care Council Coordinator

IN AMADOR COUNTY:

10877 Conductor Blvd., P.O. Box 216
Sutter Creek, CA 95685

email: amadorccr@hrcccr.org

phone: (209) 223-1624 fax: (209) 223-5852

Administration

Brenda Bullington - Amador Program Manager

Resource & Referral

Kiera Lacy - Resource & Referral

Erika Simmons - Provider Coordinator

Salina Branson-Carll - Mobile Outreach Coordinator

Samantha Hedger - Mobile Outreach Resources Coordinator

Child Care Subsidy

Nancy Miner - Subsidy Supervisor

Michelle Giuffra - CalWORKS Coordinator

Christine Whitehead - Subsidy Coordinator

www.theresourceconnection.net

Announcements & Events

CPR, Pediatric First Aid and Preventive Health Practices Training

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the child care regulations because they are Standard First Aid courses. An accredited college or university course is also acceptable.

To assist providers in meeting and maintaining their Health and Safety requirements the Resource Connection offers American Red Cross training courses that meet the child care regulations three times a year in the Fall, Winter and Spring. However, these courses are often cancelled due to a lack of enrollment, so we encourage you to plan and register early. We can offer a recertification course on the year that you do not need to take the First Aid course, which can be offered in the evening and will only take 3.5 hours.

Whether you take your courses through the American Red Cross

annually or through another training institution that may offer a 2-year certificate, getting into a routine will help you to stay in compliance with the regulations, develop relationships with other providers that need to attend training, and help ensure courses are available.

The Resource Connection also administer a grant from the California Department of Education that offers reimbursements of up to \$100 per year per participant for completed classes or course work that meet the licensing requirements (participants are responsible for \$5.00 for each training segment - CPR, Pediatric First Aid, Preventive Health). This reimbursement is also available to license-exempt providers who take the courses.

For more information please contact either office.

The EMSA recommends the following:

Before agreeing to pay for a training course in pediatric first aid, pediatric CPR, or preventive health practices, ask to see the training program or instructors certification card or other document authorizing them to train child care providers. For EMSA approved training programs, ask to receive EMSA course completion stickers for your training course. If the training program cannot provide course completion stickers or a certification card, call EMSA at (916) 322-4336 and ask to speak to the child care unit to verify a training program.

Visit the EMS Authority website or Training Program (a list of approved training programs are available on the EMS Authority's website at: http://www.emsa.ca.gov/personnel/child_care/default.asp).

Calaveras Unified School District - Community Resource Ambassador Program

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family to the appropriate resources. Calaveras Unified School District is partnering with The Resource Connection in this effort to strengthen our collective ability to connect people in need to the resources available in the community.

I commend Teacher James Pesout, Superintendent Mark Campbell, and CUSD as a whole for efforts to help make a difference in our communities. Most of all, I applaud the girls who stepped up to articulate how they could make a difference in their communities and provide leadership to the cause! Way to go!

Kelly Graesch

Upcoming Calaveras Workshops

Family Child Care Business Workshop

Wednesday, September 23
6:00 PM - 8:00 PM

Come join us to learn the important business aspects of running a Family Child Care... learn about getting started in the child care field, creating contracts and policies (and receive hands-on help creating or revising yours), recordkeeping, marketing your child care business, and receive lots of helpful and fantastic free stuff! Bring your contracts with you! RSVP to 754-1075.

Family Child Care Business Worktime

Thursday, November 12
6:30 PM - 9:00 PM in San Andreas

This workshop is for YOU! Come make copies, create documents, laminate, and do whatever you need for your Family Child Care Business. RSVP to 754-1075.

UC Davis Scientific Inquiry

for Young Children

Saturday, November 14 (tentative date)
9:00 am - 2:30 pm in Calaveras

Participants will explore everyday science and practice principles of inquiry and documentation to enhance discovery and scientific learning. RSVP to 754-1075.

Cooking with "Lil Chef"

Saturday, November 21
11:00 am - 3:00 pm

Help encourage a child's participation during mealtimes and holidays and pass on traditional recipes. Educating children is the "Key ingredient" in changing the diet of America and fighting childhood obesity. We will inspire participants by providing them with fun, nutritional and practical activities that instill a healthy understanding of food through cooking with fresh and organic produce. RSVP to 754-1075.

Upcoming Amador Workshops

"Encouraging Young Writers"

Tuesday, September 29
5:30-8:00 pm

This workshop will focus on the characteristics for each developmental stage of writing, applying teaching strategies for each stage, as well as how to enrich the environment to promote early writing. Presented by California Preschool Instructional Network (CPIN). RSVP to The Resource Connection (209) 223-1624

Eco-Healthy Child Care

Monday, October 5
2:00-4:00 pm

"Go Green" and become an Eco-Healthy Child Care and home! As a child care provider and parent, small changes you make in your home can have a big impact on the children in your care. The Eco-Healthy Child Care (EHCC) program offers valuable information on using non-toxic cleaning products, indoor air quality, and much more! Everyone welcome, open to the public. RSVP to 223-1624

"Writing an Effective IEP for Your Child with Special Needs"

Wednesday, October 7
6:00-8:30 pm

Topics in this workshop for parents will include- Rights of parents and their children with disabilities, assessment, eligibility, IEP meetings, developing effective individual education plans for your child... and much more! Presented by the Family Resource Network. RSVP to (800)847-3030 or (209)472-3674

"UC Davis Child Observation"

Saturday, October 10
9:00 am-2:30 pm

Participants will learn to critically

analyze assessment tools and explore ways to use their observations to support children, families, and program development.

"Eco-Healthy Child Care"

Thursday, October 15
6:00-8:00 pm

"Go Green" and become an Eco-Healthy Child Care and home! As a child care provider and parent, small changes you make in your home can have a big impact on the children in your care. The Eco-Healthy Child Care (EHCC) program offers valuable information on using non-toxic cleaning products, indoor air quality, and much more! Everyone welcome! RSVP to 223-1624.

"Eco-Healthy Child Care"

Wednesday, October 21
10:00 am-12:00 pm

"Go Green" and become an Eco-Healthy Child Care and home! As a child care provider and parent, small changes you make in your home can have a big impact on the children in your care. The Eco-Healthy Child Care (EHCC) program offers valuable information on using non-toxic cleaning products, indoor air quality, and much more! Everyone welcome, open to the public. RSVP to 223-1624

"Infant Massage & Nurturing Touch for the Young Child"

Thursday, November 19
6:00-8:00 pm

Join Brandy Astwood, founder of the Motherlode Holistic Connection, for a very special 'how-to' evening. Research has proven the many benefits and importance of infant massage, as well as nurturing touch for young children... and now you can learn it, too! You won't want to miss this very special opportunity! RSVP to 223-1624.

Update on School (K - 12) and Child Care Programs

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children. Although daily health checks have been recommended for child care programs before the current H1N1 flu situation, programs that do not conduct routine daily health checks should institute this practice. (See Caring for Our Children Standards 3.001 and 3.002 for information on how to do this <http://nrckids.org/>)

Ill children should stay home and not be taken out of one child care program and put into another child care program even temporarily. Childcare facilities should clean and sanitize frequently-touched surfaces, (such as desks, doorknobs, computer

keyboards, toys) routinely and if they become visibly soiled.

http://nrckids.org/CFOC/HTMLVersion/Chapter_3.html#1076310
<http://www.cdc.gov/h1n1flu/qa.htm>
<http://www.epa.gov/oppad001/influenza-disinfectants.html>

Child care programs can help serve as a focus for educational activities aimed at promoting ways to reduce the spread of influenza, including hand hygiene and cough etiquette

Additional Links:

H1N1 Flu (Swine Flu): Resources for Parents and Caregivers

Questions and Answers: H1N1 Flu (Swine Flu) and You