

Y CHILD CARE COMMUNIQUE

Linking families, child care professionals and the greater San Diego community.

January/February 2010

Childcare Resource Service: A Department of the YMCA of San Diego County. Funded by California Department of Education, Child Development Division.

SPEAK OUT FOR CHILDREN

Our experiences with young children enrich all of our lives. Who has not been warmed by an infant's first sounds or a toddler's warm hug? How often have you smiled at the look of wonder in a preschooler's eyes as she entices a bug to crawl up a twig? Watching young children explore the world reminds us of the importance of opportunities for learning for all children. It also confirms our responsibility as adults to protect children during this time of innocence and vulnerability.

In the publication *Be a Children's Champion*, the National Association for the Education of Young Children states that children rely on adults to make sure that they get the essentials they need to thrive: warm, loving relationships in which their basic needs for shelter, sustenance, and emotional support are met. Children do best in an environment that offers challenging opportunities for learning. Children need adults to be their advocates and to let others know that the knowledge and experiences gained in early childhood shape a child's entire life. Just

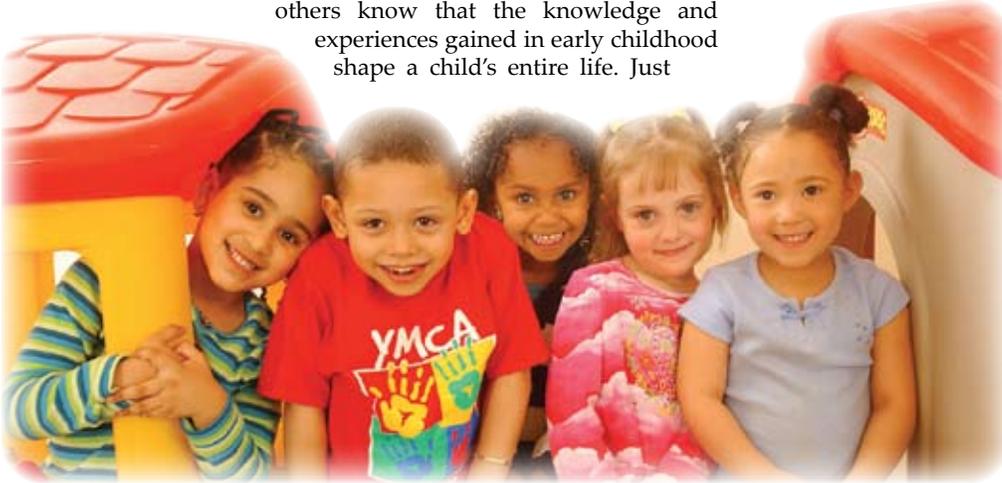
one person speaking out can make a difference, just as one child can make a difference in your life.

Child advocacy means speaking out or taking action on behalf of children. Since children cannot represent themselves, you must protect their interests. To become an effective advocate you should:

1. Educate your legislators about children's needs and programs.
In this time of term limits, it is even more critical to meet new legislators and educate them on quality child care and best practices for programs serving children and families. Take time to visit your legislators in Sacramento or in their district offices. Send them articles, newsletters, or research with a note of personal opinion. Invite them to visit your program and provide examples of how the program has helped a child or parent. A legislator's support grows out of understanding the issues.

2. Educate yourself about the legislative process and current legislation.

Read your newspaper. It will have a summary of important legislative action including how your legislators voted. Register to vote. You will receive election information about candidates and proposed legislation. Attend public forums. Prepare and ask questions specific to your concerns. Go on-line to learn how a bill becomes a law and how state government functions or visit local libraries.



(Continued on page 2...)

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 Brenda Aguirre

The *Child Care Communique* is sent as a public service to licensed child care facilities and other professionals in the community. To be placed on the mailing list, call 619.521.3055 x2312.

Guest editorials and announcements are welcome and may be addressed to the editor, 3333 Camino del Rio S. #400, San Diego, CA 92108-3839. Opinions expressed by guest writers do not necessarily reflect the views of YMCA CRS. Efforts to preserve the intent of each submission will be made with final editorial authority resting with the editor. Submissions will be considered for publication as space and time allow.

YMCA CRS Referral Policy

YMCA CRS provides free child care referrals to parents for their specific child care needs in licensed and legally license exempt facilities in San Diego County. Service is provided to all persons requesting them regardless of income or other eligibility factors. Confidentiality of both parents and providers is maintained. Child care referral lines are open Monday–Thursday from 8:00a.m. to 4:00p.m. and Fridays from 8:00a.m. to 12:00p.m. or a message may be left 24 hours a day.

Consumers are offered a variety of child care options including family child care homes, child care centers, preschools, before and after school care, and in-home agencies. YMCA CRS seeks to promote and develop quality care for children but does not make recommendations regarding particular providers. YMCA CRS strongly encourages parents to visit facilities and review provider histories with Community Care Licensing at 619.767.2200, prior to making the final decision for child care arrangements.

Responsibility for selecting a child care provider rests with the parent or guardian. YMCA CRS referral and complaint policies are available to parents, providers, or other interested persons by calling 1.800.481.2151 to request a copy.

YMCA CRS Programs

Administration..... 619.521.3055
 Alternative Payment 619.521.3055
 Centralized Eligibility List..... 1.800.521.0560
 Special Needs Unit..... 619.521.3055
 North County Office 760.726.9100
 South County Office 619.474.4707
 HealthLine 1.800.908.8883
 Child Care Referrals 1.800.481.2151
 On-line Referral Search.....www.ymcacrs.org
 Inclusion Specialist..... 619.521.3055 x2325
 CATS Calendar..... 619.521.3055 x2315
 Resource Library 619.521.3055 x2304
 San Diego CARES 1.866.CARES SD
 Military Family Programs..... 1.800.441.9199

www.ymcacrs.org

3. Educate others to take action.

Join a public policy committee and work together to bring issues to the attention of the community. Write a letter to the editor. Encourage parents and coworkers to vote by providing voter registration cards and information. Organize a public policy forum. Invite legislators to answer prepared questions on specific topics impacting children and families. Provide a presentation or resource materials on how a bill becomes a law, steps to advocacy, and how to contact legislators.

Above all, remember that as a taxpayer and registered voter you do have the power to make our democratic system work. Use your voice to speak out on behalf of children at every opportunity!

Web Sites links for Advocacy and Public Policy Information

www.4children.org – Children’s Advocate: The Online Magazine of the Action Alliance for Children

Web site offers information on advocacy opportunities, the state and federal budgets, voting, and much more! You can also sign up for a bimonthly newsletter which contains information on a variety of topics.

www.caichildlaw.org – Children’s Advocacy Institute

This organization works to improve the status and well-being of children in our society by representing their interests and right to a safe, healthy childhood.

www.cdpi.net – Child Development Policy Institute

The Child Development Policy Institute’s mission is to help establish sound public policy that benefits the children of California. Web site offers information on advocacy, events and other useful links for resources at the state and federal level.

www.childrennow.org – Children Now

Organization combines research and advocacy to benefit children on a variety of topics including media, health, education and child care.

www.rnnetwork.org – California Child Care Resource & Referral Network

Under the public policy section of the web site you can find information on legislation and advocacy. Offers updates on policies at the state and federal level.

www.childrensdefense.org – Children’s Defense Fund

The Children’s Defense Fund was established in 1973 as a non-profit working to help children nationwide. Web site offers information on child advocacy resources and ways you can get involved.

www.naccrra.org – National Association of Child Care Resource and Referral Agencies

Under the Child Care Aware Parent Network/Raise Your Hand Action Center, parents and advocates can contact Congressional Representatives, stay informed about child care legislation, sign electronic petitions and vote to prioritize the Action Center Agenda.

Additional web sites can be found in *Tips from your CRS Child Care Consultants* on page 7.

Legislative Update

The following are brief descriptions of some of the new Assembly (AB) and Senate (SB) bills that were signed into law by Governor Schwarzenegger. Urgency legislation took effect upon his signature; other legislation will take effect January 1, 2010. Bills may contain other provisions that are not listed. To find out more about a bill, contact the consultant whose name appears after the bill description. To obtain a complete copy of a bill refer to the resource list on page 7 of this newsletter.

AB 1368 (Adams): Family Child Care: First Aid

Requires small family child care homes to have a staff person with training in first aid and CPR present with the children in care at all times (like large family child care homes and child care and development centers). Consultant: Kelly Shaw 916.319.2059

ABXXXX 4 (Evans): Human Services Budget Trailer Bill

Increases the application and annual fees for all community care licensing facilities (including child care centers and family child care homes) by 10%. It exempts parents or caregivers of very young children until July 1, 2011, from participation in welfare-to-work requirements while allowing them to continue receiving aid and not counting the time toward their limit of eligibility. Urgency measure. Consultant: Nicole Vazquez 916.319.2099

SB 702 (DeSaulnier): Ancillary Day Care

Beginning January 1, 2011, requires employee providers providing day care services at an athletic club, grocery store, business or group of businesses for children of the clients or customers of the business to complete the TrustLine registration process. It requires the fee paid by these providers for TrustLine registration to cover the full cost of the process. Consultant: Rosanna Carvacho 916.651.4007

Five Key Laws for Parents

The Labor Project for Working Families has put together a poster highlighting state laws that every parent should know. Parents may be eligible for:

Pregnancy Disability Leave—up to four months of job-protected leave if you can't perform an essential job function because of pregnancy, childbirth or a related health condition.

Family and Medical Leave Act—up to 12 weeks of job-protected leave to bond with a new baby, newly adopted child or foster child.

Paid Family Leave Act—up to 6 weeks of leave with partial pay each year to bond with a new baby, newly adopted child or new foster child, or to care for a child, parent, spouse or domestic partner with a serious health condition

Sick Leave Use For Family Care—up to half of each year's sick leave may be used to care for a sick child, parent, spouse or domestic partner

Family-School Partnership Act—up to 40 unpaid hours a year (eight hours a month) can be taken off from work to attend a child's school or child care activities, such as field trips, parent-teacher conferences and graduations

For more information or free posters, contact the Labor Project for Working Families at 510.643.7088 or www.working-families.org.

Excerpt taken from the Children's Advocate November-December 2009 issue published by Action Alliance for Children

Connecting with Legislators

Legislators need to hear from their constituents. Because they cannot be experts on all the bills that are introduced each session, legislators tally information and opinions they receive from special interest groups, lobbyists and the public to help them make voting decisions. All letters, visits and calls are logged in by staff at the local district office and at the Capitol.

The following are tips for making successful connections with legislators:

- Start by sending the legislator a letter about a bill or an issue of concern such as funding for child care for low-income, working families.
- Before the appointment, make a list of points and questions to cover in the meeting.
- Practice helps. Memorize a simple speech or write out a script to use on the telephone. Role-play the meeting or call with a friend.
- During the appointment, keep the message simple and to the point. Use facts and numbers and tell a story that illustrates how the bill will affect children in your program or family.
- Develop rapport. Follow the legislator's voting record and thank him or her when the legislator supports the cause you discussed together.

Advocacy can be easy and fun. To gain confidence and skill, new advocates might try making visits to legislators as part of a group and observing experienced advocates in action. Speaking up is important, though doing so does not guarantee that an advocate's position will win out. Keeping silent, however, guarantees that those concerns and opinions will not be made known.

Special Screening: Families Stand Together

Are you looking for creative, fun and inexpensive family activities? Do you want tips on how to communicate with children about changes? Do you need links to local resources for support? Get tips from financial expert Jean Chatzky and clinical psychologist Dr. Joshua at a free special screening of the Sesame Street workshop Families Stand Together-Feeling Secure in Tough Times. Two screenings will be held on February 6th at the California Center For The Arts, Escondido. The event will start at 9:00 a.m. with the first screening and presentation from 10:00 a.m. to 12:00 p.m. followed by children's crafts and activities. A second screening and presentation will be offered from 1:30 p.m. to 3:30 p.m.

Attendees will receive a free bi-lingual English/Spanish educational kit with a DVD featuring families who are living through difficult economic challenges and content to help children and families talk about the feelings and stresses during economic insecurity. The kit also includes a printed children's story that offers support and strategies for families during economic transitions and a parent/caregiver guide that provides strategies on how to meet challenges as a family, ideas about how to explain difficult situations to young children and tips on planning for the short and long-term. For more information, contact Clare Pister at 619.594.2487. This opportunity is provided by KPBS in sponsorship with the Escondido Children's Museum.

Free Families Stand Together kits are also available at all three YMCA CRS offices (Mission Valley, Vista and National City). To reserve and collect your kit, please call YMCA Childcare Resource Service at 1.800.481.2151 or send an e-mail to myresource@ymcacrs.org

Child Care Aware Parent Action Network

In America, more than 11 million children under the age of 5 are in some type of child care arrangement. Parent Action Network is a free virtual community where people who care about the quality of child care can network, interact and take action. More than a million parents, grandparents, child advocates and activists have already joined Parent Action Network. They share a concern about the right and need of every parent to have access to high quality, affordable child care.

Sign up to receive Parent Central Express, the monthly e-newsletter full of tips, activities and ways to get connected in the community. Topics include Parent Involvement Equals Successful Children, Sleep Essential for Healthy Development and Step Up for Kids. Parent Central also provides opportunities for parents to join advocacy campaigns and share their personal stories to illustrate the need for legislation and continued funding to support quality programs for children and families.

Child Care Aware Parent Central Express is a membership organization within the National Association of Child Care Resource and Referral Agencies (NACCRRA). Membership is free and there is never any obligation of any kind. All we ask is your support for our efforts to improve the quality of child care in the United States. Please join us in our efforts because 11 million children are counting on us. To join, log on to www.ccaparentnetwork.org.

Tax & Record Keeping Workshops

Participants will learn how to prepare and organize taxes and records for a family child care business. An experienced tax preparer will share expert advice on identifying allowable deductions, employer responsibilities, and choosing a qualified tax preparer. The workshop includes a question and answer session. Cost is \$15.00 per person. Approved for (3) SD CARES Professional Development Training Hours. For more information contact 1.800.481.2151 or mytraining@ymcacrs.org.

Saturday, January 9 9:00 a.m. – 12:00 p.m.
YMCA CRS, 3333 Camino del Rio South Ste. 300,
San Diego, CA 92018

Thursday, January 14 6:30 p.m. – 9:30 p.m.
YMCA CRS, 3333 Camino del Rio South Ste. 300,
San Diego, CA 92018

Earned Income Tax Credit

The Earned Income Tax Credit (EITC) is a special tax benefit for working people who earn low or moderate incomes. To claim the EITC, taxpayers must meet the following requirements:

- Be a United States citizen
- Have earned income
- Have a valid Social Security Number

Whether or not you owe income tax, if you work and have children you could qualify for

- Up to \$2,100 from the federal Child and Dependent Care Tax Credit and up to \$1,050 from the California Tax Credit for Child and Dependent Care Expenses.
- Up to \$5,657 from the federal Earned Income Tax Credit; and
- Up to \$1,000 per child from the federal Child Tax Credit.
- Up to \$800 from the new Making Work Pay Credit, if you haven't already received it in your take-home pay.

To get these credits, you must file a tax return. Volunteer Income Tax Assistance (VITA), an Internal Revenue Service Program, is available to anyone needing help filing a tax return. For more information on referrals and free local assistance, taxpayers may call 1.800.TAX.1040 or visit the Web at www.irs.gov/eitc.

2010 Child Care and Development State Budget Policy Workshop

Don't miss this opportunity to be informed about the state budget and current legislation. Join child development colleagues and advocates to learn the mechanics of the state budget process and how the Governor's January version of the 2010-2011 budget may impact children, families and child care. The State Budget Policy Workshop provides an overview of political issues and the California state budget. Discussion topics will also include State & Federal Child Care Legislation, Federal Impacts on California, Licensing/Early Care and Education Issues and Advocacy/Local & State Activities. Educate others and advocate for children and families in your program and community.

The workshop will be held January 29th at Neighborhood House Association, 5660 Copley Drive, San Diego, 92115 from 8:30 a.m. to 2:00 p.m. To register, log on to www.otcdkids.com or call On the Capitol Doorsteps at 530.297.5420. The State Budget Policy Workshop is presented by On the Capitol Doorsteps, Child Development Policy Institute and Children's Defense Fund California, and sponsored by YMCA Childcare Resource Service and Lakeshore Learning Materials.

SD CARES Update

Do you have questions about the San Diego CARES program? Do you need help completing the requirements to earn a stipend? San Diego CARES staff members are available to help you! CARES Campus Office Hours are offered at all of the San Diego County community colleges and SDSU each month (during the Fall and Spring Semesters). CARES staff members are available to answer questions, accept documentation and help you complete requirements to earn a stipend. Here is the schedule for the upcoming year:

College	Day	Room	Time
Southwestern College	1st Monday of the month	Room 572-B	2:00 p.m. – 5:00 p.m.
Grossmont College	1st Tuesday of the month	Room 31-374B	4:00 p.m. – 7:00 p.m.
Miramar College	2nd Thursday of the month	Room F209	4:00 p.m. – 6:00 p.m.
San Diego City College	2nd Monday of the month	CD Center	4:00 p.m. – 7:00 p.m.
San Diego State	2nd Tuesday of the month	Room EBA 409	4:00 p.m. – 7:00 p.m.
Cuyamaca College	3rd Tuesday of the month	CD Center	4:00 p.m. – 7:00 p.m.
Palomar College	3rd Tuesday of the month	Room ST-30	4:00 p.m. – 7:00 p.m.
Mesa College	3rd Thursday of the month	Room B101	4:00 p.m. – 7:00 p.m.
MiraCosta College	4th Tuesday of the month	CD Center	4:00 p.m. – 7:00 p.m.

If you are unable to visit CARES Campus Office Hours, CARES staff members are available for Evening Hours at the YMCA CRS Mission Valley Office on the first Thursday of each month from 4:00 p.m. to 7:00 p.m. or by appointment at the YMCA CRS Vista Office. If you have questions about how to complete CARES requirements or your status in the program, please contact CARES at 1.866.CARES SD (1.866.227.3773) or by e-mail to caressd@ymcacr.org.

San Diego CARES is funded by the First 5 Commission of San Diego County and the California Department of Education, through the County of San Diego.

Funding for CARES is not guaranteed after June 30, 2010! Don't miss out on earning a stipend! Complete required units and training as soon as possible! Be sure all required documents are complete, organized and ready to submit by the June 30, 2010 deadline!

Planning Council Update

EMERGENCY COMMUNICATION PILOT PROJECT

The San Diego County Child Care and Development Planning Council has launched an emergency communication pilot project in partnership with the YMCA Childcare Resource Service. Using telephone and e-mail, messages are sent to child care providers on a monthly basis with tips and resources on how to get ready and stay ready in case of an emergency. Each month's message will focus on different safety topics, such as H1N1, earthquakes and wildfires, and give resources on how to prepare for them. The technology will also allow immediate needs survey and coordinated communication during an actual disaster.

As a state-mandated advisory board to the County Board of Supervisors and County Superintendent of Schools, the Council will continue to assess and make recommendations to improve access to quality child care and development services for children and families in San Diego County.

If you would like to learn more about the pilot project or the work of the council, please contact:

Zaneta Salde Encarnacion, Council Coordinator
Tel: 858.292.3727 / E-mail: zencarnacion@sdcoe.net

San Diego County Child Care and Development Planning Council
San Diego County Office of Education
6401 Linda Vista Road, Room 315
San Diego, CA 92111

Licensing Update

Consumer Alert: Children's Deaths Tied to Pet Doors

New research has found that more than 100 children have died or been seriously injured in the last decade after squeezing through tiny pet doors and getting into swimming pools or other dangerous places. Millions of pet owners have installed the pet doors to allow cats and dogs to come and go at will. Some of the openings measure 8 by 11 inches, no bigger than a sheet of paper, so parents and providers may believe children are safely contained inside the home. In a demonstration, a three-year old child was able to squeeze easily through a pet door meant for cats and small dogs.

Child-injury researchers are well aware of the link between pet access doors and child injury and death. Many parents and caregivers do not realize that young children can drown, become lost, wander into streets or become seriously injured or killed after exiting an opening through a pet door.

Although there are no specific licensing regulations which prohibit pet doors in child care facilities, we strongly recommend that you do not install these devices. If you already have one installed, please consider removing the device or making it inoperable.

Taken from July 2009 Community Care Licensing Division Update newsletter.

Ask the HealthLine...

Cold vs. Flu

December through May of each year in the U.S. is considered the flu season. One of the best ways to protect yourself from the flu is to get the flu shot each year. Along with the flu, many colds occur around the same time of year. We are right in the middle of flu season. How can you tell the difference between a cold and the flu?

Both the flu and the cold are respiratory illnesses with similar symptoms, but are caused by different viruses. A cold is a minor viral or bacterial infection of the nose and throat and can occur during any time of the year. The flu is a viral disease of the respiratory tract and is highly contagious. The flu is spread through airborne droplets produced by sneezing or coughing.

It is difficult to tell the difference between a cold and flu based on the symptoms alone. In general, the flu is worse than the common cold.



Symptoms of the flu such as fever, headaches, body aches and pain, exhaustion and dry cough are more severe and common with the flu. With a cold, the symptoms are usually more mild than the flu and people are more likely to have a runny or stuffy nose. Colds usually do not result in any serious health problems, such as bacterial infections, pneumonia or hospitalization.

In addition to getting the flu shot, here are some other steps to protect your health:

- Wash hands often with soap and water;
- Avoid touching eyes, nose or mouth as much as possible;
- Do not come in contact with people who are sick;
- Cover mouth and nose with tissues or a sleeve when sneezing or coughing;
- Get adequate rest, proper nutrition and exercise.

For more information about free flu vaccines or other health related questions please call the YMCA CRS HealthLine at 1.800.908.8883.

The YMCA Childcare Resource Service HealthLine provides a variety of free health and behavior services for children, parents and child care providers including consultations, workshops and training. Call the HealthLine at 1.800.908.8883 Monday-Friday from 8:00 a.m. to 5:00 p.m. for more information.

• IDEAS • ideas • IDEAS • ideas • IDEAS • ideas

Help children recognize and celebrate those who have made a political difference in the United States by engaging them in these theme inspired activities.

Red, White and Blue Berries

- Red berries like strawberries or raspberries
- Dark berries like blueberries or blackberries
- Plain yogurt

Let children take turns mashing up red and blue berries in separate bowls. Serve each child some plain yogurt in a small bowl. Let the children serve themselves mashed red and blue berries to create a festive treat!

Special Day Celebrations Totline Productions

Paper Bag Wig

Men in the 18th century wore wigs or powdered their hair to look like wigs as a fashion statement. Kids can make their own 18th century inspired wigs and use them for dramatic play.

- Scissors
- Large brown paper bag
- Pencil

Cut a large rectangle out of the front of the paper bag, leaving about 2 inches on the sides and bottom. Turn the bag upside down and cut fringe around the open ends of the bag. Help child curl the fringe by tightly rolling it around a pencil.

Paper Bag Top Hat

Abraham Lincoln is best known as the 16th president of the United States but also for his top hat! Children can make their own top hat in celebration of Abraham Lincoln's birthday.

- 2 sheets of newspaper
- Masking tape
- 1 old coffee can

Place two sheets of newspaper flat on table. Shift the top piece slightly to the side so it forms an X like shape. Place on top of coffee can. Tape masking tape around newspaper at bottom of can to secure in place (do not tape newspaper to can). Roll up sides to form brim. Remove paper from can and fluff out cylinder shape. Have children wear hats on February 12th to celebrate Abraham Lincoln's birthday.

Play & Learn: Paper Totline Productions



Happy Birthday, Dr. King

Martin Luther King, Jr. was born January 15, 1929. He was devoted to the nonviolent struggle for freedom and peace for all people. Help celebrate his birthday with this special song.

Sung to: "Yankee Doodle"

Dr. King was a man
Who had a special dream.
He dreamed of a world filled with love
And peace and harmony.
Happy Birthday, Dr. King.
Happy Birthday to you.
Happy Birthday, Dr. King,
We love you, yes we do.

Special Day Celebrations Totline Productions



What's in the CRS Resource Library?

The Resource Library has the following materials available on the topics of public policy and advocacy for young children.

Resource Books

Advocates in Action: Making a Difference for Young Children by Adele Robinson & Deborah R. Stark offers practical advice on influencing policy and practice to the benefit of young children and the early childhood community.

Speaking Out: Early Childhood Advocacy by Stacie G. Goffin & Joan Lombardi is a guidebook about how public policy is made and what you can do to influence decisions in favor of children's best interests.

Kids Count Data Book 2008 by the Annie E. Casey Foundation is a state by state profile report of the well being of children.

The Future of Children Series contains summarized knowledge & experience in selected areas that are relevant to improving public policies in the U.S. that have an impact on child protection.

Childcare in America: Parents Perspective by the National Association of Child Care Resource and Referral Agencies highlights the stories of 44 parents from 31 states who shared their personal child care experiences directly with policy makers at the NACCRRRA 2009 National Public Policy Symposium.

Keeping children Safe: A Policy Agenda for Child Care in Emergencies by NACCRRRA serves as the foundation for a national awareness campaign/policy agenda to ensure that children are safe in a time of crisis.

Videos

Leave No Children Behind, Marian Wright Edelman presents a compelling argument for a national campaign on behalf of children, to leave no child behind.

Leaders as Advocates National Head Start Association President, Ronald Herndon's inspiring and challenging keynote address at the 1994 conference of NAEYC's National Institute for Early Childhood Professional Development.

Newsletters/Brochures

On the Capitol Doorstep newsletter Provides updates on public policies affecting children in California.

Be a Children's Champion Today more than ever, young children need us to be their champion, to advocate on their behalf.

The Legislative Process: A Citizen's Guide to Participation Easy to read guide on the legislative process, and on how to work the process, write a letter, understand a bill and other legislative terms.

Toy Library Saturday:

Mission Valley: January 16 & February 20
National City: January 23 & February 27
Vista: January 9 & February 6

Please call for an appointment.

Contact the Resource Library:

San Diego: 619.521.3055 ext. 2304
National City: 619.474.4707 ext. 1317
Vista: 760.726.9100 ext. 3316

TIPS from Your CRS Child Care Consultants

To become a more informed advocate for children, use these excellent resources:

• Legislative Bill Room

To receive more information about a bill or order copies of bills, contact the Bill Room at 916.445.2323. Callers need to know the number of the bill (eg: SB 1661 or AB 3049) and legislative year the bill was active, if it is not a current bill.

• Legislative Counsel of the State of California

For status updates on bills, a daily calendar for both houses, and answers to common questions log on to www.leginfo.ca.gov. The site also includes links to other legislative publications.

• On The Capitol Doorstep and Legislative Update

To receive continuous information on bills and public policy issues that affect young children in California, subscribe to On The Capitol Doorstep and/or the Legislative Update. Included in both publications is contact information for the legislative consultant who is assigned to each bill and can answer questions or hear concerns. Contact the editor 916.442.5431 or www.otcdkids.com to begin a subscription.

To obtain a list of local legislators, contact any of the following sources:

- YMCA Childcare Resource Service, 1.800.481.2151 or www.ymcacrs.org
- Registrar of Voters, 858.565.5800 or www.sdvote.com

To be added to a list serve for state and federal legislative action, log on to these sites:

- Child Development Policy Institute at www.cdpi.net
- Children's Defense Fund at www.childrensdefense.org

To join a local Public Policy advocacy group, call the following:

- San Diego County Child Care and Development Planning Council, 858.292.3727
- San Diego Association for the Education of Young Children, 858.273.1773
- San Diego County Family Child Care Association, 619.260.3753

These organizations help parents learn how to speak out for children and families:

• YMCA Childcare Resource Service

See the Speak out for Children page on the CRS web site (www.ymcacrs.org) for more information on how to inform elected officials and others about how policies and legislation may affect children and families.

• Parents Voices

This advocacy group is made up of parents who take action on behalf of children. Log on to www.parentsvoices.org for more information.

• Parent Network Action Center

The Child Care Aware Parent Network Action Center (formerly Parent Central) is the hub of advocacy activity. Subscribe to Parent Network Action eNews to receive information on advocacy as well as many other topics. Log on to www.naccrra.org for more information.

COMMUNITY CALENDAR

**Approved for SD CARES professional development training hours.*

For additional trainings go to www.ymcacr.org (Search: CATS) to view the CATS Calendar.

January 6 6:00 p.m. – 10:00 p.m.
Early Childhood Environment Rating Scale (ECERS), Part 1 *

January 20 6:00 p.m. – 9:00 p.m.
Early Childhood Environment Rating Scale (ECERS), Part 2 *

Learn how to assess and improve the quality of your child care center program. In depth instruction on how to use the rating scale, complete a self-assessment and develop a quality improvement plan. Approved for SD CARES participants required to complete quality improvement plans to earn a stipend award. **Participants must attend Part 1 and Part 2.**

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

January 9 9:00 a.m. – 12:00 p.m.
January 14 6:30 p.m. – 9:30 p.m.
Tax & Record Keeping for Family Child Care Providers*

See page 4 for more information

January 9 1:00 p.m. – 3:00 p.m.
(Mission Valley)

February 10 6:00 p.m. – 8:00 p.m.
(Vista)

February 27 8:00 a.m. – 10:00 a.m.
(Mission Valley)

Introduction to Inclusion*

Understand the definition of a disability and identify barriers and benefits of inclusion.

Loc: YMCA CRS
Info: 1.800.481.2151

January 12 6:00 p.m. – 8:00 p.m.
(Vista)

January 30 or February 2
8:00 a.m. – 10:00 a.m. (Mission Valley)
Partnering with Families*

Learn to communicate successfully with parents and what to do when challenges arise.

Loc: YMCA CRS
Info: 1.800.481.2151

February 3
6:00 p.m. – 8:00 p.m. (Mission Valley)

January 13 or February 22
6:00 p.m. – 8:00 p.m. (Vista)

Talk, Listen, Connect*

Learn practical techniques to help children cope with temporary family separation. Recognize stages of deployment and how to provide support to families with deployed service members.

Loc: YMCA CRS
Info: 1.800.481.2151

January 21 6:00 p.m. – 8:00 p.m.
(Vista)

January 26 6:00 p.m. – 8:00 p.m.
(Mission Valley)

February 27 10:00 a.m. – 12:00 p.m.
(Mission Valley)

Respectful Accommodations*

Overview of the philosophy of inclusion and insight into what constitutes a “respectful accommodation” for children with disabilities or other special needs.

Loc: YMCA CRS
Info: 1.800.481.2151

January 28 6:30 p.m. – 9:30 p.m.
Ticket to a Successful Family Child Care Business: Positive Provider and Family Relationships, Module 4*

Building positive relationships with families is key to operating a successful child care business. Learn how to address parent concerns and handle difficult conversations. For Family Child Care Providers only.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

January 29 8:30 a.m. – 2:00 p.m.
2010 Child Care and Development State Budget Workshop*

See page 4 for more information.

January 30 8:00 a.m. – 12:00 p.m.
Ticket to a Successful Family Child Care Business: Setting Up Your Child Care Environment, Module 1*

Focus is on designing the environment for a family child care home. Learn how to communicate with Community Care Licensing and use the free services of YMCA Childcare Resource Service.

For Family Child Care Providers only.
Loc: YMCA CRS, Vista
Info: 1.800.481.2151

January 30 10:00 a.m. – 12:00 p.m.
(Mission Valley)

February 20 1:00 p.m. – 3:00 p.m.
(Vista)

Positive Behavior Support*

Learn how to prevent negative behaviors before they occur and create environments that offer positive behavior support to children with behavior challenges.

Loc: YMCA CRS
Info: 1.800.481.2151

February 9 6:30 p.m. – 9:30 p.m.
KPBS: Sesame Street Beginnings Talk, Read, Write! *

Learn the necessary tools to help preschoolers along an exciting path from listening and speaking to reading and writing. Learn tips for making language and literacy development a fun part of everyday life for children.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

February 10 6:30 p.m. – 9:30 p.m.
KPBS: Mr. Rogers’ “What Do You Do With the Mad That You Feel?” *

Learn helpful ways to intervene when anger or frustration overwhelms children.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

February 16 6:30 p.m. – 9:30 p.m.
KPBS: Challenging Behaviors *

A KPBS Ready to Learn workshop for parents and providers that shows how to assist children to manage anger and learn self-control by understanding more about behaviors that are “challenging” and learning how to support self-regulation through a variety of strategies.

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

February 17 6:30 p.m. – 9:30 p.m.
Ticket to a Successful Family Child Care Business: Positive Guidance of Young Children, Module 5 *

Learning to prevent and manage behavior more effectively can create a more enjoyable child care environment for providers and parents. **For Family Child Care Providers only.**

Loc: YMCA CRS, Mission Valley
Info: 1.800.481.2151

February 20 8:00 a.m. – 12:00 p.m.
Ticket to a Successful Family Child Care Business: Family Child Care Business Planning and Practices, Module 2 *

Learn about interviewing families, contracts and policies, record keeping, marketing tips, and keys to a professional, family friendly program. **For Family Child Care Providers only.**

Loc: YMCA CRS, Vista
Info: 1.800.481.2151