

Y CHILD CARE COMMUNIQUE

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

September/October 2009

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

SOCIAL COMPETENCY

Fostering Lifelong Success

Studies have shown that the single best predictor of how children will adjust to life as adults is how well they get along with others. It's not the I.Q. score, or grades in school, or how a child behaves in school. Social skills are the single best predictor of adult success.

Learning social skills begins at birth. We are born social, with the need to interact. It starts out with children bonding with their parents, then broadens to children playing with siblings and friends, and eventually going to school and becoming part of the larger community. Social competency involves the ability to have positive relationships with people and engage well with others. It also involves the ability to emotionally handle the "ups" and "downs" in life. Social skills are learned and take time to mature. Social competency grows and changes over a person's lifetime.

Along with children's social development, other key developmental growth (social, physical, emotional, language, cognitive) is occurring at the same time. All of these developmental areas are connected. For example, as children's language skills increase, so does their ability to express their feelings and to play more cooperatively with others.

What are Positive Social Skills?

Most parents would agree that they want their children to be happy, liked by others and to get along well with others. Being able to feel good about themselves, having positive relationships and being part of different groups involves several developmental skills. All of these qualities are a part of social development and parents will see their children go through different stages and

become skillful in how they engage with other people throughout their growth.

How a child behaves in different situations varies. There are several influences on a child's behavior, such as cultural background, family patterns, a child's personality or temperament, and specific events going on in a child's life. To decide how socially-skilled a child is, you need to observe overall patterns of the child's interactions with the reactions to others overtime. You also should know what is going on in a child's life that may also affect his or her behavior. This observation and assessment needs to happen over time, and in various situations, not just one observation.

As with all major areas of developmental growth in children, there are typical skills and patterns children show in their social development. With social and emotional skills, sometimes the milestones are harder to detect because a lot of the

(Continued on page 2...)



ADDRESS SERVICE REQUESTED

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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.–12:00p.m. or a message may be left 24hrs 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 Payment619.521.3055
Centralized Eligibility List.....1.800.521.0560
Special Needs Unit.....619.521.3055
North County Office760.726.9100
South County Office619.474.4707
HealthLine1.800.908.8883
Child Care Referrals1.800.481.2151
On-line Referral Search.....www.ymcacrs.org
Inclusion Specialist.....619.521.3055 x2325
CATS Calendar.....619.521.3055 x2315
Resource Library619.521.3055 x2304
San Diego CARES1.866.CARES SD
Military Family Programs.....1.800.441.9199

www.ymcacrs.org

Child Care Communique

development is inward (self-awareness, self-regulation). Yet, there are still some visible signs to look for as a child interacts with others and handles frustration and changes.

So, what do parents and providers look for or use to determine if a child is developing healthy social skills? When looking at a child's social development, ask yourself the following questions (answers change depending upon the child's age):

- Does the child show compassion? Empathy?
- Does the child cooperate with others?
- Does the child voice his needs and stand up for himself?
- Does the child show an interest in what is going on around her?
- Does the child pick up on social cues?
- Does the child know how to become part of a group?
- Is the child able to problem-solve as part of a group?
- Does the child have a sense of independence?
- How does the child handle conflict, rejection or other 'negative' feedback?
- Is the child responsible?
- Does the child show self-control?
- Is the child able to soothe himself and calm himself down?

All of these qualities and behaviors are needed to maintain healthy and positive social skills and help children manage their world. Difficulties in social skill development are often not seen until children reach school-age. Developing friendships and being accepted by peers is very important during the school-age years.

Promoting Children's Social Skills

Children's social competency is essential to their successful adjustment as adults. In what way can parents and caregivers support and encourage children's social development? Parents are the most important teachers for children in helping children develop positive social skills. Caregivers who spend a great deal of time with children are also very influential in the social development of the children in their care.

Here are some specific suggestions to engage and foster children's social skills:

- **Talk to and engage** babies in conversations.
- **Participate in pretend play** with young children, making suggestions on what to do next to encourage cooperation.
- **Work on simple projects together**, such as planting flowers or making a collage.
- **Encourage your child to play** with other children in the neighborhood. Set up play dates with other parents.
- **Model social skills** when you are engaging with others.
- **Join small group activities** for young children (classes, library story hour, playgroups).
- **Give suggestions to older children** on how to approach peers, join activities and have good social manners.
- **Observe a child's interaction with other children and adults.** See how a child is accepted by other children and if he or she has any difficulties with friends. Note whether a child has at least two good friends.
- **Talk to your child care provider or your child's teacher** to get feedback on how your child does socially in his or her program or school.
- **Note any difficulties your child has socially.** Help your child by practicing social interactions, providing opportunities to be with other children of various ages, and with any specific issues that may be of importance to you and your child in relation to social skills.

Children will go through "ups" and "downs" in friendships. You'll learn when it is important to help children get through difficult social situations, and when it is better to step back and allow them to figure out what works and what doesn't.

Parents and providers are a child's best role model and coach. As you become more aware of a child's social skills and abilities, you will be better able to support the social skills that need more attention. Because social skills are ever-changing, the ways you support a child's social competency will change as well.

The Daily Parent is prepared by NACCRRRA, The National Association of Child Care Resource & Referral Agencies, with funding from the Citi Foundation, New York, New York, © 2008 NACCRRRA. All Rights Reserved

Typical Social Behaviors/Social Skills by Age Groups

Infants	Toddlers	Preschoolers	School-Age Children
<ul style="list-style-type: none"> • Responds positively to caregiver's touch and voice • Smiles and shows pleasure in exchanges • Plays peek-a-boo and likes interactive engagement with others • Responds to language • Shows different emotions 	<ul style="list-style-type: none"> • Imitates adult behavior in their play • Wants to be helpful –cleaning up, putting things away • Shows affection for parents and other close people • Shows assertiveness in saying no • Displays aggressive feelings and behaviors • Watches other children in their play • Participates in small group activities - i.e., singing or dancing 	<ul style="list-style-type: none"> • Starts being able to share toys • Wants to play with other children and can join in play • Has friendships with other children • Is concerned about the feelings of others 	<ul style="list-style-type: none"> • Has a core group of friends and is able to join in play fairly easily • Is able to pick up on social cues from others (i.e., smiles, waves) • Can cooperate well in a group • Can accept loss • Listens to others, pays attention • Can ask for help, make an apology, take responsibility

Family Life Skills Workshops

Enjoy life with your kids even more! Understand what's really going on and what you can do about it! The YMCA – TLC Family Institute is offering weekly Family Life Skills Workshops for anyone with children in their lives (toddlers through teenagers) including parents, grandparents, child care providers, case managers and educators. These interactive and informative workshops include tips, tools and timely reminders for guiding and encouraging children's behavior with long-lasting positive results. Each week a different topic will be presented. Workshop topics include: Communication, Power Struggles, Handling Feelings, Discipline, Conflict Resolution and more! Go to www.yfs.ymca.org for a current schedule of topics.

Workshops are held every Thursday from 6:15 p.m. – 8:15 p.m. Youth & Community Center 2929 Meade Ave, San Diego 92116.

Each workshop is \$25 per person or \$35 for two people
Partial scholarships are available.
Attend 7 workshops and get the 8th one FREE
Join this week!

For additional information contact Debra Roberts at 619.281.8313 ext. 110 or send an e-mail to droboters@ymca.org.

Web Sites for social-emotional development

www.TeachersandFamilies.com

Includes "Development of Social Skills in Young Children: Guidelines for Parents" as well as suggestions for activities and books on various themes.

www.BabyCenter.com

Includes "Developmental Milestones: Socialization" that takes you month by month through the typical socialization milestones during baby's first year. Offers specific development information for babies, toddlers, preschoolers and big kids.

www.pbs.org/parents/childdevelopmenttracker

Parents can use a child development tracker which lists all the major developmental domains, including social development. By clicking on the social-emotional development link parents can track a child's social-emotional growth year by year through school age. Includes supporting activities to help a child's social-emotional development.

www.cdl.org/resource-library/articles/social_skills.php

This article discusses the relationship between social skills and school. Offers tips on how to teach social skills and information on the types of social skills children need to acquire.

NAFCC Radio! Tune in today!

Gain access to the latest insights in family child care management and child development. NAFCC Radio offers programs with experts in family child care business practices, child development and other areas of interest to providers and parents.

The first interview will be Diane Trister Dodge, a national child care development expert. She is president of Teaching Strategies, a company that provides training on curriculum and assessments for young children. Family child care providers and parents will benefit from listening to the program available 24/7 on the NAFCC web site at www.nafcc.org. The broadcasts can be accessed on any computer. NAFCC Radio is a project of the National Association for Family Child Care and the BAM! Radio Network.



Ticket to a Successful Family Child Care Business

Are you thinking about entering a rewarding and challenging career as a professional licensed family child care provider? Are you already licensed? Do you need help with developing sound business practices or developing your program? Ticket to a Successful Family Child Care Business series was created by the YMCA Childcare Resource Service in partnership with the San Diego County Family Child Care Association to support newly licensed family child care providers. Modules offer basic information vital to the provider's business practices and professional development.

The next trainings will be held at YMCA Childcare Resource Service, 3333 Camino del Rio South, Suite 400, San Diego, 92108. The modules do not have to be taken in order. Each module is approved for four (4) SD CARES Professional Development Training hours for licensed family child care providers only. The cost is \$15.00 per workshop and free to all California Child Care Initiative Project (CCIP) participants. For registration information or to learn more about qualifying to receive free training and support from the Child Care Initiative Project contact 1.800.481.2151 or send an e-mail to mytraining@ymcacr.org.

September 26, 8:00 a.m. – 12:00 p.m.
Module II Business Planning & Practices

October 10, 1:00 p.m. – 5:00 p.m.
Module III Planning Activities for the Developing Child

Infant Toddler Learning and Development System

Do you provide child care for infants and toddlers? Do you want to learn about a system that supports their learning? Explore methods on how to effectively support infant and toddler learning using the new California Infant Toddler Learning and Development System. Join Regional Coordinators, Edilma Serna and Michelle Soltero from the WestEd Program Infant Toddler Care on October 10, 2009, from 9:00 a.m. to 12:00 p.m. at YMCA Childcare Resource Service, 2602 Hoover Ave., Suite 108, National City, 91950.

The session will be delivered in both English and Spanish for \$15.00 per person and approved for either three (3) San Diego CARES Professional Development Training Hours or the new CARES Infant Toddler Stipend. **Attendees will receive a free copy of the new California Infant Toddler Learning and Development Foundations (2009).** For registration information contact 1.800.481.2151 or send an e-mail to mytraining@ymcacr.org and request a registration flyer.

Protect Kids: Step up to the plate!

Are you looking for a way to support children's safety programs but not sure how to do it? Then step up to the plate and consider investing in a customized license plate for your vehicle! Kids' Plates are the only DMV license plates that protect California's kids — the proceeds from sales provide funding for local child safety programs throughout the state. These programs include:

- **Prevention of Child Abuse and Neglect**
- **Prevention of Unintentional Injury** — Motor Vehicles, Bikes, Pedestrian, Drowning, Poisoning, Fire/Burns, Falls, Firearms and Sudden Infant Death Syndrome (SIDS)
- **Licensure of Child Care Facilities** to protect the health and safety of children

Plates can contain a character such as a heart, star, hand, or + sign plus be 2 to 6 letters or numbers long. Customized plates can be a great way to express yourself, recognize someone or something you love, and can also make a great gift!

For more information log onto www.kidsplates.org or call 1-800-HEY-KIDS.



Licensing Update

Craigslist Scam Alert

Be aware of a new scam on Craigslist involving child care providers. We have received reports of providers who have advertised their child care business on Craigslist and received responses from individuals from London, Italy and other European countries who say they are looking for temporary child care while they are in California on vacation or business. They send the provider a check for more than the amount advertised for child care and continue to e-mail the provider regarding receipt of the check. When the provider confirms receipt of the check, the scammer suddenly has some unexpected expenses and asks the provider to send back a certain portion of the check right away. After checking with the bank, the provider then discovers that the check is a fake.

The majority of Craigslist users are trustworthy and have good intentions. However, it is very important to take the same precautions online as you would offline. You can sidestep potential scams by using good business practices and following some basic rules. For information and resources regarding Craigslist scams, go to: <http://www.craigslist.org/about/scams>. If you suspect that an inquiry on craigslist may be part of a scam, please e-mail the details to: abuse@craigslist.org. Be sure to include the URL (or eight-digit post ID number) in your message.

Note: YMCA CRS was contacted by several local family child care providers that were victims of this scam. We contacted Community Care Licensing and the California Child Care Resource and Referral Network to alert them of the issue.

Can You Give 4 Hours a Month to Help Children and Families in San Diego County?

Network, learn, and work with individuals who are dedicated to addressing the child care and development needs of San Diego County families.

The Child Care and Development Planning Council advises the county Board of Supervisors and Superintendent of Schools about the child care needs in San Diego County. **Application Deadline September 11, 2009**

If you are interested in serving on the Council, please call (858) 292-3727 or visit our webpage at www.sdcoe.net/student/eeps/pc.



YOU CAN MAKE A DIFFERENCE!

Funded by the California Department of Education, Child Development Division, through a contract with the San Diego County Health and Human Services Agency. A project of the San Diego County Child Care and Development Planning Council.

SD CARES Update

Calling all Child Care Providers!

**Have you worked in the same child care program for the last 9 months?
Do you want to earn a stipend for completing college units?**

Apply NOW for Year 9 of San Diego CARES!
The deadline for new and continuing participants is September 30, 2009.

Eligible participants that complete CARES program requirements can earn **\$250 per unit up to 12 units** while working directly with young children for at least 15 hours per week and completing college units leading to a degree in Child Development or a CARES approved related major.

CARES pays additional stipends to enrolled and eligible participants:

- \$ Books (\$33 per unit)
- \$ Child Development Permits (\$250 - \$500)
- \$ CARES approved degrees (\$500 - \$1000)
- \$ Environmental Rating Scale activities (\$250)
- \$ Infant Toddler units & training (\$250)

Licensed Family Child Care Providers in their first two years in CARES can earn \$250 per 18 hours of CARES approved training (up to a maximum of \$750)!

ENROLL TODAY

For an application or more information call 1.866.227.3773

Send an e-mail to caressd@ymcacr.org
Log on www.ymcacr.org/providers

Visit CARES Evening Hours on the 1st Thursday of every month at YMCA Childcare Resource Service 3333 Camino del Rio South Suite 400 San Diego, CA 92108

Please make an appointment for the YMCA CRS Vista and National City offices.

Ask the HealthLine...

Q: What are some basic healthy habits parents can focus on as school approaches?

A: Back to school means getting back into a routine and helping children develop healthy habits. Teaching children healthy habits can help them as they progress through school and the rest of their lives. A habit is formed when a pattern of behavior is formed through frequent repetition. As school approaches, parents can focus on good hygiene, eating healthy foods, physical activity and rest and relaxation.

Hygiene: Frequent hand washing can reduce the spread of illness among peers and families. Wash your hands for at least 10 – 15 seconds with soap and warm water before eating, after toileting, blowing your nose, coughing or sneezing. Hand washing is the best known prevention against the spread of Swine Flu (H1N1)!

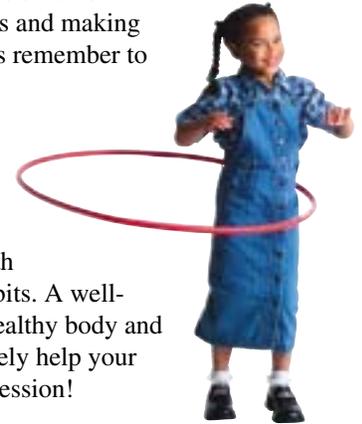
Dental cavities are one of the most common diseases of childhood. Regular tooth brushing with fluoridated toothpaste can help prevent gum and tooth decay. Proper brushing and flossing is a learned skill which can be perfected with practice. Teach children to brush in small, slow circles (not vigorously) in the morning and before bedtime.

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.

Healthy Eating: Teach your children to “eat the colors of the rainbow” by making sure they have many different colors on their plate! Eating fruits and vegetables in a variety of colors—red, dark green, yellow, blue, purple, white and orange—provides a wide range of nutrients. Provide children with a variety of grains, vegetables and fruits, and to limit foods that are high in fat and sugar.

Physical Activity: Help children stay active by encouraging active outdoor play for an hour a day, setting time limits on passive activities such as television and computer games and making chores a family affair. Always remember to keep it fun!

Rest and Relaxation: Sleep improves concentration and mental and social well-being. Develop a consistent schedule for your children with regular sleeping hours and habits. A well-balanced diet, an active and healthy body and a good night sleep will definitely help your child when school is back in session!



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

Children develop social competency best when they are given the opportunity to interact and discover with their peers. Enjoy these group ideas that help promote teamwork and encourage social development.

Cooperation Game

Let children work together to create a rainbow on the floor. Ask children to collect red items and put them in a pile. Repeat with the other rainbow colors: orange, yellow, green, blue, and violet. Let the children arrange the items into a rainbow shape. Start with the reds items and place them in the shape of a long arc, then line up the orange objects underneath the red, and so on.

Nature Theme-A-Saurus Totline Publications

Tire Tracks Mural

- Toys with wheels
- Tempera paint
- Large construction paper

Lay out large pieces of construction paper on a table or cover it with a roll of paper. Let each child dip the tires of a toy into different color paints and make tracks. Encourage the children to cross over the tracks of others to see what happens to the shape and color of the tracks. Once dry, hang the group mural up for all to enjoy.

1.2.3. Colors Totline Publications

Happy Heart Salads

- Lettuce
- Various salad toppings
- Dressing

Have the children work together to make a salad. Children can assist with choosing from salad items, washing the produce, shredding lettuce, dicing vegetables (if appropriate), and pouring and sorting toppings in to different bowls. Once everything is ready, allow each child to make their own salad full of the toppings of their choice.

Special Day Celebrations Totline Productions

Toy Train Dramatic Play

- Large boxes
- Dress up clothes (hats, shoes, dresses, purses, vests etc.)

Have the children create a train by lining up large boxes. Allow the children to dress up and “ride” the train. Some children can be the conductor or train staff while others can be passengers. Choo choo!

“The More We Get Together”

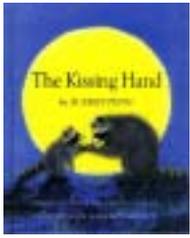
The more we get together
Together, together
The more we get together
The happier we’ll be.

For your friends are my friends
And my friends are your friends,
The more we get together
The happier we’ll be.

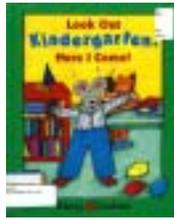


What's in the CRS Resource Library?

The library has the following children's books on the topic of school.



The Kissing Hand by Audrey Penn. Chester Raccoon seeks love and reassurance from his mother as he ventures out into the world to attend his very first day of school.



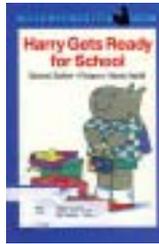
Look Out Kindergarten, Here I Come! by Nancy Carlson. Henry is ready for his first day of kindergarten. He knows he's going to be busy but he's still unsure about school. He gets scared at the door, but soon the teacher reassures him and he has fun.



If You Take a Mouse to School by Laura Numeroff. The famous mouse is back for his first day of school! If you take a mouse to school, he'll ask you for your lunch box. When you give him your lunch box, he'll want a sandwich to go in it. Then he'll need a notebook and some pencils. He'll probably want to share your backpack, too!



The Wheels on the Bus Enormous illustrations, delightful stories and familiar language that kids will want to hear again and again.



Harry Gets Ready for School by Harriet Ziefert. A book about Harry the hippo and the things he does to get ready for his first day of school.

Log on to <http://library.ymcacr.org> to search our inventory of books, DVDs, videos and toys. Apply for a library card at www.ymcacr.org/providers. Request a visit form our Resource in Motion van by calling 1.800.481.2151.

Toy Library Saturday:

San Diego: September 19 & October 17
National City: September 26 & October 24
Vista: September 5 & October 3

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

Going back to school can be a stressful time for children, parents and teachers. Below are *Tips from your CRS Child Care Consultants* on how to make going back to school or child care a smooth success.

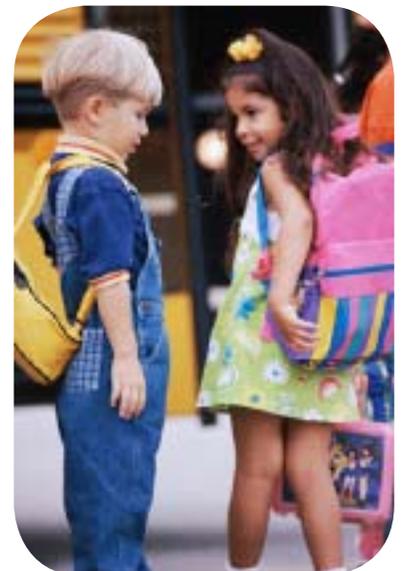
For Parents:

- **Be enthusiastic!** Your own excitement and confidence will help your child be the same.
- **Be prepared.** Introduce your child to the new teacher or setting in advance. Set up a play date with another child from the program so your child recognizes someone the first day.
- **Develop a routine.** Let your child help pack lunch and pick out clothes. Set an earlier bed time weeks before the big day.
- **Allow for goodbyes.** Set aside extra time on the first day to say goodbye to your child but do not prolong the goodbye. Make sure to always say goodbye to your child and support them if separation is hard.



For Providers:

- **Prepare the family.** Hold an orientation for children and parents to introduce them to yourself, other children, and other parents. Give a tour of the new setting and introduce all adults who work there.
- **Get to know your kids.** Make an effort to get to know the likes, dislikes, special interests, family makeup of each child. Asking parents about the child's personality and for suggestions on working with their child can be a great benefit.
- **Plan for success.** Develop activities that are engaging, interesting and challenging. Fun activities will help children feel more comfortable in their new setting.
- **Provide emotional support.** Set up an area of family photos that children may visit throughout the day. Be patient and understanding with the children. Successful transition takes time.



COMMUNITY CALENDAR

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

For additional trainings go to www.ymcacrs.org/providers to view the CATS Calendar.

September 8 6:00 p.m. – 8:00 p.m.

Introduction to Inclusion *

Loc: YMCA CRS, National City

– or –

October 17 1:00 p.m. – 3:00 p.m.

Introduction to Inclusion *

Loc: YMCA CRS, Vista

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

Info: 1.800.481.2151

September 10 6:00 p.m. – 8:00 p.m.

Respectful Accommodations *

Loc: YMCA CRS, Vista

– or –

October 7 6:00 p.m. – 8:00 p.m.

Respectful Accommodations *

Loc: YMCA CRS, National City

Overview of the philosophy of inclusion and insight into what constitutes a “respectful accommodation”.

Info: 1.800.481.2151

September 15 6:00 p.m. – 10:00 p.m.

Early Childhood Environment Rating Scale (ECERS), Part 1 *

September 29 6:00 p.m. – 9:00 p.m.

Early Childhood Environment Rating Scale (ECERS), Part 2 *

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. Participants must attend both sessions, in order.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

September 17 6:30p.m. – 9:30p.m.

KPBS: Sid the Science Kid *

Loc: YMCA CRS, National City

– or –

October 3 9:00 a.m. – 12:00 p.m.

KPBS: Sid the Science Kid *

Loc: YMCA CRS, Vista

Rediscover your sense of wonder and walk away with science tools, activity ideas, and strategies that will help children develop confidence in themselves as explorers and learners.

Info: 1.800.481.2151

September 22 6:00 p.m. – 8:00 p.m.

Positive Behavior Support *

Loc: YMCA CRS, National City

– or –

October 19 6:00 p.m. – 8:00 p.m.

Positive Behavior Support *

Loc: YMCA CRS, Vista

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

Info: 1.800.481.2151

September 26 8:00 a.m. – 12:00 p.m.

Family Child Care Business Planning & Practices, Module 2 *

Learn about interviewing families, contracts and policies, recordkeeping, marketing tips, and keys to a professional, family friendly program.

Family Child Care Only.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

September 28 6:00 p.m. – 8:00 p.m.

Parenting with Families *

Loc: YMCA CRS, Vista

– or –

October 21 6:00 p.m. – 8:00 p.m.

Parenting with Families *

Loc: YMCA CRS, National City

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

Info: 1.800.481.2151

October 10 9:00 a.m. – 12:00 p.m.

CA Infant Toddler Learning and Development System *

Explore what infants and toddlers are learning and how to effectively support them in the process. Session will be delivered in English and Spanish.

Loc: YMCA CRS, National City

Info: 1.800.481.2151

October 10 1:00 p.m. – 5:00 p.m.

Planning Activities for the Developing Child, Module 3 *

Learn how to plan activities while using simple themes in a multi-age group environment. **Family Child Care Only.**

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

October 10 10:00 a.m. - 3:00 p.m.

Family Day in the Park

The Commission on Children, Youth and Families (CCYF) presents Family Day in the Park. Bring the kids to Balboa Park for fun and games at this FREE event. Connect with local agencies to help your family with health care, child care, foreclosures, family support services and more!

Loc: Balboa Park, 6th and Laurel Street

Info: CCYF 619.338.2049

October 10 8:30 a.m. – 11:30 a.m.

Tax & Record Keeping Workshop for Family Child Care Providers *

Loc: YMCA CRS, Vista

– or –

October 24 9:00 a.m. – 12:00 p.m.

Tax & Record Keeping Workshop for Family Child Care Providers *

Loc: YMCA CRS, Mission Valley

Learn how to prepare and organize taxes and recordkeeping for your family child care business. Includes Q & A session.

Info: 1.800.481.2151

October 13 6:00 p.m. – 10:00 p.m.

Family Child Care Environment Rating Scale (FCCERS), Part 1 *

October 27 6:00 p.m. – 9:00 p.m.

Family Child Care Environment Rating Scale (FCCERS), Part 2 *

In depth instructions 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. Participants must attend both sessions, in order.

Loc: YMCA CRS, Mission Valley

Info: 1.800.481.2151

October 17 8:30 a.m. – 1:00 p.m.

Families Across Generations *

Conference includes a keynote speaker, networking with committee members, and workshops. Topics may include working with parents and grandparents as caregivers, public policy and curriculum.

Loc: West City Continuing Education Campus, San Diego

Info: 858.273.1773

October 17 8:00 a.m. – 3:30 p.m.

A World of Difference Part 1 *

November 10 6:30 p.m. – 9:30 p.m.

A World of Difference Part 2 *

Caregivers, educators, and families will learn how to create and sustain bias-free early childhood programs and homes that encourage children to appreciate diversity at any age.

Participants must attend Part 1 and Part 2

Loc: Encinitas 92024

Info: 1.800.481.2151