



Child Care Referral & Education

645 Antelope Boulevard, Suite 34, Red Bluff

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<http://www.shastalink.k12.ca.us/ccre/>

"Working to meet the child care needs throughout Tehama County"



Child Care Referral & Education and Partners' Quarterly News



January – March 2010



Issue 2

What's New at CCRE?



Wow! Lots of changes occurred in the last couple of months at CCRE. We have been very busy. As you may know, Lori Harrison left CCRE in November to work at our partner office in Redding. We will miss her smile and we wish her the best. Trace Martinez has taken over the Resource and Referral duties and is looking forward to meeting all the providers and parents we serve in a new manner. We also began a new partnership with Tehama County Department of Education by having Michelle Kinner move her office there in order to collaborate more with their Early Childhood Programs. We are also in the process of hiring a new Alternative Payment Specialist to take over Trace's duties in AP. He/she will begin sometime in late December.

Child Care Referral & Education will be closed on the following dates for Holidays:

Friday, January 1
Monday, January 18
Monday, February 8
Monday, February 15

Lending Library is only open for check-outs on Wednesdays, but materials can be turned in any day of the week.



Goodbye Letter

Dear Tehama County Providers and Parents,

During my 11 year journey here at CCRE I have had the pleasure of making many friends through my 8 years in Alternative Payment and the last 3 years as your Resource and Referral Specialist. As of November 1st 2009 I have taken an opportunity to transfer to the Redding Early Childhood Services office. I would like to **thank you** for allowing me to be part of your community, child care, and family over the years. I would like to send my appreciation and respect to the Tehama County Child Care Providers. Whether you are at a center, family child care, or doing family friend and neighbor care, you are an asset to the children you serve and I am very proud to have worked with you over the years. I wish you all the best and will miss you!

Lori Harrison ☺



SAVE THE DATE! SAVE THE DATE!

- 11th Annual Tehama County Child Care Provider Recognition Event : Saturday, March 20, 2010, Red Bluff Community Center
- Week of the Young Child: April 11-17, 2010
- Tehama County Children's Fair: Saturday, April 24, 2010

Alternative Payment Program: New Invoices Required

Submitted by Jerry Sellers, CCRE Manager

ATTENTION ALL CHILD CARE PROVIDERS! Beginning in February 2010 (January attendance sheets) CCRE will require every child care provider to submit some sort of billing statement with the child's attendance sheet showing the amount for child care services due for that child for that month. ATTENDANCE SHEETS RECEIVED WITHOUT A BILLING STATEMENT OR INVOICE OF SOME KIND WILL NOT BE PAID AND WILL BE RETURNED TO THE PROVIDER FOR COMPLETION. THIS WILL CAUSE A DELAY IN REIMBURSEMENT PAYMENT TO YOU. The billing statement or invoice can be on a separate piece of paper or you can write the amount in the comments section on the back of the Attendance Sheet. It does not have to be anything fancy, just a clear statement of what is due for child care services for that child for that month. Please call us for assistance if you are at all confused or concerned about this requirement. We do not want to return any Attendance Sheets or delay any reimbursements.

Family, Friend and Neighbor Child Care Provider Resource Fair

*Are you providing child care for a
family member or friend?*

Want some free resources and activities?

Wednesday, January 20, 2010
10:00-11:00 a.m.

CCRE Training Room
645 Antelope Blvd., Ste. 12

Bring the kids to the FFN Resource Fair to learn what resources are available for you as a child care provider/babysitter. We'll have activities and snacks for the kids too!

If you attend, you can receive a \$20 gift card! Alternative Payment Program staff will also be on hand to answer questions regarding the new invoicing system, attendance sheets or any other questions.

Call to RSVP-529-3131.

Happy Kids are Healthy Kids

Tips to help foster healthy
emotional development



By Denise Snider, Executive Director,
First 5 Tehama

When it comes to making sure kids grow up healthy, doctor visits, dental check-ups and vaccines come to mind. All of these are important, but children's emotional health is also important to their growth and development. Just like teaching your child to brush his or her teeth and eat nutritious foods, you can help your child learn to cope with feelings and have positive interactions with others.

Learning how to control emotions and respond appropriately when they feel hungry, tired or frustrated is essential for young children. First 5 Tehama offers the following tips to help your child grow up to be healthy and well adjusted.

Focus on Relationships

- Help nurture your child's ability to have healthy relationships by spending one-on-one time with him or her each day. Kids feel loved and special when they receive your full attention.
- Make sure to provide opportunities for your child to develop relationships with other children his or her age. Children learn to share and resolve conflict by playing together. For toddlers, keep play dates short – around 45 minutes is plenty of time.

Cooperate, Don't Instigate

- Cooperation is a give-and-take that leaves everyone satisfied. Cooperation is different from compliance and it doesn't always mean kids do what you tell them to do.
- To help develop children's cooperation skills, introduce games that involve taking turns, following directions and playing together. Don't place too much importance on winning – simply being involved is the most important part.

Be a Confidence Booster

- Confident children are better prepared to learn, take on challenges and get along with playmates. Give your child age-appropriate responsibilities, like picking up toys, setting the table or feeding pets. When kids learn to master a task, they feel important and their confidence grows.
- You can boost your child's confidence by celebrating his or her accomplishments. Congratulate your child on a job well done with a hug or high-five. Praising your child for learning new things also helps build his or her confidence.

Build Stability with Routines

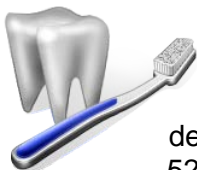
- Doing the same activities around the same time each day can provide your child with a sense of comfort and safety. A regular schedule also helps children learn to trust adults caring for them and be comfortable exploring and playing, which is important to their healthy development.
- Routines can also help your child know what to expect next and ease transitions between activities. For example, if you have a regular bedtime routine, your child will learn that brushing his or her teeth comes before putting on pajamas and getting into bed to hear a story.

First 5 Tehama wants all children to grow up to be healthy and productive adults. For more information on First 5 Tehama programs, call 528-1395 or visit www.first5tehama.com.

"Give Kids a Smile Day" and First 5 Tehama Mobile Dental Unit

**Saturday, February 6, 2010
9:00 a.m.-2:00 p.m.**

**Northern Valley Indian Health Clinic
Oak St. (Next to State Theatre)
Red Bluff**



Free Dental Screenings and Treatment for kids ages 0-18 and pregnant women without dental insurance or Medi-Cal. Call 527-6824 for more information.

Make Your Own Materials: Playdough

By Michelle Kinner, ECS Project Coordinator-CCRE

Yes, you can make your own playdough. It is lots of fun, cheaper, lasts longer, allows you to create your own scents and colors, and it is an activity that the kids can help with. Add different scents like peppermint or cinnamon. Make it green for St. Patrick's Day or pink for Valentine's Day. Get creative!



Homemade Playdough Recipe

- 4 cups flour
- 1 cup salt
- 4 cups water
- 4 tablespoons oil
- 1/2 cup cream of tartar
- Food coloring
- Extract: Vanilla, Peppermint, etc. (optional)

Mix all ingredients in a sauce pan. Cook and stir over low/medium heat until play dough is completely formed and no longer sticky. Allow to cool slightly before storing in an air tight container or zip lock bag.

You can use a variety of different materials with playdough. Some examples are:

- Plastic silverware
- Rolling pins
- Cookie cutters
- Stamps
- Garlic press
- Strainers
- Slotted spoons
- Meat tenderizer
- Fly swatter (clean)

So, go ahead and get cooking! And remember, it is okay for kids to get messy because playing is learning.

What is the Philosophy of Nurturing Parenting?

By Michelle Rosauer, School Readiness Coordinator,
Tehama County Department of Education

Nurturing is a critical skill for all life forms on the planet. For human beings, it is the most important characteristic for all of us to treat others and ourselves with respect, compassion, caring and dignity. When nurturing is not present, it is easy to see how human beings can be cruel, abusive and neglecting.

Nurturing Parenting is a philosophy that emphasizes the importance of raising children in a warm, caring and trusting home that guides them to be respectful, caring and cooperative children. Nurturing Parenting is founded on the belief that children who are cared for and treated respectfully will treat themselves, others and the environment in the same manner.

If this sounds like a philosophy you would like to learn more about, please attend one of our classes. Workshops are open to anyone in the community and would be helpful for parents, child care providers, grand parents, or anyone who cares for children. The classes are always free and some classes have free childcare and refreshments. Community Parenting workshops are held at each of the three Family Resource Centers. Please call your local Family Resource Center for dates, times and topics. Red Bluff Family Resource Center 528-9351, First Steps Family Resource Center (Los Molinos and Gerber) 384-7833, or Corning Family Resource Center 824-7670.



Receive this newsletter and calendar via email!
Call or email Angelica today to get on our e-list.

Angelica-529-3131 or
amhernandez@shastacoe.org

Foster Parents, Caregivers and Adoptive Parents Eligible for Paid Family Leave

What is California's Paid Family Leave Program?

Workers who participate in the [State Disability Insurance \(SDI\) Program](#) are entitled to a maximum of six weeks of partial pay each year while taking time off from work to:

- Bond with a newborn baby, adopted or foster child (both parents)
- Care for a seriously ill parent, child, spouse or registered domestic partner

Most workers receive up to 55% of their weekly wages for up to 6 weeks per year (the maximum is \$959 per week in 2009). Workers do not need to take all 6 weeks at one time.

For more information go to:
<http://www.paidfamilyleave.org/>

Child and Adult Care Food Program Recipe

CROCK-POT CHILI

- 1 pound lean ground beef
- 3 (15 ounce) cans dark red kidney beans
- 3 (14.5 ounce) cans Mexican-style stewed tomatoes
- 2 stalks celery, chopped
- 1 red bell pepper, chopped
- 1/4 cup red wine vinegar
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried basil
- 1 dash Worcestershire sauce



In a large skillet over medium-high heat, cook ground beef until evenly browned. Drain and season to taste with salt and pepper. In a slow cooker, combine the cooked beef, kidney beans, tomatoes, celery, red bell pepper, and red wine vinegar. Season with chili powder, cumin, parsley, basil and Worcestershire sauce. Stir to distribute ingredients evenly.

Cook on HIGH for 6 hours or on LOW for 8 hours.

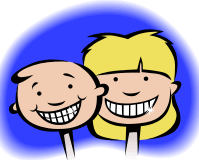
Makes 6 servings.

Spot, Prevent, Smile! Oral Health Matters

Paige Davison, NCCDI Health Manager
Tehama County Public Health Advisory Board Dental
Committee Chairperson

Oral health begins even before children start teething. Are you establishing positive dental habits early to ensure your child's teeth are healthy? Paying attention to your child's oral health early can prevent problems down the road such as chronic pain, impaired chewing and speech development, as well as reduced concentration and self-confidence.

A landmark study released by the Dental Health Foundation found close to 750,000 elementary school children in California have untreated tooth decay. This study, in collaboration with the SMILES program, uncovered dental disease as the number one children's health problem in the state, although it is **almost entirely preventable** if children and parents start practicing good habits early. The study concluded that California is experiencing an epidemic of oral disease in children.



It's estimated that nearly 2 million school days are lost nationwide annually because of dental problems in children ages 5 to 17. Tehama County is working with children to combat

this problem by increasing oral health awareness among families, emphasizing the importance of proper oral health during a child's early years.

Follow these simple steps in establishing a lifetime of healthy teeth.

Spot – Looking for Tooth Decay

- Check your baby's teeth and gums for tooth decay every day. Look for white, brown or black spots on the teeth. If you see any spots, visit the dentist right away. Also, check gums for swelling, bleeding and pimples.
- Take your baby to the dentist, starting at age one (1).
- **Prevent – Early Prevention is Best**
 - Remember to wipe or brush your child's teeth daily with a clean washcloth, especially after eating. Help him or her brush using small circular motions.

- Give your child water rather than juice when he or she is thirsty. After six months of age, one small serving of juice daily is plenty.
- Once your baby is eating solid foods, limit the number of sweet and sticky foods he or she eats. Instead, offer healthy foods and snacks like fruits, vegetables and cheeses.

Smile – Healthy Teeth for Happy Smiles

- Take your child to the dentist at least once a year.
- Help your child brush his or her teeth at least twice a day and floss every day.

Remember your child's teeth and gums are important – even his or her baby teeth. A child's first set of teeth is crucial for chewing, speaking and speech development, jaw development, self-esteem and are placeholders for permanent teeth. Smart oral health practices are just one step in preparing a child to begin school on the right track.

Winter Activity Idea

Winter Snow Recipe

Materials: Soap flakes, water, liquid starch, and white powdered tempera.

Description: Mix soap flakes with water into a thick paste. Let children mix with a hand beater. Add a small amount of liquid starch and powdered tempera. Let children create designs by painting with this mixture.

Taken from:

<http://www.preschoolrainbow.org/winter.htm>

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