



November-December 2006



# Child Care Links News



Thanks to you, our 30th Anniversary Carnival was a success! We recorded over 500 individuals in attendance! It was great to see so many families and children enjoying the carnival games, participating in the talent show, watching all the performances, enjoying Griffins Grill and Jan Souza's Curb Dogs, and just simply enjoying some family time in the great outdoors. Child Care Links would like to give a great big THANK YOU to all families, Community Based Organizations, Griffins Grill, Jan Souza's Curb Dogs and all the volunteers that helped make the carnival a great success!

Child Care Links would like to extend a special THANK YOU to: Pleasanton Raleys, Fremont Raleys, Pleasanton Safeway, Fremont Safeway, Pleasanton Albertsons, Oakland A's, Papa's Kettle Korn, Darin Ah Lan and Art with AMR Ambulance, Grant Shellen for all sound equipment, Hula Dancing by Hula O Puananikauikawekiu of Fremont, All American Black Belt Academy of Dublin, Noahs Bagels Emeryville, Pleasanton Starbucks and Mission Dance and Performing Arts of Fremont.



**Congratulations to Kayla McPherson for winning the art contest. Her award winning drawing was chosen to be printed on the children's t-shirts, which were given away at the carnival.**



## Child Care Links

Child Care Links currently serves participants out of three offices located in Alameda County: Pleasanton, Fremont and Oakland. We are a Resource & Referral agency and an Alternative Payment/Cal WORKs Program, providing resources to the community by offering the following services:

- Subsidized Child Care Services
- Referrals to Licensed Child Care
- Family Education and Support Services
- Training and Support for Child Care Providers
- Inclusion Project
- Family Read Night

**Child Care Links News is a bi-monthly publication.**

**Editor in Chief**  
Carol Thompson  
Executive Director

**Copy Editor**  
Sara Gonzalez  
Resource and Referral Specialist

Kim Marshall  
Inclusion Project Coordinator

**Celebrating 30 Years of Service to the Community**



### REMINDER!!!

Child Care Links will be  
closed  
November 10, 2006  
&  
November 23 & 24, 2006

### Growing, Learning and Caring Please Help Us Spread the Word!

In order to increase the quality of care for children in all child care settings, Child Care Links is now offering training and play group activities for individuals providing license exempt care. Who provides license exempt care? Grandparents, nannies, babysitters, neighbors and friends, to name a few. Trainings will be advertised in the community and the Child Care Links News mailed out bi-monthly. If you know someone providing license exempt care, please let them know about our program. Similar to the Child Care Initiative Project (CCIP), license exempt participants will have the opportunity to earn incentives based on their participation in the program.

### REMINDER!!!

Child Care Links will be  
closed  
December 25, 2006 thru  
January 1st, 2007

## GROWING, LEARNING & CARING

Growing, Learning, and Caring is the new name for the exempt provider outreach and trainings project. The Growing, Learning and Caring project is designed for someone who has watched a child whether it was for a few hours, two times a week, or on an as need basis. If you take care of a child you are eligible for these services listed below, as long as you do not own your own child care or have a license to operate your own child care business. Growing, Caring, and Learning are for those who are not licensed and care for children to help out a family member or a friend.

### \*PLAY GROUPS\*

Play groups are a great way for grandparents, nannies, and other exempt providers to get together for a **free** activity. It is a way to talk to other exempt providers to share ideas and learn new ones. The children can meet new friends. Play groups are twice a month at Child Care Links in the conference room. The play groups are from 10am to 11:15am. Play groups will include a short story, art activity, movement, and a snack. Children that attend play group will learn socialization, cognitive and language development, as well as fine gross motor skills. Adults must remain with children at all times. Registration is required for all play groups.

### SPECIAL EVENT

If you have been or plan on attending a Growing, Learning and Caring Playgroup, we will be sponsoring an activity at Pump It Up or another fun place. The time and date will be announced in the near future. For questions or registration call Nicole Roman at (925) 249-3942

## DOUGH NUTS

Your kids will go nutty for these clever fall treats, which look like acorns but taste a whole lot sweeter.

### RECIPE INGREDIENTS

Chocolate Frosting or Peanut Butter

Donuts

Crumbled Toffee

Pretzel

1. Frost a third or so of a plain or glazed doughnut hole with chocolate frosting or peanut butter.
2. Roll the frosted top in crumbled toffee (look for it in the baking section of grocery stores), then add a small piece of a pretzel for the stem.

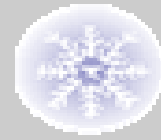


## License Exempt Orientations

Orientations are available once a month in our Pleasanton office. Orientations are a great way for providers to learn new strategies and techniques that are useful in guiding children as they grow. Orientations will cover Health and Safety, Discipline, Family Literacy, and Play is Learning. The goal of orientations is to provide an overview of issues and best practices related to children and adults. All participants are eligible for incentives when you attend one or more of our programs.

If you know of someone providing license exempt care to children such a grandparent, nanny, aunt, uncle, or a friend please let them know about our program. This is free to anyone who wants to attend as long as they are not licensed.

For registration and more info please call Nicole Roman at (925) 249-3942.



### Snowflakes Falling Down (sung to Row Row Row Your Boat)

*Snowflakes falling down,  
Floating to the ground,  
Sliding, gliding, gently dance,  
You fall without a sound*



### I'm A Great Big Snowman (sung to I'm a Little Teapot)

*I'm a great big snowman,  
Tall and fat,  
Here is my tummy,  
Here is my hat.  
Raisins for my eyes,  
And a carrot nose,  
I'm all snow from head to toe!*

## Family Health Histories

By Sally Maier, MS, RD, CDE  
Registered Dietitian

Do you know your family's health history? Your family health history might be one of the biggest influences on your risk of developing asthma, diabetes, heart disease, or cancer. Although you can't change your genes, you can certainly become more motivated to make changes in your lifestyle that will reduce your risk of chronic diseases. You can also reduce your children's risks of developing family diseases such as Type 2 diabetes by helping them become more active, eat healthy, and have a healthy body weight.

November and December are good months to gather your family's health history because there are so many occasions when families gather together and talk during the holidays. To learn about your family health history, ask your relatives to share information about any major medical conditions they may have and their age when the condition started. It's helpful to collect info about your grandparents, parents, uncles and aunts, nieces and

nephews, and siblings. For relatives that have passed away, it's useful to know causes of death and age at death. The next step is writing down the info you have collected about your family's health history. The Surgeon General created a computerized tool to make it fun and easy for people to create a portrait of their family's health. This tool called "My Family Health Portrait" is available for free in either English or Spanish on the web site [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory). If you would like a free print version of this tool, call 1-888-275-4772 and ask for "My Family Health Portrait" in English (inventory # HRS00360) or Spanish (inventory # HRS00361).

The family health history records you make can be shared with other family members and your health care providers. Your health care providers can assess your disease risk based on your family health history and other risk factors. Then they can recommend lifestyle changes to help prevent disease and prescribe screening tests to detect disease early. Learning about your family's health history may help assure a longer future together!





Fall is in the air! Crisp mornings, hazy afternoons, harvest moons, pumpkins and holiday planning have replaced the lazy days of summer and vacations. With children returning to school and schedules being renewed, this is the time of year to stop a moment and reflect back over this past year and set priorities for the future.

The year 2006 has brought about many changes in the child care field and the level of advocacy for children has increased dramatically. Due to this increased advocacy, two major victories recently occurred in the area of state funded child care programs: 1) The implementation of a revised Regional Market Rate and 2) A revised State Median Income Schedule.

The Regional Market Rate that will become effective for child care providers beginning October 1, 2006, will be based on the fees charged within the county of service rather than the previously proposed rates by zip code that the state was considering earlier in the year. Based on the rate schedule, many Alameda County child care providers will receive an increase in the amount they are paid for services to subsidized families.

The revised State Median Income Schedule will allow subsidized families to continue to receive child care for a longer period of time due to the increased amounts a family may earn in order to qualify for services. Up until just recently, Child Care Links has had to terminate enrolled families based on income levels for the year 2000, as there had been no revised income

schedule since that time.

These changes came about with the help of advocates for children who spent many hours educating and informing legislators about the need for up to date, realistic and timely implementation of new/revised program guidelines. State representatives were eager to hear what the field had to say, and most importantly, they listened and took appropriate action.

However, there is still more that needs to be accomplished and Child Care Links and sister agencies in California need your support. As each of you begin to think about and prioritize plans for the future, remember and include the safety and education of children in this state as you go to the polls in November. Be an informed voter and take this privilege seriously. Ask yourself what you can do to contribute to children's issues and devise a plan to make it happen. Encourage and include your children and your day care children in assisting with the plan in order for them to begin to see the power of being involved and caring about others. Devise ways in which you can role model behavior that will instill in children the spirit of giving, tolerance and acceptance of all people, sharing with those less fortunate for the pure joy of it and allow children the freedom to experience and explore the world, both the positive and the negative, in which they live. Through role modeling of this type the children of today will become the more enlightened, knowledgeable and compassionate adults of tomorrow and wouldn't that be a beautiful thing!

**Child Care Links**  
**1020 Serpentine Lane, Suite 102**  
**Pleasanton, CA 94566**

---

NONPROFIT  
ORG  
U.S. Postage  
PAID  
Pleasanton, CA  
Permit No. 586

---

## Child Care Links Locations

**East County office:**  
(925) 417-8733  
1020 Serpentine Lane, Suite 102  
Pleasanton, CA 94566

**South County office:**  
(510) 791-9256  
39155 Liberty Street, Suite D430  
Fremont, CA 94538

**North County office:**  
(510) 268-0106  
250 E. 18th Street, 2nd Floor  
Oakland, CA 94606

**South & East County Office Hours:**  
8:00am to 12pm / 1:00pm to 5:00pm

[mail@childcarelinks.org](mailto:mail@childcarelinks.org)  
[www.childcarelinks.org](http://www.childcarelinks.org)

**North County Office Hours:**  
8:00am to 12pm / 1:00pm to 4:00pm