



September-October 2006



Child Care Links News

The Top 5 Reasons to come to Child Care Links' 30th Anniversary Carnival!

On Saturday, October 14, 2006 Child Care Links will celebrate our 30th Anniversary by hosting a carnival at Val Vista Park in Pleasanton from 10:00 a.m. – 3:00 p.m. Look how far we've come:

- Child Care Links was created in Bess Platt's garage by a group of women dedicated to helping families in the Livermore Valley area
- Valley Child Care (later Resources for Family Development, then Child Care Links) opened for business on November 20, 1976
- Valley Child Care was operated by 2 employees working in two small rooms. Today, Child Care Links has offices in North, South and East County with a staff of 52
- In 1976, in the Livermore Valley, there was no subsidized child care, now over 277 families receive assistance
- Child care has grown in the Livermore Valley from 19 licensed family child care homes and a few private centers to over 277 family child care homes and 90 centers

If you think that's impressive, wait until you see what the next 30 years bring!

There will be many activities throughout the day at the Child Care Links' 30th Anniversary Carnival including carnival games with prizes for children, music, dancing, and story-telling. Purchase lunch from food vendors or bring your own picnic lunch.

Don't be the only one to miss out on the fun! Mark your calendars now!

Child Care Links' 30th Anniversary Carnival
Saturday, October 14, 2006
10:00 am – 3:00 pm
Val Vista Park
7350 Johnson Drive
Pleasanton



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.

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Celebrating 30 Years of Service to the Community

REMINDER!!!

**Remember
Daylight Savings is
October 29, 2006.**

**Don't forget to move your
clocks back one hour!**

Growing, Learning and Caring

Child Care Links welcomes Nicole Roman, Provider Services Specialist, to the Community Services team. Nicole will coordinate the Growing, Caring and Learning Project, with assistance from Donnamarie Fuller, Project Specialist. Please join Child Care Links in welcoming Nicole to this new and exciting project.

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.



Exempt Provider Outreach and Training project has changed their name to Growing, Caring and Learning. If you are currently a nanny, babysitter, grandparent, aunt, uncle, friend or neighbor and you are taking care of a child, other than your own, you are eligible for our services such as play groups and orientations. Participants can look forward to free incentives and giveaways when you attend one or more of our trainings.

Play groups are scheduled twice a month in the Child Care Links' conference room in Pleasanton. The play groups are the second and fourth Friday of every month from 10 am to 11:15 am. Play groups will include all of the following: short story, art activity, movement, and a healthy snack. During the play group sessions the children will learn socialization, fine/gross motor skills, cognitive and language development. Adults must remain with the children at all times. Everyone must register for each play group session. *Schedule is subject to change. For information regarding play groups please contact Nicole Roman at (925)249-3942.

Orientations are available once a month in our Pleasanton office. Orientations will consist of information about health, safety, and nutrition just to name a few. It is a great way to talk with other LEP providers to share ideas and learn new ones. For more information or to register please contact Nicole Roman at (925)249-3942.

All participants are eligible to receive incentives based on attendance at one or more of our programs. If you know someone providing license exempt care such as a nanny, relative, babysitter, neighbor, or a friend, please let them know about our services.

FUN FRUIT KABOBS

INGREDIENTS:

- 1 Apple
- 1 Banana
- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 cup dried coconut, shredded

UTENSILS:

- Knife
- 2 wooden skewer sticks
- Large plate

DIRECTIONS:

Prepare the fruit by washing the grapes, the apples and cutting them

into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh fruit.

Put the fruit onto a large plate.

Spread coconut onto another large plate

Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.

Hold you kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut. Repeat these steps with another skewer.

Children and West Nile Virus

Since children often play outside, they are especially vulnerable to mosquito bites. There is no evidence that they are more susceptible to the disease than adults. The following measures can be taken to reduce their chances of being bitten:

- Keep as much of their skin covered with clothing as possible, including a long sleeve shirt, long pants, socks, and a hat.
- Wear light colored clothing to avoid attracting bugs.
- Avoid the use of any scented soaps or other products on your children since fragrances can also attract insects.
- Use insect repellent consistently. (Insect repellents that are safe for children include citronella, soybean oil, or those with less than 10% DEET.)
- Use window and door screens to prevent insects from getting inside the house.
- Empty standing water around your house where mosquitoes can breed.
- Avoid outdoor activities during peak mosquito biting times, at dusk (early evening) and dawn (early morning).

More Information about West Nile Virus

West Nile Virus Information for California: <http://westnile.ca.gov/>

CDC Guide to West Nile Virus: <http://www.cdc.gov/ncidod/dvbid/westnile/>

The Health and Nutrition Program

The Health and Nutrition Department has enjoyed working with all of the providers who have participated in the Child Care Food Program. Child Care Links has discontinued this program as of June 30, 2006. Due to increased regulations and requirements, limited funding and increased workload for staff, the Child Care Links Board of Directors has decided it is in the best interest of the agency to discontinue the sponsorship of the Child Care Food Program. Child Care Links will continue to offer nutrition articles for the newsletter as well as trainings and workshops for providers. The agency is continuously committed to ensuring children and families are receiving information about the importance of good nutrition.

Fitting in Treats

By Sally Maier, MS, RD, CDE
Registered Dietitian

With the new school year starting, I encourage you to think about your children getting a healthy variety of foods each day. Are your children eating 2 cups of fruit and 2 and 1/2 cups of vegetables a day? Are they drinking 3 cups of milk a day or eating other appropriate high calcium foods? Are they eating lean protein foods like fish, poultry, and beans daily? Do they eat whole grains every day? Most children don't follow these eating guidelines of the new food pyramid. They need lots of help from the adults in their life to have regular access to these foods. If you want to know more about the new food pyramid, go to www.mypyramid.gov.

As a dietitian and diabetes educator, I cringe at how frequently sweets and unhealthy treats are routinely served to children. Kids don't need cookies, fruit drinks, cakes, doughnuts, candy, and soda but these foods are often given as rewards for desired behavior or served at celebrations. Using food as a reward contributes to

emotional eating and can lead to real problems with weight control. An occasional treat food fit into an overall nutritious mix of foods is fine. But most of our children could greatly improve their daily food choices. And they really do need one hour of physical activity a day to help burn off the empty calories they tend to get.

Here are some tips for limiting treats at celebrations:

- Provide healthier snacks (sliced fruits and vegetables with dips, low-fat popcorn, baked tortilla chops with salsa, Chex Mix, water, 100% fruit juice)
- Provide non-food goodies (temporary tattoos or stickers, colorful pencils, erasers, balls, hair accessories, small toys)
- Focus on games and activities that celebrate the special event (reading or writing stories, acting out short plays, learning about the history of the holiday, craft activities)
- Serve regular meals, especially dinner before children go trick-or-treating

Director's Corner

Child Care Links is 30 years old this year and the agency is planning to celebrate with all of you in a big way! On October 14, 2006 you are invited to join Child Care Links' staff, Board of Directors, local dignitaries, local non-profit agencies and health and safety departments from all areas of the Tri-Valley and surrounding Alameda County cities. The event will be child/family oriented and provide a carnival atmosphere with games and prizes for the children, information and resources for families in the community, story telling and entertainment performed by children. Please mark your calendar now to attend the anniversary celebration!

While the agency is always strategizing on new and innovative programs and services for children and families, this year's anniversary also gives agency staff and the community an opportunity to look back to the beginning of Child Care Links and reflect on how things have changed in the child care community.

In 1976 the founders and co-directors, Ruth Freis and Miriam Miller, responded to the State Department of Education's interest in setting up innovative systems to deliver child care services in the state. Freis and Miller were successful in their pursuit of this funding and, with a budget of \$150,000, started Valley Child Care in Livermore, California.

Originally the agency was named Valley Child Care as the agency was contracted to provide services just in the Tri-Valley (Livermore, Pleasanton, Dublin). However, in 1980 the agency

received expansion funding to provide child care services in the Tri Cities (Fremont, Newark and Union City) area of Alameda County. The agency name was changed to Resources for Family Development since services were now provided outside of the "valley" area. The agency name was later changed to Child Care Links in order to allow community and political leaders to know right up front that child care services, including resource and referral, were the primary focus of the agency.

Since the original funding 30 years ago, the agency has grown from the original budget of \$150,000 to approximately \$25,000,000; staff has increased from the original 3 employees to the current 52 employees (has been as high as 76 employees several years ago); in the beginning the maximum hourly rate the agency paid for child care was \$1.25 per hour and only paid licensed child care providers – license exempt child care did not begin until after approximately 1985; and, Child Care Links has increased from 1 office site to 3 sites county wide.

The agency has maintained a strong fiscal foundation over the years and is proud of the number of children and families that have received and are currently receiving supportive services from Child Care Links. The work staff does every day is a labor of love, filled with a passion to empower families, to empower their children, so they can then empower the world! The agency's Mission Statement: To provide resources that strengthen and support children and their families.

Child Care Links
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Child Care Links Locations

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(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
www.childcarelinks.org

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