



January–February 2006



Exempt Care Outreach and Training Project

Has your child ever been in the care of a grandparent, relative, friend, neighbor, nanny or babysitter? If so, you have used license exempt care. What is license exempt care? Community Care Licensing, a unit within the Department of Social Services, regulates those caring for children in their home or in child care centers. Those individuals who care for children that are not licensed by Community Care Licensing are considered "license-exempt". Currently, the law states that an individual can care for their relatives as well as children from one non-related family before they need to be licensed.

Parents have a wide range of options in choosing child care for their children. Parents often think of a "child care center" first when looking for child care. Another option is licensed family child care homes, where individuals are licensed to provide child care services in their own home. Parents may choose to have their child in the care of a nanny, either exclusive to their family or a "nanny share" with another family. Some parents also have the option of grandparents, other relatives, friends or neighbors who can help with their child care needs. With the many choices available to parents, what is important is that each parent chooses child care that best meets the needs of their children and their family.

The Department of Education, Child Development Division (CDE-CDD) recognizes the many available child care options for parents. The State recognizes that parents often choose their parents, grandparents, other

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East County ECE Collaborative Gains Momentum

In the fall of 2005, Child Care Links staff began meeting with leaders from the DOV (Director's of the Valley– the association of local child care center directors) and VFCCA (Valley Family Child Care Association– the local association of family child care providers). This collaboration was formed to build a working partnership between child care professional organizations in order to promote quality child care, support professional development and leadership and plan events. With the dedication from members of DOV and VFCCA and staff from Child Care Links, the Tri-Valley ECE Collaborative brings to East County three events in the 2006 year.

This Spring, local child care providers will celebrate their work with children and be recognized at an event held at the Pleasanton

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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
- Child Care Health and Nutrition Program
- Inclusion Project
- Family Read Night

Child Care Links News is a bi-monthly publication.

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We welcome letters and articles but cannot be responsible for returning unsolicited material.

Universal Pre-K headed for the June Primary

Rob Reiner turned in petitions for the Preschool for All Initiative to be scheduled for June 6, 2006 primary election. Over 1 million signatures were collected. The California Chamber of Commerce supports preschool, but it won't be backing a June ballot measure to pay for it through an income tax hike on wealthy residents. The Chambers Board of Directors announced Friday the organization will officially oppose the Preschool for All initiative promoted by Hollywood actor/director Rob Reiner. This position is in direct opposition from three large Chambers that have recently endorsed the initiative, including Los Angeles, San Francisco and Oakland. The Chamber also ignored the recommendation of their own Education Committee which urged support of the Preschool for All initiative. The Secretary of State is currently in the process of verifying signatures for the measure to determine whether it qualifies for the ballot. **Source:** www.cdpi.org, Tri-Valley Herald

California 2005 Report Card: An Assessment on the Well Being of Children

This nonpartisan study by Children Now assigns letter grades to the critical issues affecting children's well-being, such as a "D" in obesity, a "D+" in K-12 education and a "B-" in health insurance. Comprehensive data are presented on all key indicators of children's well-being in terms of their health, education and economic security. Overall, the report finds California is failing to meet children's needs despite strong public will for children to be the top policy priority. Grades are based on the most recent data available, including the 2005 California County Data Book, Children Now's companion research document. www.childrennow.org

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relatives, friends, nannies, babysitters and neighbors to meet their child care needs. In order to increase the quality of care for all children in all child care settings, Resource and Referral agencies throughout the state have received funding from CDE-CDD to implement the *Exempt Care Outreach and Training Project*. This project is an opportunity for individuals providing license exempt care to receive training and other opportunities, such as playgroups, to increase their knowledge in caring for children. The project will offer training in the following topics:

- The Vital Role of the Provider (teachable moments) and Health and Safety
- Discipline, Guidance and Family Support
- Playing is Learning
- Family Literacy

Though CDE-CDD is currently funding the Exempt Care Outreach and Training Project, Child Care Links has

supported many license-exempt providers in Alameda County through the Community Links program which began over three years ago.

Community Links provides education and support services to license exempt providers chosen by families enrolled in CalWORKs or other subsidized child care programs. The program was created to help license exempt providers achieve the highest level of safe, quality child care. Even though the Community Links program initially focused on license exempt providers through the subsidy programs, it is now available to all grandparents, relatives, friends, neighbors, nannies or babysitters caring for children.

If you are interested in participating in the playgroups or attending any of the training opportunities, please contact Donnamarie Fuller at (925) 417-8733.

Collaborative...continued from front page

Senior Center. The evening affair will be held on Tuesday, May 16th, 2006.

Child Care Links 2nd Annual Health & Safety Fair will be held at the Amador Recreation Center. This year's event will be held on Saturday, June 24th, 2006 from 10am to 1pm. The event will be sponsored by the City of Pleasanton and we are currently seeking sponsorship of children's activities as well.

The Tri-Valley ECE Collaborative is currently planning a one-day conference for East County child care providers and child care center staff. The conference will focus on the child care providers taking time to care for themselves in order to better care for children. The event will provide fun and innovative workshops & classes. Be sure to mark your calendars for November 4, 2006!

If you are interested in sponsorship or would like additional information about the ECE Collaborative, please contact Ann Tancioco at (925) 417-8733.

Recipes for Fun

Sweet Carrot Pumpkin Bars

Ingredients:

1 cup all-purpose flour
 ¼ tsp baking soda
 1 tsp baking powder
 ½ tsp ground cinnamon
 ¼ tsp salt
 1 large egg
 1 large egg white
 1 cup packed brown sugar
 ½ cup canned pumpkin
 2 tbsp canola oil
 2 tbsp margarine or butter, melted
 grated peel of 1 orange
 1 tsp vanilla extract
 ½ cup packed grated carrots
 ½ cup raisins
 1/3 cup dried cranberries or chopped apricots
 1/3 cup chopped walnuts or pecans

Directions:

Pre heat oven to 350 degrees. Combine flour, baking powder, baking soda, cinnamon and salt. In a separate bowl, beat egg and egg white until foamy. Beat in sugar, pumpkin, oil, butter, orange peel, and vanilla until smooth. Add flour mixture to egg mixture, and stir by hand until almost combined. Stir in carrots, raisins, cranberries, and nuts just until blended. Spread batter into an 8x8 pan coated with cooking spray. Bake 30 to 35 minutes, until top springs back when lightly touched. Cool in pan on rack. Makes 1 dozen.



The Health and Nutrition Program would like to welcome:

- Roxanne Brown
- Lou Ann French
- Cheryl L. Collins
- Sharon Dawson
- Indira Thangovelu
- Mina Shirazi

To learn more about the Child Care Links Health & Nutrition Program, please visit www.childcarelinks.org

If you are interested in joining, please contact a case manager.

Kim Judge (925) 249-3941 OR
 Mattie Henderson (510) 302-1385 –or–
 (925) 249-3942

Check Out Trans Fat

By Sally Maier, MS, RD, CDE
 Registered Dietitian

The deadline has finally come and gone. The Nutrition Facts label on packaged foods is now required to list the grams of trans fat per serving of food. Some foods that used to contain trans fat have even been reformulated so they are “trans-free”. This is all good news but don’t get tricked into buying foods higher in saturated fat that are now “trans-free”.

What is trans fat anyway? Trans fat is created when food processors add hydrogen to liquid oils during a process called hydrogenation. Fully hydrogenated oils become saturated fat and are solid. Partially hydrogenated oils contain trans fat. Both saturated fat and trans fat are unhealthy fats. These unhealthy fats promote heart disease by increasing the “bad” LDL cholesterol.

Foods that are high in trans fat are vegetable shortenings, hard stick margarines, cookies, crackers, candies, snack foods, commercially fried foods like French fries, and baked goods. Now you can check the amount of trans fat in packaged foods while you’re shopping. Look for food

products with low amounts of both trans AND saturated fat. Add the saturated and trans fat together and leave foods with more than 4 grams of these fats on the shelf. Foods with 1 gram or less of saturated and trans fats together are low in the heart unhealthy fats. If a product contains less than 0.5 grams of trans fat per serving, it is listed as “0 grams” on the label and can be called “trans-free” even though it may contain a small amount of trans fat.

Heart disease prevention needs to start early. Because today’s children are more overweight, less active, and eat less nutritious foods, they are more at risk of developing plaque in their arteries as teenagers. Helping children choose foods low in saturated and trans fat will help them reduce their risk of heart disease.



Tip of the month:

Select foods with less trans and saturated fat by checking the Nutrition Facts labels while shopping.

Letter from the Director

Child Care Links will celebrate its 30th Anniversary in October 2006 and the vision of the agency's founders continues at Child Care Links. The agency's vision and mission is to support and strengthen families.

The continued commitment to the original vision is seen every day as the community seeks out the agency to provide them with assistance in finding a quality, safe environment for their children; receive assistance with child care costs; seek out knowledge on the latest child development techniques; educate themselves about proper nutrition and health; increase their education in early childhood studies; learn about ways in which to effectively care for, and include, children with disabilities; learn how to balance work/family issues; and, seek out employment opportunities in order to provide for their families.

In the almost 25 years (January 2006) that I personally have been a

part of the Child Care Links' team, I have seen the agency undergo many changes. Many of these changes have allowed the agency to grow and diversify its services in order to better serve the community at large and some of these changes have resulted in more oversight and, therefore, increased workloads. However, the mission of Child Care Links will continue to be the guiding force in the future regardless of changes that impact the agency.

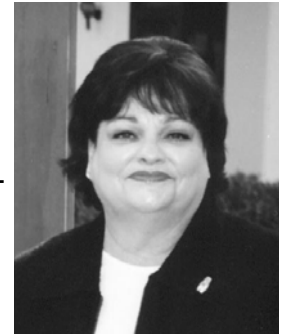
Service to the community, especially children and families, remains the number one priority at the agency. The Board of Directors and staff are committed to providing the most efficient and respectful service possible in the course of their daily work and will continue to improve and structure programs and services to meet changing needs within the population served by Child Care Links.

Very shortly the staff and Board will begin planning for the agency's 30th

Anniversary and we welcome your comments and suggestions during the planning process. Currently the agency is considering a large community based activity that will bring together many of Child Care Links community partners to participate in the celebration. Watch for further information on our Anniversary Celebration in upcoming newsletters and mailings.

On behalf of the Board of Directors and the staff at Child Care Links, I would like to take this opportunity to thank you all for your support and guidance in the past year and wish you a fantastic 2006 filled with all of life's joys.

Peace.



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