



Child Care Links



Child Care Links



April / June
2007



News

Child Care Links' Newsletter Takes on a New Look!

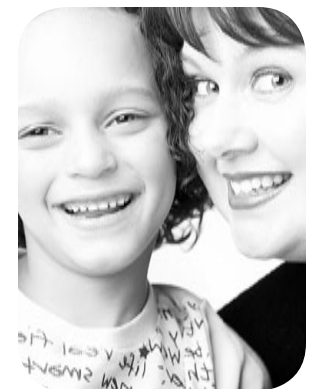
In order to provide parents, child care providers and the community with more comprehensive information, Child Care Links has redesigned the agency newsletter and will be initiating a new distribution schedule with this issue. The newsletter will now be produced on a quarterly basis and will include more information about all agency services, upcoming events, legislative summaries, safety for children, nutrition and child development articles dealing with children's growth and development.

As the agency's services have increased over the years, staff feels it is important that the community be informed about all phases of the agency, become more involved and aware of legislative issues affecting children and increase the effectiveness of each edition of the agency newsletter. You will find each issue full of helpful hints, discover new ways to work with children, and increase your knowledge and confidence in the legislative process while having a better understanding of the myriad of services available to you at Child Care Links.

Please feel free to give agency staff your feedback on our new publication and, if you so desire, let Child Care Links know if there is something you would like to see featured in one of the quarterly editions. While, due to space requirements, not all submitted material will appear in print, the agency welcomes community interest stories about parents who are balancing work/family issues, child care provider recognitions/success stories and other related topics regarding children, parents and child development practices.

Child Care Links' staff look forward to continuing our relationships in the community through this newsletter and has set a goal this year to increase agency visibility in the community and to increase attendance at agency sponsored workshops, conferences and other child care events both on site at Child Care Links and out in the community.

Enjoy this new and improved first issue of the Child Care Links quarterly newsletter and enjoy all the beauty that the spring season brings to each of us in the form of more daylight hours, better weather, beautiful flowering plants and trees and a hint of summer that is right around the corner!



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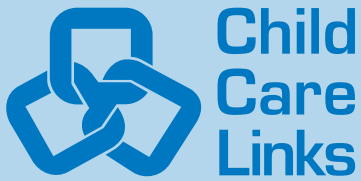
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**Child
Care
Links**

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 / CalWORKs Program, providing resources to the community by offering the following:

- Subsidized Child Care services
- Referrals to Licensed Child Care
- Provider and family education and support services
- Resource Lending Library
- Employer Consultation for Child Care Issues

East County Office

1020 Serpentine Lane, Suite 102
Pleasanton, CA 94566
(925) 417-8733

South County Office

39155 Liberty Street, Suite D 430
Fremont, CA 94538
(510) 791-9256

South & East County Office Hours

M – F 8 a.m. – 12 p.m.
1 p.m. – 5 p.m.

North County Office

250 E. 18th Street, 2nd Floor
Oakland, CA 94606
(510) 268-0106

North County Office Hours

M – F 8 a.m. – 12 p.m.
1 p.m. – 4 p.m.

mail@childcarelinks.org

www.childcarelinks.org

Child Care Links News is a quarterly publication

Editor in Chief

Carol Thompson
Executive Director

Graphic Designer

Patricia Mozetic

Quick Ways To Relieve Stress

By the time we put in a full workday and tend to our families, we don't have much time or energy to do a lot. Take a look and see if any of these ideas can be useful to you.

Stress can threaten your health and well-being. When you respond to situations with excessive amounts of anger, fear, frustration, resentment, or envy, you place a burden on your body that depletes energy, disrupts your immune system, and impairs cardiovascular health. When you moderate your responses, maintain a strong social support system, and develop healthy ways of coping with stress, you protect yourself from its damaging effects.

You can fight stress with techniques to help you relax and “take a break” from the hectic pace of life. These 10 steps can help you feel more relaxed, laid-back, and low-keyed, thus combating stress.

Take a catnap: A 10-minute nap virtually anywhere—at home, on the office floor, in the car (providing you're not driving of course!)-can be refreshing

Visualization: Take a quick “mental break” by envisioning a favorite place in your mind—whether it be the ocean, the mountains, or your own backyard. Concentrate on “seeing”, “smelling” and “hearing” the things you imagine.

Massage: Close your eyes and use your fingertips to vigorously massage your forehead and the back of your neck. Rub in circles, and rub hard.

Breathing: Increased tension results in rapid, shallow breathing. For better relaxation, inhale slowly, hold your breath, and exhale slowly. Count to eight during each phase.

Abdominal breathing: Lie on the floor with your face up, body relaxed, and eyes closed. Exhale, blowing all the air out of your lungs, and push out your abdomen. Then pull in your abdomen, press down on it with your hand, and inhale deeply. Relax, letting the abdomen return to its normal position. Breathe normally for several minutes; then repeat the cycle.

Get out of the rut: Making up new ways to do old things can be a great reliever of both stress and boredom. Try taking different routes when driving to work, or change the way you do ordinary tasks such as putting on makeup, fixing your hair, or getting dressed.

Sing in the shower: Loud singing demands deep breathing, which relaxes the singer. Hold the notes for as long as you can.

Develop hobbies: What's fun for you can be good for you. Whatever your interests are, indulge them. Feeling competent and in control is relaxing.

Relaxation response: Sit comfortably in a quiet place with eyes closed and muscles deeply relaxed. Silently count to yourself with each inhaled and exhaled breath. Concentrate on deep breathing.



From the Shelf...

At the Fran Caulkins Memorial Resource Library

Could you use a few new activity ideas? Check out *More Than Magnets: Exploring the Wonders of Science in Preschool and Kindergarten*, by Sally Moomaw and Brenda Hieronymus.

Activities highlight science found in displays, mechanics, at the sensory table, in art, in music, in cooking and in gross motor areas.

Activities include:

- A description
- Appropriate child's level
- Materials needed
- Scientific Information about the activity
- Sequence of Implementation
- What to Look For
- Questions to Extend Thinking
- Modifying the Activity
- Integrating Activities
- Helpful Hints

Family Read Night

Family Read Night Sessions are now offered in Livermore and Dublin. Due to new funding requirements, sessions are only open to residents of the city sponsoring the event. If you are a resident of Livermore or Dublin and would like a calendar of Family Read Night sessions, please contact Donnamarie Fuller, at (925) 249-3923. Space is limited, so registration is required for participation.

Center – Based Family Read Night

Don't Miss Your Chance to Offer Family Read Night at Your Center-based (or Family Child Care) Location! There are approximately 3 opportunities remaining and each will be assigned as calls are received. At center-based Family Read Night a story will be read, an activity will be provided and snack will be served. These Family Read Night sessions may be scheduled near pick up time in order that families wishing to participate will not need to leave and return in the same evening. Children in attendance will take home a free book for their family's library.

Child Care Initiative Project

The Child Care Initiative Project (CCIP) received special augmentation funding for the current program year. This additional funding allows ten CCIP participants to earn a special incentive for completing their "Trainee" goal between July 1, 2006 and June 30, 2007. These ten participants will choose up to \$300 worth of program materials, in addition to being eligible for reimbursement of their annual licensing fee.

**10 CCIP Participants will earn
\$300
in program materials.**

It's not too late to participate! Participants must not have previously completed their "Trainee" goal. These materials must be approved by the Project Specialist prior to their purchase. Participants may only count hours that apply for the current CCIP year of July 1, 2007 – June 30, 2008 toward their training hours goal. For more information, contact Donnamarie Fuller, Project Specialist, at (925) 249-3923.

Calling all VFCCA Members!

The Valley Family Child Care Association will be hosting a Provider Appreciation Pie and Tea gathering on Tuesday, April 24, 2007. Call Linda Ross, VFCCA President, at (925) 449-0812, for more information or to R.S.V.P. to attend.

Calendar Items for Training Schedule

Follow-up "Challenging Behaviors Training"

April 11, 2007 — 6:30 – 8:30 p.m.
CCL Conference Room

VFCCA Provider Appreciation Pie and Tea

April 24, 2007
R.S.V.P. to Linda Ross at (925) 449-0812

New Provider Training

Sessions 1-3 — May 7th, 14th and 21st
Contact Donnamarie Fuller at (925) 249-3923
for time and location

7th Annual Every Child Counts

First Five Alameda County Family Child Care Fair

The Family Child Care Fair honors Alameda County family child care providers by providing attendees a multi-lingual workshop on a specific early care and education topic and \$250 in vouchers to purchase children's books and child development materials. The workshop topic for this year's fair will be Caring for Infants and Toddlers in Family Child Care.

When Is The Family Child Care Fair?

The Fair will be held on Saturday, June 9, 2007 from 8:00 a.m. – 3:00 p.m.

How to apply?

Applications will be mailed to all licensed family child care providers in Alameda County on April 9, 2007 and posted to the Every Child Counts website by April 12, 2007.

Who can apply?

Licensed family child care providers serving children from newborn to age 5 in Alameda County.

How are providers selected?

First priority is given to providers who have not attended the Family Child Care Fair in the past. Second priority is given to the first 200 providers who submit their completed applications (e.g. first come first served).

For more information, please contact: Lisa Erickson at 510-875-2479 or lisa.erickson@acgov.org, or visit the Every Child Counts website: www.first5ecc.org.



Paid Family Leave Insurance Program

In 2002, legislation (Senate Bill 1661) extended disability compensation to individuals who take time off work to care for a seriously ill child, spouse, parent, domestic partner, or to bond with a new minor child.

This program, known as Paid Family Leave, is being administered by the California State Employment Development Department's (EDD) Disability Insurance Branch. It provides benefits for up to six weeks within any 12-month period. Benefits are based on past quarterly earnings and range from a minimum of \$50 to a maximum of \$840 per week.

This compensation is being funded by employee contributions (withholdings) which began January 1, 2004 and benefits for claims began on July 1, 2004.

Paid Family Leave insurance does not provide job protection or return rights

– so it is not a leave of absence. Your job may be protected if your employer is subject to the federal Family Medical Leave Act and the California Family Rights Act. You must notify your employer of your reason for taking leave in a manner consistent with your company's leave policy.

To qualify for Paid Family Leave compensation, you must meet the following requirements:

- Be covered by State Disability Insurance and have earned at least \$300 from which deductions were withheld
- Complete a PFL claim form
- Supply medical information (if applicable) that supports your claim that the care recipient is in need of your care

- Provide documentation (if applicable) to support a claim for bonding with a new child
- Use up to two weeks of any earned but unused vacation leave if required by your employer
- Serve a 7-day unpaid waiting period before benefits begin

If you have questions or feel you are in need of and eligible for these benefits, please contact:

EDD at 1-877-BE-THERE or on the web at www.edd.ca.gov/eddmail.htm



Linda Brault Workshop

The Moving to Inclusion Tri-Valley Team consists of representatives from Child Care Links, City of Pleasanton, Livermore Laboratory Employee Children's Center, CAPE, Inc (Head Start), Livermore Valley Joint Unified School District and Every Child Counts/First 5 Alameda County. The group recently hosted two workshops for licensed family child care homes and licensed centers focusing on the topic of caring for children with challenging behaviors. The workshops were presented by Linda Brault, the director of BEGINNING TOGETHER, California's Map to Inclusive Child Care, and the First 5 California Special Needs Collaboration and Training Project. Linda is also an instructor in Child Development at MiraCosta Community College.

The first day of the workshop was titled Working with Children with Challenging Behaviors. This was a training of trainers which offered child care administrators and providers guidance on how to use Linda's book as a teaching tool for their staff. The second day of the workshop, Understanding Behavior from the Outside In; working with Children with Special and Challenging Needs, brought a record turn out of child care providers in the Tri-Valley area.

Providers were eager and curious about Linda's presentation. She had many different suggestions and helpful ideas that could be taken back and applied immediately in the classroom when dealing with children, who have challenging behaviors. Linda's workshop focused on reflection along with journaling thoughts and activities that happen throughout the day with the children. She also emphasized understanding the behavior of a child from the outside in.



The Moving to Inclusion Tri-Valley Team would like to thank everyone who attended and participated in the activities.

Do you qualify for Health & Safety Reimbursement?

You may qualify for a Health & Safety reimbursement if you are a Licensed Family Child Care provider or provider aide, a license exempt provider, or staff member of a licensed center based facility located in the cities of Livermore, Pleasanton, Dublin or Sunol! Trainings must occur between July 1, 2006 and June 30, 2007.

Reimbursements will be made on a first come, first serve basis and will continue until the funds are expended. Based on funding, child care centers may be limited to a maximum of 5 employees for reimbursement.

In order to receive reimbursement, you will need to provide copies of certificates of completion, receipts for tuition, as well as your name, position, address, phone number and name of the instructor. If you do not have all the information required, there is a form which will need to be completed by your instructor.

Please contact Sara Gonzalez at (925) 249-3935 with any further questions or to submit your reimbursement request.

Be Prepared!

Preparing for an emergency involves many tasks: putting together plans, Policies, working with staff and parents and training employees.

Child care links is offering FREE onsite surveys & in-staff trainings to child care centers & family child care homes.

For more information or to set up an appointment, please contact Sara Gonzalez at (925) 249-2935.

Sponsored by Child Care Links, City of Dublin, City of Livermore, and Your Safety Place.

Domestic Violence Agencies in Alameda County

A Safe Place, Oakland.....(510) 536-7233

Building Futures with Women and Children, San Leandro.....(866) 292-9688

Emergency Shelter Program, Hayward.....(510) 786-1246

Safe Alternatives to Violent Environment (SAVE), Fremont.....(510) 794-6055

Tri Valley Haven, Livermore.....(925) 449-5842

Access to support groups, counseling, and shelter is available through all of the above agencies.

New Legislation Effective January 1, 2007

AB2403 (DeVore) – Large Family Child Care Permits

Requires local government provide a written fee verification and process time line for a conditional use permit for large family child care home, within 45 days of the applicant's request. Status: Chaptered Bill #105

AB172 (Chan) – Universal Preschool

Significantly amended bill resulting from an agreement between Legislative Leadership and the Governor's Office includes \$50 million of funding that included in the 2006-07 budget with provisions for: 1) expansion of preschool programs in schools with a 2005 API score in the 1 – 3 deciles 2) family literacy coordination 3) staff development 4) limited funding for to accommodate full day child care needs 5) program evaluation. Status: Chaptered Bill #211

AB1144 (Harman) – Playground Safety Standards

Requires any new or modified playground meet standards set by the American Society for Testing and Materials and the playground-related guidelines by the U.S. Consumer Product Safety Commission. Older playgrounds will be required to meet current standards set no later than 15 years after they were installed. Status: Chaptered Bill #470

AB1282 (Mullin) – Employer Child Care Tax Credit

Extends the employer's child care tax credit through 2011 allowing a deduction of up to 30% of start-up expenses for a child care center, contributions to resource & referral programs. Requires the Franchise Tax Board to do a report on the effectiveness of the program. Status: Chaptered Bill #712

AB2196 (Spitzer) – Registered Sex Offenders Website

Requires child care facility to give parents/guardians information about the availability of Megan's law website. Also requires they provide a copy of the Parent's Rights brochure. Status: Chaptered Bill #208

AB2865 (Torrico) – Child Care Center

Pest Management

Requires state-funded child development programs notify parents of pesticide use and private programs that own their site use the least toxic methods for pesticide application, maintain records on use and inform parents of pesticide use. Renters would be required to inform parents of pesticide use if notified by the property owner. Family child care providers were excluded from the provisions of this bill in the final amendment. Requires Department of Pesticide Management to develop integrated pest management education for child care programs. Status: Chaptered Bill # 865

SBI759 (Ashburn) – Criminal Background Checks

Requires all employees working in community care facilities complete the criminal background check process prior to commencing employment. This puts into statute the requirements already in regulation. Allows state departments to share information on administrative actions against applicants and licensees and requires DSS to maintain a centralized system for monitoring and tracking final administrative actions. Status: Chaptered Bill #902

Megan's Law: A Right to Know

What is Megan's Law?

The term 'Megan's Law' is used to denote a number of state laws that require law enforcement authorities to identify sex offenders to the public through various forms of media including the Internet. The first Megan's Law was passed in New Jersey in 1994 after the rape and murder of Megan Kanka by a known sex offender who lived across the street from her; known to police, not the neighbors. The Megan Nicole Kanka Foundation suggests that "Every parent should have the right to know if a dangerous sexual predator moves into their neighborhood." That is the core principle of the law: that a parent should know when a sex offender moves into the neighborhood so they can protect their children.

What is the California Megan's Law website?

The website www.meganslaw.ca.gov has information on registered sex offenders in California. This website contains specific names, addresses, alias's and pictures of the offenders.

How can Megan's Law assist Child Care Links participants?

Upon enrollment of an exempt provider, Child Care Links staff will enter the providers name in the Megan's Law website and see if any search results match. If the provider's name appears and we can confirm via picture and ID that it is the same individual, we will immediately deny enrollment of that provider.

Can Child Care Links check on providers who are exempt from TrustLine?

Yes, according to statistics 30-40 percent of children are sexually assaulted by someone who is a household member. Checking the Megan's Law website for names of relative providers who would not otherwise be TrustLined will help to close a gap in the screening process.

www.meganslaw.ca.gov

www.megannicolekankafoundation.org

Join Us for these Upcoming Events

April

Social Emotional Support Group with Ronald Mah, MFT

Monday, April 2, 2007

6:30 pm - 8:00 p.m.

Child Care Links Conference Room

Registration required

Contact Kelly Van Raden at 925-249-3920 to register

Follow-up "Challenging Behaviors Training"

Wednesday, April 11, 2007

6:30 pm – 8:30 p.m.

Child Care Links Conference Room

Contact Kim Marshall at 925-249-3940 to register

Play Group

Friday, April 13, 2007

10:00 am – 11:15 am

Child Care Links Conference Room

Contact Nicole Roman at 925-249-3942 to register

Guidance and Discipline

Monday, April 16, 2007

10:00 am – 12:00 pm

Child Care Links Conference Room

Contact Nicole Roman at 925-249-3942 to register

VFCCA Provider Appreciation Pie and Tea

Tuesday, April 24, 2007

Contact Linda Ross at 925-449-0812 to register

Play Group

Friday, April 27, 2007

10:00 am – 11:15 am

Located at Picture Perfect Party Place in Pleasanton

Contact Nicole Roman at 925-249-3942 to register

Internet Sexual Predator Prevention Workshop

Monday, April 30, 2007

7:00 pm

Robert Livermore Community Center

Contact Sara Gonzales @ (925) 249-2935 to register

May

Play Group

Friday, May 4, 2007

10:00 am – 11:15 am

Child Care Links Conference Room

Contact Nicole Roman at 925-249-3942 to register

New Provider Training Sessions 1-3

Monday, May 7th, 14th and 21st

Contact Donnamarie Fuller at (925) 249-3923

for time and location

Accreditation Support Group for Family Child Care Providers

Wednesday, May 16, 2007

7:00 pm – 9:00 pm

Child Care Links Conference Room

Contact Kelly Van Raden at 925-249-3920 to register

Play Group

Friday, May 25, 2007

10:00 am – 11:15 am

Located at Picture Perfect Party Place in Pleasanton

Contact Nicole Roman at 925-249-3942 to register

June

Social Emotional Support Group with Ronald Mah, MFT

Monday, June 4, 2007

6:30 pm - 8:00 pm

Child Care Links Conference Room

Registration required

Contact: Kelly Van Raden at 925-249-3920 to register

Play Group

Friday, June 8, 2007

10:00 am – 11:15 am

Child Care Links Conference Room

Contact Nicole Roman at 925-249-3942 to register

Play Group

Friday, June 22, 2007

10:00 am – 11:15 am

Picture Perfect Party in Pleasanton

Contact Nicole Roman at 925-249-3942 to register



Growing Learning and Caring Project

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 providers who have cared for a child whether only for a few hours a week, ongoing, or on an as needed basis. 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. The Growing, Learning, and Caring Project is for those child care providers who are not licensed and are currently caring for children in order to assist a family member or a friend.

Play Groups

Play groups are a great way for grandparents, nannies, and other license exempt providers to get together for a free activity. This organized activity provides an opportunity to talk to other license exempt providers in order to share ideas and learn new ones. The children have a chance to meet new friends and practice their socialization skills. Play groups are offered twice a month at Child Care Links in the Conference Room in Pleasanton. The play groups are from 10 am to 11:15 am and will include a short story, art activity, movement, and a snack. Children who attend play group have the opportunity to learn socialization skills,

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.

Growing, Learning, and Caring will sponsor an activity at Picture Perfect Party or another fun place if you attend our play groups. Time and date is to be announced. For questions or registration call Nicole Roman at (925) 249-3942.

Orientations

License Exempt Provider 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 child care to children such as a grandparent, nanny, aunt, uncle, or a friend please let them know about our program. Orientation is free to any non licensed child caregiver who would like to attend. For registration and more information please call Nicole Roman at (925) 249-3942.



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