



4C'S OF ALAMEDA COUNTY

SERVING CHILDREN, FAMILIES AND CHILD CARE PROFESSIONALS SINCE 1972

Spring

2009

Cultural Competence for Early Care and Education Practitioners



We know that Alameda County is an extremely diverse county with families who come from many different backgrounds. This creates a rich and interesting community. It also creates a challenge for those who care for children. On January 24, 2009, 4C's hosted Janet Gonzalez-Mena, a well-respected writer, consultant, and educator, to help early care and education practitioners in south county meet this challenge.

One hundred sixty-two teachers, family child care providers, administrators, consultants, college instructors, and students gathered at Chabot College to hear Gonzalez-Mena talk about how each person has a culture that influences thoughts and actions. During the three hour presentation, participants were encouraged to:

- Reflect on culture in general and their own culture in particular
- Become more aware of culturally driven differences in child rearing practices
- Discover ways to bridge difference in perspectives in early care and education settings
- Increase cultural responsiveness while recognizing and addressing deep and abiding issues of power and equity

In talking about culture, one of Gonzalez-Mena's helpful images was an iceberg. When we think about culture, we typically think about dress, food, art, music, dance, language, and celebrations; these things are actually a small part of a person's culture and can be represented by the 10% of an iceberg that is visible above the surface. Below the surface is the 90% of culture which most directly influences our thoughts and actions, things like attitudes toward children, definitions of family, ideals governing childrearing, concepts of self and groups, views of independence and interdependence, and much more. It's important to acknowledge that no one culture is right or wrong – each is equally valid.

When discussing conflicts that arise when ECE Practitioners and families have different views on childrearing practices, Gonzalez-Mena introduced a concept called “third space”. If, instead of talking about “problems”, we can begin talking about “differences”, our conversations change from debates to dialogues. In a dialogue we are able to work toward understanding multiple perspectives without having to establish which is right and which is wrong. We can then move past “my way” or “your way” and look for a new way or a “third space” as a solution. Children benefit when their in-home and away-from-home caregivers find ways to work together.

This event was made possible by support from Every Child Counts/First Five Alameda County. Additional partners were Chabot College and East Bay Association for the Education of Young Children. Such a collaboration between agencies was appropriate in view of the encouragement participants received for sensitively collaborating with families. Gonzalez-Mena's final quote of the day was from Marcel Proust: “The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”

By Linda Bringman, 4C's ECE Training Coordinator

**Community Child Care
Coordinating Council(4C's)
of Alameda County**

4C's FREMONT OFFICE

(In Fremont Family Resource Center)
39155 Liberty Street, D410
Fremont, CA 94538

(510) 713-2557

9:00 a.m. – 5:00 p.m.
Monday – Thursday

*CalWORKS/CalLearn/Respite
Child Care Referrals
Child Care Food Program*

4C's HAYWARD OFFICES

Main Office

22351 City Center Dr., Ste 200
Hayward, CA 94541

(510) 582-2182

9:00 a.m. – 5:00 p.m.
Monday – Friday

*Administration
CalWORKS/CalLearn/Respite
Child Care Referrals
Child Care Food Program*

Eden Multi-Service Center
24100 Amador St., Room 175
Hayward, CA 94544

(510) 670-6000 Ex. 52279

9:00 a.m. - 5:00 p.m.
Monday - Friday

*CalWORKs
Child Care Referrals*

4C's OAKLAND OFFICES

Child Development Center
Child Care Payment Programs
756 – 21st Street
Oakland, CA 94612

(510) 272-0669

7:00 a.m. – 6:00 p.m.
Monday – Friday

CalWORKs Oakland Office
7700 Edgewater Dr., Suite 125
Oakland, CA 94621

(510) 383-3582

9:00 a.m. – 5:00 p.m.
Monday – Friday

**Bright Future
Early Learning Center**
1515 Clay St., Suite 146
Oakland, CA 94612

(510) 835-4012

7:30 a.m. – 5:30 p.m.
Monday – Friday

**In Memory of
Christina Lalande-Bouvier
1966-2009**



This issue of 4C's Newsletter is dedicated to the memory of Christina, who shared her positive energy, generous spirit and dedicated professionalism with our agency from 1991 to 2002. She was passionate about children and their development. This was apparent in her outstanding work at 4C's and in the Early Childhood field. We will miss her. To read about Christina's life or add to her memory book go to: <http://www.memorialobituaries.com/memorials/memorials.cgi?action=Obit&memid=197071&clientid=flint>.

**Join us for 4C's 7th
Annual
Children's Faire**



**Saturday, May 30, 2009
10:00am - 2:00pm**

**4C's Hayward Office
Parking Lot
22351 City Center Drive**



Our previous Children's Faires have been fun and enjoyable. We are looking forward to making this year even more fun. 4C's, along with many community partners, will be providing families with free resources on quality child care, asthma awareness, nutrition, safety, family financial fitness and more. We also have exciting activities, games and entertainment for children of all ages!

4C's Newsletter is published quarterly by the Community Child Care Coordinating Council (4C's) of Alameda County. We welcome letters and articles but cannot be responsible for returning unsolicited material. 4C's is not responsible for the opinions or views of individual authors. This newsletter is printed in part with funds from the California Department of Education/Child Development Division. No part of this newsletter may be reprinted without permission from 4C's.

Visit our Website

www.4c-alameda.org

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Competencia Cultural para los Profesionales de Cuidado Temprano y Educación

Sabemos que el Condado de Alameda es un condado extremadamente diverso, con familias que vienen de muchos orígenes distintos. Esto crea una comunidad fértil e interesante. También presenta un reto para aquellos que cuidan niños. El 24 de enero del 2009, 4C's fue anfitrión de Janet Gonzalez-Mena, una escritora, especialista y educadora muy respetada, para ayudar a los profesionales de cuidado temprano y educación del sur del condado a satisfacer este desafío.

Siento sesenta y dos maestros, proveedores de cuidado infantil hogareño, administradores, especialistas, profesores universitarios y estudiantes se congregaron en Chabot College para escuchar a Gonzalez-Mena hablar acerca de cómo cada persona tiene una cultura que influencia sus pensamientos y sus acciones. Durante la presentación de tres horas, se animo a los participantes a:

- Reflexionar sobre la cultura en general, y sobre su propia cultura en particular
- Ser mas conscientes de las diferencias causadas por la cultura en las costumbres de crianza infantil
- Descubrir maneras de tender un puente entre las diferentes perspectivas en los entornos de cuidado temprano y educación
- Aumentar la conciencia cultural, reconociendo y tratando los profundos y perdurables temas de poder y equidad

Hablando acerca de la cultura, una de las imágenes de Gonzalez-Mena más útiles fue la de un iceberg. Cuando pensamos sobre cultura, por lo general pensamos acerca en la manera que nos vestimos, la comida, arte, música, danza, lenguaje y celebraciones; en realidad estas cosas son sólo una pequeña parte de la cultura de una persona, y pueden ser representadas por el 10% de un iceberg que es visible sobre la superficie. Debajo de la superficie esta el 90% de la cultura que influencia nuestros pensamientos y acciones más directamente, cosas como las actitudes hacia los niños, definiciones de lo que es una familia, los ideales que determinan la crianza, conceptos del si mismos y grupos, puntos de vista sobre independencia e interdependencia y mucho más. Es importante reconocer que ninguna cultura u otra esta bien o mal—todas son igualmente válidas.

Cuando se discuten los conflictos que surgen cuando los profesionales de Educación Infantil Temprana y las familias tienen diferentes puntos de vista en las costumbres de crianza de niños, Gonzalez-Mena presentó un concepto llamado “tercer espacio”. Si en vez de hablar acerca de “problemas”, empezamos a hablar de “diferencias”, nuestras conversaciones cambian de debates a diálogos. En un diálogo podemos trabajar juntos hacia entender múltiples perspectivas sin tener que establecer cuál está bien y cuál está mal. Entonces podemos progresar mas allá de “a mi manera” o “a tu manera” y buscar una nueva manera o “tercer espacio” como una solución. Los niños se benefician cuando los encargados de su cuidado en casa y fuera de casa encuentran maneras de trabajar juntos.

Este evento fue posible gracias al apoyo de Every Child Counts/First Five Alameda County. Compañeros adicionales fueron Chabot College y East Bay Association for the Education of Young Children. Tal colaboración entre agencias fue lo apropiado en vista del estímulo que los participantes recibieron por colaborar sensiblemente con familias. La última citación del día de Gonzalez-Mena fue de Marcel Proust: “El verdadero viaje de descubrimiento consiste no en el buscar nuevas tierras, sino en ver con nuevos ojos.”

por Linda Bringman, 4C's Coordinadora de Entrenamientos



Federal Stimulus Package Will Bring New Child Care & Development Funds to California

California's low income families and children, and the early care and education community have been waiting to learn what the American Recovery and Reinvestment Act of 2009 (ARRA) will mean for the state, and whether there will be new investments in child care, early education and related programs. The short answer is: California is anticipated to receive \$220,273,864 in additional federal Child Care and Development Block Grant (CCDBG) funds over the next two years, as well as significant additional Head Start and IDEA Preschool Funds. The ARRA has a variety of other provisions that will help support low and middle-income families in these difficult economic times.

Of the monies California will receive, \$191,518,207 is in non-targeted CCDBG recovery funds, \$18,209,798 in targeted funds for quality expansion, and \$10,545,859 in targeted infant/ toddler funds. These funds would be sufficient to provide child care services to an additional 27,090 low income California children and their families.

States may choose how they spend these funds, subject to the same broad federal regulations and requirements for the use of the funds that control current CCDBG funding. The emphasis in the legislation is to use the additional funds to expand access to more families, but the funds may also be used to promote affordability for existing families, and/ or improve quality of services. For example, possible uses may include expanding the number of children served, waiving or lowering family fees, improving eligibility levels, raising provider reimbursement rates, providing financial assistance for professional development activities, offering training and technical assistance, improving data collection systems, supporting a network of infant-toddler specialists, or implementing any other uses allowed under existing law. Programs may also extend the length or day or year of services, open additional classrooms, increase teachers' salaries, or determine other beneficial and allowable uses of the funds.

From Child Care Law Center report:
Child Care & Development Funds in the
American Recovery and Reinvestment Act of 2009
February 13, 2009

State Budget Update

According to the Governor's budget, the state is facing a deficit of nearly \$40 billion. In February, the legislature and the Governor came to an agreement on a budget through the 2009-10 budget year. Below are some of the child care related provisions in the budget.

Child Care

- No Cost of Living Adjustment (COLA) for child development programs or K-12 in 2009-10 budget year
- Effective July 2009- Increases family fees by \$2/day at the low end of the scale and increase fees on a sliding scale up to 10% of income.
- Delays implementation of the RMR update (based on 2007 survey) until July 1, 2009 saving \$15 million. Current 2009-10 budget language states it will be implemented at 75th percentile instead of the current 85th percentile.
- Appears to fully fund Stage 2 & Stage 3 in both 2008-09 and 2009-10.
- Decrease \$97 million from child development (2008-09) from anticipated unexpended funds including RMR savings. Permanent \$55 million cut in 2009-10.

Licensing (CCL)

- Increase of \$3.5 million for CCL for investigation of Registered Sex Offenders and investigation of serious crime arrests of licensees. Licensing fees would be increased as needed to offset the General Fund impact

CalWORK's

- Suspends CalWORK's COLA in 2009-10 and 2010-11
- Reduces CalWORK's grant amount by 4% effective July 1, 2009 if Federal stimulus is not received by April 1. (Family of 3 reduced from \$723 to \$694)

*From information compiled by the
California Child Care R&R Network 2-26-09*

Special Election on May 19, 2009

As part of the budget agreement, there will be six measures on a special election ballot on May 19 (Propositions 1A-F). These include a new state spending cap, changes to the lottery and Proposition 98 so the state can borrow against future lottery earnings, changes to Propositions 10 (First 5) and 63 (Mental Health) to allow the state to redirect funds for state use, and prohibiting elected officials from receiving pay raises in years when the state is running a deficit. **For an explanation of these propositions and their impacts on children and families, please visit the Action Alliance for Children website at www.4children.org beginning May 1.**



Stand for Children Day 2009

Parents don't miss your chance be a part of a powerful parent movement - reserve your spot on the bus today! Join over hundreds of other parents from California to fight for your child care!

WHO: Parents and community members who want to speak out for child care. Have you been on a waiting list for child care but feel like you will never be called off? Do you need child care to return to work or school? Do you want to fight to save child care from budget cuts? If so, join Parent Voices at the State Capitol to speak up and speak out for your family!

WHAT: A march, rally, and day of advocacy at the State Capital in Sacramento.

WHEN: Wednesday May 6, 2009

TIME: Bus will depart from 4C's in Hayward at 7:00am and return at 5:00pm

Free meals, transportation, and materials will be provided.

RSVP to Jennifer Greppi-Freitas @ 510-584-3115 or jenniferf@4c-alameda.org

Upcoming Parent Voices Meetings

May 4th ~ June 25th ~ July 30th

All Parent Voices meetings are held from 6-8pm at 4C's office in Hayward. Free dinner and child care are provided.

For information about Stand For Children Day and Parent Voices activities, contact Jennifer Greppi at 510-584-3115 or jenniferf@4c-alameda.org

Día de Apoyo a los Niños 2009

Padres, no pierdan esta oportunidad de unirse a un movimiento poderoso – ¡reserve su lugar en el autobús hoy día! ¡Únase a cientos de otros padres de California en la lucha por el cuidado de niños!

QUIEN: Padres y miembros de la comunidad que quieren hacer oír su voz por el cuidado de niños. ¿Esta en lista de espera para el cuidado de niños y siente que nunca le van a llamar? ¿Necesita el cuidado para regresar al trabajo o a la escuela? ¿Quiere luchar para salvar el cuidado de niños de los recortes del presupuesto? Si es así, ¡úñase a Voces de Padres en la Capital del Estado para alzar su voz y hacerse escuchar por su familia!

QUE: Una marcha, reunión, y día de abogacía en la Capital del Estado de Sacramento.

CUANDO: Miércoles 6 de mayo del 2009

HORA: El autobús saldrá del estacionamiento de 4C's en Hayward a las 7:00am y regresará a las 5:00pm

Se les proveerá la comida, transportación y materiales gratis.

Reserve su lugar con Lili Martinez al 510-584-3136 ó lilim@4c-alameda.org

Próximas juntas de Voces de Padres

Mayo 4 ~ Junio 25 ~ Julio 30

Todas las juntas de Voces de Padres se llevan a cabo de 6-8pm en la oficina de 4C's Hayward. Cuidado de niños y comida gratis.

Para más información sobre Día de Apoyo a los Niños y actividades de Voces de padres, contacte a Lili Martinez al 510-584-3136 o lilim@4c-alameda.org

Ten Tips for Parents on Creating a Nurturing Family Environment



1. Start early. Development starts at conception. The brain grows the fastest and lays down the architecture the child will need for learning, and for happiness, in the first three years of life.
2. Be positive, playful, warm and nurturing. Emotions are contagious. What you are feeling and expressing to your child activates circuits in his brain that make him feel the same things that you are feeling. It is the emotional equivalent of a cold (Goleman, 2006). If you are feeling angry, disgusted, frustrated, your child will “catch” those feelings. If you feel those feelings all the time, your child’s brain will “wear a path” for those negative feelings in his brain and the circuits, or pathways, in the brain for those feelings will be quick to activate.
3. Spend lots of time playing with your child. She needs a secure bond to you. Attachment takes time.
4. Pay attention to your child’s moral development. Even simple games teach small children important lessons about what kind of people we want them to be. Taking turns, sharing toys and listening to others are skills that prepare children to get along with others, the most important skill your child will need for kindergarten. Meeting your child’s emotional needs does not mean catering to her every whim. Have clear moral expectations from the beginning, model what you expect of your children and enforce your rules clearly but kindly.
5. Hug, touch, pat, cuddle and kiss your infant or toddler. Touch and physical experiences also program your child’s brain in important ways both physical and emotional. Children who are not touched and held do not develop well emotionally and physically.
6. Talk to your child. “Talk” back when your infant coos and babbles. Wait for her to respond to you; that is, listen to her. Have a “conversation,” even if your baby doesn’t have words yet.
7. Use play, art and music to entertain your child instead of TV. These activities result in positive changes in the brain that are important for later problem-solving and learning.
8. Protect your child from stress, violence and trauma. A young child’s brain is very sensitive to stress and trauma. Prolonged exposure of a child to trauma and violence will cause permanent changes in her brain.
9. Have family rituals! Read and sing to your child every day, starting at birth. Have a regular bedtime and bedtime ritual. Have family meal times with the TV turned off, and talk about what everyone did during the day and how they felt. Have a “special time” with your child after work.
10. Never use food to comfort or entertain your child, or they will learn to use food that way. Food is for nutrition, not for comfort.

By Vicky Leonard, RN, FNP, PHD

Provided by California Childcare Health Program, January 2007



Diez consejos útiles para padres sobre cómo crear un ambiente familiar de apoyo y afecto

1. Comience temprano. El desarrollo comienza en el momento de la concepción. Durante los tres primeros años de vida el cerebro crece más rápidamente y establece los cimientos que el niño necesitará para su aprendizaje.
2. Sea positivo, juguetón, cariñoso y afectuoso. Las emociones son contagiosas; lo que usted siente y le comunica a su hijo activa circuitos en el cerebro de su hijo que hace que el niño sienta las mismas emociones que usted está sintiendo. El contagio es el equivalente emocional de un resfriado (Goleman, 2006). Si usted se siente enojado, disgustado o frustrado, su hijo contraerá esos sentimientos. Si usted siente esos sentimientos todo el tiempo, el cerebro de su hijo “forjará un camino” para esos sentimientos negativos en su cerebro y los circuitos o caminos para esos sentimientos se activarán con rapidez.
3. Dedique mucho tiempo para jugar con su hijo, pues él/ella necesita establecer un lazo fuerte con usted. El apego toma tiempo.
4. Preste atención al desarrollo moral de su hijo. Aún los juegos simples le enseñan a los niños pequeños lecciones importantes sobre qué tipo de persona queremos que ellos sean. El turnarse, compartir juguetes y escuchar a los demás son destrezas que preparan a los niños a llevarse bien con los demás; esa es la destreza más importante que su niño necesitará para el jardín de infantes. El lograr satisfacer las necesidades emocionales de su hijo no significa darle con todos los gustos. Tenga expectativas morales claras desde el comienzo, haga de ejemplo de lo que usted espera de su hijo y haga cumplir sus reglas claramente, pero con bondad.
5. Abraze, acaricie, acurruque y bese su bebé o niño en edad de aprender a caminar. El tacto y las experiencias físicas también programan el cerebro del niño en maneras importantes, tanto a nivel físico como emocional. Los niños que no reciben caricias o que no se los alza no se desarrollan bien emocional y físicamente.
6. Hable con su niño. “Contéstele” cuando su bebé hace ruiditos o balbucea. Espere que su bebé le responda; es decir, escuche a su bebé. “Converse” con su bebé, aún si su bebé todavía no sabe comunicarse con palabras.
7. Utilice el juego, las actividades plásticas y la música para entretener a su bebé en vez de la televisión. Estas actividades generan cambios positivos en el cerebro que son importantes en el futuro para la solución de problemas y el aprendizaje.
8. Proteja a su hijo del estrés, la violencia y el trauma. El cerebro del niño pequeño es muy sensible al estrés y al trauma. Un niño que es expuesto al trauma y la violencia de forma prolongada sufrirá cambios permanentes en el cerebro.
9. ¡Tenga rituales familiares! Lea y cántele a su hijo todos los días, desde el nacimiento. Establezca un horario fijo para que su hijo vaya a la cama y tenga un ritual de actividades a esa hora. Comparta las comidas con su familia con la televisión apagada, y hablen sobre lo que cada uno hizo ese día y cómo se sintieron. Pase un “momento especial” con su niño después de su trabajo.
10. Nunca use la comida para consolar o entretener a su hijo, o él/ella aprenderá a usar la comida de esa manera. La comida es para la nutrición, no para brindar consuelo.

Por Vicky Leonard, RN, FNP, PHD



Caring for the Spirited Child



Not all children are the same. Some are easygoing and others are more challenging because they are strong-willed, easily frustrated, very

active, have very intense emotions, and/or have trouble with changes, transitions or situations that are new.

Learning about temperament can help you understand and work more effectively with children. Temperament is each person's natural inborn style of interaction that we use to influence and respond to the world around us.

Who is a spirited child?

All toddlers are busy, but the spirited child is much busier. If you care for a spirited child you will have more on your hands. While a high-energy child is typical, some are more intense, persistent and empathetic than other children.

How to identify a spirited child?

- Likes to perform
- Insatiable
- High energy level
- Has a hard time adapting
- Intelligent
- Needs less sleep
- Extra sensitive
- Demanding
- Emotionally intense.

Working with the spirited child

Provide quality time. Though the child may be gaining some independence, it is best to maintain a day-to-day special time with just him. Find a favorite song or book that both of you enjoy together daily. This establishes a trust that you will always be there, focusing on the development of a meaningful adult-child relationship.

Keep her informed. When you explain to a child what she should expect, it defuses anxiety about what is coming. For example, offer advanced notice when an activity is about to end. "When we finish reading this book, we're going to wash our hands and get ready for lunch." Prepare and support the

child for major and minor changes in the daily routine. Allow a little extra time for this child to move from one activity to another.

Be consistent. High-spirited children need rules and limits. Express expectations simply and directly. And once you set the rules, stick to them by creating a predictable plan for activities, mealtimes, naptimes, etc. and adhere to it as much as possible.

Anticipate. If a high-spirited child acts up in certain places or situations, make other arrangements or adjustments. Acknowledge his reality and show you understand by validating his feelings, which helps to protect his sense of autonomy. "I know it's hard for you to be in crowded, noisy places. I know that it can be overwhelming." Offer physical comfort when he is distressed. Try giving him a big hug or massaging his back.

Offer praise. Positive reinforcement offers encouragement and raises a child's self-esteem. When she sits through and finishes her lunch without getting distracted, let her know that you are pleased with her progress. Be specific. Instead of saying "good girl," share with her exactly what you are delighted about, such as "I like the way you were able to eat your lunch with your friends today."

Avoid labels. Be careful how you describe a child. Labels have a tendency to stick and affect a child's self-esteem. Focus on the child's positive attributes, her strengths and competencies, rather than her difficulties and weaknesses. Instead of saying, "Jaime is so stubborn and bad," try "Jaime knows what she likes and is energetic." Respect her pace and style.

Do not punish him for who he is. He is not over-reacting...he just needs help to express his strong feelings in a more appropriate manner. Proactively teach and model acceptable expressions of anger, sadness, fear and frustration.

Temperament describes how a child reacts, not why she reacts in a particular way. Remembering that temperamental styles are part of the child's nature helps us to better understand the child's experience. And that in turn helps us to respond constructively to the child's strengths and needs.

For the full article and Additional Resources see:

California Childcare Health Program, Health and Safety Notes at www.ucsfchildcarehealth.org

Cómo Cuidar del Niño Enérgico

Todos los niños no son iguales. Algunos son fáciles y otros son más difíciles porque son determinados, muy activos, se frustran fácilmente, sienten unas emociones muy intensas y no les gustan los cambios, las transiciones o las situaciones nuevas.

Leer información sobre personalidades le podría ayudar a usted a entender y a trabajar más eficazmente con niños. La personalidad es la naturaleza de cada individuo en lo que se refiere a interacción social y cada individuo la usa para influir y responder al mundo que nos rodea.

¿Quién es un niño enérgico?

Todos los niños de entre 1 y 2 años son inquietos, pero el niño enérgico es mucho más inquieto. Cuando se cuida de un niño enérgico, se está más ocupada. Aunque todos tienen un alto nivel de energía, algunos de estos niños son más intensos, persistentes y comprensivos que otros.

¿Cómo identificar al niño enérgico?

- Le gusta actuar
- Es insaciable
- Alto nivel de energía
- Le cuesta adaptarse
- Inteligente
- Duerme menos
- Muy sensible
- Exigente
- Emocionalmente intenso.

Cómo cuidar a un niño enérgico

Tiempo sólo con él. Aunque el niño esté ganando independencia, es una buena idea pasar sólo con él un rato todos los días. Encuentre una canción o un libro que tanto usted como el niño puedan compartir y disfrutar. Esto le dará al niño la seguridad de que usted es parte de su vida y ofrecerá la oportunidad de crear una relación importante entre el adulto y el niño.

Manténgale informado. Cuando usted le explica a un niño lo que va a suceder, la ansiedad a lo desconocido desaparece. Por ejemplo, dígame con anticipación cuando va a terminar una actividad: “Cuando terminemos de leer este libro, vamos a lavarnos las manos y a prepararnos para almorzar.” Prepare al niño cuando haya pequeños o grandes cambios en la rutina diaria y ayúdele a adaptarse. Dele un poco más de tiempo para pasar de una actividad a otra.

Sea consistente. Los niños muy enérgicos necesitan reglas y límites. Dígame clara y directamente lo que espera de él. Una vez que las reglas estén establecidas sígalas tan firmemente como sea posible y prepare un plan de actividades y un horario de comidas, de siestas, etc.

Anticípese. Si los niños muy enérgicos pierden el control en ciertos lugares o situaciones, haga otros planes. Reconozca la realidad del niño y muéstrole que comprende sus sentimientos; esto ayudará a que el niño mantenga su sentido de autonomía: “Sé que es muy difícil para ti estar en lugares concurridos y ruidosos. Puede ser abrumador.” Cuando el niño esté angustiado, intente darle un abrazo o hágale una caricia en la espalda.

Ofrezca elogios. El refuerzo positivo estimula y aumenta la autoestima del niño. Cuando permanezca sentado y sin distraerse durante el almuerzo, hágale saber lo contenta que está con su progreso. Sea específica. En lugar de decir: “¡Eso está muy bien!”, explíquele exactamente lo que le complace tanto: “Me ha gustado cómo has comido tu almuerzo hoy con tus compañeros”.

Evite los calificativos. Sea cuidadosa con la manera en que describe al niño. Los calificativos tienden a no olvidarse y afectan la autoestima del niño. Enfóquese en las características positivas del niño, sus puntos fuertes y habilidades, y no en sus dificultades o puntos débiles. En lugar de decir “Jaime es muy terco y malo,” intente decir “Jaime sabe lo que quiere y tiene mucha energía.” Respete su ritmo y estilo.

No le castigue por ser como es. No está reaccionando exageradamente... lo que ocurre es que necesita ayuda para expresar unos sentimientos muy intensos de una manera más adecuada. Enséñele cómo expresar más adecuadamente enfado, tristeza, temor y frustración.

La personalidad describe las reacciones del niño, pero no describe las razones por las que reacciona de esa manera. Hay que recordar que la personalidad es parte de la naturaleza del niño para poder entender lo que él experimenta. Esto nos ayudará a responder de una manera constructiva a las necesidades y puntos fuertes del niño.

For the full article and Additional Resources see:

California Childcare Health Program, Health and Safety Notes at www.ucsfchildcarehealth.org

Gardening Ideas for Children with Special Needs



Gardening offers many benefits to children. It can be especially beneficial for children with special needs. Gardening is a purposeful activity involving mind and body, and it is valued by society. Benefits can include:

- improved fine and gross motor skills
- improved communication and socialization skills
- enhanced self-esteem and a sense of responsibility
- an interest in the future
- stimulation of sensory perception, creativity, and curiosity

Here are some ways to keep gardening experiences happy and successful for children of all abilities:

- Garden frequently but for short time periods. Allow for frequent breaks.
- Keep drinks and snacks available.
- Provide child-size tools. Use small hand tools, old spoons, and plastic tool sets.
- Bigger seeds are easier to manage for smaller or less coordinated hands.
- Provide more encouragement than direction.
- Plant things that are easy to grow that the children like (snap peas instead of beets).
- Let the children make the decisions as much as possible.
- Look at what happens as an interesting opportunity to learn, rather than as a failure.
- Focus on ability, not disability.
- Take pictures and invite others to visit the garden or view the projects.

As well as being fun, children's gardening is a healthy way to reduce frustration, anxiety and stress and increase receptiveness to the approach of other people. Aggressive feelings can be channeled into productive behaviors through gardening activities and children learn positive skills that they can use for the rest of their lives.

Article adapted from <http://oregonstate.edu/>

Ideas de Jardinería para Niños con Necesidades Especiales

La jardinería ofrece muchos beneficios para los niños. Puede ser especialmente beneficiaria para los niños con necesidades especiales. La jardinería es una actividad que tiene un propósito que involucra la mente y el cuerpo, y es valorado por la sociedad. Los beneficios incluyen:

- Mejora de las habilidades motoras finas y gruesas
- Mejora de las habilidades de comunicación y sociales
- Auto estima realzada, y un sentido de responsabilidad
- Un interés en el futuro
- Estimulación de la percepción sensorial, creatividad y curiosidad

Aquí están algunas maneras de hacer las experiencias de jardinería divertidas y exitosas para todo tipo de niños:

- Cuide el jardín frecuentemente, pero por cortos periodos de tiempo. Tome descansos frecuentes.
- Tenga bebidas y bocadillos disponibles.
- Provea herramientas del tamaño apropiado para los niños. Use herramientas de mano pequeñas, cucharas viejas, y juegos de herramientas de plástico.
- Las semillas grandes son más fáciles de manejar para las manos pequeñas o con menos coordinación.
- Provea más ánimo que instrucciones.
- Plante cosas que son fáciles de mantener, y que le gustan a los niños (chicharos en vez de betabel).
- Deje que los niños tomen las decisiones lo más posible.
- Observe lo que pasa como una oportunidad interesante para aprender, y no como una falla.
- Enfóquese en la habilidad, no la discapacidad.
- Tome fotos e invite a otros a visitar el jardín o ver los proyectos.



Aparte de ser divertido, la jardinería para niños es una manera saludable de reducir la frustración, ansiedad y estrés y de aumentar la receptividad de la manera que otra gente hace las cosas. Los sentimientos de agresividad pueden ser conducidos a conductas productivas a través de las actividades de

jardinería y enseñan habilidades positivas que pueden usar el resto de sus vidas.

Artículo adaptado de <http://oregonstate.edu/>

Facility Grant Program

Facility grants of up to \$50,000 are available to support the pre-development, construction and other facilities and equipment costs for the start-up of a new child care program, expansion of an existing program or preservation of a program that is at risk of losing existing slots. The Facility Grant program is a joint project of First 5 Alameda County and the Low Income Investment Fund's Child Care Facilities Fund (LIIF). For more information please contact Kim Di Giacomo, Program Officer at the Child Care Facilities Fund, at (415) 489-612 or kdigiaco@liifund.org.



Kindergarten Registration Information & Outreach

The Kindergarten Registration Information and Outreach Project includes information for providers and parents to help ease and clarify the process and requirements to register children for Kindergarten throughout Alameda County. For detailed information on registration and Kindergarten readiness or to request an information brochure, go to www.ackids.org, click on "School Readiness" and then on "Kindergarten Registration Information". You may also contact Karyn Barnes, School Readiness Associate, at 510-875-2489 or karyn.barnes@acgov.org.



Child Development Permits

The Child Development Training Consortium (CDTC) has two funding sources to pay the application processing fees for first-time, renewing, and upgrading of the six levels of the Child Development Permit.

However due to funding decreases, the CDTC only has its current funding sources through October 2009. Now is the time to complete requirements and apply for permits. You will still be able to apply for permits after October 2009, however CDTC may no longer be able to cover your processing fees. For more information, contact Janelle Crossley, 4C's Career Advocate, at **510-690-2152** or janellec@4c-alameda.org.

Programa de Becas para Instalaciones

Están disponibles las becas para instalaciones de hasta \$50,000 para apoyar el desarrollo, construcción, y otros costos de facilitación y equipo para comenzar un nuevo programa de cuidado de niños, la expansión de un programa existente o la preservación de un programa que este en riesgo de perder su lote existente. El programa de becas para instalaciones es un proyecto en conjunto con First 5 Alameda County y el Low Income Investment Fund's Child Care Facilities Fund (LIIF). Para más información, favor de contactar a Kim Di Giacomo, Oficial del Programa en el Child Care Facilities Fund, al (415) 489-6124 o kdigiaco@liifund.org.



Información y Recursos para Registración a Kindergarten

El Proyecto de Información y Recursos para Registración a Kindergarten incluye información para proveedores y padres para ayudar a facilitar y clarificar el proceso y los requerimientos para registrar a los niños al Kindergarten por todo el Condado de Alameda. Para información detallada acerca de la registración y preparación para el Kindergarten o para pedir un folleto informativo, vaya a www.ackids.org, déle clic en "School Readiness" y después en "Kindergarten Registration Information". También puede contactar a Karyn Barnes, Socia de Preparación para la Escuela, al 510-875-2489 o karyn.barnes@acgov.org.



Permisos para Desarrollo Infantil

El Child Development Training Consortium (CDTC) tiene dos Fuentes de fondos para pagar por las cuotas de procesar la solicitud para la primera vez, renovar y mejorar cualquiera de los seis niveles de Permiso de Desarrollo Infantil. Desafortunadamente, debido a cortos de recursos, el CDTC solo tiene suficientes fondos para cubrir hasta el mes de Octubre del 2009. Ahora es cuando para completar los requisitos y solicitar los permisos. Todavía podrá solicitar los permisos después de Octubre del 2009, pero es posible que CDTC ya no pueda cubrir sus cuotas de proceso. Para más información, contacte a Janelle Crossley al **510-690-2152** o Janelle@4c-alameda.org.

WORKSHOPS

April 16 **4C's Hayward Office**
 Jueves 22351 City Center Dr.
 7:00pm - 9:00pm
Clase de Negocios #2 Mantenimiento de Archivos y Promoción de Negocio. Para registrarse llame a Erica Ortiz al **584-3116**.

April 17 **4C's Hayward Office**
 Viernes 22351 City Center Dr.
 6:30 - 8:30pm
Trabajando con edades mixtas Este taller de practicas le enseñara como involucrar a niños de todas las edades en experiencias interesantes de aprendizaje. Para registrarse llame a Erica Ortiz al **584-3116**.

April 20 **4C's Hayward Office**
 Monday 22351 City Center Dr.
 7:00pm - 9:00pm
A Place Of Our Own Preventing Childhood Obesity. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

April 22 **Family Resource Center**
 Wednesday 39155 Liberty Street
 6:30pm -9:30pm Fremont
Harms/Clifford - Family Child Care Evaluating home environments for quality care. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

April 22 **4C's Hayward Office**
 星期三 22351 City Center Dr.
 6:30pm - 8:30pm
混合年齡照顧與教學 (中文) - 教您如何使不同年齡層的孩子有興趣一起參與學習。報名請洽 Iris Lin **584-3117**

April 23 **4C's Hayward Office**
 Jueves 22351 City Center Dr.
 7:00pm - 9:00pm
Clase de Negocios #3 Más allá de salud y seguridad. Para registrarse llame a Erica Ortiz al **584-3116**.

April 23 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 7:00pm - 9:00pm
Immunization Pros and Cons of Immunization. Questions about the Blue Card. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

April 27 **4C's Hayward Office**
 Monday 22351 City Center Dr.
 6:30pm - 8:30pm
Book Study Group - Discussion of Janet Gonzalez-Mena's book Diversity in Early Care and Education: Honoring Differences. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

April 27 **4C's Hayward Office**
 Lunes 22351 City Center Dr.
 7:00pm - 9:00pm
Inmunización Lo positivo y negativo de las vacunas. Preguntas sobre la hoja azul del registro de vacunas. Para registrarse llame a Ariana Ortiz al **690-2159**.

April 29 **4C's Hayward Office**
 Wednesday 22351 City Center Dr.
 7:00pm - 9:00pm
Including Children with Autism - part 1 Provider and parent workshop on ASD, ways to include children in social/child care settings. To register, contact Sharyn McDavid, 4C's Inclusion Services Coordinator, at **584-3118**.

May 6 **4C's Hayward Office**
 星期三 22351 City Center Dr.
 7:00pm - 9:00pm
適合所有兒童的瑜珈 (中文現場翻譯) - 和孩子一起做瑜珈, 學習瑜珈對所有兒童的好處 - 請穿著舒適 報名請洽 Iris Lin **584-3117**

May 6 **4C's Hayward Office**
 Wednesday 22351 City Center Dr.
 7:00pm - 9:00pm
Yoga for All Children Benefits of yoga for all children, typically and atypically developing; dress to participate! To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

May 7 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 7:00pm - 9:00pm
Business of FCC Contracts/Policies & Procedures. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

May 7 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 7:00pm - 9:00pm
Singing and Signing with Children Including all children in rich language experiences. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

May 7 **4C's Hayward Office**
 Jueves 22351 City Center Dr.
 7:00pm - 9:00pm
Lenguaje de Señas y Cantando con Niños Incluya a todos los niños en una experiencia rica en el lenguaje. Para registrarse llame a Ariana Ortiz al **690-2159**.

May 8 **4C's Hayward Office**
 Friday 22351 City Center Dr.
 7:00pm - 9:00pm
Many Right Ways Designing your home environment. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

May 14 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 7:00pm - 9:00pm
Business of FCC Record Keeping & Taxes. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

May 15 **4C's Hayward Office**
 Friday 22351 City Center Dr.
 7:00pm - 9:00pm
Yoga for All Children Benefits of yoga for all children, typically and atypically developing; dress to participate! To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

May 15 **4C's Hayward Office**
 Viernes 22351 City Center Dr.
 7:00pm - 9:00pm
Haciendo Yoga con Niños Aprenda como puede incorporar movimientos de yoga divertidos y simples en las rutinas diarias; Vistase para participar! Para registrarse llame a Ariana Ortiz al **690-2159**.

May 15 **4C's Hayward Office**
 Friday 22351 City Center Dr.
 7:00pm - 9:00pm
Insurance & Liabilities Current FCC and prospective. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

WORKSHOPS

May 18
Monday
6:30pm - 8:30pm
Book Study Group - Discussion of Janet Gonzalez-Mena's book Diversity in Early Care and Education: Honoring Differences. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.

4C's Hayward Office
22351 City Center Dr.

May 21
Thursday
7:00pm - 9:00pm
Business of FCC Health & Safety information. To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at 584-3114.

4C's Hayward Office
22351 City Center Dr.

May 27
Wednesday
7:00pm - 9:00pm
Singing and Signing with Children - Including all children in rich language experiences. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.

Family Resource Center
39155 Liberty Street
Fremont

May 27
星期三
7:00pm - 9:00pm
兒歌、童話、及手語 (中文現場翻譯) - 簡單易學的美國兒歌及手語。報名請洽 Iris Lin 584-3117

Family Resource Center
39155 Liberty Street
Fremont

May 27
Wednesday
7:00pm - 9:00pm
Including Children with Autism - part 2 Provider and parent workshop on ASD, ways to include children in social/child care settings. To register, contact Sharyn McDavid, 4C's Inclusion Services Coordinator, at 584-3118.

4C's Hayward Office
22351 City Center Dr.

May 30
Saturday
10:00am - 2:00pm
Free resources for families. Exciting activities, games and entertainment for children of all ages.

4C's Children's Faire
Hayward Office Parking Lot

June 1
Monday
6:30pm - 8:30pm
Play is Learning #1 Exempt Provider training on play in the lives of children; all providers welcome, incentives for exempt providers. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.

4C's Hayward Office
22351 City Center Dr.

June 15
Monday
6:30pm - 8:30pm
Play is Learning #2 Exempt Provider training on the importance of the environment for play; all providers welcome, incentives for exempt providers. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.

4C's Hayward Office
22351 City Center Dr.

June 19
Viernes
7:00pm - 9:00pm
Descubriendo Ciencia Usando materiales gratuitos y económicos para el aprendizaje de ciencia con niños pequeños y preescolares. Para registrarse llame a Lili Martinez al 584-3136.

4C's Hayward Office
22351 City Center Dr.

June 29
Monday
6:30pm - 8:30pm
Play is Learning #3 Exempt Provider training on play and learning; all providers welcome, incentives for exempt providers. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.

4C's Hayward Office
22351 City Center Dr.

4C's Workshop Policy

Pre-registration is required for some workshops and highly recommended for all others. We sometimes close or cancel a workshop for various reasons; when this happens, every effort will be made to notify those who are registered. If you need any accommodations to participate fully in a 4C's workshop, please make arrangements with our Inclusion Services Coordinator at 510-584-3118. 4C's strives to provide a fragrance-free training environment. Please refrain from wearing scented products; persons with environmental sensitivities may be in attendance. Unless child care is specifically mentioned in a flyer, workshops are planned for adult participants only. Please leave all children at home or find alternate child care. Special arrangements can be made for breastfeeding mothers – please inquire when registering.

Reglas de Talleres Actualizadas

Para algunos talleres se requiere que se pre-registre y para otros taller es altamente recomendado. A veces cerramos o cancelamos talleres por varias razones; cuando esto pase, haremos lo más posible para notificar a aquellos que se registraron.

Si necesita acomodos para poder participar totalmente en un taller de 4C's, por favor, haga arreglos con nuestro Coordinador de Servicios de Inclusión al 510-584-3118. 4C's se esfuerza por proveer un medio ambiente de entrenamiento libre de fragancia. Por favor absténgase de usar productos perfumados; personas con sensibilidad del ambiente pueden estar presentes. Al menos que el volante especifique cuidado infantil, los talleres son planeados para participantes adultos solamente. Por favor deje a los niños en casa o busque cuidado infantil alternativo. Se puede hacer arreglos especiales para las madres que están amamantando – favor de preguntar a la hora de registrarse.

更新 4C's 講座政策

部份 4C's 的講座規定參加者必須事先報名。我們並強烈地建議您事先報名所有想參加的講座。因各種不同理由我們有時需要終止或取消某個講座；當這種狀況發生時，我們會盡一切努力通知有事先報名的人。

如果您有特殊需要才能夠全程參與 4C's 講座，請和我們的融合式服務協調主任(Inclusion Service Coordinator)接洽，以便做特殊安排。聯絡電話 510-584-3118。

4C's 努力提供一個「無香氣」的訓練環境。請節制使用有香氣的產品，講座在場人士中可能對環境場所十分敏感。

除非在講座傳單中有特別提到提供托兒服務，一般講座都只為大人規劃，請您把小孩留在家裡，或尋求其它的托兒代替方案。我們可以為還在哺乳的母親做特殊安排 – 若您有這項需要，請在報名時提出要求。

SUPPORT GROUPS

4C's Chinese Support Group

華人家庭托兒工作者聯誼會

在 Fremont 及 Hayward 每年各聚會二次

FRC Millennium room, 39155 Liberty St., Fremont 94538 (11/13/08, 5/20/09)
4C's Hayward 辦公室, 22351 City Center Dr., Hayward, 94541 (11/5/08, 5/13/09)

與同行分享托兒工作的甘苦及經驗，提供有關牌照及法規的資訊，探討幼兒教育的各項主題。

誰可以參加？在南阿拉米達縣從事托兒工作者，或想加入此行者，免費點心招待。

欲知詳情請電 Iris Lin, 4C's 的雙語諮詢專員
510-584-3117 或 irisl@4c-alameda.org



Fremont Autism Support Group

3rd Wednesday of each month

6:30-8:00 p.m.

Fremont Family Resource Center
39155 Liberty Street, Fremont, Nova Rm

The Family Resource Network invites you to meet with other parents to share support, information, parenting tips and more!

Who attends?

Parents of children 0-8 years who have ASD.

For more information or to register contact Kate Warren, Family Resource Network
510-547-7322 or katew@frnOakland.org

Offered by Family Resource Network in partnership with 4C's of Alameda County & First 5 Alameda County

ON-GOING EVENTS

Association of Professional Child Care Educators meets the second Wednesday of every month at the Fremont Family Resource Center. Contact Mary Ann Alam at **510-683-8926**.

Asociación de Provedora's Latinas nos juntamos cada segundo viernes de cada mes en 4C's. Comúniquese con Myriam Zuniga al **510-782-5119**.

South County Early Childhood Network meets the first Monday of every other month from 2:00-4:15pm at Fremont Family Resource Center. For more information contact Janelle Crossley, 4C's of Alameda County, **510-690-2152**.

Alameda County Child Care Planning Council generally meets the 3rd Friday of every other month from 9am-noon. Contact Angie Garling at **510-208-9675** for information.

Alameda County Child Care Planning Committee on Special Needs meets the 3rd Monday of every other month from 2:00-4:00pm at 4C's Hayward office. Contact Angie Garling at **510-208-9675** for information.

Licensing orientation meetings for prospective family child care providers are held at various locations throughout Alameda County. There is a \$25 fee for each attendee. Attendees must pre-register and pre-pay with Community Care Licensing. For a schedule of times, locations and to obtain a registration form, please call Community Care Licensing at **510-622-2602**.

Southern Alameda County Child Care Association meets in Hayward. For more information, call Beth Heffner at **510-247-8890**.

Alameda County Child Care Planning Council Committee on Early Care and Education meets the third Thursday of every month from 1:00-4:00 at 4C's Hayward Office. The Committee is currently working on defining elements of quality child care for Alameda County. A wide range of community input will enrich this process. Contact Nadiyah Taylor at 510-208-9722 for information.

Kindergarten & Early Care and Education Collaborative meetings are held in various ECE and Kindergarten classroom settings throughout Alameda County. For times, locations, and more information contact Kelly Dotson, Every Child Counts, First 5 Alameda, **510-875-2419**.

Training Connections/Specialty Topic Seminars is a component of Every Child Counts, First 5 Alameda's Family Support Services. It offers Alameda family service providers cross disciplinary educational opportunities that support best practices in caring for children ages 0-5 and their families. For a schedule of topics or additional information contact Susan Sullivan at susan.sullivan@acgov.org.

HELP 4C's PROVIDE A "FRAGRANCE-FREE" TRAINING ENVIRONMENT

After participating in training on "Asthma-Friendly" Child Care Environments, we at 4C's are learning more about the health needs of children and adults. Although smoke free environments have become common, there is a developing need for spaces that are fragrance free.

Many people experience unpleasant physical effects from scented products. It might be itchy eyes, a headache or nausea, or something more severe such as breathing difficulties or asthma attacks. In view of these sensitivities, we are adding a "fragrance free statement" to our workshop policy. From now on, when you attend 4C's workshops or training events, please help us accommodate colleagues who are chemically sensitive to fragrances by not wearing perfume, scented hand lotion, fragranced hair products and/or similar products.

AYUDEN A QUE 4C'S PROVEA UN MEDIO AMBIENTE DE ENTRENAMIENTO "LIBRE DE FRAGANCIAS"

Después de participar en el entrenamiento sobre un Ambiente de "Asma Amigable" en el Cuidado Infantil, nosotros en 4C's estamos aprendiendo mas sobre las necesidades de salud de niños y adultos. Aunque los medios ambientes libres de cigarrillos se están haciendo más comunes, todavía existe la necesidad de espacios que sean libres de fragancias.

Muchas personas sufren efectos físicos desagradables de los productos perfumados. Puede ser picazón en los ojos, un dolor de cabeza o nausea, o algo mas severo como dificultad para respirar o un ataque de asma. En vista de estas sensibilidades, estaremos añadiendo una "Declaración de Fragancia Libre" en nuestra póliza de talleres. Desde ahora en adelante, cuando asista a un taller o un evento de entrenamiento de 4C's, por favor ayúdenos a tener en cuenta a nuestros colegas que tienen sensibilidad a químicos de fragancias y no usen perfumes, lociones de mano perfumadas, productos de pelo perfumados y/o productos similares.

FAMILY CHILD CARE PROVIDERS

Do you serve meals to the children in your care? Are high food prices breaking your budget? Did you know that child care providers can receive reimbursements of up to \$1,000 per child per year by participating in the



Child Care Food Program? When you join the Food Program, you will make more money and the children in your care will get nutritious food. For more information on how you can join, call Queen Fuller at **584-3121**.

PROVEEDORAS DE CUIDADO INFANTIL

¿Usted sirve comidas a los niños en su cuidado? ¿Los altos precios de la comida le agotan su presupuesto? ¿Sabía usted que las proveedoras de cuidado infantil pueden recibir hasta \$1,000 de reembolso al año por cada niño por participar en el Programa de Comida de Cuidado Infantil? Cuando usted se integra al programa, usted tendrá más dinero y los niños en su cuidado recibirán comida nutritiva. Para más información en como puede integrarse, llame a Maria Jimenez al **690-2151**.

請幫助 4C's 創造一個「無香氣」(FRAGRANCE-FREE)的訓練環境

參與了「善待氣喘之托兒環境」的訓練之後，在 4C's 工作的我們學到了更多有關大人以及小孩的健康需要。雖然「無煙」環境的概念與要求已十分普遍，「無香氣」的需求仍然在持續增加之中。

許多人會對有香氣的產品有不舒服的身體反應，比如眼睛癢、頭痛、噁心，甚至更嚴重的症狀如呼吸困難、或氣喘發作等。考慮到這些對環境敏感的情形，我們在原有的講座政策中增加了一些有關「無香氣」的聲明。從現在起，當您參加 4C's 訓練或講座時，請幫助適應那些對香氣敏感的人，不要擦香水，不要抹有味道的乳液，以及不使用氣味濃的頭髮產品或類似產品。

這項政策將陳述於每季定期通訊的講座那一頁，和訓練日曆一覽表的最下面部份。

ALAMEDA COUNTY'S 1st Annual ECE Professional Online Survey

Starting April 13, 2009

Go to alamedacountyecesurvey.org to complete this survey!

The first 150 people to complete the survey will be entered into a drawing for prizes!



Community Child Care Coordinating
 Council (4C's) of Alameda County
 22351 City Center Drive, Suite 200
 Hayward, CA 94541

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4C'S CHILDREN'S FAIR

Saturday
May 30, 2009
10 a.m. - 2 p.m.
 4C's Hayward Office, Parking Lot
 22351 City Center Dr.



- ~ Children's Activities & Games
- ~ Entertainment
- ~ Family Financial Fitness
- ~ Asthma Awareness Information
- ~ Importance of Quality Child Care
- ~ Face Painting/Balloons
- ~ FUN!

For more information call
 510-582-2182

BE A SUPPORTER OF 4C'S OF ALAMEDA COUNTY!

4C's is a private, nonprofit organization providing a variety of services to children, families and child care professionals in Alameda County. Your tax-deductible contribution will:

- Help provide parenting resources and support.
- Support training for child care providers.
- Add to our lending library of books, journals, and video tapes.
- Ensure community outreach and education on child care issues.

Ways you can help!

Make a donation: Your tax-deductible contribution helps us to help others. Please mail donation to 22351 City Center Drive, # 200, Hayward, CA 94541.

Volunteer Your Time: You can help with special events. Contact Christina Dunn at 510-690-2140 about volunteering at 4C's.

Vehicle Donation: Your retired vehicle may be a valuable contribution to our programs and provide you with a tax deduction as well. Call 1-800-320-0476 and tell then you want to donate a car for 4C's of Alameda County. They will help you.

Add me to 4C's newsletter mailing list. Enclosed is a donation for \$5.00.

Name _____ Date _____
 Address _____ Phone _____
 City _____ State _____ Zip Code _____
 E-mail address _____

Thank you! Your support is appreciated by all of us at 4C's of Alameda County.