



4C'S OF ALAMEDA COUNTY

SERVING CHILDREN, FAMILIES AND CHILD CARE PROFESSIONALS SINCE 1972

Summer

2009



4C's Child Development Center Nurturing Children, Supporting Families 1986-2009

July 1 represents the end of an era and the completion of a transition for our agency and the children and community served by 4C's Child Development Center. After 23 years, our agency made the painful decision to stop providing state-contracted child care and development services at our center on 21st Street in Oakland. We chose to voluntarily relinquish our contract to the California Department of Education/Child Development Division.

4C's Child Development Center was a very important part of our agency. We are thankful for the opportunity to have served the community for so many years through this program. We are also gratified by the many reports of successes and accomplishments of the children and parents who came through our doors. Since 1986, nearly 1,200 children graduated from the center.

Closing the center was a difficult decision, directly linked to the huge gap between the reimbursement rate child development contractors receive and the actual cost of providing the services. The Bay Area, Alameda County in particular, is an expensive place to live and work. Operating

a child development center here simply costs more than it does in other parts of the state. Unfortunately, there is no differential in the reimbursement rate based on the cost of doing business in different areas. In addition, state-contracted centers are required to meet specific standards which also raises the costs.

This is not a new problem. For most of my 23-year tenure with 4C's, advocates and contractors have raised concerns and sought to close the gap between the reimbursement rate and the actual cost of providing these valuable center-based child care and development services. Nevertheless, it continues to be a problem statewide. It is particularly burdensome on programs operating in high-cost counties.

The services that had been provided by 4C's Child Development Center will continue to be provided by another agency. YMCA of the East Bay was selected to take over the contract. The children and families enrolled in the center did not experience a disruption in services. Many people

Continued on page 2

**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

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

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

4C's United Way Donor Option # 3426



4C's Child Development Center
Continued from page 1

worked very hard on the transition to minimize the impacts felt by the children, families and the community.

California has a long history of providing child care and development programs that enable parents to work towards self sufficiency and prepare children for success in school. While 4C's will no longer be operating a state-contracted child development center, we will continue to advocate for a reimbursement rate that adequately covers the cost of providing the services.

For now, we are grateful that the good work provided by 4C's Child Development Center over the past 23 years will be carried on.

Renee S. Herzfeld, Executive Director

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Renee Herzfeld,
4C's Executive Director
reads "I Like Myself"
by Karen Beaumont



Michael Sweeney
Mayor of Hayward



4C's thanks the following groups for providing entertainment & activities.

- Grupo Folklorico Tlapalli
- Elmo
- Prescott Circus
- Son Caribe
- Lakeshore Learning
- Sulfur Creek Nature Center
- Farmer's Market
- and many others



Craft activities



Carnival games and prizes

THANKS TO OUR SPONSORS

R. Zaballos & Sons, Inc., Bank of the West, Simpson, Garrity, Innes & Jacuzzi, Merriwether & Williams, Kantor's Home & Office Furniture, Grenz Insurance Services, Law Office of Laura R. Spease, Dianne Kirtman, Becker Wright Associates, Provident Credit Union, Minuteman Press, Hayward, OfficeTeam, Chris Guyon

We CAN Do Better: 2009 Update NACCRRRA's Ranking of State Child Care Center Regulation and Oversight

The National Association of Child Care Resource and Referral Agencies (NACCRRRA) recently released a report ranking states by their child care regulations and oversight.

We CAN Do Better: 2009 Update examines state child care center licensing regulations and the oversight of those regulations. NACCRRRA scored and ranked states, the District of Columbia and the Department of Defense (DoD) on 10 regulation and 5 oversight benchmarks. The average score for states was 83 out of 150 points—the equivalent of an F. No state earned an A. Only DoD earned a B, and one state (District of Columbia) earned a C. Thirty-three states earned a failing grade.

How did California fare? The report ranked California in the bottom ten states based on their combined child care center oversight and regulation scores. Specifically, California was ranked number 48 out of 52. California's overall score was 62 out of 150. Included in NACCRRRA's recommendations for California were the following: inspect child care centers more often, require annual training of center staff, and require centers to involve parents in their child's program and communicate with them about the care of their child.

For the complete report, visit NACCRRRA's website at www.Naccrra.org

BILLS IN THE LEGISLATURE

SB244 (Wright) - Child Care and Development: High Risk Children Priority

Requires the CDE to study (by December 31, 2010) the feasibility of providing priority enrollment in high quality programs for the designated target populations including children 0-5 who are in foster care; at risk of being neglected, abused or exploited in relative care; adopted out of the foster care system, homeless, or have a parent who is in the foster care system, on probation, or on parole or in a correctional or residential treatment facility. **Status: Assembly.**

AB1368 (Adams)- Family Child Care: First Aid

Requires small family child care homes to have a staff person with training in first aid and CPR in the home at all times

which means that substitutes would need to have this training.

Status: Senate Human Services

SB702 (DeSaulnier) - Ancillary Day Care

Defines a new category of child care programs as "ancillary" and relates to programs in athletic club, grocery stores, shops or other business or group of businesses that provides a day care center that is ancillary to its principal business activity. It allows ancillary programs to use Trustline for their employees, but doesn't require it. **Status: Assembly Human Services**

AB769 (Torres) - Preschool Priorities

In addition to existing priorities, this bill would require priority for participation in state preschool programs also be given to children who have a biological parent who is, or who has been within the previous 6 months, under the jurisdiction of the delinquency or dependency court. **Status: Senate Floor**

AB627 (Brownley) - Child Care Nutrition

Requires that (effective January 1, 2011 and annually) a licensed child day care facility self-certify that they meet specified health and nutrition-related requirements. Imposes requirements only if rate increases after January 2010. Prohibits reimbursed meals from including canned fruits, some sweetened vegetables. Requires serving only nonfat and low-fat milk, and water accessible throughout the day. Exempts children with medical necessity. Requires the SPI establish an 18-month pilot program (funding permitting with non-General fund sources) that provides higher meal reimbursement for meeting higher nutritional and physical activity standards. **Status: Senate Education**

SCR44 (Corbett)- Regional Market Rate Structure-

Requests the CDE to review the current regional market rate structure to determine if it results in sufficient access for working families. Requests stake holders involvement in an open/transparent process for new RMR survey, planning or implementing new rates or a new rate structure. **Status: Senate Education**

SCR47 (De Saulnier)- Child Care Funding: Workforce

States the intent of the Legislature to increase funding for child development centers and preschools to provide staff with adequate salaries and benefits and provide adequate resources to support program quality.

From California Child Care Resource and Referral Network Legislative Update, June 2009

Parent Voices is working hard to bring the parent perspective to Sacramento during these challenging economic times.

Here are some recent activities of the Southern Alameda County Chapter:



Parent Leader Gina Jackson presents Parent Voices plaque to U.S. Representative Pete Stark in Washington D.C.

- On May 6, parents from Southern Alameda County boarded a bus to join hundreds of Parent Voices members from across the state at the State Capitol for Stand for Children Day. Gina Jackson, our local Parent Voices Leader, served as MC for this year's successful event. After an exhilarating rally and march around the capitol, the parents went inside the Capitol to meet with our legislators. They shared their personal and moving stories, explaining to the legislators why child care is so important to their families' success. Parent Helda Moya, single mother of three, said "without my child care I would loose my job and would have to go back on to cash aide." Helda has worked hard over the past three years to go back to school and to get a job that keeps her family self sufficient. Our state representatives heard the parents' message and promised to fight for a fair budget that will help families.

- Upon news that the Governor was proposing to eliminate the CalWORKs program, including access to child care and the Healthy Families Program, Parent Voices quickly responded by organizing 120 low-income parents from our Bay Area chapters to attend the budget hearing on May 27. Prior to the hearing, parents dropped off postcards to every legislative office in the Capitol. Gina Jackson testified at the Senate budget hearing and talked about the devastating impacts on low-income families.



Parents rally at Capitol on Stand for Children Day 2009

- On July 1, parents from Southern Alameda County joined parents from several other Parent Voices chapters to rally at the State building in Oakland. Parents carried signs and marched chanting "Pass a fair budget now!" Representatives from Sandre Swanson's office came down to greet parents and promised to bring their message to Sacramento.



Upcoming Parent Voices Meetings

July 30, 2009 ~ August 27, 2009 ~ September 24, 2009

Parent Voices meetings are from 6:00 - 8:00pm at
4C's office in Hayward
22351 City Center Drive, Suite 150
Free dinner and child care are always provided!

If you are interested in joining Parent Voices or want more information, contact Jennifer Greppi-Freitas at 510-584-3115 or jenniferf@4c-alameda.org.

Face Tough Financial Times by Talking with your Kids and Having Fun



It's hard to tune in to anything these days and avoid hearing the dismal economic news. As parents, financial worries mean having to pinch pennies as you take a new approach to family finances. The anxiety and strain of cutting back can prove a challenge when you can't afford to spend as much on your children as you had previously.

There are many ways to ensure that your kids are free from the anxieties and concerns that the adults face. To begin, it's important that parents "check" their worries at the door. While you don't want to paint a Disneyland fantasy of your situation, you want your kids to feel secure and hopeful. If you transmit your fears to your children, they'll pick up on them and quickly internalize them as fears of their own.

According to Janet Bodnar of Keplinger's "Money Smart Kids", parents should carefully engage their children in a discussion of the current financial crisis and how it impacts their family. She cautions parents not to think their younger children aren't paying attention when Mommy and Daddy talk about hard times. With teens, be proactive. You don't have to share all the details, but be honest with them about changes in your finances and how they can pitch in.

As you address the financial crisis our country is facing and how it is affecting your family, you need to reassure your children so they feel safe and secure, above all else.

Cutting costs, however, doesn't necessarily have to mean cutting fun or family time together. Be creative. You can create an indoor campout, a winter barbecue or a movie night with a little imagination. You can have a "home spa" with pedicures, manicures and some fun pampering. You can create a gym with a few props like weights, jumping rope or floor mats. Or try a kids' swap where friends have their kids stay over with your family for a weekend and then return the gesture the following weekend.

As you come together and deal with these tough financial times, you may be amazed at how flexible and resilient your kids are, and you might be surprised to find your children more willing to help out. In fact, let them help! It's critical that children feel they are a part of the solution rather than a part of the problem; finding age-appropriate ways for your kids to do their part can give them an important sense of accomplishment and purpose as well as a way to help the family. And finally, don't eliminate family fun. Despite financial woes, there are plenty of ways to weave in fun activities and entertainment for kids – and adults – of all ages!

From **The National Effective Parenting Initiative**
by Alyssa Martina, Detroit News



Indoor camping trips can be a great family activity.

Enfrente los Difíciles Tiempos Financieros, Hablando con sus Hijos y Divirtiéndose

Es difícil sintonizar su televisor o radio en estos días y no oír las noticias sobre la triste situación económica. Como padres de familia, el hecho de que haya problemas financieros significa ahorrar cada centavo que se pueda hasta que se tome un nuevo enfoque para las finanzas familiares. La ansiedad y la tensión del recorte de dinero disponible puede ser un desafío cuando los padres no pueden permitirse gastar tanto como antes en sus hijos.

Hay muchas maneras de asegurar que sus niños estén libres de las ansiedades y preocupaciones con las que están lidiando los padres. Para empezar es importante que “deje afuera” sus preocupaciones al cruzar la puerta de su casa. Mientras que usted debe evitar crear una visión irrealista sobre la situación actual, también debe tratar de proporcionar un sentido de seguridad y esperanza a sus hijos. Si usted transmite sus miedos y preocupaciones a sus niños, ellos lo notarán y los manifestarán rápidamente de manera interna como miedos y preocupaciones propias.

Según Janet Bodnar de Kiplinger “niños Inteligentes con el Dinero” los padres deben involucrar de una manera cautelosa a sus hijos en conversaciones sobre la crisis económica y sus efectos en la familia. Ella advierte a los padres a no pensar que sus niños más jóvenes no están prestando atención cuando mamá y papá hablan de las épocas difíciles. Con adolescentes, sea proactivo. No tiene que compartir todos los detalles, sino ser honesto con ellos sobre cambios que hará en sus finanzas y cómo ellos pueden ayudar. Cuando usted haga frente a la crisis financiera por la cual está pasando nuestro país y como está afectando a su familia, usted debe tranquilizar a sus niños para que ellos se sientan seguros.

Cortar costos no necesariamente significa cortar la diversión o el tiempo con la familia. Con un poco de imaginación y creatividad usted puede organizar un día de campo dentro de su propia casa, o una carne azada en invierno, o una noche de películas. Usted también puede organizar una Espa en su propia casa con

pedicures y manicures entre otras cosas. Usted puede crear un gimnasio en su casa con algunas herramientas como pesas, cuerda para saltar, o tapetes de ejercicio. O intercambios con amigos de la familia por ejemplo un día sus amigos pueden mandar sus hijos a dormir en su casa y la siguiente semana les toca a sus hijos quedarse en casa de sus amigos.

Cuando usted se une para enfrentar los desafíos financieros, usted será sorprendido al ver lo flexibles y cooperativos que son sus hijos para tratar de ayudar. De hecho, déjelos ayudar. Es crítico que los niños sientan que son una parte de la solución, más que una parte del problema; encontrar maneras apropiadas para que sus hijos ayuden de acuerdo a su edad, les puede dar un sentido muy importante de realización y propósito así como el poder ayudar a la familia. Y finalmente no debe eliminar la diversión de la familia en conjunto. ¡A pesar de las aflicciones financieras, hay bastante entretenimiento divertido para niños – y adultos – de todas las edades!

Escrito por Alyssa Martina, noticias de Detroit



Family movie nights are lots of fun!



4C's would like to congratulate the following family child care participants who completed the California Child Care Initiative Project for 2008-2009.

4C's quiere felicitar a los siguientes proveedores de cuidado infantil que participaron y completaron el Proyecto de Iniciativa de Cuidado Infantil de California 2008-2009.

4C's 恭喜以下家庭托兒工作者完成了2008-2009年度的加州托兒優先項目CCIP.

CCIP Recognition 2008-2009

First Year

Nubia Arellano	Shirley Huang	Xiu Ying Liu (Annie)	Lupe Soto
LiLan Bode	Lashonda Jackson	Luz Elena Navarro	Nancy Su
Veronica Castro	Yating Jin	Esther Ocampo	Maria Carmen Tafur
Liyan Chen	Patricia Juarez	Maria Olguin-Leon	Yu-Fong Tsai
Min Ekey (Amy)	Angela Lau	Julie Ontiveros	Hsiu-Ling Yu
Mariela Giordano	Eva Li	Evelin Ramirez	Shimei Zhang
Sandra Giordano	Xiaoling Liu	Bertha "Lilia" Rodriguez	Wei Zhang

Returning Participants

Ana Alduncin	Wei Chen	Esperanza Mendoza	Lilian Rodriguez
Elizabeth Anton	Aliuska Diaz	Elia Montenegro	Anita Sachdeva
Laura Arriaza	Sonia Dugarte	Manigeh Nadimi	Yuan Shen
Patricia Barillas	Xiao Qing Gao	Sandra Orozco	Qin Wen
Alix Berrios	Rosa Gill	Alicia Osejo	Li Fang Yuan
Ofelia Caballero	Josefina Gonzalez	Wen Qui	Yuan Yuan
Leticia Cadena	Jin Guo	Maria Lorena Ramirez	Erika Zamudio
Magdalena Castro	Lynn Han	Roopa Ravindra	Hui-Feng Zhu
Chun-Fung Chan (Anna)	Qin Li	Irma Rodriguez	Myriam Zuniga
Julia Chan			

Funding for this project has been provided by Alameda County, the city of Fremont, the city of Hayward, the California Child Care Resource and Referral Network and the state of California.

4C's Continues Another Year of CCIP

Are you a family child care provider (or someone who wants to be a provider) living in Castro Valley, Fremont, Hayward, Newark, San Leandro, San Lorenzo, or Union City? If so, you can receive free classes, materials, and support through 4C's CCIP (California Child Care Initiative Project). CCIP is a recruitment, training, and support program for new and experienced family child care providers, especially those caring for infants and toddlers.

In addition to training and individualized assistance, 4C's CCIP program offers reimbursements for licensing and purchase of child care supplies as well as free materials and equipment. Classes and ongoing support are provided in English, Spanish and Chinese.

You may register for the program by calling Pam Buckholz, 4C's Provider Services Coordinator, at 510-584-3114. The number of participants will be limited so call today to reserve your space!

¿Es Ud. una proveedora del Cuidado Infantil del hogar

¿o alguien que quiere ser una proveedora) viviendo en Castro Valley, Fremont, Hayward, Newark, San Leandro, San Lorenzo o Union City? Si eres, puede recibir clases, materiales, y apoyo gratis a través del Proyecto de Iniciativa de California para el Cuidado Infantil (CCIP) al sur del Condado de Alameda. CCIP es un programa bien establecido para el reclutamiento, entrenamiento, y apoyo sobre proveedores, especialmente para los que cuidan infantes y niños pequeños.

Además del entrenamiento y asistencia individual, el programa de 4C's de parte de CCIP ofrecera reembolsos para la licencia y otros gastos, materiales de recursos gratis y certificados de regalo para comprar provisiones del cuidado infantil. Clases y la están en curso y serán en Inglés y Español.

Puede registrar para el programa y llamar a Erica Ortiz, del departamento de Recursos y Referencias, al 510-584-3116. El numero de participantes es limitado pore so llamé para reservar su lugar!

4C's 下年度將繼續提供「加州托兒優先項目」- CCIP

您目前居住於 Castro Valley, Fremont, Hayward, Newark, San Leandro, San Lorenzo, 或 Union City。是一位托兒工作者(或想要成爲一位托兒工作者)嗎?如果是, 您可以獲得免費的課程訓練, 教學材料, 以及來自4C's CCIP(加州托兒優先項目)的支持。加州托兒優先項目是一個每年重新招募的, 提供訓練和支持的計劃。服務對象是針對家庭托兒工作者, 特別是那些照顧嬰幼兒的工作者, 不管您是富有經驗或是新的托兒工作者。除了訓練及個別協助外, 4C's CCIP計劃提供退款補助給有關牌照及托兒所用品的花費, 還提供許多免費的材料及用品。加州托兒優先項目提供英語, 西班牙語, 及華語的課程及支持。

有意報名登記此計劃者請電洽4C's資訊及轉介部門的雙語專員 Iris Lin, 510-584-3117。名額有限請及早報名。



Go Green

Be Eco-Healthy

Child care settings are a home away from home for many children. Providers can take simple steps to make this home happy, healthy, safe and green.

Products such as cleaning supplies, weed killers and certain toys contain chemicals that are linked to health concerns, including asthma, learning disabilities and even cancer. Children are uniquely vulnerable because their bodies and immune systems are still developing. They eat, breathe and drink more pound for pound than adults and also have habits, such as putting objects in their mouths that increase their exposure to potentially harmful chemicals.

As a child care professional, you play a very important role in keeping kids healthy by preventing their exposure to toxins.

The Eco-Healthy Child Care program endorses providers who comply with at least 20 of 25 best practice techniques through a self-completed checklist. The program offers free training and free marketing via their website. For more information, please visit the Eco-Healthy Child Care website at www.oeconline.org/ehcc.

Beginning this summer, 4C's will be offering Eco-Healthy Child Care training. Be sure to check our online training calendar at www.4c-alameda.org for dates and times.

*From Eco Healty Child Care
produced by the Oregon Environmental Council*

What is Inclusion in Child Care?



What does an inclusive program look like?

In an inclusive program, children with and without

disabilities participate in the same routines and play experiences. Providers learn to recognize children as distinct individuals with special strengths and needs. They continually make creative modifications to routines and activities so that each child benefits from participating.

Do all inclusive child care programs look the same?

Child care programs and the providers who work in them are as different from each other as each child is different from another. Child care settings that retain their individuality enable families to choose the program that best suits their particular needs.

Who are the children in inclusive child care programs?

Inclusive programs include children with or without disabilities. Among all these children, however, there will be a wide variety of needs, strengths, talents and interests.

What are some of the benefits for children in an inclusive program?

Child care programs provide a playful and natural environment for all children to grow. The opportunity for children with disabilities to participate with other young children has great value. Children become aware of differences and similarities between themselves and their

peers. As they play together, they develop a sense that everyone has an important contribution. Children benefit from a strength-based environment.

How are child care programs different from specialized programs for children with disabilities?

Specialized programs (such as special education preschools or therapy services) provide a treatment or training specific to a child's development, physical, or medical disability. Child care programs provide a natural learning environment and typical day-to-day experiences for children. The settings compliment one another, and may blend together at times. For instance, specialized programs may include typical day-to-day routines, and child care programs may have therapists visit to work with some children.

Do providers need to have special skills?

Yes and no. As new children are enrolled, there are a few things to learn and new ideas to try. Most of the time, these new "specialized skills" are just slightly different ways to do the things that are already required to meet the needs of young children. If a child has a need that is unfamiliar, the child's parent is usually a great source to start with. An inclusive program is first of all a good early childhood program, and the skills that promote inclusion are, basically, the skills of any competent provider.

How will I know if it is working?

There are many ways to measure success: getting positive feedback from families and other professionals in the community, seeing enthusiasm and new skills in staff members and noticing one's own ability to respond to the individual differences in children. When every child is treated with respect.....it's working!

Article adapted from Child Care Plus+ 1996. Rural Institute on Disabilities the University of Montana.

For more information please contact 4C's Inclusion Services Coordinator, Sharyn McDavid at 510-584-3118 or sharynm@4c-alameda.org .

Professional Development News from First 5 Alameda County and 4C's

Family Child Care Fair

The Annual Family Child Care Fair will be held on Saturday, September 12, 2009 in San Leandro. This year's topic is "Marketing Your Business." Applications with more information will be available in mid-July.

New Professional Development Coordinator at Ohlone College

Every Child Counts is pleased to welcome Terra Lee as the new AA Degree Professional Development Coordinator at Ohlone College. Terra's prior experience includes seven years working directly with children 0-5, and three years as an elementary school administrator. Contact her at 510-659-6450 for information and individual assistance in determining eligibility and enrollment into Alameda County Child Development Corps AA Degree Stipend Program.

Child Development Corps AA Degree Program

The Corps AA Degree Program encourages and assists ECE providers to develop the skills and knowledge to create and maintain quality ECE environments. The Program provides incentives and individual support for community college students working towards an AA degree in early care and education or working to obtain their core training in ECE. For more information on the Corps AA Degree Program, visit www.first5ecc.org or call 510-875-2474.

Quality Counts

Quality Counts (previously known as the Quality Improvement Initiative) is an onsite assessment and consultation program that supports child care providers in improving program quality. Outreach flyers were mailed to all family child care providers and centers in Alameda County the first week of June. If you have any questions, please contact Tanya Smith, Quality Counts Manager at 510-875-2447.

Professional Development Services at 4C's

There will be some new and exciting trainings and events coming up from 4C's, supported by First 5 Alameda County. The dates and locations are to be determined, so stay tuned to 4C's Newsletter and 4C's Training Calendar (now online at www.4c-alameda.org).

- Are you currently looking for a position in the ECE field? Have you applied for positions but not had any luck? You may be interested in our upcoming trainings on **professionalism, resumes, and interview skills**.
- Do you want your voice to make a difference in the decisions that are made surrounding the ECE field locally, statewide and nationally? Then be on the lookout for the county wide **Leadership and Advocacy Summit**.
- Have you used a computer but still don't really know how to use it to do what you want? Are you a whiz on the computer and wondering what else you can do with it? Please look for a series of **computer skills trainings for ECE professionals** of varying computer experience levels.

For more information on these and other professional development opportunities, contact Janelle Crossley, 4C's Career Advocate at 510-690-2152 or janellec@4c-alameda.org.



WORKSHOPS

July 28 **4C's Hayward Office**
 Tuesday 22351 City Center Dr.
 7:00pm - 9:00pm
Eco Friendly Child Care Environments Choosing Safe Art Supplies and Plastics. *To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at 584-3114.*

July 30 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 6:00pm - 8:00pm
Parent Voices Parent Advocacy - free dinner and child care. *To register, contact Jennifer Greppi at 584-3115.*

July 31 **4C's Hayward Office**
 Friday 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.*

August 4 **4C's Hayward Office**
 Tuesday 22351 City Center Dr.
 7:00pm - 9:00pm
A Place of Our Own Infant and Toddler Development. *To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at 584-3114.*

August 5 **Family Resource Center**
 星期三 39155 Liberty Street
 7:00pm - 9:00pm Fremont
KQED 科學系列之一(中文) - 與公共電視台科學小子一起探索。報名請洽 Evelyn Chen 690-2155

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

August 10 **Family Resource Center**
 Monday 39155 Liberty Street
 6:30pm - 9:30pm Fremont
Harms/Clifford - Infants, Toddlers, and Preschoolers
 Evaluating center environments for quality care. *To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.*

August 12 **Family Resource Center**
 星期三 39155 Liberty Street
 7:00pm - 9:00pm Fremont
KQED 科學系列之二(中文) - 與公共電視台科學小子一起探索。報名請洽 Evelyn Chen 690-2155

August 14 **4C's Hayward Office**
 Friday 22351 City Center Dr.
 7:00pm - 9:00pm
Business of FCC Beyond Health and Safety. *To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at 584-3114.*

August 18 **4C's Hayward Office**
 Tuesday 22351 City Center Dr.
 7:00pm - 9:00pm
Family Child Care Liabilities and Insurance Reducing your risks, how to afford coverage. *To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at 584-3114.*

August 21 **4C's Hayward Office**
 Viernes 22351 City Center Dr.
 7:00pm - 9:00pm
Literatura Promoviendo Literatura a través de Actividades Divertidas *Para registrarse llame a Lili Martinez al 584-3136.*

August 26 **4C's Hayward Office**
 星期三 22351 City Center Dr.
 7:00pm - 9:00pm
跨文化優質托兒(中文) - 學習不同文化的優質托兒
 報名請洽 Iris Lin 584-3117

August 27 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 6:00pm - 8:00pm
Parent Voices Parent Advocacy - free dinner and child care. *To register, contact Jennifer Greppi at 584-3115.*

September 14 **Every Child Counts**
 Monday 1100 San Leandro Blvd
 7:00pm - 9:00pm San Leandro
Retirement Planning for Family Child Care Providers All county training with Tom Copeland. Family Child Care Providers only. *To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at 584-3114.*

September 21 **Family Resource Center**
 星期一 39155 Liberty Street
 7:00pm - 9:00pm Fremont
截出這樣的好孩子系列之一(中文講座) - 培養情緒智商從小開始。報名請洽 Iris Lin 584-3117

September 21 **4C's Hayward Office**
 Monday 22351 City Center Dr.
 7:00pm - 9:00pm
Rethinking Holidays - What's really important to children and families. *To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.*

September 22 **Family Resource Center**
 Tuesday 39155 Liberty Street
 7:00pm - 9:00pm Fremont
Rethinking Holidays - What's really important to children and families. *To register, contact Linda Bringman, 4C's ECE Training Coordinator, at 584-3133.*

September 24 **4C's Hayward Office**
 Thursday 22351 City Center Dr.
 6:00pm - 8:00pm
Parent Voices Parent Advocacy - free dinner and child care. *To register, contact Jennifer Greppi at 584-3115.*

WORKSHOPS

October 1 **4C's Hayward Office**
Thursday
22351 City Center Dr.
7:00pm - 9:00pm
KQED Science #1 - Get curious with Sid the Science Kid from PBS. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

October 7 **4C's Hayward Office**
Wednesday
22351 City Center Dr.
7:00pm - 9:00pm
Infants/Toddler Curriculum What Does it Look Like? To register, contact Pam Buckholz, 4C's Provider Services Coordinator, at **584-3114**.

October 8 **4C's Hayward Office**
Jueves
22351 City Center Dr.
7:00pm - 9:00pm
Clase de Negocios #1 Contratos y Pólizas. Para registrarse llame a Erica Ortiz al **584-3116**.

October 15 **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**.

October 15 **4C's Hayward Office**
Thursday
22351 City Center Dr.
7:00pm - 9:00pm
KQED Science #2 - Get curious with Sid the Science Kid from PBS. To register, contact Linda Bringman, 4C's ECE Training Coordinator, at **584-3133**.

October 21 **Family Resource Center**
星期三
39155 Liberty Street
7:00pm - 9:00pm
Fremont
教出這樣的好孩子系列之二 (中文講座) - 有效的溝通 - 鄭名輝 Iris Lin 584-3117

October 22 **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**.

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 alterno. 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 (11/12/09, 5/19/10)
4C's Hayward 辦公室, 22351 City Center Dr., Hayward, 94541 (11/4/09, 5/12/10)

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 Erin Freschi, School Readiness Program Services Administrator, Every Child Counts, **510-875-2471**.

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，不要塗抹有味道的乳液，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，和訓練目錄一覽表的最下面部份。



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

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Hayward, CA

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.