



Marin Child Care Council



2010 Newsletter

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Summer 2010

TO EXCLUDE OR NOT TO EXCLUDE

Re-printed article from 2008 due to requests and current nationwide news on excluding "ill" children from childcare

That is the question.... Those of us who care for young children seem to ponder that question on an almost daily basis. What about the green gooey nose? red bumps? fever? crankiness? ear tugging? and countless other signs that something may not be quite right? With flu season right around the corner, Detective Staywell and his fellow community germbusters want to make sure you have the information and tools you need to answer that question, prevent the spread of disease, and ensure that children receive the care and attention they need.

Knowing when-and when not-to exclude a child from our programs is a very important piece of the germbusting puzzle. *Communication between child care providers, health care providers, and parents - beginning with **clearly written up-to-date policies** - is essential for fitting that puzzle piece into place.* To help us get to the bottom of the issue, our favorite snoop shares the following revelations:

Surprise, surprise! Research published in the November, 2006 issue of Pediatrics reveals that many children are excluded from child care when they shouldn't be, forcing parents to take time away from work unnecessarily. In fact, researchers found that for every one child who was excluded for appropriate reasons, there were at least 6 children who were excluded from child care when they shouldn't have been!

How do we know when to exclude children and staff? Many parents, childcare providers, and health professionals are unfamiliar with the national guidelines on excluding children from child care when ill (*Caring for Our Children: National Health and Safety Guidelines for Out-of Home Child Care Programs*). Available at <http://nrc.uchsc.edu/CFOC/HTMLVersion/TOC.html> (click on chapter 3), these guidelines from the American Academy of Pediatrics provide current information to help ECE providers develop sound exclusion policies for children and staff. They define three conditions for exclusions:

1) The illness prevents the child from participating

comfortably in activities as determined by the child care provider;
2) The illness results in a greater need for care than the child care staff can provide without compromising the health and safety of the other children as determined by the child care provider; and/or
3) The child has an illness that is on the list* of diagnosed symptoms or conditions for which temporary exclusion is recommended. (*See Standard 3.065 in *Caring for Our Children: Inclusion/Exclusion/Dismissal of Children* for a list of these diseases.)

The standards also describe 7 symptoms for which exclusion is not necessary. For instance, it is *not* necessary to exclude children with a fever in the absence of other signs or symptoms of illness.

☛ **Communication** is the key to effective policies. Exclusion policies should communicate both ECE program and staff roles and what is expected of parents. It can emphasize the program's respect for exclusion/inclusion policies and keeping health records that show the child has had appropriate checkups and immunizations. Parents need to know that it is their responsibility to keep emergency information current and should expect program staff to contact them regularly to verify the information is correct.

Once you create a written exclusion policy that is consistent with *Caring for Our Children* guidelines (<http://nrckids.org/>), ask staff, parent leaders, and community health professionals to review it for accuracy, clarity and literacy level. *Translate as necessary*, distribute, and explain your exclusion policy to parents and staff *before* illness arises. Include the policy in your Parent Handbook and make sure parents have read and understood the content at enrollment and annually when you update child/family information.

Parents who are not able to read should have the policies presented orally to them. Parents who are not able to understand the policies because of a language barrier should have the policies presented to them in a language with which they are familiar.

Translating policy into classroom practices is the one of biggest challenges ECE programs face when implementing any policy. Exclusion related practices such as daily health checks, separating ill children from the group, and communicating with parents and health professionals should be integrated into job descriptions, staff orientation, and staff observation/evaluation tools. Policies need to be practical, reviewed with each new staff member, and used to measure staff performance at regular intervals. When ECE staff is kept aware of their responsibilities, they become more conscious of their actions and develop consistent practices so critical for effective policies.

Donna West, 2008

Marin Residents Protest Child Care Cuts at Sacramento Rally

Parent Voices' Stand for Children Day in Sacramento sees another great year

On May 12, 65 parents, children, and child care providers from Marin joined parents from around the state and fought the proposed cuts to child care funding and rallied about state budget reform. Participants marched around the Capitol, heard from parent speakers, children, and state legislators including our own Senator Mark Leno at the rally, and met individually with Senator Gloria Romero and Assemblymember Jared Huffman. We are waiting now for the May Revise – the latest version of next year's budget proposal that will tell us what work we have ahead as this budget continues through the hearing process. Keep watching with Marin Child Care Council's Parent Voices chapter and look for continued opportunities to make your child care story heard. If you would like to get more involved in Marin's Parent Voices, please contact Leah Benz, Marin Child Care Council at 415.491.5776. Below is an article about the event from the May 13th ,Marin IJ.

Marin residents protest child-care cuts at Sacramento rally

Richard Halstead

Posted: 05/12/2010 04:33:13 PM PDT

Cynthia Green of San Rafael knows what she'll have to do if a budget proposal by Gov. Arnold Schwarzenegger to cut child-care funding by \$123 million is approved by the state Legislature.

"I'd have to move from where I live and go live in a shelter and start right over where I started from," said Green, 47, a single mother, who moved to Marin from Los Angeles about five years ago in search of a better life. Green said she and her son stayed for a time in the Homeward Bound homeless shelter in Novato.

Without the state subsidy, Green said she wouldn't be able to afford the \$400 a month it would cost for after-school care for her 6-year-old son. Green, who works as a retail clerk, has had her work hours cut from 36 hours a week to 20 hours a week. But she hasn't given up on her dream to become a courtroom reporter.

Green was among about 65 parents of children needing child care and child-care workers from Marin who traveled to Sacramento Wednesday to lobby legislators to maintain child-care funding. The Marin residents joined with other child-care advocates from across the state in a march and rally at the state Capitol. Later in the afternoon participants paid visits to individual lawmakers.

The funding cuts Schwarzenegger has proposed would affect people like Green, former recipients of state welfare who are working now and haven't received cash assistance for at least two years, said Leah Benz, a spokeswoman for the Marin Child Care Council.

The council is a nonprofit that disperses CalWorks funding to child-care providers in Marin. Benz estimates that 227 children in Marin from 135 families would be directly affected if the governor's proposed cuts are implemented. And those numbers don't include child-care providers, who would also suffer.

Lauren Fried of Marinwood said she was a CalWorks recipient herself for a time before she secured her license to provide day-care in her home. Working as a child-care provider, Fried is able to care for her own three young children while earning money by caring for five other children. But she worries that she will lose her customers if the state cuts funding.

If the funds are cut, "a lot of parents will have to go back on assistance," Fried said.

The Marin Child Care Council, which organized the Marin contingent's trip to Sacramento, provides government child-care subsidies to 450 children in Marin from 278 families. There are also more than 900 Marin children on a waiting list to participate in the program.

Laura Llerena of Larkspur said her 5-year-old son has been on the waiting list for three years. Llerena, who immigrated here from Mexico more than 13 years ago, said she and her husband have had to reduce the hours they work because they can't afford to pay for child care, which was costing them \$50 a day. Neither of them receives government assistance. Llerena, 42, earns a living cleaning office buildings. Her husband is a carpenter's assistant.

"I never thought it was going to be so hard to have a son," Llerena said.

Link to article:

http://www.marinij.com/marinnews/ci_15072389

Senator Mark Leno
& Marin Parent
Voices



Summer Safety Bits & Pieces

¡Considera lo que Bebes! ¡Lo mejor es tomar Agua!

La persona típica consume casi 175 libras de azúcar al año - ¡o alrededor de media libra de azúcar al día! La mayoría de esa azúcar proviene de refrescos azucarados. El exceso de calorías de toda esa azúcar pueden producir el aumento de peso, y exponen a la gente a enfermedades crónicas como la diabetes tipo 2 y enfermedades cardíacas. ¡Haga una selección saludable!

- **Agua** – Para ponerle un toque de sabor y darle sabor sin calorías al agua, pongale una rebanada de naranja, limón, lima o pepino!
- Leche baja en grasa o sin grasa
- Té helado sin azúcar

Seguridad Solar

- Planifique actividades al aire libre temprano en la mañana tarde en la tarde
- Manténgase en la sombra
- Use ropa cubridora
- Use un sombrero
- Use lentes protectores de rayos Ultravioleta
- Póngase crema anti solar
- Revise los índices de rayos ultravioletas, calor y calidad del aire
- Tome suficiente agua
- Practique la protección solar cada día, todo el año (inclusive en días nublados)

¡MANTENGAN LA SEGURIDAD EN EL AGUA Y FUERA DE ELLA!

- Conozcan las áreas de seguridad para la natación de las lagunas, los lagos y los sitios similares que visiten.
- Nunca permitan que un niño se encuentre sin supervisión en las cercanías del agua.
- Díganle a sus hijos que nunca naden solos.
- Nunca permitan que los niños naden cuando estén cansados o muy acalorados.
- Enseñen a sus hijos a usar salvavidas o chalecos de seguridad cuando se encuentren cerca de una piscina (pileta, alberca) si no saben nadar. Aunque los niños sepan nadar bien es importante que usen chalecos de seguridad o salvavidas mientras se encuentran en un bote (o cualquier embarcación) o practicando esquí acuático.
- Enseñen a sus hijos a no sobrepasar los límites que alcanzarían nadando sin un flotador. Los tubos inflados o colchones no son sustitutos de su habilidad para nadar.
- Usen un cerco de, por lo menos, 4 pies con un candado para aislar su piscina.
- Retiren completamente el protector de la piscina antes de permitir que la gente nade en ella.
- Mantengan los aparatos flotadores de seguridad cercanos a la piscina.
- Coloquen una línea de flotación en su piscina para separar las áreas de agua más profundas de aquéllas que no lo son.
- Mantengan un teléfono en la zona próxima a la piscina para casos de emergencia.

Summer Safety Bits & Pieces

Soda Free Summer! Water is the best!

The average person eats almost 175 pounds of sugar a year—that's about half a pound of sugar a day! The single biggest dietary source of sugar is sugary drinks. Extra calories from all this sugar may lead to weight gain, which can increase risk for health problems such as type 2 diabetes and heart disease. Make a healthier choice!

- **Water** – Add a slice of orange, lemon, lime or cucumber to your water for great flavor and no calories!
- non-fat or low-fat milk
- unsweetened iced tea

Sun Safety

- Plan outdoor activities for early morning or late afternoon
- Stay in the shade
- Wear cover-up clothing
- Wear a hat
- Wear UV protective sunglasses
- Apply sunscreen
- Check UV, heat, and air quality indexes
- Drink plenty of water
- Practice sun safety every day, all year long (even on cloudy days)

BE SAFETY SMART IN AND AROUND WATER!

- Know the safe swimming areas for ponds, lakes, and swimming holes you visit.
- Never leave a child unsupervised around water.
- Teach your child to never swim alone.
- Never let your child swim when he is tired or overheated.
- Teach your children to wear life jackets or vests near a pool if they do not know how to swim. Even if children can swim well, require that life jackets or vests be worn when boating or water skiing.
- Teach your child to swim no farther than they would without a flotation device.
- Inflated tubes or mattresses are not substitutes for swimming ability.
- Use at least a four foot fence with a lock to isolate your pool.
- Remove a pool cover completely before allowing swimming to take place.
- Keep safety flotation devices near the pool.
- Have a float line dividing the deep and shallow end of your pool.
- Keep a telephone near your pool for emergencies.

MAEYC News – Children’s Fair is Great Success!

A big thanks to all of you who participated in the Children’s Activity Fair held Saturday, April 17th at Northgate! What a wonderful day it was – plenty of sunshine, smiles, great entertainment and fun activities for children and their families. The Marin Association for the Education of Young Children (MAEYC), Northgate and the Marin Child Care Council gave away over 100 “goodie bags” to families. Everyone had a great time. If you missed it – we’ll see you next year! Thanks to First 5 Marin and Month of the Young Child Committee for their support. And a BIG thank you to our entertainers: Tim Cain, Children’s Entertainer Extraordinaire; The Puppet Art Theatre (so cute and fun); and the Revolver Band (they rocked!)

In addition to the Children’s Fair, we hope you visited your local libraries and admired the wonderful and creative children’s art. A number of preschool programs celebrated Month of the Young Child by displaying their children’s art projects....another project that MAEYC is devoted to providing to our community.

What’s on the horizon for MAEYC? We are planning an exciting event for this Fall that you will want to be a part of. Curious? Be on the look out for more information!

CCIP Year-end Report

Wow! Can you believe we are nearly finished with another year? (Fiscal year that is). It has been a year of transitions and adjustments for the CCIP program. First, thank you to all of the CCIP participants for being so kind and patient with me. The year finishes up June 30th and I still feel like I’m just starting! I’m so grateful that I have been able to meet with many of you one-on-one and look forward to next year which promises to be even more successful!

We have some great trainings planned for next year so if you are reading this and you are not already participating in this wonderful training project, you will want to contact me and get on board! My direct phone line is (415) 491-5783 and my email address is: kathleen@mc3.org

Over 40 Family Child Care Providers completed the project this year! They were recognized with mini-grants to Discount School Supply, scholarships to our annual Striving for Excellence Conference and a number of resources and materials to enhance their programs. It’s our way of saying thank you for your commitment to providing quality child care.

Keep up the good work and...see you next year!
~Kathleen

Annual Family Child Care Dinner

Marin Child Care Council held its annual Family Child Care Dinner on May 20, 2010 at The Club Restaurant at McInnis Park. It was a great evening and a wonderful way for MC3 staff to meet providers, networking for providers and welcoming new providers.

This year was a Celebration of Family Child Care Providers; sharing our appreciation for all the work you do, for the children in your care and their families.

Our Celebration of your continuing hard work was supported by Mary Jane Burke, Marin County Superintendent of Schools, who spoke strongly of your commitment to children, families and the community. It was a wonderful honor to have her recognize your dedication to the children in your care.

Suzanne Kreuser, vice President of Program Services, Easter Seals Northern California, also came to Celebrate you. She was excited to recognize so many of you at the dinner. She shared her thoughts on your hard work and willingness to go the extra step in working with children who have special needs.

Marin Child Care Council wants to thank you again, for all the energy you put into working with children, families and the community!



MC3 HEALTH & SAFETY CLASSES – 2010 SUMMER SCHEDULE

All classes are held in Marin Child Care Council's offices located at:
555 Northgate Drive, Suite 105, San Rafael, CA 94903. Our office number is 415.472.1092

JULY

SATURDAY <u>AND</u>	7/10	10:00AM – 4:00PM*	15 Hour Infant/Child/Adult CPR and
SUNDAY <u>AND</u>	7/11	10:00AM – 1:00PM	Childcare First Aid IN SPANISH
SATURDAY	7/17	9:00 AM – 5:00PM*	(You must attend all three sessions)
SATURDAY <u>AND</u>	7/24	9:00AM – 6:00 PM*	Full 15 Hour Class IN ENGLISH
SATURDAY	7/31	9:00AM – 5:00 PM*	(You must be able to attend both sessions)

AUGUST

SUNDAY	8/8	9:00AM – 2:00PM	5 Hour Infant/Child/Adult CPR IN ENGLISH
SATURDAY	8/14	9:00AM – 6:00PM*	8 Hour Infant/Child/Adult CPR and Child Care First Aid IN ENGLISH
SATURDAY AND	8/21	10:00 – 4:00PM	8 Hour Infant/Child/Adult CPR and Child
SUNDAY	8/22	10:00 – 1:00PM	Childcare First Aid IN SPANISH
			(You must attend both sessions)

SEPTEMBER

SATURDAY <u>AND</u>	9/18	10:00AM – 4:00PM*	15 Hour Infant/Child/Adult CPR and
SUNDAY <u>AND</u>	9/19	10:00AM – 1:00PM	Childcare First Aid IN SPANISH
SATURDAY	9/25	9:00AM – 5:00PM*	(You must attend all three sessions)
SUNDAY	9/26	9:00AM – 2:00PM	5 Hour Infant/Child/Adult CPR IN ENGLISH

- *These classes allow for 1 hour lunch.*

REFUND POLICIES

- * **Must notify Marin Child Care Council *WITHIN ONE CALENDAR WEEK* of the beginning of class registered for.**
- * **No refunds will be given if participant starts then fails to finish registered class/course, or if you are a no show.**
- * **Class/course cancellations must be made to Darcy Hammons at 491-5775 or darcy@mc3.org**

REGISTRATION FORM

NAME				HOME PHONE	
ADDRESS, CITY, ZIP				WORK PHONE	
Circle one of the following:	FAMILY CHILD CARE	PRESCHOOL/AGENCY	LICENSE EXEMPT	OTHER	
NAME OF PROGRAM			EMAIL		
Indicate name & dates of class(es):	CHOICE #1			CHOICE #2	
* If your first choice for class is full or is cancelled, you will be notified by phone					

STAFF USE ONLY

Staff received _____	Date received _____	Scholarship: YES NO	Amount paid _____
Cash: YES NO	Check # _____	M.O. # _____	Paid by: _____

MARIN CHILD CARE COUNCIL'S

HEALTH & SAFETY COURSE INFORMATION & POLICIES

In order to offer these courses at low prices our Refund Policy is as follows:

No refunds will be given for any reason if a participant starts and then fails to finish the course. Refunds will only be given to paid participants if they notify our **offices within one calendar week** of the beginning of each class – **no exceptions**. If Marin Child Care Council cancels a class due to low enrollment the participant will be notified prior to the start of the class and be given the option of rescheduling or receiving a refund. Please make sure, before you sign up, that you will be able to attend the class on the date specified. **The 15 hour and 8 hour classes can not be broken up – you must be able to attend all portions of the class.** If you have any questions regarding class registration and cancellations you may call our office at (415) 472-1092.

Please plan to arrive at the class **ON TIME**. If you are more than 10 minutes late for a class, you risk being turned away from the class and forfeiting your registration fee. If you are unable to make the class at the time scheduled, please select a different class. **You will only receive a call if the class you requested is full or cancelled.**

It is recommended you register for the class you are interested in at least **ONE WEEK** before the class begins. There must be at least six participants enrolled in a class for it to proceed. Unfortunately, classes have to be canceled if the class participation size is less than six. We apologize for the inconvenience this may cause you and will try our best to reschedule you for the next available class. If you have a group of six people or more who need to take a class, we have instructors who can provide on site classes. To arrange an on site class, call Darcy Hammons at 491-5775.

The full 15 hour course meets California's Health & Safety requirement for child care providers as mandated by AB243. The course includes Adult, Infant and Child CPR, Child Care First Aid, and Child Care Health & Safety.

To successfully complete the American Red Cross classes offered (CPR, First Aid and Preventative Health and Safety), a written exam is administered at the end of each class. If you are unable to complete this exam, certification can not be granted. This is a mandated requirement from the state of California.

You should receive American Red Cross cards for each section of the course(s) you successfully completed **between 4 – 6 weeks after the course ends**. These must be kept for licensing purposes and re-certification

The CPR component must be re-certified within one year of the date that is printed on your card. Every two years, an 8 hour course consisting of Adult, Infant and Child CPR and Child Care First Aid must be completed. The Health & Safety component need only be taken once. The 15 hour and 8 hour classes are offered as individual classes and can not be broken up. If you lose your cards you need to call the American Red Cross at (415) 427-8000. If you have taken CPR with the American Heart Association, you may only attend the American Red Cross CPR re-certification classes if your card is less than one year old.

All classes will be held at Marin Child Care Council's offices located at 555 Northgate Drive, Suite 105, San Rafael, CA 94903 unless indicated otherwise. You must send the Registration Form, printed below, with your course choices, address and phone number and a check made out to Marin Child Care Council to this address to be enrolled in a class. No one will be enrolled in a class without receipt of payment. You may send a check or pay cash at our offices during office hours before the date of the class. Course prices are as follows:

Full 15 hour class	\$100.00 (Class can not be broken up)
5 hour CPR	\$55.00
8 hour CPR & First Aid class (5 Hour CPR/3 Hour First Aid)	\$70.00 (Class can not be broken up)

Remember to bring your current CPR card and book to re-certification classes!

NO CHILDREN ARE ALLOWED AT ANY OF THE HEALTH & SAFETY CLASSES
If you bring a child, you will be asked to leave and you forfeit your payment for that class. Please arrange childcare before arriving.

The Corte Madera Larkspur Mother's Club

The Corte Madera Larkspur Mother's Club (CMLMC) aims to build a supportive community of mothers with young children in Corte Madera, Larkspur and surrounding areas. Currently, over 150 families throughout Central and Southern Marin enjoy membership in the Corte Madera Larkspur Mothers Club. CMLMC welcomes new members throughout the year. If you are the parent of a child from newborn through 5 years and would like to join in the fun at CMLMC, please click through to BigTent from our Web site to join: cmlmc.org.

CMLMC offers age and interest-based playgroups, social events for mom and families, holiday parties, educational programs, our "Twin Cities Stroller" newsletter, and the opportunity to be on the Board – as well as a chance to give a little back to the community by volunteering at Club functions. We offer a variety of activities and special events every year. Upcoming events include our Summer Kick-off party on June 13th, and the End of Summer BBQ on September 12th. We also have a monthly all club playdate on the first Tuesday of every month. We would love to get to know you and your family! For more information, please see our Web site cmlmc.org or email our membership coordinator: membership@cmlmc.org.



San Rafael Mother's Club

The San Rafael Mothers' Club (SRMC) was formed to provide a supportive community for mothers and mothers-to-be. We have come together to make new friends for ourselves, our partners and our children, to learn more successful parenting and to have fun along the way.

Our club offers regular social, recreational, and educational events for our members. We organize playgroups by child's age, have a Neighborhood Ambassador program to help moms meet that live in the same area, offer services such as baby-sitting co-ops and "in-a-pinch" errands & meals. We facilitate communication between members with our BigTent Group and keep our members up-to-date with a monthly newsletter full of articles, columns, recipes, activities for kids, contact information and a complete calendar of events. To learn more or join our community, visit our website at <http://www.srmoms.org>.



SAVE THE DATE

Marin Child Care Council is gearing up for our 27th Annual Striving For Excellence Conference! So mark your calendars for January 29, 2011 – see you there!

Contact Us

Our mission is to improve the availability, accessibility and affordability of quality childcare

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479-2273

Resource and Referral Program

Kathleen Wilson

491.5783 or kathleen@mc3.org

Darcy Hammons

491.5775 or darcy@mc3.org

Health & Safety Trainings

491-5775

Administrative Representative

Cathy Gambino

491.5778 or cathy@mc3.org

Funding Eligibility Hotline

472.1092 ext. 3006

español 472.1092 ext. 3007

Website Address

www.mc3.org

**Marin Child Care Council is a
nonprofit agency
founded in 1979**

Marin Child Care Council Board Of Directors

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SAVE THE DATE

27th Annual Striving for
Excellence Conference

Saturday, January 29, 2010



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Corte Madera Larkspur Mother's Club

Marin Child Care Council (MC3) welcomes suggestions for its community newsletter. However, MC3 cannot guarantee complete accuracy of fact, content or grammar as some of the information was compiled by sources other than MC3.