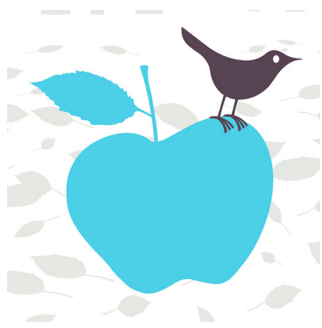




# Sonoma County Child Care Association The Professional Provider

www.sccca.info

P.O. Box 11037 ~ Santa Rosa CA 95406 ~ 707.237.4911



## *Early Bird Special* 50% OFF 2010 Membership

Just a reminder of what your membership includes. You will have access to online Members Only Area with Required Licensing Forms, information on Grants

for Family Child Care, Providers Community Resources, Fingerprinting Services, Curriculum Ideas, Merchant Discount Program, Provider Forms which can be customized with your program's name, Training Opportunities and More. The online listing of your Child Care Program is the most used and popular benefit and can be viewed easily by parents in the community looking for quality care. It is our goal at SCCCA to help you in your quest to provide the highest quality of care to children, and assist you in staying well informed of the opportunities for professional child care providers. Sign up early for 2010 SCCCA Membership year and receive 50% off till December 31, 2009. Renew online or send check for \$24.00 with your 2010 Application/Renewal Form on page 8.

November/December 2009

### Officers/Board Members

President: Megan Hede	Provider Outreach: Maria Barragan
Vice President: Connie Sarg	Membership: Velvet Herrera
Treasurer: Carole Stewart	Member at Large: Margaret Jones
Secretary: OPEN POSITION	

To contact us Email at [info@sccca.info](mailto:info@sccca.info)  
Or call 237.4911

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## To SCCCA 2009 Volunteers

Our association is run by members for members. Without the continued support of our volunteers, our association would suffer greatly. So please let's all thank each Board member and Officer Megan, Connie, Carole, Maria, Velvet, Maria and Margaret and the many people that represented SCCCA during the various events throughout the year. GREAT JOB EVERYONE!!!

## Childcare Website Designs

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Recognized by NAFCC (National Association for Family Child Care)

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Visit our website: [www.acainc.org](http://www.acainc.org) • email: [childcare@acainc.org](mailto:childcare@acainc.org)

2885 Country Drive Suite 165 St Paul, MN 55117-2621

# Child/Parent Separation-Working with Parents~By *CarolynnDiGiuseppi*

**Carolynn DiGiuseppi is a certified Montessori teacher with a Master Teacher's Degree in Early Childhood Education. With over 30 years of experience caring for children, she is the Director of Carolynn's Montessori for Toddlers in Petaluma.**

## QUESTION:

Is my child ready (to separate from me) to go to Child Care/Preschool?  
This is a popular question at the beginning of the school year.

## ANSWER:

First we have to establish that Mom or Dad is ready to separate from the child. You can say and do all the right things, but if you are feeling apprehensive, your child will know it – and act accordingly! Once you find a child care/school you trust, relax. This will help your child trust and relax. When young children don't exactly know how to act, they employ *social referencing*. They watch to see how the important adults around them act. Did you even notice how children laugh at jokes and conversations well beyond their understanding.... as they watch you? Do you notice how children will become afraid of dogs when their parent fears them? If you aren't ready for child care/preschool, neither is your child.

Yes, even after you have sufficiently relaxed, some children may still have difficulty separating, depending on their individual (genetic) temperament. An "easy child" adapts readily to new experiences. A "difficult/ slow-to-warm-up" child may take longer (Thomas and Chess, 1977). Here's a little more background information. Mary Ainsworth, in her Strange Situation Study (1978) describes three attachment styles (of infant-mother pairs): secure, resistant, and avoidant. A securely attached child will separate from the Mom/parent easily, and gladly accept Mom upon her return. The resistant child will cling to Mom before she leaves and be angry upon her return. The avoidant child will seem unresponsive to Mom before she leaves and avoid her upon her return. I believe parenting styles *and* genetics determine the type of attachment. Parenting practices can modify children's emotional styles considerably. So, be patient; you have options here.

One way to develop a "secure attachment", and to possibly mold temperament is to give your child the tools to learn to separate. Foster your child's self-esteem. This is a topic unto itself, but I will mention the basics. When we encourage (truly encourage in a thoughtful manner), we help build self-esteem. Recognize your child's strengths and abilities, point them out at times of disappointment or frustration; create opportunities for jobs and responsibilities; show gratitude for helpful behavior while explaining cooperation. Encouragement is very different from praise, which is liberally doled out to children. Praise is merely our opinion about how the child has performed. Praise is directly related to a successful outcome. It is usually just something to say when we don't know how else to respond. How about if the outcome was not successful? This is when your child really needs you. Encouragement recognizes the effort a child has made, and applauds that effort regardless of the success or failure of the project, job, etc.

Above all, **express your confidence in your child.** Be aware of phrases such as "Be careful; you are going to fall". Instead you could say: "I see a sharp curve there." or "I know you can get around that sharp curve". Little things like this help the child to feel confident rather than be fearful.

Having all the above in place, the first day of school may *still* be challenging. At our school we take extra precautions. We encourage parents to visit, with their child six times before the big day. I believe this helps children know that this is a safe place. Mom comes here; we have fun; we come again; Mom must trust this place. Now that I have been appropriately encouraged, I am securely attached, I have a full measure of self-esteem, I trust this place too! Bye Mom.



If you are interested in learning more about Positive Parenting (and topics such as the above), please contact me for info on my next workshop. My phone number is 769-7921 and email address is [carolynnstoddlers@yahoo.com](mailto:carolynnstoddlers@yahoo.com). You are most welcome to send questions and comments also



# Connecting

## Providers with Providers

### Professional Provider Upcoming Events

#### *Behavior Series*

Understanding and Working with  
Children's Challenging Behavior  
Wednesday, November 18, 2009 6:30-9pm  
Teacher Child Interaction Training

&

Wednesday, January 20, 2010  
Positive Behavior Supports 6:30-9pm Both  
Workshops will be held at 4C's  
396 Tesconi Ct. Santa Rosa, CA 95401  
Contact Sheila Whipple at  
522.1413 Ext.156.

#### CPR/First Aid Class

Saturday January 16, 2010 9-5pm  
Instructor Shannon Rosevear  
Reservations: 696.7979 or 793.9007

#### NAEYC Radio

Ongoing-ECE Guest Speakers  
<http://www.naeyc.org/>

### What Are You Missing?

If you are not on our Online E-mail Group you are missing out on a lot of great information!

To join go to:

[groups.yahoo.com/group/sonomacountyproviders](http://groups.yahoo.com/group/sonomacountyproviders)  
Click on "Join Now"

How does it work?

After you join the group you have the option of receiving individual emails each time a member writes a post or you can access the group and read all of the posts directly from the message board.

Recent Topics:

- Pace Question
- Opening For 16 Month Old
- Sick Children/Swine Flu
- Childcare Closing-Items For Sale
- Late Drop Off
- What Do You Consider Part-Time
- Home Owners Insurance
- Morning/Welcome song or verse

Child care can be an isolating profession, so it is great to have a way to communicate with other providers when the time is convenient for YOU.

2010 CAEYC ANNUAL **Conference and Expo**  
April 8-10, 2010  
Long Beach, CA

**BUILDING MINDFUL RELATIONSHIPS:  
KEEPING FAMILIES AND TEACHERS IN FOCUS!**

## Provider Day on the Flying Trapeze!

A few brave providers recently met in Sonoma at Trapeze Pro ([www.trapezepro.com](http://www.trapezepro.com)) to fly through the air! We may not have flown with the greatest of ease but we flew (!) and what an exhilarating experience it was! Some of us even hung by our knees and got caught by a catcher! Trapeze Pro is open to the public on weekends year round. No previous experience is necessary and the teachers are all very supportive (and strong!).



L to R: Connie Sarg, Maria Barragon, Carole Stewart, Megan Hede

If you'd like to experience the flying trapeze for yourself go to [www.trapezepro.com](http://www.trapezepro.com) or contact Marek Kaszuba at (510) help fly.

### CPR/First Aid Class

Saturday, January 16 - 9am-5pm

Regular Price: \$100

SCCCA Member Price: \$75

UCCU Member Price: \$35

Instructor: Shannon Rosevear

Call for Reservations:

(707) 696-7979 or (707) 793-9007

“Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand.”

~ Chinese Proverb



**Fishman Supply Company has partnered with the Sonoma County Child Care Association to offer Special Discounts to our members!**

#### Paper Products

Toilet tissue, paper towels, facial tissue, changing station liners, etc.

#### Food Service

##### Disposables

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#### Cleaning Supplies

Green, Environmentally Friendly, Cleaning Supplies  
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#### Office Supplies

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Shop From Home! Custom Made Catalog for Members!  
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Do you get creative while cooking with your kids? We'd love to hear from you! If you have any ideas to share please email our newsletter editor and we will print it here! Send e-mail to: [newsletter@sccca.info](mailto:newsletter@sccca.info)



## Pumpkin Mini Muffins

### Ingredients

3 1/2 cups all purpose flour

2 teaspoons baking powder

3 1/2 teaspoons pumpkin pie spice

3/4 teaspoon salt

1/2 teaspoon baking soda

Optional-1/3 cup walnuts and 1/3 cup raisins

1 1/3 cup packed brown sugar

3/4 cup milk

1/3 cup canola oil

2 teaspoons vanilla extract

2 large eggs

1 (15-ounce) can pumpkin

### Directions

Preheat oven to 350 degrees F. Coat 2 mini muffin pans with cooking spray.

Measure flour and pour into large mixing bowl. Combine the next 4 ingredients in the large bowl; make a well in center of mixture. Combine brown sugar and next 5 ingredients in a bowl, stir well with a whisk until smooth. Add to the flour mixture (add any optional ingredients), stirring until moist.

Pour batter into mini muffin pans and bake for 12-15 minutes. Makes 48 muffins

*This recipe was adapted from "The Best of Cooking Light" cook book.*



## Party Snack Mix

6 cups corn-and-rice cereal (Crispix works well)

2 cups small pretzel twists

2 cups goldfish crackers

1/4 cup vegetable oil

1 (1-ounce) envelope Ranch Dressing Mix

### Directions

Combine first 3 ingredients in a big bowl; set aside. Whisk vegetable oil and Ranch dressing mix together until smooth. Drizzle over cereal mixture; stir gently to coat.

Store mixture in an airtight container up to 1 week. Makes 4 quarts snack mix.

**The No Cook Recipe**



# Creative Curriculum

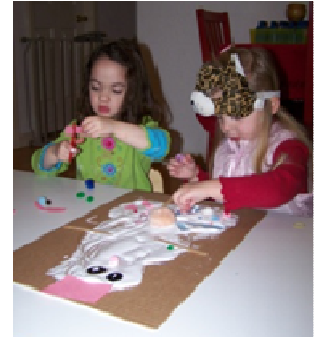
## Glue and Shaving Cream



Glue  
Shaving Cream  
Tempera paint  
Cardboard or other thick "paper" base / surface

Fill a paint cup with shaving cream, add glue and color. Mix well. Can be painted on with a brush. Colors mix nicely if more than one is being used

This is also fun with any theme in mind—just set out various objects that relate to your theme and the kids can place the objects onto their shaving cream/glue creation before it dries (Jack 'O Lanterns, snowmen). Or keep it open ended—set out leaves, sequins, sparkly things, old buttons, pieces of tin foil, pom-poms, feathers, any small leftover art supplies you have. Or go on a nature walk to collect items to add to their creation.



## No Name Art



Art w/ no name  
Scissors  
Glue  
Construction paper

We all occasionally have art that is not labeled with a child's name. Put it to good use by setting it out at the writing table for scissor/cutting practice. It can also be re-used for collage.

## Clay Sculptures



Damp clay  
Water  
Other misc items can be added as desired (see suggestions from Glue/Shaving Cream Art Above)

Children can create their own forms. This can be open ended or pictures/objects can be used as a guide for representational art or theme based activity (ie: sea anemones shown) Make sure there is enough clay.



**For special projects the clay can be dried and painted.**



# Sonoma County Child Care Association

**Don't Let Your Membership & Online Child Care Referral Expire!**

MEMBERSHIP APPLICATION/RENEWAL 2010 Membership Year

Please Print Clearly

OR Renew Online: <http://www.sccca.info/membership>  Si quiere information en Espanol marqu aqui

Name \_\_\_\_\_ Business Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_ Website \_\_\_\_\_

License # \_\_\_\_\_ Hours Open \_\_\_\_\_ Days Open \_\_\_\_\_ Ages Cared For \_\_\_\_\_ New Member \_\_\_\_\_

Returning Member \_\_\_\_\_ Sm. Childcare \_\_\_\_\_ Lg. Childcare \_\_\_\_\_

I would like information about the following:

- \_\_\_\_\_ Liability Insurance
- \_\_\_\_\_ Provider Meetings/Outings
- \_\_\_\_\_ Workshops
- \_\_\_\_\_ United Child Care Union

I would like information about helping on the following committees:

- \_\_\_\_\_ Fundraising
- \_\_\_\_\_ Hospitality
- \_\_\_\_\_ Community Events
- \_\_\_\_\_ Newsletter
- \_\_\_\_\_ Marketing/Membership Building

**Renew by Dec 31, 2009 and get 50% off your 2010 Membership**

Send a tax-deductible check in the amount of \$48.00(\$24 before Dec. 31) to:

Sonoma County Child Care Association  
P.O. Box 11037, Santa Rosa, CA 95406

"This newsletter is made possible by your membership fee and advertisements"



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⇒ Renew Your Membership for 2010  
<http://www.sccca.info/membership>