



January-February 2007



Child Care Links News

Child Care Links Presents the 7th Annual Tri-Valley Preschool Fair

The Tri-Valley Preschool Fair is just around the corner! The Tri-Valley Preschool Fair was started six years ago by Laura Molnar and other concerned parents who were looking for a “one-stop shop” in searching for the preschool for their children. In January 2006, Child Care Links took over planning and hosting of The Tri-Valley Preschool Fair with support and funding from the cities of Dublin, Livermore and Pleasanton. Last year 300 families and thirty-one preschools from the cities of Dublin, Pleasanton, Livermore, Sunol, Danville and San Ramon participated. In addition, four mother’s clubs were represented, My Child’s ID, and East Bay Preschool Directory. Child Care Links will also be hosting a Scholastic Book Fair this year.

The Tri-Valley Preschool Fair is an opportunity for child care providers to inform the community about their services and an opportunity for parents to speak with child care providers offering a preschool curriculum. As parents plan for their children, your participation offers them a wide-range of choices in finding the right match for their child and their family needs. Child Care Links looks forward to providing this enhanced service to the preschool community, parents and preschoolers!

The Tri-Valley Preschool Fair will be held on Saturday, February 3, 2007 from 11am to 2pm at the Pleasanton Senior Center located at 5353 Sunol Boulevard, Pleasanton, CA 94566. Feel free to contact Rupe Singh should you have any questions at (925) 249-3921.



Child Care Links

Child Care Links currently serves participants out of three offices located in Alameda County: Pleasanton, Fremont and Oakland. We are a Resource & Referral agency and an Alternative Payment/Cal WORKS Program, providing resources to the community by offering the following services:

- Subsidized Child Care Services
- Referrals to Licensed Child Care
- Family Education and Support Services
- Training and Support for Child Care Providers
- Inclusion Project
- Family Read Night

Child Care Links News is a bi-monthly publication.

Editor in Chief
Carol Thompson
Executive Director

Copy Editor
Sara Gonzalez
Resource and Referral Specialist

Kim Marshall
Inclusion Project Coordinator

Celebrating 30 Years of Service to the Community



**Growing, Learning and
Caring
Please Help Us Spread the
Word!**

In order to increase the quality of care for children in all child care settings, Child Care Links is now offering training and play group activities for individuals providing license exempt care. Who provides license exempt care? Grandparents, nannies, babysitters, neighbors and friends, to name a few. Trainings will be advertised in the community and the Child Care Links News mailed out bi-monthly. If you know someone providing license exempt care, please let them know about our program. Similar to the Child Care Initiative Project (CCIP), license exempt participants will have the opportunity to earn incentives based on their participation in the program.



~Ages and Stages~

As children grow they go through stages. Infants learn to grasp objects, to sit up, and to crawl. Toddlers learn to walk, to talk, and to discover other things besides their families and their homes. Preschoolers learn how to make friends. They develop intellectually and creatively by playing games, drawing pictures, and singing songs.

There are ten behaviors which show that a child is ok. It is important to tell the difference between unacceptable behavior and the "normal" nerve wrecking stages in a child's development is often difficult. One should only worry if none of these stages are being done such as during infancy a child cries because another child is crying. Or an 18month old dumping things out of a container. A two year old yells Me! Mine! When asked to share a toy. A three year old spills milk at the lunch table everyday. At fours year old they are interested in exploring other children's bodies and at five years the child bosses younger children around. It is ok for children to be displaying theses different types of behaviors. Remember there are stages for every age.

Child care should be viewed as a partnership between the providers and the parents. Parents and providers should recognize, encourage, and applaud the growth and changes in children. Together they offer continuity and support for the next generation.

This article was brought to you by the California Child Care Resource and Referral Network with funds from the California Department of Education, Child Development Division.

MONKEY MIX

Recipe Ingredients

- 1 1/4 cup dried bananas**
- 1 cup each of dried papaya and dried mango**
- 1/4 cup sliced almonds**
- 1/4 cup coconut**
- 1/4 cup mini chocolate chips**



License Exempt Orientations

New Orientations are Here!

Orientations will be covering topics such as Play is Learning, Family Literacy, Health & Safety, Discipline and Behaviors. For a schedule of upcoming orientations contact Nicole Roman at (925) 249-3942.

Orientations are available once a month in our Pleasanton office. Orientations are a great way for providers to learn new strategies and techniques that are useful in guiding children as they grow. The goal of orientations is to provide an overview of issues and best practices related to children and adults. All participants are eligible for incentives when you attend one or more of our programs.

If you know of someone providing license exempt care to children such as a grandparent, nanny, aunt, uncle, or a friend please let them know about our program. This is free to anyone who wants to attend as long as they are not licensed. For registration and more info please call Nicole Roman at (925) 249-3942.

PLAY GROUPS

Come for a morning of laughing, singing, and playing. Play Groups are a great way for the children to socialize with other children. Play groups will be held twice a month. Once at the CCL office and the other time at a local business such as Picture Perfect Party or Pump It Up to name a few. Every Play Group is free and everyone will receive an incentive for attending. Registration is required. Please contact Nicole Roman (925) 249-3942. Space is limited.



**Best Wishes for a
Prosperous New Year!**

**From,
Child Care Links, Board of
Directors and Staff**

Our Food and Avian Bird Flu

*By Sally Maier, MS, RD, CED
Registered Dietitian*

Avian bird flu is caused by flu viruses that occur naturally in birds. The bird flu virus that has caused concern worldwide is the Asian bird flu virus that causes severe bird flu. Let's talk about how this severe flu spread from birds to people so you know how to protect yourself and your family in the future.

People that developed Asian bird flu infection had prolonged exposure to infected chickens, turkeys, ducks, or their environment. Close contact with infected birds is believed to be the main route of transmission. Exposure to the virus in migratory birds rarely causes human illness. Asian bird flu viruses has not been found among the wild or domestic birds in California or the United States.

You may wonder if you can get bird flu from eating eggs or poultry. There is no evidence that properly

cooked eggs or properly cooked poultry meat from infected birds have caused any humans to become infected. Cooking food to 165°F will kill the bird flu virus if it is present. Using a meat thermometer is the only reliable way to check the doneness of poultry. Raw or undercooked eggs are not safe to eat. Avoid eating or tasting foods that contain raw eggs such as raw batter, cookie dough, egg-fortified drinks, Caesar salad dressing, and Béarnaise or Hollandaise sauces.

To help keep yourself safe from all strains of the flu this year, put these tips into use:

- Get adequate nutrition, exercise, and rest.
- Keep your immunizations up-to-date.
- Wash your hands frequently with soap and warm water or use a 70% alcohol hand-sanitizer, when water is unavailable.
- Prevent food-borne illnesses by cooking and refrigerating foods properly and cleaning kitchen surfaces with disinfectant and soapy water.
- Cover your mouth and nose with a tissue or your upper sleeve when you cough or sneeze.
- Stay home and rest when you are sick; don't spread



**Child Care Links Board of Directors
and Staff wish everyone a
prosperous new year!**

**"The pursuit of truth and beauty is a
sphere of activity in which we are
permitted to remain children all our
lives."**

--Albert Einstein

**"Cherish your visions and your
dreams, as they are the children of
your soul; the blueprints of your ul-
timate achievements."**

--Napolean Hill

**Children learn best from example;
the trouble is they don't know a
good example from a bad one.**

--Anonymous

**We must believe the things We
teach our children**

-- Woodrow Wilson

**"This would be a better world for
children if parents had to eat spin-
ach."**

--Groucho Marx

**"What is the end of human life? It is
not, believe me, the chief end of
man that he should make a fortune
and beget children whose end is
likewise to make a fortune, but it is,
in few words, that he should explore
himself.**

-- Ralph Waldo Emerson

**The soul is healed by being with chil-
dren.**

--Fyodor Dostoyevski

**Children are our most valuable
natural resource.**

--Herbert Clark Hoover

**Children need love, especially when
they don't deserve it.**

--Harold Hulbert

**Child Care Links
1020 Serpentine Lane, Suite 102
Pleasanton, CA 94566**

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Child Care Links Locations

East County office:

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

South County office:

(510) 791-9256
39155 Liberty Street, Suite D430
Fremont, CA 94538

North County office:

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

South & East County Office Hours:

8:00am to 12pm / 1:00pm to 5:00pm

mail@childcarelinks.org
www.childcarelinks.org

North County Office Hours:

8:00am to 12pm / 1:00pm to 4:00pm