

Yuba Community College District Child Development Program



At the December 10, 2015 Board of Trustees Meeting, the Board approved the name changes for the District campuses in Lake and Colusa County; please begin using the following revised names:

Lake County Campus of Woodland Community College
(Previously: Yuba College Clear Lake Campus)

Colusa County Campus of Woodland Community College
(Previously: Colusa County Outreach Facility)

Schedule of Events

- *January 2 Closed*
- *January 4th Come Back from Winter Break*
- *January 18 Closed in Observance of Martin Luther King Jr. Holiday*
- *January 19 Spring Semester Begins*
- *February 12 Closed in Observance of President Lincoln Holiday*
- *February 15 Closed in Observance of President Washington Holiday*
- *Teacher in Service Days TBA*

“A childhood without books – that would be no childhood. That would be like being shut out from the enchanted place where you can go and find the rarest kind of joy.”
— [Astrid Lindgren](#)

Thirdhand Smoke: A Stealth Toxin

Have you ever gone into an empty elevator and smelled cigarette smoke or smelled like smoke after leaving a smoky room? If so, then you've experienced thirdhand smoke.

Secondhand smoke: A mixture of pollutants emitted into the air by a smoker's exhalations and the burning end of a cigarette, pipe, or cigar.

Thirdhand smoke: Leftover secondhand smoke chemicals that combine in the air, form new compounds and stick to surfaces. The leftover bad smell indicates that toxins are present.

Exposure to any tobacco smoke is dangerous

- Tobacco smoke contains over 7,000 chemicals, 69 of which cause cancer
- Infants and children are more vulnerable to the effects of smoke than adults. Childhood and infant smoke exposure is linked to preterm delivery, respiratory and middle ear infections, asthma, low birthweight, SIDS, and behavior and cognitive development problems

The residue from thirdhand smoke is full of toxic particles

- Some poisons attach to surfaces and dust, building up for months on clothing, walls, carpets, furniture, curtains, pillows, drapes, skin, and hair
- Children and infants are at greater risk for exposure to toxins because they touch, crawl, eat and play near contaminated surfaces
- Chemical reactions from the aging of tobacco smoke may cause thirdhand smoke to be even more dangerous for children and infants than secondhand



Are your children protected?

- Some “smoke-free” policies aren't really smoke-free because they allow smoking after-hours or in other areas of the facility
- The only way to protect children from second and thirdhand smoke is to prohibit smoking at all times and in all areas

For more information call 206-296-7613 or go to: www.kingcounty.gov/tobacco

Made possible by funding from Public Health - Seattle & King County and the U.S. Department of Health and Human Services

Public Health
Seattle & King County



Important Parent Reminders.....Help Keep Everyone Healthy This Winter

As health screenings are a Community Care Licensing, Title 22 requirement ALL children must receive a complete screening before they can be signed in for the day. We apologize for any inconvenience this may cause and appreciate your cooperation.

Also, as NAEYC criteria requires that when you are dropping off your child or picking up your child for the day please remember that program policy is for the child AND the individual dropping off to wash their hands according to the handwashing guidelines in the family handbook. Thank you!



10 Things Every Parent Should Know about Play

by Laurel Bongiorno



1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop: cognitive skills – like math and problem solving in a pretend grocery store physical abilities – like balancing blocks and running on the playground new vocabulary – like the words they need to play with toy dinosaurs social skills – like playing together in a pretend car wash literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. Here are some [NAEYC articles and books about play](#). David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

Laurel Bongiorno, PhD, is the director of Champlain College's graduate program in early childhood education, with specializations in teaching and administration, in Burlington, Vermont. She has taught preschool, directed early childhood programs, and studied parents' perceptions of preschoolers' learning through play.

10 Cajas Temáticas para Aprender

Cómo llevar el espíritu de los centros de aprendizaje a su casa

Por Laura J. Colker



Muchas aulas preescolares cuentan con centros de aprendizaje (por ejemplo: un centro de escritura, de ciencias, una mesa para jugar con el agua), donde los niños utilizan materiales prácticos para explorar, jugar y aprender acerca de temas concretos. Traiga el espíritu de los centros de aprendizaje a su casa con las cajas temáticas –recipientes de plástico o cajas de zapatos que se pueden llenar con artículos y utilería que tienen que ver con un tema concreto, como las matemáticas o la escritura. He aquí 10 ideas:

1. Bloques. Guarde bloques proporcionales de madera o de patrones coloridos en cajas de plástico grandes, así como tablas sujetapapeles, papel y crayones. Los niños pueden construir edificios y carreteras, y luego hacer carteles para los mismos.

2. Juegos imaginarios. Llene una caja con ropa como, por ejemplo, vestidos, camisas y chaquetas de trajes. Añada accesorios como sombreros, bufandas, corbatas, carteras y joyería para que el juego imaginario de los niños sea más emocionante y complejo. Se pueden crear cajas temáticas para distintos temas de juego, por ejemplo: un maletín pequeño, libretas, papel y bolígrafos para una caja relacionada con el juego de la oficina. Permita que los intereses e imaginaciones de los niños guíen su selección de ropa y artículos.

3. Arte. Tenga a mano una caja con distintas clases de papel y artículos de dibujo y pintura. Añada tijeras para niños y pegamento para que los niños hagan collages o experimenten con otras técnicas del arte.

4. Matemáticas. Incluya juegos de mesa y rompecabezas. Añada cartones de huevos limpios y vacíos o bandejas de hielo, así como artículos para ordenar, como botones o tapas de botellas. Asimismo, ponga materiales que los niños puedan utilizar para inventarse sus propios juegos: papel, crayones y dados, así como peniques o botones que se pueden usar como piezas de juegos. También se puede añadir una regla, una cinta para medir y otros artículos para medir el tamaño y la distancia.

5. Lectura. Guarde libros y revistas de ficción y no ficción que le puedan gustar a sus niños, en una cesta que se puede llevar de un lado a otro e incluso afuera. A la hora de dormir, su niño puede colocar la cesta de lectura cerca de su cama para la lectura nocturna. También se puede designar un estante del cuarto de su hijo o un espacio en el librero donde guarda sus materiales de lectura.

6. Centro de escritura. Llene una cesta con papel, rotuladores, libretas, bolígrafos, lápices, una regla, papel y sobres para cartas y tarjetas. Su hija puede montar el centro de escritura cuando quiera escribir.

7. Juegos con agua. La bañera o tina y el lavadero de la cocina son lugares lógicos, pero una palangana pequeña en el suelo puede funcionar también (colóquela sobre una toalla y ponga una bolsa grande de basura de plástico debajo de todo para proteger el suelo). Llene una caja de plástico con artículos como esponjas, jeringas de cocina, coladores, escurrideros, jarras, tenacillas, etc.

8. Cocina. Guarde un delantal de tamaño infantil, una colección de recetas favoritas y cuencos, tazones o utensilios de plástico en un cajón o gabinete de la cocina. Invite a sus hijos a ayudarlo a preparar comidas y meriendas. Acostúmbrelos a que se laven las manos antes y después de tocar los alimentos.

9. Música. Utilice cajas de harina de avena, tarros de yogur y otros recipientes que tenga a mano para crear instrumentos caseros (como un palo de lluvia o tambor) con sus hijos. Guarde estos en una caja y añada otros como castañuelas o maracas. A los niños les encanta crear música mientras cantan con la familia o cuando inventan canciones graciosas juntos.

10. Ciencias. Haga de las ciencias una actividad rutinaria llenando una caja con algunas herramientas de investigación, como por ejemplo: imanes, prismas, una lupa y binoculares, así como una tabla sujetapapeles, papel, crayones o lápices. Vaya a dar una vuelta para recoger artículos de la naturaleza y luego invite a los niños a investigarlos con las herramientas mencionadas. Pregunte por ejemplo: “¿qué creen que puede suceder?” para ayudarlos a observar y predecir.

Etiquete las cajas temáticas con palabras y una foto o dibujo de lo que hay dentro, para que los niños puedan identificar fácilmente las que quieren. Guarde las cajas en un armario o incluso debajo de la cama—en el lugar que tenga más sentido en su casa, siempre que estén al alcance de usted y de sus hijos. Si su hijo no ha jugado nunca con alguna actividad, como por ejemplo, juegos de agua, presente la actividad y muéstrole cómo se usan los artículos de la caja jugando a su lado un rato.



United States Department of Agriculture

Be Your Best With Breakfast

Eating breakfast helps you have the energy you need for play and learning. Does your school serve breakfast? Check out the tasty choices. It is fun to eat breakfast with friends!



Parents

Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids B vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.



Check the Ingredients List:

Take a few seconds to see if the food is made from whole grains. Look for the word “whole” before the first ingredient. Some examples of whole-grain ingredients are:

- whole wheat
- brown rice
- oatmeal
- quinoa
- whole-grain corn
- buckwheat
- bulgur
- graham flour
- rolled oats
- whole-grain barley
- whole rye
- wild rice

INGREDIENTS:
WHOLE GRAIN WHEAT FLOUR,
WATER, SUGAR, WHEAT GLUTEN,
SOYBEAN OIL, NATURAL FLAVOR,
SEA SALT, YEAST, CULTURED
WHEAT FLOUR, MOLASSES, SOY
LECITHIN, RAPESEED OIL, VITAMIN
E, ASCORBIC ACID, TOPPED WITH
WHEAT BRAN.



Foster Kinship Care Education
(530) 741-6750
Fax (530) 743-3896

For more information and to
RSVP contact: Leah at 741-6750



Yuba College
2088 North Beale Road
Marysville, CA 95901

Child Care provided for 0 - 9 yrs old



Yuba College Foster Kinship Care Education

"January 2016"

"Help your children find their limits and help them to exceed them."



Jan 7th, Thursday, 10:00a.m.

"Advocating for your Child—How BAD did it go?"

What were the holidays like for you? Join in this workshop to learn how to avoid pit falls for the next holiday. Discussion & tools that worked or that didn't help will be shared. This is open to ALL parents, pre-adoptive & adoptive families regardless of the type of parenting.

Cooper Ave Baptist, Yuba City Child Care provided
by: Leslie Damshroeder, MSW, Post Adoption Social
Worker call 741-6750 to RSVP

Jan 12th, Tuesday 9:00 a.m.

"Holidays"

BRING YOUR PICTURES! One kit will
be provided. Join in the networking and fun as memories
are created.



Cooper Ave Baptist Church
741-6750 to RSVP
Child Care provided

Jan 13th, Wednesday 9:30am

"BIPOLAR DISORDER"

In this presentation, you will learn about bipolar disorder
and similar disorders. Characteristics of the disorder and
treatment issues will be discussed.

by: Stephanie Fischer, MFT 741-6750 to RSVP
Cooper Ave Baptist Church Child care provided

Jan 14th, Thursday, 6:45p.m.

"Parenting Doesn't have to be Rocket Science"

Basic principles, effective tools, and dynamic ex-
amples that are simple to soak up and easily ap-
plied. Laugh and learn while viewing concrete in-
formation to help make parenting simpler.

call 741-6750 to RSVP child care provided
Cooper Ave Baptist Church

Yuba College
2088 N Beale Rd.
Marysville
Collins Hall, bldg. 1300
Upstairs #1321

NO parking permit needed
in East General Parking Lot

Cooper Avenue Baptist Church
804 Cooper Ave.
Yuba City
Parking lot on Clark Ave.
Next to Sutter County Library

Jan 21st, Thursday, 9:30a.m.

Caring Connection ~ Attachment & Loyalty

Talking about the loyalty and attachment that foster children
struggle with especially during the holidays. Bring your experi-
ences and questions to strengthen the learning of this work-
shop. call 741-6750 to RSVP

Cooper Ave Baptist Church child care provided

Jan 25th, Monday, 6:30p.m.

"ADHD—Bullying and AD/HD"

Recent laws passed will be presented for
clarification about bullying. Effective intervention
will be shared. Learn more about cyber bullying.
by: Mary Pickering, LCSW & Nina Martinez, Mental Health
Rehab Specialist

Cooper Ave Baptist Church
call 741-6750 to RSVP
Child care provided

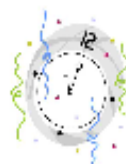


Jan 25, Monday, 6:30p.m.

Pre Service #1

Yuba College room #1321

★ Jan 27th, Wednesday 9:30am ★
★ "LIFE STAGES" ★
★ In this presentation, you will learn about various ★
★ stages that are typical in life. The impact of life ★
★ events, such as those experienced by foster youth, ★
★ will be discussed in relation to these stages. ★
★ By: Stephanie Fischer, MFT ★
★ Cooper Ave Baptist Church ★
★ Child care provided 741-6750 to RSVP ★



February 2016

3 Stephanie Fischer a.m.
8 Pre Service #2
9 Life Books a.m.
11 Advocating for your Child a.m.
17 Stephanie Fischer a.m.
22 Pre Service #3
22 AD/HD
25 1st Aid
29 Pre Service #4



CPR

Jan 28 Thursday 6:00 p.m.
Cooper Ave Baptist Church





Get a flu shot

This is an important way to keep yourself and those around you healthy. Some people can recover from the flu on their own. For others, the illness can be life-threatening. Vaccines are the safest and most effective way to prevent illnesses. Make sure your family has their shots before it gets too cold.

Wash your hands frequently

Hand-washing is one of the simplest yet more effective ways to stop the spread of illnesses. Killing germs before they spread will keep your family safe from unwanted colds. Use warm water, scrub your hands, and remember lots of soap. Recite the "ABCs" in your head to make sure you're scrubbing long enough.

Plan ahead for exercise

Warm and cozy couches can be tempting to snuggle into when the weather outside is frightful. But don't stay trapped inside and forget about fitness. Find a winter activity that the whole family can participate in for more fun and better health. Dress warm and make it a fun family time.

Stock up on healthy, in-season fruits and veggies

Don't discriminate against winter fruits just because your favorite summer choices are out of season. Eating healthy is an important way to boost energy and combat germs. Plan healthy dinners and snacks that the whole family can enjoy.

Check your furnaces before the cold sets in

Make sure that all of the annual safety checks needed on your furnace have been done before it gets too cold and the blankets just won't do. Cleaner air can help your family stay healthy.

Catch some ZZZs

Plenty of sleep helps our bodies fight off infection. Remember, children need between nine and 11 hours of sleep each night, and adults need seven or eight hours a night. Plan family time and bedtime to allow for as much sleep as possible.

Parent Survey Results

A great big thank you to all of our parents who completed a survey this past month. We have read all of the survey's, comments and have input the data to discuss and develop our improvement plan for the coming year. Overall, each site received above satisfactory responses from parents and commented on the great work teachers are conducting daily with the children. We did identify overwhelming feedback that we must improve our parent involvement, weekly communication on your child's learning/development, typical development to look for, community resources, more cultural events for the children, staff experience and parent education. As a staff, we will be meeting with parents after the first of the year to develop strategies that will improve each of these areas. We encourage you to attend the January Parent Meeting at your site as your input is critical to determine your needs and develop these strategies. We look forward to ongoing quality program improvement!



*"Mommy,
When I'm too big
for you to hold, I'll
hold you instead."
Ashlyn Age 4*

Finding the Joy.....

A mother was telling her little girl what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"

When I read this story I thought it was so special! Isn't this really what children want from us, the ability to still have a child-like perspective. Not that we are their "friends" but rather we join them in the journey and have FUN!!! Life is tough, let's be honest., so to take a few moments to pick berries, play in the snow or take a swing in the park. Those moments have the ability to give us a break from the many challenges we face.