



Children's News

A quarterly bulletin for and about children, families, child care providers, and the communities that support them.

Published by Children's Council of San Francisco Summer 2009 bilingual edition/edición bilingüe

In This Issue

Letter from our
Executive Director

Page 2

Provider Training
Classes

Page 3

Choosing Child Care
Workshops

Page 4

Nutrition Night/
Summer Food
Pantry Information

Page 6

Managing
Challenging
Behavior

Page 8

Inclusive Child Care
Programs

Page 10

Alternatives to
Payday Loans

Page 12

Children's Council Protests Proposed Budget Cuts to CalWORKs and Child Care

On May 19, California's voters failed to approve six propositions aimed at addressing the state's financial woes. After the failure of these propositions, California's lawmakers were left pondering how to close the state's ever-growing budget gap, estimated at around \$25 billion.

As of press time, state legislators had yet to agree on a budget. Governor Schwarzenegger had, however, proposed cutting all or part of CalWORKs, a state program providing temporary financial and employment assistance to needy families.

Cuts to all or part of CalWORKs would immediately affect families receiving child care subsidies. Bryce Skolfield, Director of Public Policy at Children's Council, noticed that such cuts would have a devastating impact on families who are trying to work their way out of poverty through employment and training.

"Without child care, parents will find it difficult or impossible to secure long-term employment," emphasized Skolfield.

Eliminating CalWORKs would entail turning down federal financial assistance, he added. "The state contributes \$1.3 billion to CalWORKs and in turn receives \$4.3 billion in federal matching funds for the program," he said. "Turning down \$4.3 billion would be an unwise move for a state with a budget crisis."

Children's Council's reaction to the proposals was swift.

Skolfield and Executive Director Linnea Klee composed a letter to the governor urging him to avoid reducing child care funds. Children's Council's Board of Directors quickly followed suit with an advocacy letter of their own.

Staff members Stephanie Simcox and Stephanie Haren traveled to Sacramento to provide testimony on the devastating effects of budget cuts to child care. Advocacy group Parent Voices made seven trips to Sacramento over a seven-week period, where parents testified that child care cuts would leave them unable to work and contribute to California's economy.

Sepi Aghdaee, Community Organizer at Children's Council, initiated a postcard advocacy campaign. Thousands of people across the state participated by sending legislators postcards that detailed how their families, businesses, and communities would be affected by child care funding losses.

Skolfield hoped that these advocacy efforts would convince lawmakers to avoid child care budget cuts. "Maintaining funds for child care will create jobs, increase income tax revenues, help businesses thrive, and give a much-needed boost to the state's economy," he said.

From the Desk of our Executive Director, Dr. Linnea Klee

At this time, no one knows what the impact of state budget cuts will be on child care, but the news is very threatening. The child care community was shocked to learn that the Governor and State Department of Finance have proposed the elimination of the CalWORKS program. This action would eliminate child care assistance for many thousands of children and families and critically affect child care businesses. Even more distressing, it would dismantle the welfare "safety net" for low income families who lose their jobs. It is hard for any of us to believe that California could stoop so low.

In response to the proposed cuts, Children's Council's Board of Directors sent the following letter to the Governor and the legislative members of the Conference Committee charged with the hard budget decisions:

Dear Governor Schwarzenegger:

We strongly urge the Legislature and the Governor to maintain all existing child care services at the current funding level. CalWORKS' funding for child care plays a vital role in our state's economic recovery. When parents are working, they maintain or work toward self-sufficiency, and pay taxes to support California's communities.

Please continue full funding for Stages 1 and 2 as well as Stage 3 child care. (State funding, as you know, is matched by federal dollars at a level greater than three times the state's contribution.) Stage 3 child care must be robustly supported to ensure that families are not forced to return to cash aid and to repeat a cycle that hinders California's economic recovery. By protecting child care funding, California's working families are protected.

In San Francisco, the loss of CalWORKS' child care dollars would force many working parents to choose between work (or unemployment) and taking care of their children. San Francisco child care providers may be forced to close their doors due to loss of income. These small businesses would no longer participate in the economy, reducing income taxes and business expenditures. Such reductions would negatively impact our struggling economy, contributing to unemployment and decreasing tax revenue. By protecting child care funding, California's businesses are protected.

Losing the valuable economic contributions made by working families and child care providers in the midst of the current fiscal crisis would be a disaster. We respectfully request that the Legislature and Governor not undermine the infrastructure supporting our state's financial health. By protecting child care funding, California's economy is protected.

Thank you for your leadership during this difficult period. We look forward to your continued support of California's child care industry, working families, and businesses.

Child care keeps California working.



Children's News
Volume XXXV, No. 1
Published Quarterly by /
publicado trimestralmente
por
Children's Council
of San Francisco
445 Church Street
San Francisco, CA
94114

Executive Director /
Directora Ejecutiva:
Linnea Klee

Deputy Director of
Programs / Subdirector:
Michael Williams

Newsletter Editor / Editora
del Boletín Informativo:
Sarah Wall

Spanish Translation /
Traducción al español:
Accuracy International

Board of Directors /
Junta de Directores:

Catriona Fallon, President
Elena Schmid, Vice President
Gurpal Dosanjh, Treasurer

Albert Archangel
Teresa Carias
Christine Cleary
Mireya Manigault
Andrei Massenkoff
Renita Sinn
Elain Wallace
Amy Zhang
David Ziegler

Notes on Translation
Due to space limitations,
we cannot print full Spanish
Translations of each article.
Spanish summaries of some
main articles appear. Sincere
Thanks to Accuracy International
for translation

Nota acerca de la traducción
al español
Debido al reducido tamaño
de Children's News, no hay
suficiente espacio para imprimir
traducciones completas en es-
pañol. No obstante, el resumen
de algunos de los artículos más
importantes.

Provider Training Classes & Workshops, Summer 2009

Clases y Talleres Para Proveedores, Verano del 2009

All classes are held in room 120, 445 Church Street, unless otherwise noted. Our CPR & First Aid and Preventative Health & Safety classes are \$75 each and can be paid by cash, credit card, or cashier's check here at CCSF. As space is limited, please pre-register for classes. To register, call Vilma Molina, Kendall Jones, or Jessica Boehme at 415.276.2900.

Todas las clases se realizan en la sala 120 a no ser que avisemos que serán en otro lugar. Las clases sobre Resucitación Cardiopulmonar y Primeros Auxilios, y Salud Preventiva y Seguridad, cuestan \$75. Cada uno pueden pagarse en efectivo, tarjeta de crédito o cheque de caja aquí en CCSF. Le rogamos que se registre con anticipación a las clases ya que el espacio es limitado. Para registrarse llame a Vilma Molina, Kendall Jones, o Jessica Boehme al 415.276.2900.

Calendar of Classes/ *Calendario de Clases*

July/Julio

7/9, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (English)

7/30, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (Cantonese)

7/16, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (Spanish)
Orientación de Cuidado Infantil de Calidad (español)

August/Agosto

8/6, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (English)

8/27, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (Cantonese)

8/20, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (Spanish)
Orientación de Cuidado Infantil de Calidad (español)

September/Septiembre

9/10, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (English)

9/18, 9:00 a.m. - 5:00 p.m.
CPR & First Aid (English) - \$75 Fee

9/15, 6:30 p.m. - 8:30 p.m.
Provider Support Services Class

9/24, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (Cantonese)

9/17, 10:00 a.m. - 12:00 p.m.
Orientation to Quality Child Care (Spanish)
Orientación de Cuidado Infantil de Calidad (español)

9/29, 6:30 p.m. - 8:30 p.m.
Provider Support Services Cooking Class

Go Green! Stay Connected to Children's News Online.

The news is the same, but the format is greener! Now you can read the Children's News online and catch up on all the latest news affecting parents, providers, and our community.

To access our newsletter online, log on to www.childrenscouncil.org and look for the Children's News link under the "News" section on our homepage.

Children's Council Educates Parents on Child Care Selection

For many parents, selecting child care providers is a difficult task. With so many providers and programs to choose from, discovering a fun, educational, and safe child care setting presents a challenge.

Fortunately, the Choosing Child Care workshop offered by Children's Council makes the child care selection process much easier. This workshop provides important details to parents on what to look for when choosing a provider.

In addition to offering on-site workshops at Children's Council, Family Support Specialist

Justin DeMartra presents the course to audiences all over San Francisco. DeMartra educates parents at area businesses, schools, and resource fairs about child care options upon request, free of charge.

Choosing Child Care Workshops are held in room 120 at Children's Council, the second Tuesday of every month. Classes are available in English, Spanish, and Cantonese. Pre-registration is required. Parents are welcome to bring their infants when attending a workshop. For more information, or to register, call 415.343.3300.

Choosing Child Care Workshops

Topics

- Using child care Resource and Referral services at Children's Council
- When to start looking for child care
- Understanding different care settings such as centers, family child care homes, in-home care, and alternative child care
- Selecting a provider based on a child's social, physical, emotional, and developmental needs
- Licensing requirements for child care providers
- Legal rights and obligations of parents and providers
- Tips for screening child care providers over the phone and in person

Schedule

- 7/14, 6:00 p.m. - 8:00 p.m.
- 8/11, 6:00 p.m. - 8:00 p.m.
- 9/8, 6:00 p.m. - 8:00 p.m.

Summer Lunch Program Begins Soon

For some children, the end of the school year can also mean the end of consistent access to healthy lunches. Fortunately, San Francisco's Department of Children, Youth & Their Families (DCYF) will be stepping in to fill the hunger gap this summer.

DCYF is gearing up for the 13th annual Summer Food Service Program (SFSP). The program, which provides free lunches to youth under 18 years of age, regardless of income, will run from June 22 through August 14.

SFSP lunches will be distributed to kids at approximately 100 provider centers

throughout the city. These centers include community-based organizations, recreation centers, and public housing facilities.

According to Libby Albert, Child Nutrition Coordinator, DCYF plans to provide 5000-5500 free lunches per day and 2000-2500 snacks per day to children.

Child care providers who do not participate in the Child Care Food Program can also bring their children to the free lunch sites, said Albert.

For more information on the free lunch program call 211 or 311, or visit www.sfkids.org.

Children's Council educa a los padres sobre la selección de cuidado infantil

Para muchos padres, el seleccionar proveedores de cuidado infantil es una tarea difícil. Con tantos proveedores y programas para elegir, el descubrir un ambiente de cuidado infantil divertido, educativo y seguro presenta un desafío.

Afortunadamente, el taller Eligiendo Cuidado Infantil, el cual es ofrecido por Children's Council hace que el proceso de selección sea mucho más fácil. Este taller proporciona importantes detalles a los padres sobre qué buscar al elegir a un proveedor.

Este taller incluye tópicos tales como:

- Usando servicios de Recursos y Referencias de cuidado infantil en Children's Council
- Cuándo empezar a buscar cuidado infantil
- Entendiendo los diferentes ambientes de cuidado tales como centros, hogares de cuidado infantil familiar, cuidado a domicilio y cuidado infantil alternativo
- Seleccionando a un proveedor de acuerdo a las necesidades sociales, físicas, emocionales y de desarrollo del niño
- Requisitos de licenciamiento para los proveedores de cuidado infantil

- Derechos y obligaciones legales de padres y proveedores
- Consejos para seleccionar a proveedores de cuidado infantil por teléfono y en persona

Aparte de ofrecer talleres en las instalaciones de Children's Council, Justin DeMartra, Especialista de Apoyo Familiar, presenta el curso a audiencias por todo San Francisco. DeMartra educa a padres en negocios, escuelas y ferias de recursos locales acerca de las opciones de cuidado infantil cuando lo solicitan, en forma gratuita.

Los Talleres Eligiendo Cuidado Infantil se realizan en Children's Council el segundo martes de cada mes. Hay clases disponibles en inglés, español y cantonés. Se requiere el registro anticipado. Los padres pueden traer a sus bebés al asistir a los talleres. Para obtener más información o para registrarse, llamar al 415.343.3300.

Horario de clases:

- 14 de julio, de 6 p.m. a 8 p.m.
- 11 de agosto, de 6 p.m. a 8 p.m.
- 8 de septiembre, de 6 p.m. a 8 p.m.

Programa de almuerzos en el verano comienza

Para algunos niños, el fin del año escolar también puede significar el fin del acceso regular a almuerzos saludables. Afortunadamente, Department of Children, Youth & Their Families of San Francisco (DCYF) asumirá la responsabilidad de proporcionar almuerzos este verano.

DCYF está preparándose para el 13º Programa Anual de Servicio Alimenticio de Verano (Summer Food Service Program – SFSP). El programa, el cual provee almuerzos gratis a niños menores de 18 años, sin tomar en cuenta los ingresos familiares, se llevará a cabo desde el 22 de junio hasta el 14 de agosto.

Los almuerzos de SFSP serán distribuidos a niños en aproximadamente

100 centros de proveedores por toda la ciudad. Estos centros incluyen organizaciones comunitarias, centros de recreación e instalaciones de vivienda pública. De acuerdo a Libby Albert, Coordinadora de Nutrición Infantil, DCYF planea proporcionar a los niños de 5000 a 5500 almuerzos gratis por día y de 2000 a 2500 refrigerios por día.

Los proveedores de cuidado infantil que no participan en el Programa Alimenticio de Cuidado Infantil también pueden llevar a sus niños a los lugares que ofrecen almuerzo gratis, dijo Albert.

Para obtener más información sobre el programa de almuerzos gratis, llamar al 211 ó 311, o visitar www.sfkids.org.

Families Explore Healthy Lifestyles at Nutrition Night

Hundreds of parents and children gathered at Sanchez Elementary School in the Mission on May 21 for Nutrition Night. Sponsored by Children's Council of San Francisco and Network for a Healthy California, Nutrition Night gave area families an opportunity to learn about nutrition, sample healthy foods, and take part in group exercise activities.

Nutrition Night attendees enjoyed seed planting, nutrition-related arts and crafts activities, an exercise area, and a prize raffle. Educational materials in English, Spanish, and Chinese were available to inform the attendees about local gardening and healthy eating initiatives.

Organizations including Slow Food San Francisco, ACORN, Network for a Healthy California, and Power Play were on hand to educate the attendees about healthy diets. San Francisco's Department of Children, Youth, & Their Families (DCYF) provided information on the Soda-Free Summer campaign. Gail Myers, Director of Farms to Grow, Inc., set up a farmers market where families could purchase fresh strawberries, oranges, apricots, peaches, cucumbers, and other organic produce.

Children's Council's Nutrition Manager, Bergen Watterson, developed Nutrition Night three years ago as part of the organization's growing interest in promoting healthy lifestyles for families.

The children, parents, and teachers at Sanchez Elementary have started an on-site garden where tomatoes, corn, potatoes, peas, flowers, dill, peppers, and other crops are grown. "Nutrition Night gives us a chance to show the kids that it's easy to grow the things they like to eat," stated Susie Kameny, Sanchez Elementary's technology teacher and



Gardening Committee member.

Rosa, Gisele, and Oscar, three students at the school, proudly showed off flowers and vegetables that they helped to cultivate at the urban garden. "Digging around in the dirt and growing food is really fun," exclaimed Gisele.

The school's enthusiasm for growing organic produce has made a big impression on Peter Goss and Sean Pattanasuvoranun, co-owners of neighborhood restaurant Tangerine. The two men helped fund the school's garden when it first started six years ago, and used Sanchez-grown chard and red leaf lettuce as ingredients for the two Pacific Rim-inspired dishes that were served at Nutrition Night.

Naomi Friedman of Slow Food San Francisco said that events such as Nutrition Night play an essential part in educating parents and kids about the importance of consuming local, sustainable fresh produce. "It's good to see kids bringing their parents to this event and showing their parents that anyone can build a garden at home and use food that they have grown for healthy meals at home," she said.

Children's Council Holds Summer Food Pantry

Children's Council and the San Francisco Food Bank are joining together once again to hold a summer food pantry.

Location: Children's Council, 445 Church Street in San Francisco, Room 120

Dates: Every Friday from June 19 until August 21

Times: 3:00 p.m. - 4:45 p.m.

Eligibility: Anyone who needs assistance with food may shop at the pantry once per week. Child care providers are welcome to shop for their families, but the food may not be used for their child care businesses.

More Information: Contact Venus Savea at 415.276.2900.



Familias obtienen información nutricional a la noche sobre nutrición

Cientos de padres y niños se reunieron en la Escuela Primaria Sanchez en la Misión el 21 de mayo para la Noche sobre Nutrición. La Noche sobre Nutrición, la cual fue auspiciada por Children's Council of San Francisco y Network for a Healthy California, les dio a las familias del área una oportunidad de aprender sobre nutrición, de probar muestras de comidas saludables y de formar parte en actividades de ejercicios en grupo.

Las personas que asistieron a la Noche sobre Nutrición disfrutaron plantando semillas, realizando actividades de artes manuales relacionadas con nutrición, de un área de ejercicios y de una rifa con premios. Hubo materiales educativos en inglés, español y chino para informar a las personas sobre las iniciativas del cultivo local de productos agrícolas y de la alimentación sana.

Organizaciones tales como Slow Food San Francisco, ACORN, Network for a Healthy California y Power Play estuvieron presentes para educar a las personas que asistieron acerca de dietas saludables. Department of Children, Youth & Their Families (DCYF) proporcionó información sobre la campaña Verano sin Gaseosas. Gail Myers, Directora de Farms to Grow, Inc. puso una feria de granjeros donde las familias pudieron comprar fresas, naranjas, chabacanos, duraznos, pepinos y otras frutas y verduras frescas y orgánicas.

Bergen Watterson, Directora de Nutrición de Children's Council, desarrolló la Noche sobre Nutrición hace tres años como parte del creciente interés de la organización de promover estilos de vida saludables para las familias.

Los niños, padres y maestros de la Escuela Primaria Sanchez han comenzado una huerta en la escuela donde cultivan tomates, maíz, papas, chícharos, flores, eneldo, pimientos y otros cultivos. "La Noche sobre Nutrición nos da una oportunidad de mostrar a los niños que es fácil cultivar las cosas que a ellos les



gusta comer", dijo Susie Kameny, la maestra de tecnología y miembro del Comité de Huertas de la Escuela Primaria Sanchez.

Rosa, Gisele y Oscar, tres estudiantes de la escuela, mostraron con orgullo flores y verduras que han ayudado a cultivar en la huerta urbana. "Excavar la tierra y cultivar alimentos es muy divertido", exclamó Gisele.

El entusiasmo de la escuela de cultivar productos agrícolas orgánicos ha dejado muy impresionados a Peter Goss y Sean Pattanasuvoranun, co-dueños del restaurante Tangerine. Los dos señores ayudaron a financiar la huerta de la escuela cuando comenzó hace seis años y usaron acelga y lechuga de hoja roja cultivadas en la Escuela Sanchez como ingredientes para sus dos platos de inspiración asiática que sirvieron durante la Noche sobre Nutrición.

Naomi Friedman de Slow Food San Francisco dijo que los eventos tales como la Noche sobre Nutrición juegan un papel esencial en la educación de los padres y niños acerca de la importancia de consumir productos agrícolas locales, sostenibles y frescos. "Es bueno ver que los niños llevan a sus padres a este evento y muestran a sus padres que cualquier persona puede tener una huerta en su casa y usar alimentos que ellos han cultivado para sus comidas saludables en casa", dijo ella.

Children's Council realiza despensa de alimentos de verano

Children's Council y el Banco de Alimentos de San Francisco se están uniendo una vez más para realizar una despensa de alimentos de verano.

Lugar: Children's Council, 445 Church Street en San Francisco, Sala 120

Fechas: Cada viernes desde el 19 de junio hasta el 21 de agosto

Hora: de 3:00 p.m. a 4:45 p.m.

Elegibilidad: Cualquier persona que necesite asistencia con alimentos puede venir a recogerlos a la despensa una vez por semana. Los proveedores de cuidado infantil pueden recoger alimentos para sus familias, pero no los pueden usar para sus negocios de cuidado infantil.

Más Información: Contacte a Venus Savea llamando al 415.276.2900.

Managing Challenging Behavior

Parents and child care providers alike are often confronted with challenging behaviors exhibited by children. These behaviors can interfere with kids' ability to relate to their siblings and peers. Disruptive behavior can affect learning activities and environments, and, in some cases, pose threats to health and safety.

Stephanie Haren, Manager of the Child Care Inclusion Challenge Project at Children's Council, recently facilitated a workshop entitled "Supporting Positive Behavior." The course addressed the challenges and opportunities involved in working with children whose behavior is difficult to manage.

Haren notes that kids' behavior is influenced by a number of factors. These include temperament, environment, health conditions, family circumstances and developmental appropriateness of the tasks they are given. Caregivers can't always control these factors, but they can control their preparedness level for, and responses to, children who pose a challenge.

Before caregivers can successfully begin to manage behaviors, they must get in the habit of reframing negative traits into positive ones. For example, instead of saying, "Jimmy is loud," a caregiver might remark, "Jimmy knows how to express his feelings." A caregiver might also reframe a "Jasmine is stubborn" label into a more positive "Jasmine doesn't give up easily."

Beyond the reframing process, Haren offers several other tips for parents and providers who want to increase their ability to manage behaviors, including:

- **Organize play and classroom environments.** Children feel safer and more secure in environments that are organized and clearly defined. Help children to understand the purpose of materials and activity areas. Make sure that play areas are organized, logical, and allow for large group, small group, active, and quiet types of play.
- **Watch out for sensory overload.** Some kids are more sensitive to sights, sounds, touch, taste, smell, and movement. One child may act aggressively when he hears loud noises from a television or radio. Another child might start crying if she gets paint on her hands during art activities. Note how children are influenced by their senses and adjust their environments accordingly.



- **Let kids know what they can expect each day.** Who will be present (or absent) in the classroom? What kinds of activities are going to take place? Will there be a change in routine? Conveying this information in visual and verbal ways throughout the day will help children to feel safe and secure.
- **Prepare children for transitions.** Because some children have a difficult time transitioning to new activities, be sure to prepare them for what's coming next. Provide reminders five minutes and one minute before activity switching. Try using different kinds of reminders (verbal, visual, special sounds) to determine how you can communicate transitions most effectively.
- **Help children learn the language of feelings.** Most young children understand basic feeling words such as "sad," "happy," and "mad," but as they get older they may have a hard time describing other emotions. Use drawings or pictures labeled with feeling words to build their emotional vocabulary. Restate their feelings by using phrases such as, "Nathan, it sounds like you are feeling frustrated right now. Is that true?" Demonstrate how they might tune into their peers' feelings by observing facial features, body language, and tone of voice.
- **Praise positive behavior.** Praise is more likely to result in long-term behavior change than punishment. If you see a child acting in positive ways, or have noticed that his/her behavior has changed for the better, make sure to tell the child that you've noticed.
- **Provide the right kind of consequences for negative behavior.** Consequences

should begin immediately after inappropriate behavior is noticed. Consequences should also be logical and fair, relating directly to the seriousness of the behavior. After the child has experienced consequences, let him/her know that she has been forgiven; no further lectures, anger, or nagging is necessary.

Finally, Haren emphasizes the importance of caregivers tuning in to their own physical and emotional needs. They should create

opportunities for fun and relaxation in their own lives. Parents and child care providers who take good care of themselves are in a prime position to engage children in learning activities. They can also help children express themselves in positive ways, and teach kids how to exhibit appropriate behavior.

For more information on managing behavior, go to www.onetoughjob.org, www.familyeducation.com, or www.zerotothree.org.

Manejando una conducta desafiante

Tanto los padres como los proveedores de cuidado infantil a menudo tienen que enfrentarse con conductas desafiantes que exhiben los niños. Estas conductas pueden interferir con la habilidad de los niños de relacionarse con sus hermanos y compañeros. La conducta perjudicial puede afectar las actividades y los ambientes de aprendizaje, y, en algunos casos, son amenazas a la salud y la seguridad.

Stephanie Haren, Directora del Proyecto de Desafío de Inclusión de Cuidado Infantil de Children's Council, recientemente facilitó un taller titulado "Apoyando la Conducta Positiva" que trató los desafíos y las oportunidades que tiene el trabajar con niños cuya conducta es difícil de manejar.

Haren nota que la conducta de los niños está influenciada por diferentes factores. Éstos incluyen el temperamento, el ambiente, las condiciones de salud, las circunstancias familiares y cuan apropiado de acuerdo a su desarrollo son las tareas que se les da. Los cuidadores no siempre pueden controlar estos factores, pero pueden controlar su nivel de preparación y las respuestas a niños que presentan un desafío.

Antes que los cuidadores puedan empezar a manejar con éxito las conductas, tienen que entrar en el hábito de reformular los rasgos negativos y cambiarlos a rasgos positivos. Por ejemplo, en vez de decir "Jimmy es ruidoso", el cuidador puede decir "Jimmy sabe cómo expresar sus sentimientos". El cuidador también puede reformular el estigma de "Jasmine es porfiada" a algo más positivo como "Jasmine no se da por vencida fácilmente".

Aparte del proceso de cambio, Haren ofrece otros consejos para padres y proveedores quienes desean aumentar su habilidad de manejar conductas, y estos



incluyen:

- **Organizar los ambientes de juego y de la sala.** Los niños se sienten más seguros y protegidos en ambientes que están organizados y definidos claramente. Ayude a los niños a entender el propósito de los materiales y las áreas de las actividades. Asegúrese de que las áreas de juego estén organizadas, que sean lógicas y que en ellas se pueda tener grupos grandes y pequeños, y tipos de juegos activos y silenciosos.
- **Fijese que no haya sobrecarga para los sentidos.** Algunos niños son más sensibles a las vistas, sonidos, tacto, sabores, olores y movimiento. Un niño puede actuar agresivamente cuando oye ruidos fuertes de un televisor o radio. Otro niño podría empezar a llorar si se le ensucian las manos con pintura durante las actividades de arte. Note la influencia que tienen los sentidos en los niños y ajuste sus ambientes conforme a los mismos.
- **Dígale a los niños qué va a pasar cada día.** ¿Quién va a estar presente (o ausente) en la sala?, ¿Qué tipo de

Más en la 11

Building an Inclusive Environment for Children with Special Needs

Suzanne Gomes^{**} three-year-old son Chris^{*} was diagnosed with Sensory Integration Dysfunction (SID) last year. Because of Chris' diagnosis, Suzanne feared that she would not be able to leave him in someone else's care after starting a new job. She knew that her son, whose condition causes him to be hypersensitive to sights, sounds, tastes, touch, and sudden changes, would not have his needs met in a traditional child care setting.

Stephanie Haren is the Manager of the Child Care Inclusion Challenge Project (CCICP) at Children's Council. She says that parents like Suzanne often do not understand what resources are available for their kids. "Many parents of children with special needs don't think that child care is an option for them," she commented. "Also, some providers do not have a sense of what they can do to include kids with disabilities and special needs."

The Child Care Inclusion Challenge Project (CCICP) is a collaborative effort between Children's Council, Support for Families of Children with Disabilities, Child Care Law Center, and Wu Yee Children's Services. This group is working to educate families and providers about inclusive environments. Inclusive child care settings are structured in such a way that allows children of all abilities to be cared for in the same learning environment.

CCICP provides support to both families and providers around the inclusion process. Families are provided with information on finding and maintaining child care as well as parent-to-parent support. Child care providers are eligible to receive on-site consultations and technical assistance. Providers may also attend workshops on topics related to



working with children with special needs.

As a result of CCICP's education programs, many providers are finding that even slight changes in their program spaces, structures, and routines can make their programs welcoming to kids with special needs. CCICP stresses that building an inclusive environment has benefits for providers. These benefits include building their skills, partnering with other organizations, increasing their awareness of resources, and showing their commitment to equal rights for all community members.

As providers increasingly start to understand inclusion, families all over San Francisco are reaping the benefits. Suzanne's story has a happy ending, as her son has just started a specialized program at an area preschool. "Chris spends part of the time in a special day class, but he also gets opportunities to play with all of the other kids in the center. He's not segregated from other kids, so he doesn't feel 'different.' It feels like a community."

** Names have been changed*

Want to Know More about Inclusivity?

CCICP's partner agencies can help providers and parents who want to learn more about inclusive child care. For more information:

- Providers can call 415.343.3334
- Parents can call 415.920.5040
- Visit the CCICP's new website at www.childcareinclusion.org

Tips for Creating an Inclusive Program

- Provide instructions and demonstrate activities in small steps
- Call children by their names and address them directly, not through someone else
- Give all staff members opportunities to interact with, hold, and position children to ensure everyone is comfortable
- Keep directions as simple as possible
- Praise kids' efforts at communication
- Maintain picture displays that are simple, clear, and uncluttered
- Make sure that your facility can accommodate wheelchairs, walkers, and other types of equipment
- Help other kids understand the nature of a child's disabilities, and emphasize what that child is capable of doing
- Provide cues for activity changes, such as timers, bells, pictures, and lights
- Let children bring a familiar object when entering new situations or beginning a new activity
- Allow children to participate in decision-making processes
- Support kids' independence when it is realistic, and assist them with activities they may not be able to do alone
- Ask families how to use and care for hearing aids or other special equipment
- Seek input and suggestions from parents

Manejando una conducta desafiante, viene de la página 9

- actividades se realizarán?, ¿Habrán algún cambio en la rutina? El transmitir esta información en forma visual y verbal durante el día ayudará a los niños a sentirse seguros y protegidos.
- **Prepare a los niños para las transiciones.** Debido a que a algunos niños les resulta difícil hacer la transición a nuevas actividades, asegúrese de prepararlos para lo que va a suceder. Recuérdeles cinco minutos y un minuto antes de cambiar la actividad. Trate de usar diferentes tipos de recordatorios (verbales, visuales, sonidos especiales) para determinar cómo puede comunicar las transiciones de manera más efectiva.
 - **Ayude a los niños a aprender el lenguaje de los sentimientos.** La mayoría de los niños pequeños entienden las palabras básicas de los sentimientos tales como "triste", "feliz" y "enojado", pero a medida que crecen puede ser difícil para ellos describir otras emociones. Use ilustraciones con títulos que digan las palabras de los sentimientos para ampliar su vocabulario emocional. Reafirme sus sentimientos usando frases tales como "Nathan, parece que te estás sintiendo frustrado en este momento, ¿verdad?" Demuestre cómo pueden entender los sentimientos de sus compañeros observando los gestos en las caras, el lenguaje corporal y el tono de voz.
 - **Alabe la conducta positiva.** Hay más probabilidades de que la alabanza, y no el castigo, resulte en el cambio de una conducta a largo plazo. Si usted ve a un niño actuando en formas positivas o ha notado que su conducta ha cambiado positivamente, asegúrese de decirle al niño que usted ha notado esto.
 - **Déle el tipo adecuado de consecuencias por la conducta negativa.** Las consecuencias deberían empezar inmediatamente después de notar una conducta inapropiada. Las consecuencias también deberían ser lógicas y justas, y estar relacionadas directamente con la seriedad de la conducta. Después de que el niño haya experimentado las consecuencias, dígame que ha sido perdonado; no es necesario darle más sermones, demostraciones de rabia o insistir al respecto. Finalmente, Haren enfatiza la importancia que tiene que los cuidadores noten sus propias necesidades físicas y emocionales. Ellos deberían crear oportunidades para divertirse y relajarse en sus propias vidas. Los padres y los proveedores de cuidado infantil que se preocupan de sí mismos están en una mejor posición de involucrar a los niños en actividades de aprendizaje. Ellos también pueden ayudar a que los niños se expresen en formas positivas y enseñarles a ellos cómo exhibir una conducta apropiada. Para obtener más información, visitar www.onetoughjob.org, www.familyeducation.com, o www.zerotothree.org.

Credit Unions Provide Alternatives to Costly Payday Loans

“Get cash NOW!” “Easy and hassle-free!” “Instant approval!” “Bad credit OK!”

Ads for payday loans are everywhere, appearing on television, radio, billboards, newspapers, and Web sites. The ads promise easy money for just about anyone, which can be tempting for families on tight budgets.

The payday loan process seems simple. A borrower visits a lending store and receives a small cash loan. In return, the borrower must pay the lender in full next time the borrower gets paid. The borrower can also pay extra to have the loan extended.

These “small and easy” loans can quickly become expensive, as most lenders charge high fees. Say you take out a \$300 loan from a lender, who charges a \$60 fee each time you borrow money or extend a loan:

In two weeks, you will owe the lender \$360

- If you ask the lender to extend the loan for another two weeks, you will owe \$420
- If you ask the lender to extend the loan for another two weeks, you will owe \$480
- If you can pay back the loan at that point, you will pay the lender \$180 for loaning you the money for one month
- Your total annual interest rate for borrowing \$300 is 520%

Many people turn to payday loans because they do not know that they have other choices. People with a bad credit history, people with no credit history, and undocumented immigrants may believe they do not have access to traditional banks.

Fortunately, credit unions provide an alternative lending and banking source. Credit unions are non-profit financial institutions owned and operated by their members. Members who pay a one-time fee of as little as \$5 are eligible to open up checking and savings accounts and take out loans.

Mission SF Federal Credit Union in San Francisco is one such institution that serves a diverse membership. “We serve a lot of people who have never walked into a bank

before,” said Ivan Barriga, the credit union’s Outreach and Financial Education Director.

Credit union members are eligible for Lifesaver Loans, which are much cheaper than payday loans. Members are allowed to borrow \$300-\$500 over a period of 6 months. Borrowers pay an annual interest rate of 18%, which is much lower than payday lending sources. Unlike payday loans, Lifesaver Loans allow borrowers the opportunity to build a credit history and improve credit scores.

Small business owners, including those with low incomes, are eligible for micro-loans of up to \$10,000. Barriga revealed that the credit union’s approval rate for such loans is 70%.

Salvador Durán, the credit union’s CEO, added that the institution has a long history of serving people with bad credit and no credit. “When these people come into a credit union, they are scared because they have been denied loans in so many places. We treat them with dignity,” he declared.

Durán mentioned that undocumented immigrants can open up checking accounts as long as they have Individual Tax Identification Numbers (ITINs). Members can set up checking accounts using foreign ID documents such as passports, Matricula Consular cards, and ID cards from organizations such as the San Francisco Day Laborer Program and the Women’s Collective.

All credit union members are eligible for free financial workshops and counseling in English, Spanish, Mandarin, and Cantonese.

Barriga believes that people who have been overcharged by payday lenders should consider becoming a member of a credit union. “At credit unions, we value people more than profit. Our deposits stay in the community and are used to help the community,” he said.

For more information on credit unions, visit www.creditunion.coop. For information on Mission SF Federal Credit Union’s Lifesaver Loans or small business loans, call 415.431.2268 or go to www.mission.coop.

Before You Borrow: Helpful Sites

- Consumer Federation of America offers suggestions on how you can avoid the payday lending trap. Go to www.paydayloaninfo.org.
- National Foundation for Credit Counseling provides information on financial counseling services. Go to nfcc.org.
- Mint offers free online budgeting and financial management tools. Go to www.mint.com.

Las cooperativas de crédito proporcionan alternativas a costosos préstamos de día de pago

“¡Obtenga dinero en efectivo AHORA MISMO!” “¡Fácil y sin problemas!” “¡Aprobación instantánea!” “¡No importa tener historial de crédito malo!”

Los anuncios de préstamos de día de pago están por todas partes; aparecen en televisión, radio, letreros, periódicos y sitios web. Los anuncios prometen dinero fácil para casi cualquier persona, lo que puede ser tentador para las familias con presupuestos restringidos.

El proceso de los préstamos de día de pago parece sencillo. El prestatario va a una tienda de préstamos y recibe un pequeño préstamo de dinero en efectivo. A cambio, el prestatario debe pagar el total del préstamo al prestamista la próxima vez que el prestatario recibe su pago. El prestatario también puede pagar una suma adicional para que le prolonguen el préstamo.

Estos préstamos “pequeños y fáciles” pueden rápidamente volverse caros, ya que la mayoría de los prestamistas cobran altas tarifas. Digamos que usted obtiene un préstamo de \$300 dólares de un prestamista, quien cobra una tarifa de \$60 cada vez que usted pide prestado dinero o prolonga un préstamo:

- En dos semanas, usted deberá al prestamista \$360
- Si le pide al prestamista prolongar el préstamo por dos semanas más, usted deberá \$420
- Si le pide al prestamista prolongar el préstamo por dos semanas más, usted deberá \$480
- Si puede devolver el préstamo en ese momento, le estará pagando al prestamista \$180 por prestarle a usted el dinero por un mes
- La tasa de interés anual total por pedir prestado \$300 es 520%

Muchas personas recurren a los préstamos de día de pago porque no saben que tienen otras alternativas. Personas con un historial de crédito malo, personas sin historial de crédito e inmigrantes indocumentados podrían creer que no tienen acceso a los bancos tradicionales.

Afortunadamente, las cooperativas de crédito proporcionan una fuente alternativa de préstamos y servicios bancarios. Las cooperativas de crédito son instituciones financieras sin fines de lucro que son de



propiedad de sus miembros y operadas por los mismos. Los miembros que pagan una tarifa de una sola vez de tan sólo \$5 son elegibles para abrir cuentas de cheques y de ahorros y obtener préstamos.

Mission SF Federal Credit Union en San Francisco es una de estas instituciones la cual presta servicios a una variedad de miembros. “Preparamos servicios a personas que nunca han entrado antes a un banco”, dijo Ivan Barriga, Director de Alcance y Educación Financiera de la cooperativa de crédito.

Los miembros de la cooperativa de crédito son elegibles para obtener Préstamos Salvavidas, los cuales son mucho más económicos que los préstamos de día de pago. Los miembros pueden pedir prestado de \$300 a \$500 durante un período de 6 meses. Los prestatarios pagan una tasa de interés anual del 18%, la cual es mucho más baja que las fuentes de préstamos de día de pago. A diferencia de los préstamos de día de pago, los Préstamos Salvavidas dan la oportunidad a los prestatarios a establecer un historial de crédito y mejorar su puntaje de crédito.

Los dueños de pequeños negocios, incluyendo aquellos de bajos ingresos, son elegibles para obtener micro-préstamos de hasta \$10,000. Barriga señaló que la tasa de aprobación de la cooperativa de crédito para tales préstamos es del 70%.

Salvador Durán, el Presidente Ejecutivo de la cooperativa de crédito, agregó que la institución tiene un largo historial de prestar servicios a personas con historial de crédito malo o que no tienen historial de crédito.

Sunday Streets Program Keeps San Francisco Moving

It's difficult to imagine San Francisco's streets free of traffic. Thanks to the city's Sunday Streets program, however, two neighborhoods will transform from gridlocked thoroughfares to healthy, fun, car-free environments.

On Sunday Streets days, certain roads are partially or entirely closed to vehicle traffic from 10 a.m. to 2 p.m. The car-free streets allow residents to jog, walk, skate, dance, bike, do yoga, participate in free exercise classes, eat healthy food provided by area vendors, and engage in people watching. Sunday Streets will take place in the Mission district on July 19, and in the Ocean Beach area on August 9 and September 6.

The Sunday Streets movement was modeled on Bogotá, Colombia's Ciclovía program. This program began in 1976 after community organizers lobbied the city government to block vehicle traffic on main roads to make room for walking, jogging, and bicycling. San Francisco is the latest city to adopt this program, which has enjoyed success in countries as diverse as Australia, Japan, Mexico, and Ukraine.

For more information on Sunday Streets, visit sundaystreetsf.com.



Sunday Streets Dates and Locations

- July 19**
 The Mission district-based event route will extend from Garfield Park to Dolores Park via Harrison Street, 24th Street, Valencia Street, and 19th Street
- August 9 and September 6**
 The Ocean Beach-adjacent event route will extend along the Great Highway from Golden Gate Park to the San Francisco Zoo

El Programa Calles sin Carros mantiene moviéndose a San Francisco

Es difícil imaginar las calles de San Francisco sin tráfico. Sin embargo, gracias al programa municipal Calles sin Carros, dos vecindarios se transformarán de embotellamientos a ambientes saludables, divertidos, sin carros.

Los domingos de Calles sin Carros, ciertas calles se cierran parcial o completamente al tráfico vehicular de 10 a.m. a 2 p.m. Las calles sin carros permiten a los residentes trotar, caminar, patinar, bailar, andar en bicicleta, hacer yoga, participar en clases gratis de ejercicios, comer comidas saludables proporcionadas por vendedores del área y sentarse a mirar a la gente. Calles sin Carros se llevará a cabo en el distrito de la Misión el 19 de julio y en el área de Ocean Beach el 9 de agosto y el 6 de septiembre.

El movimiento Calles sin Carros se basó en el programa Ciclovía de Bogotá, Colombia. Este programa comenzó en 1976 después que organizadores comunitarios presionaron

al gobierno municipal para que éste bloquee el tráfico vehicular en las calles principales para que se pueda caminar, trotar y andar en bicicleta. San Francisco es la última ciudad en adoptar este programa, el cual ha disfrutado de éxito en países tan diversos como Australia, Japón, México y Ucrania.

Para obtener más información sobre Calles sin Carros, visitar sundaystreetsf.com.

Fechas y Lugares de Calles sin Carros

- 19 de Julio**
 La ruta del evento del distrito de la Misión se extenderá desde el Parque Garfield hasta el Parque Dolores vía la Calle Harrison, Calle 24, Calle Valencia y Calle 19
- 9 de Agosto y 6 de Septiembre**
 La ruta del evento adyacente a Ocean Beach se extenderá a lo largo de Great Highway desde el Parque Golden Gate hasta el Zoológico de San Francisco

Las cooperativas de crédito proporcionan alternativas a costosos préstamos de día de pago, viene de la página 13

“Cuando estas personas van a una cooperativa de crédito, tienen miedo porque se les ha negado crédito en tantos lugares. Nosotros los tratamos con dignidad”, declaró.

Durán mencionó que los inmigrantes indocumentados pueden abrir cuentas de cheques con tal de que tengan un Número de Identificación Personal del Contribuyente (Individual Tax Identification Number – ITIN).

Los miembros pueden establecer cuentas de cheques usando documentos de identificación extranjeros tales como pasaportes, tarjetas de Matrícula Consular y tarjetas de Identificación de organizaciones tales como el Programa para Jornaleros en San Francisco y el Colectivo de Mujeres.

Todos los miembros de la cooperativa de crédito son elegibles para participar en

talleres financieros y obtener asesoría en inglés, español, mandarín y cantonés.

Barriga piensa que las personas a quienes los prestamistas de día de pago les han cobrado demasiado deberían considerar hacerse miembro de una cooperativa de crédito. “En las cooperativas de crédito, nosotros valoramos a las personas más que las ganancias. Nuestros depósitos se quedan en la comunidad y se usan para ayudar a la comunidad”, señaló.

Para obtener más información sobre cooperativas de crédito, visitar www.creditunion.coop. Para obtener más información sobre Préstamos Salvavidas o préstamos para pequeños negocios de Mission SF Federal Credit Union, llamar al 415.431.2268 o visitar www.mission.coop.

Children’s Council and Cole Hardware Give You the Tools to Help a Great Cause

Children’s Council is now a member of Cole Hardware’s Community Partnership program. This partnership makes it convenient for our supporters to donate to Children’s Council while shopping Cole Hardware’s selection of tools and everyday household items.

Shopping for a great cause is easy:

- Go to any Cole Hardware location
- At checkout, ask the cashier to post your purchase to Children’s Council of San Francisco
- Cole Hardware will give Children’s Council 10% of all your purchases, every day of the year

The more you shop, the more they donate! For more information, call your local Cole Hardware store, or visit www.colehardware.com.



San Francisco's Favorite Hardware Stores!

To get started, visit these Cole Hardware locations:

- 956 Cole St.,
415.753.2653
- 3312 Mission St.,
415.647.8700
- 70 Fourth St.,
415.777.4400
- 2254 Polk St.,
415.764.8913

About Children's Council of San Francisco

Children's Council has been working to meet child care needs in our community since 1973. We offer an array of programs for parents and child care providers alike, including:

- Free child care resources and referrals for families seeking child care, in English, Spanish, Chinese, Russian, or Vietnamese
- Child care subsidies for eligible families
- Reimbursement for nutritious food served by providers to the children in their care
- Support for providers wishing to make their programs accessible for children with disabilities and special needs
- Support for parents and staff working with children who exhibit emotional problems or challenging behaviors
- Professional development workshops for child care providers
- Child care policy, advocacy, and planning efforts

For more information on our efforts to make safe, healthy, and affordable child care available to all who need it, contact us today.

415.276.2900 (Main)

415.343.3300 (Resource and Referral line)

www.childrenscouncil.org

www.youtube.com/ChildCareSF



Children's Council of San Francisco
445 Church Street
San Francisco, CA 94114

Nonprofit Org
US Postage
PAID
San Francisco, CA
Permit No. 1 0903

Your Support Keeps Families Working

High-quality, affordable child care allows parents to stay in the workforce and contribute to our community's economic revitalization. Your support helps us as we work to make access to child care a reality for all San Franciscans.

To make a tax-deductible monetary gift or in-kind contribution, or to inquire about our car donation program, contact John Uselman at 415.276.2949 or juselman@childrenscouncil.org.

