



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 2010 bilingual edition/edición bilingüe

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Teaching Your Toddler or Preschooler to Share

From the moment babies are born, their caregivers rush to satisfy their every need. By the time they reach the toddler phase, however, children begin to learn that making friends requires sharing and compromise.

Learning about the give-and-take nature of relationships doesn't happen overnight. Most children do not fully grasp the concept of sharing until about age five, but younger children can be taught to understand basic guidelines for sharing.

To assist your child in developing sharing skills:

- Lead by example. Allow your child to see you sharing and compromising with others.
- Set a timer next time your child doesn't want to part with a toy. Let your child know that s/he will get to play with the toy for ten minutes, and after the timer goes off s/he will have to give the toy to someone else for ten minutes.
- Give your child plenty of opportunities to play and socialize with other children. By interacting with his/her peers, your child will learn that sharing is an important part of making and keeping friends.
- Create situations where your child will need to share. For example, bring snacks to preschool, a playdate, or family gathering and put your child in charge of handing them out to others.
- Allow your child to put away some of his/her most prized possessions before playdates. Make sure that your child understands that those items must stay hidden until his/her guests leave.
- Give your child the words to use in a situation that requires sharing. If they pull a toy away from another child, stop the interaction and say, "Rosa is playing with the truck now. Say 'Rosa, may I have a turn with the truck?'" Phrases such as "be nice" or "share your toys" are confusing to a child who does not have experience with these concepts. Help your child use appropriate words for sharing situations.
- Avoid punishing your toddler or preschooler for not sharing. Let him/her know that you are disappointed and sad when s/he doesn't share, and then back off. Chances are, other children will let your child know how upset they are; the effects of peer pressure will motivate your child to start sharing.
- Praise your child when you catch him/her in the act of sharing. Let him/her know how happy you are to see him/her sharing, and point out that s/he has made the other child happy as well.

For more tips on encouraging your young child to share, visit www.parents.com, www.babycenter.com, or www.toddlerstoday.com.

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

During the rainy month of May, hundreds of child care advocates made the trek to Sacramento to testify at California's Assembly and Senate budget hearings. This storm of protest was in reaction to Governor Schwarzenegger's May revised budget proposal. For a \$1.2 billion savings in the state budget, the administration threatened to eliminate all state funding for child care, only preserving part-day state preschool and afterschool programs. Were the May budget proposal to become a reality, approximately 100,000 parents and 200,000 children would lose their child care services.

The Governor repeated his January recommendation to eliminate all CalWORKs funding, including the child care subsidies that allow families to move off welfare and into the workforce. Were this threat realized, 1.4 million people, the majority of them children, would lose services. California would also lose \$4.2 billion in federal matching funds for the CalWORKs program.

Further, 130,000 child care providers and 57,000 private sector employees would lose their jobs. California would lose \$650 million in state and local tax revenues.

The Department of Finance spokespeople admitted at the hearings that they had not produced calculations of the long-term economic reverberations of the Governor's plan. Destruction of the child care system in California would be equivalent to a major earthquake, with aftershocks continuing for years to come.

The advocates were pleased that in budget committees on both sides, the Democratic majority legislators resoundingly rejected the Governor's proposals. They heard testimony from a broad array of parents, child care providers, advocacy groups, educators, policy makers, and others concerned by the devastating impact loss of child care could have on the state economy.

It was recognized by all attending that child care keeps California working. Over 75% of participants in the CalWORKs program are women. They are eager to get off aid, further their education, and gain good jobs. No one wants to live on welfare, especially since the current grant for a family of three is only \$694 a month, the same amount such a family received in 1989.¹ Child care is the linchpin that allows people to become self sufficient.

There are many revenue-generating initiatives that can help stave off elimination of the child care infrastructure that has been built in California over the past 60 years. We urge the legislature to accept the reality of the state's economy and enact revenue-generating approaches to getting the state back on track, while supporting current jobs and the education of the next generation workforce.

True budget reform allows families to earn income, pay taxes, support big and small businesses, and contribute to California's economic revitalization.

The budget debate will go on all summer. To stay informed on the latest developments, visit www.thinkchildcare.org.

¹California Budget Project. May 2010. The Governor's Proposed Cuts to Key Safety-Net Programs Would Disproportionately Affect Low-Income Women and Their Families. Sacramento, CA, p. 2.



Children's News

Volume XXXVI, No. 2
Published quarterly by/
publicado trimestralmente
por
Children's Council of
San Francisco
445 Church Street
San Francisco, CA
94114

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Notes on translation:
Due to space limitations,
we cannot print full Span-
ish Translations of each
article. Spanish summaries
of some main articles
appear.

Provider Training Classes & Workshops, Summer 2010/ *Clases y Talleres Para Proveedores, Verano del 2010*

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



Calendar of Classes/ *Calendario de Clases*

July/Julio:

Thursday, 7/1, 10:00 a.m.-12:00 p.m.
Orientation to Quality Child Care (English)

August/Agosto:

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

Thursday, 8/19, 10:00 a.m.-12:00 p.m.
Orientation to Quality Child Care (Spanish)
Orientación de Cuidado Infantil de Calidad (español)

Friday, 8/20, 9:00 a.m.-5:00 p.m.
CPR & First Aid (English), **\$75 fee**

Thursday, 8/26, 10:00 a.m.-12:00 p.m.
Orientation to Quality Child Care (Cantonese)

September/Septiembre:

Thursday, 9/2, 10:00 a.m.-12:00 p.m.
Orientation to Quality Child Care (English)

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

Friday, 9/10, 9:00 a.m.-5:00 p.m.
CPR & First Aid (Spanish), **\$75 fee**
Resucitación Cardiopulmonar y Primeros Auxilios (español) Tarifa \$75

Tuesday, 9/14, 6:30 p.m.-9:30 p.m.
Healthy Cooking - Healthy Families

Friday, 9/17, 9:00 a.m.-5:00 p.m.
CPR & First Aid (English), **\$75 fee**

Tuesday, 9/21, 6:30 p.m.-9:30 p.m.
Healthy Cooking - Healthy Families

Thursday, 9/23, 10:00 a.m.-12:00 p.m.
Orientation to Quality Child Care (Cantonese)

Choosing Child Care Workshop/ Taller sobre cómo elegir el cuidado infantil

About the Workshop/Sobre el Taller

In this workshop, parents learn about:

- Child care choices and options
- Licensing regulations for child care providers
- Legal rights and obligations of parents and providers
- Interviewing and selecting providers

This workshop is available in English, Spanish, and Cantonese. Registration is required. To register, or to learn more about the class, call 415.343.3300.

En este taller, los padres se informan acerca de:

- *Las alternativas y las opciones de cuidado infantil*
- *Las regulaciones de licenciamiento para los proveedores de cuidado infantil*
- *Los derechos legales y las obligaciones de los padres y proveedores*
- *Cómo entrevistar y seleccionar a los proveedores*

Este taller está disponible en inglés, español y cantonés. Se requiere registrarse. Para registrarse o para informarse más acerca de la clase, llamar al 415.343.3300.

Workshop Calendar/Calendario de Talleres

- July 13/13 de julio, 6:00 - 8:00 p.m.
- August 10/10 de agosto, 6:00 - 8:00 p.m.
- September 14/14 de septiembre, 6:00 - 8:00 p.m.

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

Children's Council is 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.

To support Children's Council while you shop:

- 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.

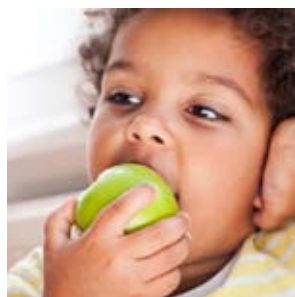


San Francisco's Favorite Hardware Stores!

To get started, visit these locations:

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

Children's Council Holds Summer Food Pantry/ *Children's Council realiza despensa de alimentos de verano*



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. Participants should enter through the school parking lot.

Dates/Time: Every Friday from June 11 until August 13, starting at 2:00 p.m.

Eligibility: Anyone who needs assistance with food may participate in the pantry once per week. Child care providers are welcome to "shop" for their own family, but the food may not be used for their child care businesses. Please bring your own bag.

Cost: Free; there is no charge to participate

Parking: Street parking is available. Please do not park in the school parking lot, as your car may be towed.

More Information: Contact Venus Savea at 415.276.2900.

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. Entre a través del estacionamiento de escuela.

Fechas/Hora: Cada viernes desde el 11 de junio hasta el 13 de agosto, 2:00 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 su familia, pero no los pueden usar para sus negocios de cuidado infantil. Por favor de traer su propia bolsa.

Cargo: Gratis; no hay ningún cargo para participar

Estacionamiento: Puede estacionar en la calle. Por favor no estacione en el estacionamiento de escuela.

Más Información: Contacte a Venus Savea llamando al 415.276.2900.



Healthy Eating for the Toddler Years

The toddler years (ages one to three) can be challenging when it comes to feeding, as many developmental changes occur at this time. Children in this age group strive for independence and control. Their growth rate slows down, and this is accompanied by a decrease in appetite. They are also learning to eat table food, and trying new tastes and textures.

When it comes to feeding toddlers, Lucile Packard Children's Hospital at Stanford recommends that parents and caregivers:

- Understand that toddler portion sizes are about one-fourth the size of an adult portion
- Serve foods that are packed with nutrients while limiting sweets and empty calories
- Be flexible with food acceptance, as toddlers are often afraid of new things
- Limit toddlers' juice intake to no more than 4-6 ounces daily
- Serve dessert with the rest of the meal, instead of using dessert as a reward
- Make eating a toddler friendly experience by:
 - Cutting food into bite-sized pieces
 - Serving foods near room temperature
 - Using ground meat instead of steak or chops
 - Using child-sized eating utensils with dull prongs
 - Seating children at a comfortable height in a secure chair

Parents and caregivers can prevent choking by:

- Slowly adding more difficult-to-chew foods
- Avoiding foods that are hard to chew and/or swallow, such as nuts, peanut butter, jelly beans, gummy candies, and raw carrots
- Modifying high-risk foods by cutting hot dogs and grapes into quarters, and cooking carrots until they are soft
- Consistently supervising children while they are eating
- Keeping children seated while they are eating

What kinds of foods do toddlers need?

The United States Department of Agriculture Food Guide Pyramid provides guidance for parents and caregivers on toddler nutrition. According to the Food Guide Pyramid, toddlers should be given a balanced diet that includes:



- **Grains:** Half of all grains consumed each day should be whole grains such as oatmeal, whole-wheat flour, whole cornmeal, brown rice, and whole-wheat bread. On food labels, the words “whole” or “whole grain” should be listed before the specific grain in the product.
- **Vegetables:** Choose a variety of vegetables, including dark green- and orange-colored types, peas, beans, and starchy vegetables.
- **Fruits:** The fruit group includes any variety of fruit or 100% fruit juice. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
- **Oils:** Most fat sources should come from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these ingredients.
- **Milk:** Milk and milk products contain calcium and vitamin D, both important ingredients in building and maintaining bone tissue. Use low-fat or fat-free milk after the age of two years. Whole cow's milk may be introduced after an infant's first birthday, but lower-fat or skim milk should not be used until the child is at least two years old. Kids who don't like milk, or who are unable to consume dairy products, can get calcium and vitamin D from fortified cereals, calcium-fortified soy beverages, broccoli, and calcium-fortified orange juice.

- Meat and beans: Low-fat or lean meats and poultry are good sources of protein, as are fish, nuts, seeds, peas, and beans.

How much food do toddlers need?

Depending on their age, size, and activity level, toddlers need about 1,000-1,400 calories a day. The chart below, produced by KidsHealth, serves as a guide for the needs of the average two- and three-year-old. The recommendations for two-year-olds can serve

as a guide for kids between 12 and 24 months, but during this year toddler diets are still in transition.

It is important for parents and caregivers to trust their own judgment and a toddler's cues to tell if s/he is satisfied and getting adequate nutrition. Nutrition is all about averages, so there is no need for panic if a child doesn't meet every nutritional requirement every day.

Food Group	Daily Amount for 2-Year-Olds	Daily Amount for 3-Year-Olds	Example of Servings
Grains	3 ounces, half from whole-grain sources	4-5 ounces, half from whole-grain sources	1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal
Vegetables	1 cup	1½ cups	1 cup mashed and cooked sweet potato, or about 12 cooked and cut baby carrots
Fruits	1 cup	1-1½ cups	An 8- to 9-inch banana equals 1 cup
Milk	2 cups	2 cups	1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese
Meats and Beans	2 ounces	3-4 ounces	1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, or 1 egg

For more information on toddler nutrition, consult your doctor and visit www.kidshealth.org, www.lpch.org/DiseaseHealthInfo/HealthLibrary/growth/tldr.html, www.healthiergeneration.org, and www.babyzone.com/toddler/nutrition_first_foods.

Looking for an Afterschool Program for Your Child or Teen?

Afterschool programs provide great opportunities for your child or teen to learn new skills, complete homework in a supervised setting, play, and stay active. Children's Council's *2010 Afterschool Guide* contains dozens of listings for afterschool programs, in convenient locations throughout San Francisco.

Starting on July 31, look for the guide on the homepage of our Web site, www.childrenscouncil.org, visit our Resource and Referral room at **445 Church Street** to pick up a printed copy of the guide, or call the Children's Council Resource and Referral line at **415.343.3300** to learn more about afterschool programs in your area.

For more information on afterschool programs, visit the Afterschool Alliance Web site at www.afterschoolalliance.org.



La buena alimentación de los niños de uno a tres años de edad

Del primer al tercer año de vida del niño, la alimentación puede presentar dificultades, dado los muchos cambios que ocurren en su desarrollo. Durante esta fase, los niños se empeñan en aumentar su independencia y control, su ritmo de crecimiento disminuye, al igual que su apetito, y también aprenden a consumir los alimentos que consumen los demás, y a probar nuevos sabores y texturas.

Para la alimentación de los niños en el primer al tercer año de vida, el Hospital Infantil Lucile Packard de Stanford hace las siguientes recomendaciones a los padres de familia y personas a cargo del cuidado de los niños:

- Tener presente que el tamaño de las porciones es alrededor de una cuarta parte que las de un adulto
- Sirva alimentos nutritivos y limite los dulces y demás productos con calorías vacías
- Sea flexible con la aceptación de alimentos, dado que con frecuencia los niños de esta edad tienen miedo de probar cosas nuevas
- Limite el consumo de jugos de los niños de esta edad a no más de entre 4 y 6 onzas al día
- Sirva el postre con el resto de la comida, en lugar de servirlo como recompensa
- Haga de la comida una experiencia agradable para el niño al:
 - Partir los alimentos en trozos pequeños fáciles de consumir
 - Servir los alimentos alrededor de la temperatura ambiente
 - Utilizar carne molida en lugar de bistec o chuletas
 - Ofrecer utensilios del tamaño adecuado para los niños, y sin puntas filosas
 - Sentar a los niños a una altura cómoda, en una silla bien sujeta

Los padres y los cuidadores pueden impedir que los niños se ahoguen con la comida al:

- Añadir de manera gradual alimentos que sean más difíciles de masticar
- Evitar los alimentos que sean difíciles de masticar o tragar, como las nueces, la crema de cacahuete (maní), los dulces de goma dura y goma suave y las zanahorias crudas



- Modificar los alimentos de alto riesgo al partir las salchichas y las uvas en cuartos y cocer las zanahorias hasta suavizarlas
- Supervisar constantemente a los niños mientras comen
- Mantener sentados a los niños mientras comen

¿Qué tipos de alimentos necesitan los niños de uno a tres años de edad?

La pirámide alimenticia del Departamento de Agricultura de los Estados Unidos sirve de guía para los padres y cuidadores para la nutrición de los niños de uno a tres años. Según esta pirámide, los niños de esta edad deben recibir una dieta balanceada que incluya:

- Los granos o cereales: la mitad de todos los granos que se consumen al día deben ser granos enteros, como la avena, la harina de trigo integral, la maicena integral, el arroz integral y el pan de trigo integral. En las envolturas de los productos alimenticios, las palabras "whole" (integral) o "whole grain" (grano integral), en inglés, deben aparecer antes del nombre del grano o cereal específico que contiene cada producto
- Vegetales: elija vegetales diversos, incluyendo aquellos con hoja verde oscura y de color anaranjado, chícharos (guisantes), frijoles (habichuelas) y aquellos con gran contenido de almidón
- Frutas: el grupo de frutas incluye a cualquier tipo de fruta y jugo que sea 100% de fruta. Las frutas pueden ser frescas, enlatadas, congeladas o secas y pueden ser enteras, en trozos o en puré

- **Aceites:** el aceite debe provenir en su mayoría del pescado, las nueces y los vegetales. Limite el consumo de grasas sólidas, como la mantequilla, la margarina de barra, la grasa y la manteca, así como los alimentos que contengan estos ingredientes
- **Leche:** la leche y los productos lácteos contienen calcio y vitamina D, ambos ingredientes importantes en la generación y mantenimiento de los huesos. Utilice leche descremada o semi-descremada a partir de los 2 años de edad. La leche de vaca se puede introducir en la dieta al cumplir un año de vida, pero la leche descremada o semi-descremada no se debe utilizar hasta que el menor tenga al menos dos años de edad. Los niños a quienes no les guste la leche o no tengan tolerancia para los productos lácteos, pueden obtener calcio y vitamina D de los cereales enriquecidos, las bebidas de soya enriquecidas con calcio, el brócoli y el jugo de naranja enriquecido con calcio.
- **Carne y frijoles:** las carnes de res, cerdo, pollo y pavo, con bajo contenido de

grasa o sin grasa, son buenas fuentes de proteína, al igual que el pescado, las nueces, las semillas, los chícharos y los frijoles.

¿Cuánto alimento necesitan los niños de uno a tres años de edad?

Dependiendo de su edad, tamaño y grado de actividad, los niños de uno a tres años, necesitan alrededor de 1,000 a 1,400 calorías al día. El cuadro que aparece a continuación, elaborado por KidsHealth, sirve de guía para las necesidades de un niño promedio de las edades de 2 a 3 años de edad. Las recomendaciones para un niño de 2 años pueden servir de guía para los niños de 12 a 24 meses, pero durante este año las dietas de los niños siguen estando en transición.

Es importante que los padres de familia y los cuidadores confíen en su propio juicio y en las señales de su niño para saber si queda satisfecho y está recibiendo la nutrición adecuada. La nutrición es cuestión de promedios, por lo que no debe alarmarse si el niño no satisface sus necesidades nutritivas todos los días.

Grupo alimenticio	Porción diaria para niños de 2 años	Porción diaria para niños de 3 años	Ejemplos de porciones
Granos y cereales	3 onzas, la mitad proveniente de alimentos integrales	4-5 onzas, la mitad proveniente de alimentos integrales	Una rebanada de pan, una taza de cereal listo para servir, o bien, media taza de arroz, pasta cocida o cereal cocido
Verduras	1 taza	1½ tazas	1 taza de camote (ñame) cocido y en puré, o bien, alrededor de 12 zanahorias pequeñas, cocidas y partidas
Fruta	1 taza	1-1½ tazas	Un plátano (banano) de 8 a 9 pulgadas equivale a una taza
Leche	2 tazas	2 tazas	1 taza de leche o yogurt, 1½ tazas de queso natural, o bien, 2 onzas de queso procesado
Carne y frijoles	2 onzas	3-4 onzas	1 onza de carne de res, cerdo, pollo, pavo o pescado, ¼ de taza de frijoles cocidos y secos, o bien, un huevo

Si desea más información acerca de la nutrición de los niños de uno a tres años de edad, consulte a su médico o vaya a www.kidshealth.org, www.lpch.org/DiseaseHealthInfo/HealthLibrary/growth/tldr.html, www.healthiergeneration.org, and www.babyzone.com/toddler/nutrition_first_foods.

Creating a “Greener” Child Care Environment

Parents have traditionally made decisions about selecting child care providers based on factors such as experience, education, location, philosophy, and programs and activities. Because common chemicals, cleaning products, pesticides, paint, lead in toys, and food ingredients can have adverse affects on children, some parents also have concerns about a provider’s environment. These parents also take into account how eco-friendly, or “green”, a child care environment is before making the decision about a child care provider.

Fortunately for providers, there are many simple steps that can be taken to create a greener environment for children. The Eco-Healthy Child Care (EHCC) program, a project of the Oregon Environmental Council, has compiled a checklist with 30 action items for an eco-friendly child care environment. *Children’s News* has excerpted this checklist below.



Pesticides and Pest Prevention

We use non-toxic techniques both inside and outside the facility to prevent and control pests (both insects and weeds).

We thoroughly wash all fruits and vegetables to avoid possible exposure to pesticides, and we take the opportunity to educate children about the importance of doing so.

Air Quality

We avoid conditions that lead to excess moisture, because moisture contributes to the growth of mold and mildew.

During operating hours, we do not permit smoking anywhere on the premises or in sight of children.

Household Chemicals

We use biodegradable, non-toxic cleaning products and least-toxic disinfecting and sanitizing products. We store cleaning products where children cannot access them.

We use chlorine bleach only when and where it is required or recommended by state and local authorities. We use it prudently and never use more than necessary.

Lead

To avoid possible lead exposure from water lines, we use only cold water for drinking, cooking and making baby formula. We run the water for 10-30 seconds or until it feels noticeably colder.

Our facility was built after 1978 (after lead paint was banned) - OR - the facility was built before 1978, but we keep the building free of flaking or peeling paint and regularly wash all areas around doors and windows. We use lead safe practices when removing lead-based paint or when renovating our facility, and we have visited www.epa.gov/lead to learn more.

We check our toys for lead by searching www.healthytoys.org or by purchasing lead testing kits at a local home improvement store.

Mercury

We securely store and recycle all used batteries and fluorescent and compact fluorescent light bulbs.

Furniture and Carpets	
	To avoid possible exposure to flame retardants, we ensure furniture is in good condition without foam or inside stuffing exposed. Stuffed animals, matting, pillows and other foam items are also intact.
	Rugs are vacuumed daily and cleaned at least twice a year using biodegradable cleaners.
Art Supplies and Toys	
	We use only non-toxic art supplies.
	We avoid toys made out of soft plastic vinyl (such as vinyl dolls, beach balls, and “rubber ducky” chew toys). Instead, we buy only those labeled “PVC-free”.
Food Preparation	
	When using a microwave, we never heat children’s food in plastic containers, plastic wrap or plastic bags.
	We never use baby bottles or sippy cups made of hard clear plastic (bottles labeled #7). Instead, we use bottles made of opaque plastic or glass.
Playground Equipment	
	We do not have playground equipment made of treated wood – or – if we do, we seal it with paint or a polyurethane coating twice a year.
Radon	
	We have appropriately checked our facility for radon by using a radon testing kit available from a local home improvement store and have visited www.epa.gov/radon for local resources.
Recycling and Garbage Storage	
	We recycle all paper, cardboard, glass, aluminum and plastic bottles.
	We keep our garbage covered at all times to avoid attracting pests and to minimize odors.
Education and Awareness	
	We create opportunities to educate the families we serve on eco-friendly practices.

Connecting with Green Child Care Resources

- The full EHCC checklist is available for free in English, Spanish, Chinese and Russian. To learn more about EHCC, or to download the checklist, visit <http://bit.ly/bKenb8>. To learn more about the EHCC’s sponsoring agency, the Oregon Environmental Council, go to www.oeconline.org.
- To view the Alameda County Child Care Planning Council’s list of green resources, go to www.acgov.org/childcare/green_childcare.shtml
- To learn more about two child care centers dedicated to green practices, visit www.fio360.com and www.littlegreentreehouse.com
- For additional information on green child care practices, visit www.acgov.org/childcare/green_childcare.shtml
- To learn more about green design for child care facilities, go to <http://bit.ly/8XXObZ>
- For eco-friendly preschool activity ideas, visit
 - www.everythingpreschool.com/themes/recycling/index.htm
 - www.everythingpreschool.com/lessonplans/gardening/index.htm
 - www.makingfriends.com/recycle.htm
 - www.everythingpreschool.com/themes/recycling/art.htm
 - www.theteachersguide.com/earthdaylessonplans.htm
 - www.first-school.ws/THEME/plants.htm

Summer Safety Tips from the American Academy of Pediatrics

Sun Safety

- Babies under the age of 6 months should be dressed in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn
- Have your children stay in the shade whenever possible, and limit their sun exposure between 10:00 a.m. and 4:00 p.m., when the sun's rays are most intense
- On both sunny and cloudy days, use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays
- Reapply sunscreen every two hours, or after swimming or sweating

Exercise Safety

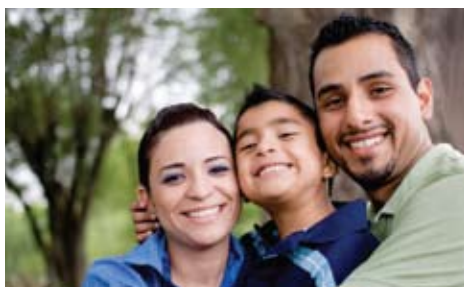
- Make sure that children are well-hydrated before engaging in physical activity. Children should continue drinking water during the activity even if they do not feel thirsty. For example, a child weighing 90 pounds should have five ounces of cold tap water every 20 minutes.
- Clothing worn during physical activity should be light-colored and lightweight. Sweat-saturated shirts should be replaced by dry clothing.

Pool Safety

- Install a fence at least four feet high around all sides of the pool, even if your pool is an inflatable or above-ground pool. The fence should not have openings that a young child could use to get over, under, or through.
- Never leave children alone in or near the pool or spa, even for a moment
- Children ages four and older should be taught to swim. Parents may choose to start swimming lessons before age four if their children are developmentally ready. Keep in mind, however, that children who have had swimming lessons may still be at risk of drowning.
- Keep rescue equipment (including a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for life vests and can give children a false sense of security.

Insect Safety

- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens



- where flowers are in bloom
- To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail
- Avoid using combination sunscreen/ insect repellent products. Sunscreen needs to be reapplied every two hours, but insect repellents should not be reapplied.
- Use insect repellents containing 10-30% DEET when there is a need to prevent insect-related diseases such as Lyme disease (transmitted by ticks) or West Nile Virus and other viruses transmitted by mosquitoes. DEET should not be used on children under two months of age.

Food Safety

- Never leave food out for more than one hour when the temperature is above 90 degrees. In other temperatures, don't leave food out for more than two hours.
- When packing food for a picnic, place cold food in a cooler with plenty of ice or commercial freezing gels. Cold food should be held at or below 40 degrees and the cooler should be stored in the shade. Hot food should be wrapped well, placed in an insulated container, and kept at or above 140 degrees.

Play Safety

- Make sure metal slides, and other metal playground objects, are cool to prevent children from getting burned
- Do not allow children to play barefoot on the playground
- To avoid injuries, do not purchase a home trampoline or allow children to use home trampolines

For more summer safety tips from the American Academy of Pediatrics, visit <http://www.aap.org/advocacy/releases/summertips.cfm>.

Farmers' Markets Offer Discounts to Food Stamp Recipients/ *Los mercados ofrecen descuentos a las personas que presentan cupones para alimentos del gobierno*

This summer, when you use your EBT food stamp benefits at the Divisadero, Fillmore, or Alemany Farmers' Markets, you can receive an extra \$5 in free market produce. Here's how to take advantage of this offer:

- Bring your friends and family to a participating market
- Find the market manager's table or information booth
- Decide how much you want to spend
- Swipe your EBT card, as if you were paying for groceries at a store
- If you spend at least \$10 of your food stamp benefits, you will receive an additional \$5 to spend on produce throughout the market



The incentive is available June through August at the Fillmore and Divisadero markets. The Alemany Farmers' Market will offer the incentive July and August. This incentive is available at:

- Fillmore Farmers' Market: Fillmore St. at O'Farrell, Saturdays 9:00 a.m.-1:00 p.m.
- Divisadero Farmers' Market: Divisadero St. at Grove St., Sundays, 10:00 a.m.-2:00 p.m.
- Alemany Farmers' Market: Alemany Blvd. and Peralta, Saturdays, 7:00 a.m.-5:00 p.m.

Funding for this project has been provided by the California Department of Food and Agriculture and Roots of Change. **For more information on redeeming food stamps at farmers' markets, contact Colleen Kavanagh at 415.706.8094 or colleen@campaignforbetternutrition.org. For more information about California's food stamp program, visit www.dss.cahwnet.gov/foodstamps/default.htm.**

Este verano, cuando usted hace uso de los cupones para alimentos EBT del gobierno en los mercados de Divisadero, Fillmore o Alemany, puede recibir \$5 adicionales en productos agrícolas gratuitos. A continuación se le explica cómo aprovechar esta oferta:

- Lleve a su familia y sus amigos a un mercado que participe en el programa
- Localice la mesa del administrador del mercado o el puesto informativo
- Decida cuánto desea gastar
- Introduzca su tarjeta EBT, al igual que si estuviera pagando por sus compras en el supermercado
- Si gasta al menos \$10 del valor de sus cupones de alimentos, recibirá \$5 adicionales que puede gastar en productos agrícolas en el mercado

El incentivo se ofrece de junio a agosto en los mercados de Fillmore y Divisadero. El mercado de Alemany ofrecerá el incentivo de julio a agosto. Este incentivo se ofrece en:

- Mercado de Fillmore: esquina de las calles Fillmore y O'Farrell, sábados de 9am a 1pm
- Mercado de Divisadero: esquina de las calles Divisadero y Grove, domingos de 10am a 2pm
- Mercado de Alemany: esquina de la Avenida Alemany y la calle Peralta, sábados de 7am a 5pm

El financiamiento para este proyecto proviene de California Department of Food and Agriculture y Roots of Change. **Para mayores informes, comuníquese con Colleen Kavanagh al 415.706.8094, o bien a colleen@campaignforbetternutrition.org. Para más información sobre los cupones de alimentos, vaya a www.dss.cahwnet.gov/foodstamps/default.htm.**

Connecting with Legal Resources/ Cómo localizar recursos legales

The following is a list of agencies offering free or reduced-cost legal services. This list is solely for informational purposes; Children's Council does not specifically endorse any agency on the resource list.

For a more comprehensive list of legal resources, visit www.lawhelpcalifornia.org.

La siguiente es una lista de agencias que ofrecen servicios legales gratuitos o a costo reducido.

*Esta lista es únicamente para fines informativos. Children's Council no recomienda específicamente a ninguna agencia de la lista de recursos. **Si desea una lista más completa de recursos legales, vaya a www.lawhelpcalifornia.org.***



Asian Law Caucus

55 Columbus Avenue
San Francisco, CA 94111
Main line/Línea principal: 415.896.1701

Serves low-income and immigrant Asian and Pacific Islander communities on issues related to immigration, juvenile justice, employment, housing, and civil rights. *Atiende a personas de bajos ingresos y provenientes de Asia y de las Islas del Pacífico respecto a asuntos relacionados con la inmigración, la justicia penal aplicada a los menores de edad, el empleo, la vivienda y los derechos civiles.*

The Bar Association of San Francisco

The Bar Association of San Francisco
301 Battery Street, Third Floor
San Francisco, California 94111
Main line/Línea principal: 415.982.1600

Provides free Legal Advice and Referral Clinics (LARC) offering assistance with matters including criminal law, family law, landlord/tenant, immigration, employment, personal injury, estate planning, consumer, contracts, and business issues. Also administers the Indigent Defense Administration Program, which provides

criminal and juvenile defense attorneys for indigent adults and minors charged with crimes in San Francisco.

Organiza talleres para ofrecer consejos legales gratuitos y remitir a otras organizaciones (LARC, por sus siglas en inglés), donde se ofrece asistencia con asuntos relacionados con el derecho penal, el derecho familiar, el derecho laboral, las disputas entre caseros e inquilinos, lesiones personales, la planificación del patrimonio, derechos del consumidor, contratos y asuntos comerciales. Además, tiene a su cargo el Programa de Administración de la Defensa de Indigentes (Indigent Defense Administration Program), el cual proporciona abogados defensores para causas penales de adultos indigentes y de menores de edad en el tribunal de menores en San Francisco.

Bay Area Legal Aid

50 Fell Street
San Francisco, CA 94102
Legal assistance line/Línea de asistencia legal:
415.354.6360
Main line/Línea principal: 415.982.1300

Offers free legal help for low-income individuals on civil legal matters including housing (including landlord-tenant issues), foreclosures, unlawful evictions,

housing discrimination, domestic violence prevention, public benefits, and health care access.

Ofrece asistencia gratuita a individuos de bajos ingresos sobre asuntos jurídicos en causas civiles (incluyendo disputas entre caseros e inquilinos), embargos de vivienda, desalojos injustificados, discriminación en vivienda, prevención de la violencia intrafamiliar, los pagos de beneficencia pública y el acceso a la atención médica.

Disability Rights California - Bay Area Office

1330 Broadway, Suite 500

Oakland, CA 94612

Main line/Línea principal: 510.267.1200 or/o 800.776.5746

TTY: 800.719.5798

Provides resources, advocacy and legal representation for individuals with disabilities and their families on issues including public benefits, health care, housing, transportation, employment, access to public and private programs and services, abuse and neglect, special education, and technology access.

Ofrece recursos, labor de promoción y representación legal para individuos con discapacidades y sus familias sobre asuntos relacionados como los pagos de beneficencia pública, la atención médica, la vivienda, el transporte, el empleo, el acceso a programas y servicios públicos y privados, el maltrato y el abandono, la educación especial y el acceso a la tecnología.

La Raza Centro Legal

474 Valencia Street #295

San Francisco, CA 94103

Main line/Línea principal: 415.575.3500

TTY: 711

Offers assistance to Latino, immigrant and low-income communities in San Francisco on issues including senior law, disability law, housing law, and immigrant, day labor, worker, and domestic worker rights.

Ofrece asistencia a personas Latinas, inmigrantes y de bajos ingresos de San Francisco con asuntos relacionados con el derecho aplicado a las personas de la tercera edad, las personas con discapacidades, la vivienda, los inmigrantes, los jornaleros, los trabajadores y las trabajadoras domesticas.

Lawyers' Committee for Civil Rights

131 Steuart Street, Suite 400

San Francisco, CA 94105

Main line/Línea principal: 415.543.9444

Provides legal advocacy and representation with a focus on serving people of color, low-income individuals, immigrants, and refugees on issues including education, equal access to municipal services, voting rights, consumer discrimination, public benefits, homeless rights, and workers' rights.

Aboga y hace labor de promoción a nombre de las personas de color, las personas de bajos ingresos, los inmigrantes y los refugiados en asuntos relacionados con la educación, el acceso equitativo a los servicios municipales, los derechos de los votantes, la discriminación del consumidor, los pagos de beneficencia pública, los derechos de las personas sin hogar y el derecho laboral.

Legal Aid Society Employment Law Center

600 Harrison Street, Suite 120

San Francisco, CA 94107

Main line/Línea principal: 415.864.8848

TTY/TDD Line: 415.593.0091

Helps people protect their workplace rights, regardless of their ability to pay. Focuses on employment law issues related to gender equity, LGBT rights, racial equality, wage and hour violations, disability rights, national origin and immigrant rights, language rights, domestic violence, and work and family/paid family leave rights.

Ayuda a las personas a proteger sus derechos en el lugar de trabajo, sin importar su capacidad para pagar. Se enfoca en el derecho laboral aplicado a: la igualdad de género, las personas lesbianas, gay, bisexuales y transgénero, la igualdad racial, las violaciones a los derechos salariales y de horario, los discapacitados, el origen nacional, los inmigrantes, el idioma, la violencia intrafamiliar, y a los permisos por motivos familiares con y sin sueldo.

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 to make safe, healthy, and affordable child care available to all who need it, contact us today.

415.276.2900 (main phone)
415.343.3300 (resource and referral line)
www.childrenscouncil.org
www.youtube.com/ChildCareSF
www.facebook.com/thinkchildcare
www.twitter.com/thinkchildcare



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

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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, contact Children's Council at 415.276.2900.

