



**River to
Coast
Children's
Services**

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

**JUNE/JULY
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JUNIO/JULIO**



Human Race 2014: Soaring Success for children and the families we serve!



The final count isn't in yet, but best estimates say that our Human Race walkers raised more than \$4000 in this year's Human Race! Thank you all who participated. Kevin Tripp, the newest member of the RCCS Board of Directors had pledges totaling over \$2000! RCCS had two dozen walkers out on the course, giving children a chance to soar...

RCCS Thanks all the people who pledged: The staff at WestAmerica Bank in Guerneville, who collected pledges and who walked for RCCS. AND all the RCCS staff, Board members and community supporters who participated. You are the BEST!

El Divertido Carnaval de Verano:

**12 de Junio, 10am-12pm
en Forestville Youth Park.**

Juegos, diversion, música, premios, pintura de caras, y más! Gratis, para los niños y niñas de todas las edades.

Summer Fun Carnival:

**June 12, 10am-12 pm at the Forestville Youth Park
7045 Mirabel Road in Forestville**

Fun, games, music, face painting, and prizes!!! No charge, open to children of all ages.



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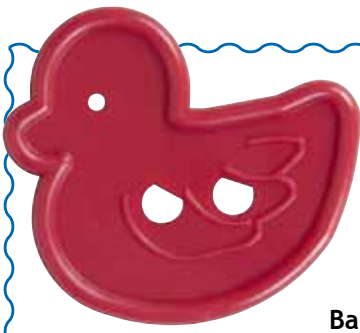


For
information call
RCCS at 869-3613

COME JOIN THE FUN

Nuestra misión es cultivar el desarrollo saludable de los niños y familias en nuestra comunidad. Ofrecemos recursos, referencias, apoyo y oportunidades a los proveedores de cuidado de niños, familias y comunidades en el Oeste de Condado de Sonoma

"Our mission is to nurture the healthy development of children and families in our community. We offer resources, referrals, support and opportunities to child care providers, families and communities in western Sonoma County".



Sun and Water Safety Tips

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP). Please feel free to use them in any print or broadcast story with appropriate attribution of source.

FUN IN THE SUN

Babies under 6 months:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face. If an infant gets sunburn, apply cool compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen -- about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

HEAT STRESS IN EXERCISING CHILDREN

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat or humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of outdoor activities should start low and then gradually increase over 7 to 14 days to acclimatize to the heat, particularly if it is very humid.
- Before outdoor physical activities, children should drink freely and should not feel thirsty. During activities less than one hour, water alone is fine. Kids should always have water or a sports drink available and take a break to drink every 20 minutes while active in the heat.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and there should be more frequent water/hydration breaks. Children should promptly move to cooler environments if they feel dizzy, lightheaded or nauseous.

POOL SAFETY

- Never leave children alone in or near the pool or spa, even for a moment.
- Whenever infants or toddlers are in or around water, an adult - preferably one who knows how to swim and perform CPR - should be within arm's length, providing "touch supervision."
- Install a fence at least 4 feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach. Consider alarms on the gate to alert you when someone opens the gate. Consider surface wave or underwater alarms as an added layer of protection.
- If the house serves as the fourth side of a fence surrounding a pool, install an alarm on the



exit door to the yard and the pool. For additional protection, install window guards on windows facing the pool. Drowning victims have also used pet doors to gain access to pools. Keep all of your barriers and alarms in good repair with fresh batteries.

- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end – and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as “floaties.” They are not a substitute for approved life vests and can give children and parents a false sense of security.
- Children ages 1 to 4 may be at a lower risk of drowning if they have had some formal swimming instruction. However, there is no evidence that swimming lessons or water survival skills courses can prevent drowning in babies younger than 1 year of age.
- The decision to enroll a 1- to 4-year-old child in swimming lessons should be made by the parent and based on the child's developmental readiness, but swim programs should never be seen as “drown proofing” a child of any age.
- Avoid entrapment: Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drains are compliant with the Pool and Spa Safety Act. If you have a swimming pool or spa, ask your pool service representative to update your drains and other suction fitting with anti-entrapment drain covers and other devices or systems. See PoolSafely.gov for more information on the Virginia Graeme Baker Pool and Spa Safety Act.
- Large, inflatable, above-ground pools have become increasingly popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be so that children cannot gain unsupervised access.
- If a child is missing, look for him or her in the pool or spa first.
- Share safety instructions with family, friends and neighbors.



BOATING SAFETY

- Children should wear life jackets at all times when on boats or near bodies of water.
- Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted.
- Blow-up water wings, toys, rafts and air mattresses should not be used as life jackets or personal flotation devices. Adults should wear life jackets for their own protection, and to set a good example.
- Adolescents and adults should be warned of the dangers of boating when under the influence of alcohol, drugs, and even some prescription medications.

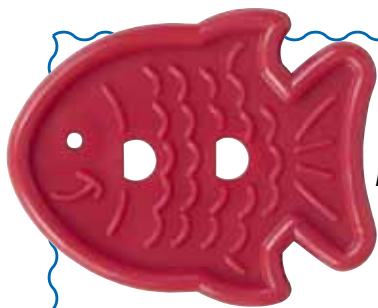
OPEN WATER SWIMMING

- Never swim alone. Even good swimmers need buddies!
- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water - use “touch supervision,” keeping no more than an arm's length away.
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.
- Teach children about rip currents. If you are caught in a rip current, swim parallel to shore until you escape the current, and then swim back to shore.

For more tips on sun and water safety, visit www.healthychildren.org

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CONSEJOS DE SEGURIDAD EN LUGARES ASOLEADOS Y EN EL AGUA

Mantenga a su familia segura este verano al seguir estos consejos de la American Academy of Pediatrics (AAP). Por favor siéntase en libertad de usarlos en cualquier documento impreso o emisión radiofónica o televisiva, con reconocimiento apropiado de la fuente.

DIVERSIÓN EN LUGARES ASOLEADOS

Bebés de menos de seis meses de edad:

- Las dos principales recomendaciones de la AAP para prevenir quemaduras solares son evitar la exposición al sol, y vestir a los bebés con pantalones largos ligeros, camisetas de manga larga y sombreros de ala ancha que den sombra al cuello para prevenir quemaduras solares. Sin embargo, cuando no hay ropa ni sombra adecuadas disponibles, los padres pueden aplicar una cantidad mínima de protector solar con FPS (factor de protección solar [en idioma inglés: SPF, Sun Protection Factor]) de al menos 15 en áreas pequeñas, como la cara y la parte de atrás (el dorso) de las manos del bebé. Si un bebé sufre una quemadura solar, aplique compresas frías sobre el área afectada.

Para todos los otros niños:

- La primera, y mejor, línea de defensa contra la exposición a la perjudicial radiación ultravioleta (RUV) es la cobertura. Use un sombrero con ala de 7.5 cm (3 pulgadas) o una gorra con visera que mire hacia delante, gafas de sol (busque gafas de sol que proporcionen 97 a 100% de protección contra los rayos UVA y UVB), y ropa de algodón de tejido apretado.
- Permanezca en la sombra siempre que sea posible, y limite la exposición a la luz solar durante las horas de máxima intensidad: entre las 10 a.m. y las 4 p.m.
- En días tanto soleados como nublados use un protector solar con un FPS de 15 o más que proteja contra los rayos UVA y UVB.
- Asegúrese de aplicar suficiente protector solar: alrededor de 30 gramos (1 onza) por cada aplicación para un adulto joven.
- Vuelva a aplicar protector solar cada dos horas, o después de nadar o sudar.
- Tenga precaución adicional cerca de agua y arena (¡e incluso nieve!), porque reflejan los rayos UV, y pueden dar por resultado quemadura solar con mayor rapidez.

ESTRÉS POR CALOR EN NIÑOS QUE ESTÁN HACIENDO EJERCICIO

- La intensidad de actividades de 15 minutos o más de duración debe reducirse siempre que el calor y la humedad altos alcancen cifras críticas.
- Al principio de un programa de ejercicio vigoroso, o después de viajar hacia un clima más caluroso, la intensidad y la duración del ejercicio inicialmente se deben limitar, y después aumentar de manera gradual durante un periodo de 7 a 14 días para aclimatarse al calor, en particular si es muy húmedo.
- Antes de actividad física prolongada, los niños deben estar bien hidratados y no deben estar sedientos. Durante la primera hora de ejercicio, puede usarse agua sola. Los niños siempre deben tener disponible agua o una bebida deportiva, y beber cada 20 minutos mientras están haciendo ejercicio en el calor. Los ambientes excesivamente calurosos y húmedos, el ejercicio más prolongado y extenuante, y la sudoración copiosa, deben ser razones para que los niños incrementen considerablemente su ingestión de líquidos. Después de una hora de ejercicio, los niños necesitan beber una bebida con carbohidratos y electrolitos a fin de reponer los electrolitos perdidos en el sudor, y obtener carbohidratos para generar energía.
- Las ropas deben ser ligeras y de colores claros, y deben limitarse a una capa de material absorbente para facilitar la evaporación del sudor. Las camisetas saturadas de sudor deben reemplazarse por ropas secas.
- Los entrenamientos y los juegos jugados en el calor deben acortarse, y es necesario instituir recesos más frecuentes para tomar agua e hidratarse. Los niños deben buscar ambientes más frescos si sienten que su temperatura ha aumentado excesivamente o se sienten demasiado fatigados.

SEGURIDAD EN LA PISCINA

- Nunca deje a los niños solos en la piscina o el jacuzzi (spa), ni cerca de los mismos, ni por un momento.
- Instale una cerca de al menos 1.2 metros (4 pies) de alto alrededor de toda la piscina. La cerca no debe tener aberturas ni protuberancias que un niño de corta edad pueda usar para trepar por la cerca, o para pasar por debajo o a través de la misma.
- Asegúrese de que las puertas que den hacia la piscina se abran desde la piscina hacia la habitación, y de que se cierren, y el pestillo caiga, automáticamente, a una altura que los niños no puedan alcanzar.
- Si la casa es el cuarto lado de una cerca que rodea una piscina, instale una alarma en la puerta de salida al patio y la piscina.

- Mantenga equipo de rescate (un palo largo con un gancho en el extremo, y un salvavidas) y un teléfono portátil cerca de la piscina. Elija un palo con gancho y otro equipo de rescate hecho de fibra de vidrio u otros materiales que no conduzcan la electricidad.
- Evite los auxiliares para nadar inflables, como los “flotadores”. No son un sustituto para chalecos salvavidas aprobados, y pueden dar a los niños y los padres una falsa sensación de seguridad.
- Los niños de uno a cuatro años de edad pueden tener menor riesgo de ahogarse si han recibido alguna instrucción formal en natación. Sin embargo, no hay evidencia de que las clases de natación o cursos de habilidades de supervivencia en el agua puedan prevenir el ahogamiento en bebés menores de un año de edad.
- La decisión de inscribir a un niño de uno a cuatro años de edad en clases de natación debe ser tomada por los padres, y basarse en el hecho de si, a juzgar por su desarrollo, su hijo está preparado para ello, pero nunca debe considerarse que los programas de natación “protegen contra ahogamiento” a un niño de cualquier edad.
- Siempre que los bebés o los niños que empiezan a andar estén dentro, o cerca, del agua, un adulto—de preferencia que sepa nadar, y que esté capacitado en reanimación cardiopulmonar (cardiopulmonary resuscitation [CPR])—debe estar cerca de ellos dentro del alcance de sus brazos, proporcionándoles “supervisión con tacto”.
- Evite el atrapamiento: la aspiración desde los desagües de piscinas y jacuzzis puede atrapar a un nadador bajo el agua. No use una piscina o un jacuzzi si los recubrimientos del drenaje están rotos o faltan. Pregunte a su operador de piscina si los desagües de su piscina o jacuzzi cumplen con las especificaciones establecidas en la Ley de Seguridad de Piscinas y Jacuzzis (Pool and Spa Safety Act). Si usted tiene una piscina o un jacuzzi, pida a su representante de servicio de piscina que actualice sus desagües y otras instalaciones de aspiración con cubiertas de desagüe anti-atrapamiento y otros dispositivos o sistemas. Visite PoolSafely.gov para obtener más información sobre la Ley de Seguridad de Piscinas y Jacuzzis, Virginia Graeme Baker (Virginia Graeme Baker Pool and Spa Safety Act).
- El uso de piscinas inflables grandes por arriba del nivel del suelo en patios traseros ha adquirido popularidad creciente. Los niños pueden caer dentro si se inclinan contra el lado blando de una piscina inflable. Aunque esas piscinas a menudo están exentas de requerimientos locales de colocación de cerca alrededor de la piscina, es esencial que estén rodeadas por una cerca adecuada, de la misma manera que lo estaría una piscina permanente, para que los niños no puedan tener acceso no supervisado.

SEGURIDAD EN EMBARCACIONES

- Los niños deben usar chalecos salvavidas en todo momento cuando estén en embarcaciones o cerca de cuerpos de agua.
- Asegúrese de que el chaleco salvavidas sea de la talla correcta para su hijo. El chaleco no debe quedar holgado. Siempre debe usarse según las instrucciones, con todas las correas abrochadas.
- Los flotadores, los juguetes, las balsas y los colchones de aire, inflables, no deben usarse como chalecos salvavidas ni como dispositivos de flotación personal. Los adultos deben usar salvavidas para su propia protección, y para poner un buen ejemplo.
- Es necesario advertir a los adolescentes y a los adultos de los peligros de navegar bajo la influencia del alcohol, drogas, o incluso de algunas medicinas recetadas.

NATACIÓN EN MAR ABIERTO

- Nunca nade solo. ¡Incluso los buenos nadadores necesitan compañeros!
- Un socorrista (u otro adulto que tenga conocimiento de rescate acuático) necesita vigilar a los niños siempre que estén en el agua o cerca de la misma. Los niños de más corta edad deben ser supervisados de manera estrecha mientras estén en el agua o cerca de la misma—use “supervisión con tacto”, al mantenerlos a una distancia de no más de la longitud de un brazo.
- Asegúrese de que su hijo sepa que nunca debe sumergirse en el agua, excepto cuando se lo permita un adulto que conozca la profundidad del agua y que haya verificado que no hay objetos bajo el agua.
- Nunca permita que su hijo nade en canales o en cualquier cauce de agua con movimiento rápido.
- Sólo debe permitirse nadar en el mar cuando haya un socorrista de guardia.
- Enseñe a los niños acerca de las corrientes de resaca (también llamadas corrientes de retorno). Si queda atrapado en una corriente de ese tipo, nade paralelo a la costa hasta que escape de la corriente, y después nade de regreso a la costa.

Para obtener más consejos sobre seguridad en la luz solar y en el agua, visite: www.healthychildren.org



River to Coast Children's Services

Staff and their phone number extensions.
(707) 869-3613

- Agnese Daniel (Fiscal Specialist) 110
- Soledad Cardona (Lead Family Case Manager, Senior NHTSA Certified Car Safety Seat Technician) 107
- Ana Martinez (Family Case Manager) 109
- Faviola Ledezma (Family Case Manager) 114
- Mendy Behrens (Child Development Resource Specialist) 117
- Kari Wilson (Child Development Resource Specialist) 116
- Lupita Dominguez (Child Development Resource Specialist) 118
- Julie Feingold (Child Development Program Director)
- Elaina Boyce (Community Resources & Referral Coordinator) 104
- Anahi Flores (Reception & R&R Counselor) 101



Welcome to our newest staff member: Julie Feingold

Julie comes onboard as the Child Development Program Director, overseeing the Family Child Care Education Network and the READY pilot program. With 35 years working in the child care community, she has worked in a variety of child care environments. Julie has run her own licensed family child care home and acted as Director of a licensed child care center, overseeing the well-being of forty-four children and the attending center staff.

Julie has twins, a boy and a girl, aged 12.5 years. They attend a Petaluma school that provides a Waldorf-based program. She is looking forward to meeting, and working with, the all RCCS staff, providers, parents and children. RCCS is delighted she is one of our team! Welcome Julie!

LOOKING for a Summer Camp or Activities for your child?

YOU can search the database online for available camps for summer at:

<http://www.pressdemocrat.com/article/99999999/multimedia/902129998>

Community Care Licensing NEWS UPDATE of interest to parents and providers:

New information is to be posted online about the status of child care licensees in California.

We understand that within the next month or so, Community Care Licensing will add to the facility search portion of their website, additional information about the licensee including:

- when the facility was last inspected and
- the aggregate number of any violations the program has received over the last five years.

As you know, the Center for Investigative Reporting has also collected information regarding the past violation history of licensed child care providers in select counties. They will include all licensed child care facilities in Napa County and all licensed child care centers in Santa Clara County. We understand that they will post on May 20th:

- the information above and
- a scanned copy of any reports associated with substantiated complaints

Parents can obtain a better understanding of the violation structure and any specific findings about providers. A few resources below from are from Community Care Licensing's website and may be helpful to you. Of course, parents should also be directed to the appropriate CCL Regional office if they wish to review a provider's file.

RESOURCES from Community Care Licensing:

Facility Evaluation Process Overview: <http://cld.ca.gov/res/pdf/FacilityEvaluationProcess.pdf>

Reference Material for Facility Evaluation/Visit: <http://www.cld.ca.gov/res/pdf/FacilityEvaluation.pdf>

Process Chart Page 5, Examples of Violation Types pages 17 - 21

Information for Parents: <http://cld.ca.gov/PG524.htm>: *The rights of parents, children and providers (towards the bottom of the page)*

ADDENDUM TO HANDBOOK

Our Service Delivery Area. RCCS' service area includes the West Sonoma County Union High School, Monte Rio, Guerneville, Harmony, Fort Ross, Oak Grove, Montgomery, Sonoma County portion of Shoreline Unified School and the Kashia Reservation School Districts.

For AP funding: For families in the Alternative Payment Programs, either the care must be used OR the family must live in the service area described above.

For CFCC Funding: For families in the Family Child Care (CFCC) programs, child care must be provided by our contracted providers in the RCCS Family Child Care Network.

YOUR CASE MANAGER WILL SHARE NETWORK PROVIDERS WITH YOU.

RCCS THANKS the:

**SEBASTOPOL ROTARY FOR A \$500 GRANT
FOR THE RCCS TOY LENDING LIBRARY.**



**WELFARE LEAGUE OF SANTA ROSA FOR
DONATING LAYETTES FOR NEWBORNS!**



Activities/Actividades . Workshops/Talleres . Events/Eventos

June / Junio Calendar ♦♦ 2014

- ◆ 6/2 & 3 : Kindergym in Guerneville
- ◆ 6/4 : Kindergym in Forestville
- ◆ 6/5: Attendance sheets due in RCCS by 5 PM/ Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 6/9 & 10: Kindergym in Guerneville
- ◆ 6/10: El Comité PAC se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107 / PAC Committee meets at 6:00 PM at RCCS. Call Soledad at 869.3613 x 107)
- ◆ 6/11: Kindergym in Forestville
- ◆ 6/12: **NO KINDERGym IN BODEGA BAY**
- ◆ 6/12: Summer Fun Carnival/El Divertido Carnaval de Verano, 10 AM to Noon at Forestville Youth Park
- ◆ 6/16 & 17: Kindergym in Guerneville
- ◆ 6/18 : Kindergym in Forestville
- ◆ 6/18: Outreach Committee meeting 4:30 PM at RCCS y El comité de publicidad de RCCS se reúne de 5:30 PM en RCCS
- ◆ 6/18: Provider Payday y Día de pago de los proveedores
- ◆ 6/23 & 24: Kindergym in Guerneville
- ◆ 6/25: Kindergym in Forestville
- ◆ 6/25: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:30 at RCCS
- ◆ 6/30: Kindergym in Guerneville

2014 ♦♦ July / Julio Calendario

- ◆ 7/1 : Kindergym in Guerneville
- ◆ 7/2: Kindergym in Forestville
- ◆ 7/4: **OFFICE CLOSED** ★ **OFICINA CERRADA**
- ◆ 7/5: Attendance sheets due in RCCS by 5 PM/ Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 7/7 & 8: Kindergym in Guerneville
- ◆ 7/8: El Comité PAC se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107 / PAC Committee meets at 6:00 PM at RCCS. Call Soledad at 869.3613 x 107)
- ◆ 7/9: Kindergym in Forestville
- ◆ 7/14 & 15: Kindergym in Guerneville
- ◆ 7/16: Kindergym in Forestville
- ◆ 7/16: Outreach Committee meeting 4:30 PM at RCCS y El comité de publicidad de RCCS se reúne de 5:30 PM en RCCS
- ◆ 7/18: Provider Payday y Día de pago de los proveedores
- ◆ 7/21 & 22: Kindergym in Guerneville
- ◆ 7/23: Kindergym in Forestville
- ◆ 7/23: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:30 at RCCS
- ◆ 7/28 & 29: Kindergym in Guerneville
- ◆ 7/30: Kindergym in Forestville

La Tos Ferina: Lo que necesita saber.



¿Qué es la tos ferina?

- La tos ferina provoca ataques de tos tan fuertes que causan dificultad para respirar.
- Se transmite fácilmente cuando alguien con la enfermedad tose o estornuda.
- Puede ser mortal para los bebés.

Empieza como un resfriado. Empeora rápidamente.

Los primeros síntomas

A menudo, los síntomas son leves y empiezan como un resfriado común:

- nariz mucosa
- estornudos
- fiebre leve o no tiene fiebre
- tos leve

Los síntomas después de 1-2 semanas

Los fuertes ataques de tos pueden causar:

- vómito
- problemas para respirar
- un color de cara azulado o rojizo
- cansancio extremo
- episodios de sudoración
- quebradura de costillas

Los síntomas pueden empeorar durar meses.

Los bebés corren mayor riesgo

Los bebés menores de 6 meses de edad a menudo no tienen una tos típica. En las primeras etapas, los bebés pueden:

- sentir náuseas o inhalar bocanadas de aire
- cansarse bastante
- parar de respirar
- tener ataques epilépticos

Los síntomas pueden empeorar rápidamente. Frecuentemente, los bebés necesitan cuidados en un hospital.

Trate la tos ferina temprano

- Llame al doctor si usted o un miembro de la familia:**
- Está alrededor de alguien con tos ferina o una tos fuerte.
 - Tiene algún síntoma de tos ferina.

Es posible que su doctor recete antibióticos para:

- Ayudar a que no se empeore (si lo toma temprano).
- Prevenir que otros se enfermen.

Si tiene tos ferina:

- Quédese en casa. Evite el contacto con otros hasta que termine su tratamiento.
- Si está cuidando de un bebé, pídale a un adulto sano que cuide, alimente y cargue a su bebé.

La prevención es lo más importante

- Las dosis de DTaP se recomiendan a los 2 meses, 4 meses, 6 meses, 15 meses y 4 a 6 años de edad.
- Tdap se recomienda para todas las personas mayores de 11 años de edad.
- Para proteger a sus recién nacidos, las mujeres embarazadas necesitan ponerse la vacuna Tdap durante su tercer trimestre de embarazo, aun si se vacunaron antes del embarazo.
- Las mujeres necesitan ponerse la vacuna Tdap cada vez que están embarazadas.

Pregúntele a su doctor sobre las vacunas contra la tos ferina para usted y su familia.

Whooping Cough: What You Need to Know



What Is Whooping Cough?

- Whooping cough (also called pertussis) causes coughing fits that make it hard to breathe.
- It spreads easily when someone with the disease coughs or sneezes.
- It can kill young babies.

Starts Like a Cold. Gets Worse Fast.

Early Symptoms

- Often, symptoms start like a common cold:
- runny nose
 - sneezing
 - low or no fever
 - mild cough

Symptoms After 1-2 Weeks

- Bad coughing attacks may lead to:
- vomiting
 - a red or blue face
 - broken ribs
 - problems breathing
 - extreme tiredness
 - sweating spells

Symptoms can last for months.

Babies Are Most at Risk

Infants younger than 6 months old often do not have a typical cough. In the early stages, infants may:

- gasp or gag
- stop breathing
- get very tired
- have seizures

Symptoms can get worse very fast. Often, babies need to go to the hospital for care.

Treat Whooping Cough Early

Call Your Doctor If You or a Family Member:

- Are around someone who has whooping cough or a bad cough.
- Have any symptoms of whooping cough.

Your Doctor May Prescribe an Antibiotic Medicine to:

- Keep you from getting sicker (if taken early).
- Prevent others from getting sick.

If You Have Whooping Cough:

- Stay home. Avoid contact with others until you have finished treatment.
- If you are caring for an infant, ask a healthy adult to feed, hold, and care for your baby.

Prevention is Key

- DTaP doses are recommended at 2 months, 4 months, 6 months, 15 months, and 4-6 years of age.
- Tdap is recommended for everyone 11 years and older.
- To protect their newborn babies, pregnant women need a Tdap shot during their third trimester of pregnancy, even if they got it before pregnancy.
- Women need a Tdap shot each time they are pregnant.

Talk with your doctor about whooping cough shots for you and your family.



"Estábamos increíblemente aturridos. Todo pasó tan rápido. Sólo después de que Brady murió supimos que tenía tos ferina". —los padres de Brady
Puede leer su historia en inglés en: www.ShotByShot.org/pertussis/bradys-story



"We were beyond stunned. The disease just moved so fast. Only after Brady was gone was he diagnosed with whooping cough." —Brady's Parents
Read more at www.ShotByShot.org/pertussis/bradys-story





Child Care Planning Council of Sonoma County Enrichment Resources List



FIELD TRIPS

Organization	Location	Activity	Contact	Phone	Email	Cost	Age Group	Web Site
1 Armstrong Woods	Guerneville	Environmental Education; Hiking	Melanie Russell	707-869-9117 x3	stewards@mcn.org	School groups free; \$5 -10 per child for other groups	All ages	http://www.stewardsoftheecostandardwoods.org
2 Bayer Farms Neighborhood Park and Gardens	Santa Rosa	Gardening		707-544-7284	info@landpaths.org	Free	All ages	http://landpaths.org/prod/eryexplorer/bayer-farm-neighborhood-park-and-gardens.aspx
3 Cal Academy of Sciences	San Francisco	Science		415-379-8000	reservations@calacademy.org	See website for pricing	All ages	http://www.calacademy.org/
4 Cal Skate	Rohnert Park	Roller Skating/Blading	Jean Saya	707-585-0494	skate@calskate.com	See website for pricing	3 yrs +	www.calskate.com
5 Double Decker Lanes	Rohnert Park	Physical Education		707-585-0226	through website	See website for pricing	3 yrs +	http://www.doubledeckerlanes.com
6 Exploratorium	San Francisco	Science		415-561-0308	groupsales@exploratorium.edu	See website for pricing	All ages	http://www.exploratorium.edu/visit/fieldtrips/
7 Forget-Me-Not Farm, Sonoma Human Society	Santa Rosa	Animal & Horticulture Education	Beth Karzes	707-577-1902	bkarzes@sonomahomane.org	See website for pricing	All ages	http://www.forgetmenotfarm.org/
8 Marin French Cheese	Petaluma	Culinary Education		707-762-6001		Free tour	All ages	www.marinfrenchcheese.com
9 Marine Mammal Center	Sausalito	Marine Science		415-289-7330	edu@trmmc.org	See website for pricing	5 yrs +	http://www.marinemammalcenter.org
10 Muir Woods, SF	Mill Valley	Environmental Education; Hiking		415-388-2596	through website	Children under 16 free, all others \$7.	All ages	http://www.nps.gov/muwo/index.htm
11 Pepperwood Preserve	Santa Rosa	Environmental Education; Hiking		707-591-9310	info@pepperwoodpreserve.org	Free; Pre-registration required.	All ages	www.pepperwoodpreserve.org/
12 Pump It Up	Santa Rosa	Physical Education		707-545-3140		See website for pricing	All ages	http://www.pumpitupparty.com/ca/santa-rosa/home-pl1q47.htm

FIELD TRIPS continued....

Organization	Location	Activity	Contact	Phone	Email	Cost	Age Group	Web Site
13 Safari West	Santa Rosa	Animal Education	Jen Lummus	707-566-3629	jillumus@safariwest.com	See website for pricing	All ages	http://www.safariwest.com/
14 Schulz Museum	Santa Rosa	Story Telling; Arts & Crafts	Jeff Hollis	707-284-1263	inquiries@schulzmuseum.org	See website for pricing	All ages	http://schulzmuseum.org/
15 Shiloh Ranch State Park	Windsor	Hiking		707-433-1625	No email available	\$7 per vehicle	All ages	http://www.sonoma-county.org/parks/pk_shiloh.htm
16 Snoopy's Home Ice	Santa Rosa	Physical Education		707-546-7147	info@snoopyshomeice.com	See website for pricing	All ages	www.snoopyshomeice.com
17 Sonoma Central Public Library	Santa Rosa	Story Telling		545-0831		Free	All ages	http://www.sonomalibrary.org/chilprograms/
18 Sonoma County Regional Park's Education Programs at Tolay Lake Regional Park	Petaluma	Environment Education	Christina McGuirk	707-789-9699	through website	\$5 per student; scholarships available	3 yrs +	http://parks.sonomacounty.ca.gov/Get_Outdoors/Environmental_Discovery_Center.aspx
19 Sonoma County Regional Park's Environmental Discovery Center at Spring Lake	Santa Rosa	Environment Education	Kristina Stanton	707-539-2865	through website	\$5 per student; scholarships available	3 yrs +	http://parks.sonomacounty.ca.gov/Get_Outdoors/Environmental_Discovery_Center.aspx
20 Sports City	Santa Rosa	Physical Education		707-526-7884	through website	Call for pricing	2 yrs +	http://playsportscity.com/
21 Spring Hill Jersey Cheese	Petaluma	Culinary Education		707-762-3446	info@springhillcheese.com	See website for pricing: children under 7 free	All ages	www.springhillcheese.com
22 Spring Lake & Howarth Park	Santa Rosa	Environment Education; Physical Education		707-543-3737	howarthpark@srcity.org	Dependant on activity. See website for pricing.	All ages	http://ci.santa-rosa.ca.us/departments/recreationandparks/parks/howarth/Pages/default.aspx
23 ZEUM, Children's Creativity Museum	San Francisco	Creativity Learning		415-820-3355	groupsales@creativity.org	See website for pricing	All ages	http://creativity.org/

PRESENTERS

Invite the knowledge and expertise from your Community to present at your site

Organization	Location	Activity	Contact	Phone	Email	Cost	Age Group	Web Site
1 Bird Rescue Center	Santa Rosa	Wild Life Education		707-523-2473		Free	All ages	www.birdrescuecenter.org
2 Hands on Snakes	Sonoma County	Reptile Education	Douglas Hall	707-338-4884	handsonsnakes@gmail.com	Dependent on type of program, call for more info.	All ages	www.handsonsnakes.com
3 Illusionation Magic	Sonoma County	Entertainment	Ray Hoey	707-484-2469	raydavine2003@yahoo.com	Variable	All ages	http://illusionationmagic.com
4 Mosquito & Vector Control District	Cotati	Mosquito, Yellowjackets, and Ticks safety	Eric Eng	707-285-2200	erice@mmsmosquito.com	Free	5 yrs +	www.mmosquito.com
5 Mostly Magic	Santa Rosa	Entertainment	Ken Garr	707-360-5622	through website	Contact for pricing	All ages	http://www.mostlymagicshop.com/magicians/
6 Organic Beekeeping 101	Sonoma	Beekeeping; Pollination	Randy Sue Collins	707-939-3566	info@organicbeekeeping101.com	Free		www.organicbeekeeping101.com
7 Ratto Group (The Unicycler)	Sonoma County	Recycling Education	Hillary Shephard	707-588-3684	greenteam@unicycler.com	Free	5 yrs +	www.unicycler.com
8 Sonoma County Water Agency	Sonoma County	Water Conservation	Michelle Holmstedt	707-547-1993	michelle.holmstedt@scwa.ca.gov	Free	5 yrs +	http://www.scwa.ca.gov/education/
9 St. Joseph's Mighty Mouth Health Education Program	Santa Rosa	Health Education		707-522-1961		Free	5 yrs +	http://www.stjosephhealth.org/For-Community/Community-Outreach/Community-Health.aspx
10 Story Teller, Greg Begin	Santa Rosa	Story Telling	Greg Begin	707-537-1218	gbegin@floyd.santarosa.edu	Contact for pricing	All ages	www.santarosa.edu/~gbegin
11 Verity	Santa Rosa	Safety	Rob Diaz	707-545-7270 x12	rdiaz@ourverity.org	Free	5 yrs +	www.ourverity.org
12 Village Rhythms	Santa Rosa	Entertainment	Onye Onyemaechi	707-528-4458	onye@villagerhythms.org	Contact for pricing	All ages	www.villagerhythms.com
13 Wildcat Ed. & Conservation Fund	Occidental	Environment Education		707-874-3176	wildcat@wildcatfund.org	Contact for pricing	All ages	www.wildcatfund.org

OTHER SUGGESTED ACTIVITIES

Benefit from the experience and knowledge of those in your community

Activity	Purpose
1 Arrange a tour of your local bank	Financial Education
2 Invite local beekeeper to speak to your program about pollination	Bees and Pollination Education
3 Invite local veterinarian to speak on animal care	Animal Education
4 Schedule a presentation by a local martial arts, taekwondo studio, or fitness program	Physical Education; Personal Safety; Health Education
5 Schedule a presentation by your local Canine Companions	Animal Education; Community Service
6 Visit local Fire and/or Police Department	Safety Education
7 Visit senior citizens at a local assistant living center	Relationship Building; Community Service

PROFESSIONAL DEVELOPMENT RESOURCES

Organization	Purpose	Contact	Phone	Email	Cost	Website
1 CalSERVES	Healthy Behaviors Trainings for After School Programs Only	Kristen Mowers	707-217-9461	kristen.mowers@calsserves.org	Contact for pricing	http://www.calsserves.org/index.php/healthybehaviors
2 Emergency Care training & Supply (ECTS)	CPR & First Aid Trainings	Kimberly Miinch	707-987-4859	ectskimberly@att.net	See website for pricing	http://www.ectsamerica.com
3 Firstaid Exams	Online First Aid & CPR		1-888-362-2288		Contact for pricing	http://www.firstaidexams.com/
4 Kids Kan Inc.	Seminars on Curriculum Design and Staff Development for Elementary - High School Only	Gale Gorke	951-233-1646	gkgorke@aol.com	See website for pricing	http://galegorke.com/
5 Mill Creek Safety	CPR & First Aid Trainings	Eric Peterson	707-433-7752	millcreeksafety@sbcglobal.net	See website for pricing	http://www.millcreeksafety.com
6 SCOE Library	Educational Resources: Theme Boxes, Videos and Books	Mike Powell	707-524-2600	mpowell@scoe.org	Contact for pricing	http://www.scoe.org/pub/htdocs/library-services.html
7 Supervision Matters	Consulting, Training, Coaching Regarding Personnel Issues	Rita Server, MA	707-578-4318	rita@supervisionmatters.com	Contact for pricing	http://www.supervisionmatters.com



**River to
Coast
Children's
Services**

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

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Ongoing Children's Activities from RCCS:

Kindergym:

- ☑ River to Coast Children's Services brings Kindergym to Forestville on Wednesday 9:30 AM to 12:30 PM. Held at the Forestville United Methodist Church, 6550 Covey Road in downtown Forestville. A bilingual program, features activities for children 0 to 5 years (accompanied by their care givers) FREE, but donations are accepted, Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org
- ☑ River to Coast Children's Services offers Kindergym Monday and Tuesday mornings 9:45 AM to 12:20 PM in Guerneville at the Guerneville Vets' Hall, located on the corner of 1st and Church Streets in downtown Guerneville. Features activities for children 0 to 6 years (accompanied by their care givers). FREE, but donations are accepted! Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org

P.O.Box 16/16300 1st St.
Guerneville, Ca 95446
Office open : M-F , 9AM-5PM
(707)869-3613 / Fax(707) 869-2616



**River to
Coast
Children's
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707.869.3613

info@rccservices.org/www.rccservices.org



Serving west Sonoma County with:

- Help paying for child care for eligible families
- Referrals for child care & community resources
- Support and resources for child care providers
- Kindergym program
- Low cost car safety seats
- Emergency resources program

Sirviendo el oeste del Condado de Sonoma con:

- Referencias para el Cuidado de Niños
- Recursos para los Niños y sus Familias
- Apoyo para los Proveedores del Cuidado de Niños
- Ayuda Monetaria para el Cuidado de Niños
- Programa de Materiales de Emergencia
- Gimnasio para Niños
- Programa de Asientos de Seguridad