



# River to Coast Children's Services

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

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 para las familias elegibles
- Programa de Materiales de Emergencia
- Gimnasio para Niños
- Programa de Asientos de Seguridad

**JUNE\*\*\*JUNO ©2019© JULY\*\*\*JULIO**



## Provider Appreciation Celebration 2019

For more pictures and a video or two, see our Facebook page:

<https://www.facebook.com/RiverToCoastChildrensServices/>

Thank you Trader Joe's for donating desserts for the evening!

### QIRS Participants 2018-2019:

- ◆ Rosalba Aparicio
- ◆ Laura Brambilla
- ◆ Ruth Brambilla
- ◆ Socorro Calderon
- ◆ Lugarda Coria
- ◆ Veronica Esquivel
- ◆ Martha Gomez
- ◆ Ana and Maria Mayers
- ◆ Alejandra Mendez
- ◆ Isabel Menjivar
- ◆ Esther Padilla
- ◆ Alicia Ponce
- ◆ Matilde Rojas de Vera
- ◆ STARS Preschool
- ◆ Leticia Talavera



### Participants 2018-19:

- Aurora Flores
- Teresa Flores
- Alicia Zaragoza



**THANK YOU!** for your generous donations assisting West County families impacted by the February floods:

- ◆ Stark Trust Community Foundation Sonoma County
- ◆ Bohemian Club San Francisco
- ◆ Copperfield Books for donating 100 new books for flood impacted families
- ◆ Rainbow Cattle Company and their Give Back Tuesday fundraiser benefitting RCCS programs
- ◆ Simon Shelton
- ◆ John Franzman
- ◆ Alice Horowitz
- ◆ Georgia Wright
- ◆ Melissa Kelly
- ◆ Ann Edminster

SPONSORING THE SWIM LESSONS IN 2019:  
RUSSIAN RIVER ROTARY  
RUSSIAN RIVER RECREATION AND PARKS

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".

River to Coast Children's Services  
Staff and their phone number extensions.

(707) 869-3613:



- Soledad Figueroa (Executive Director) 111
- Rose Rosenberger (Fiscal Manager) 106
- Faviola Ledezma (Lead Case Manager) 114
- Teresa Bernabe (Family Case Manager) 109
- Donna Roper (Child Development Program Director) 105
- Elaina Boyce (Community Resource & Referral Program Coordinator, newsletter/website editor) 104
- Kari Wilson (Child Development Resource Specialist) 112
- Lupita Dominguez (Child Development Resource Specialist) 118
- Sheila Nunez (Child Development Resource Specialist) 107
- Vanessa Osorio (Office Assistant) 101
- Sabrina Dannels, Psy.D., Clinical Psychologist, license # PSY29988. Call (707) 520-4050 to make an appointment - servicios in español DrDannels@gmail.com

## FORESTVILLE KINDERGYM DAY CHANGE STARTING APRIL 2019!

**F**orestville Kindergym is now held on **THURSDAYS** from 10:00 AM to 12:00 PM. Held at the Forestville United Methodist Church, 6550 Covey Road in downtown Forestville, features activities for children 0 to 6 years (accompanied by their care givers).

**R**iver to Coast Children's Services offers Kindergym **MONDAY and TUESDAY** mornings 10:00 AM to 12:00 PM 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).

**K**indergyms are **FREE**, but donations are accepted, Call 707.869.3613 for current schedule, or check the current RCCS newsletter online at:

<http://www.rccservices.org/newsletter.html>

## CALENDAR JUNE 2019 JUNO CALENDARIO

- ◆ 6/3 & 4: Kindergym in Guerneville
- ◆ 6/5: Attendance sheets due in RCCS by 5 PM ◆◆ Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 6/6: Kindergym in Forestville
- ◆ 6/10 & 11: Kindergym in Guerneville
- ◆ 6/11: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Sheila al 707-869-3613 x 107
- ◆ 6/13: Kindergym in Forestville
- ◆ 6/17 & 18: Kindergym in Guerneville
- ◆ 6/18: Provider payday◆◆ Dia de pago de los proveedores
- ◆ 6/20: Kindergym in Forestville
- ◆ 6/24 & 25: Kindergym Guerneville
- ◆ 6/26: Board of Directors meeting◆◆ Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 6/27: Kindergym in Forestville



## CALENDAR JULY 2019 JULIO CALENDARIO

- ◆ 7/1 & 2: Kindergym in Guerneville
- ◆ 7/4: OFFICE CLOSED \*\*\* OFICINA CERRADA: 4TH OF JULY HOLIDAY!
- ◆ 7/4: NO KINDERGYM IN FORESTVILLE
- ◆ 7/5: Attendance sheets due in RCCS by 5 PM ◆◆ Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 7/8 & 9: Kindergym in Guerneville
- ◆ 7/9: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Sheila al 707-869-3613 x 107
- ◆ 7/11: Kindergym in Forestville
- ◆ 7/15 & 16: Kindergym in Guerneville
- ◆ 7/18: Kindergym in Forestville
- ◆ 7/18: Provider payday◆◆ Dia de pago de los proveedores
- ◆ 7/22 & 23: Kindergym in Guerneville
- ◆ 7/24: Board of Directors meeting◆◆ Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 7/25: Kindergym in Forestville
- ◆ 7/29 & 30: Kindergym in Guerneville

No  
Guerneville Kindergym  
Monday, August 5, 2019

◆●◆  
Kindergym will meet on Tuesday,  
August 6th at the Vets Hall





<https://sonomalibrary.org/events/programs/childrens-summer-reading> Children's Summer Reading Club

This summer, read, visit, and discover new things in your community with the Sonoma County Library Children's Summer Reading Challenge! Instill a love of reading, and prevent the "Summer Slide" -- children who participate in Summer Reading and read a minimum of 5 books over the summer score higher in reading AND math when they return to school.

The Summer Reading Challenge runs from June 1 - August 10, 2019. There is something fun going on at your library every week during the summer. Come to the library, check out the show, get a library card, and enjoy some books! There are two different levels to participate: Early Learners (for ages 0-5), and Kids Grades K-6 (for elementary age students).

**HOW TO PLAY:**

1. Register online at [sonomalibrary.beanstack.org](http://sonomalibrary.beanstack.org), or visit your local library to pick up a Children's Summer Reading paper log.
2. Choose between the EARLY LEARNERS and KIDS GRADES K-6 reading logs.
3. Read books and complete library activities to earn points -- 100 points for each book, 25 points for each activity.
4. Enjoy reading books in your favorite format--books, eBooks, audiobooks or eAudiobooks.
5. All reading counts: reading can be done anytime, anywhere, in any format.
6. Parents of preschool children: practice reading, talking, singing, writing, and playing with your child to develop pre-reading skills.
7. Track your reading activity in the paper log, or online at [sonomalibrary.beanstack.org](http://sonomalibrary.beanstack.org), or on the go using the Beanstack Tracker app.
8. Earn 500 points to get a FREE BOOK and a RAFFLE TICKET!

9. Keep reading to keep earning more points! Up to five free books may be earned by continuing to read. Reading logs accepted through August 10, 2019. Need help with any square? Ask a librarian.

**For Parents:**

Summertime is the perfect time for children to continue improving their reading skills. Bring your child to the library to check out books on all the subjects they love-- those lazy summer days will be filled with imagination and exploration in the world of books!

Children who don't read during the summer can lose up to two months of learning by the time they return to school in the fall. Library Summer Reading programs provide support and incentive to students to keep reading all summer long.

**UPCOMING EVENTS**

- It's CraftTime! / ¡Es la Hora de las Manualidades! 10:30am - 11:30am Thursday, June 6, 2019
- Summer Flix Series: Ferris Bueller's Day Off PG-13 2:00pm - 4:00pm Friday, June 7, 2019
- Summer Reading Kick-Off w/ Musical Robot! 11:00am - 12:00pm Saturday, June 8, 2019
  - Musical Robot/Robot Musical 1:00pm - 2:00pm Saturday, June 8, 2019
  - Musical Robot/Robot Musical 11:00am - 12:00pm Monday, June 10, 2019
  - Musical Robot/Robot Musical 10:30am - 11:30am Tuesday, June 11, 2019
  - Musical Robot/Robot Musical 3:00pm - 4:00pm Tuesday, June 11, 2019
  - Musical Robot/Robot Musical 11:00am - 12:00pm Wednesday, June 12, 2019



<https://www.pressdemocrat.com/multimedia/9376336-181/2019-north-bay-summer-guide>

**OUR REFERRAL POLICY**

River to Coast Children's Services' referral policy is based on respecting parental choice. Responsibility for selecting child care rests with each parent. RCCS assists parents in finding the widest range of available child care and offers information to help families evaluate available child care options. A RIVER TO COAST CHILDREN'S SERVICES referral is not a recommendation or a guarantee of quality care. Parents should carefully interview and check references of potential child care providers before leaving a child in their care.

For Information on all licensed family child care homes and centers call Community Care Licensing at 707.588.5026

River to Coast Children's Services. 707.869-3613. [info@rccservices.org](mailto:info@rccservices.org) / [www.rccservices.org](http://www.rccservices.org)

**ALGUNOS PUNTOS DE NUESTRA POLIZA DE REFERENCIAS**

La poliza de referencias de RIVER TO COAST CHILDREN'S SERVICES respeta la preferencia de los padres. La responsabilidad de escoger el cuidado de niños es de los padres. Asistimos a los padres a encontrar la variedad más amplia de cuidado de niños que se ofrece y ofrecemos información para evaluar el cuidado de niños. Una recomendación de RCCS no significa una garantía de calidad. Les pedimos a los padres que hagan una entrevista cuidadosa y que examinen las recomendaciones antes de que dejen un niño al cuidado de otra persona.

Padres que están buscando información acerca de quejas previas de una casa o centro con licencia para cuidar niños, pueden llamar a Community Care Licensing tel. 588-5026.

Para registrar una queja llamen al mismo numero al River to Coast Children's Services. 707.869-3613.

Swim Lessons Return to west Sonoma County  
WATER SAFETY IS WATER FUN

SESSION 1: To Be Arranged  
SESSION 2: To Be Arranged

SIGN UP EARLY FOR A PREFERRED TIME  
BECAUSE SPACE IS LIMITED:

CALL US: RCCS AT 707.869.3613

All ages are welcome to participate!  
10:00 AM, 10:30 AM, 11:00 AM and 11:30 AM (11:30 AM: Baby and Me, 0-35 months)

suggested donation: \$10.00 per entire session

Las clases de natación regresan a el oeste de el condado de sonoma  
LA SEGURIDAD EN EL AGUA ES  
DIVERSION EN EL AGUA

Todas las edades son bienvenidos

Inscríbese pronto para poder obtener el tiempo de su preferencia porque el espacio es limitado:

LLAME A RCCS AL 707.869.3613

Escoja clases de media hora empezando de:  
10:00AM, 10:30AM, 11:00 AM y 11:30 AM  
(11:30 AM : Yo Y Mi Bebe, 0-35 meses)



SPONSORING THE SWIM LESSONS IN  
2019:  
RUSSIAN RIVER ROTARY  
RUSSIAN RIVER RECREATION AND PARKS  
with support from:  
YMCA SONOMA COUNTY

At the Rio Nido Roadhouse Swimming Pool

Protect the ones you love  
DROWNINGS



The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like drowning, is a step toward this goal.

When most of us are enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

Thankfully, parents can play a key role in protecting the children they love from drowning.

Prevention Tips

**Fence it off.** Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when a parent cannot supervise them. Pool fences should completely separate the house and play area from the pool.

**Make life jackets a "must."** Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim.

**Learn CPR.** Learn cardiopulmonary resuscitation (CPR) and get recertified every two years. CPR can help a child stay alive with little or no brain damage.

**Be on the look out.** Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water. Adults watching kids near water should avoid distracting activities like playing cards, reading books, or talking on the phone.

Please visit [www.cdc.gov/safekid](http://www.cdc.gov/safekid) for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.



Child injuries are preventable



Proteja a sus seres queridos  
AHOGAMIENTOS



La realidad

Todos queremos proteger y mantener seguros a nuestros niños y ayudarlos para que puedan aprovechar sus vidas al máximo. Saber cómo prevenir las causas principales de lesiones infantiles, como los ahogamientos, es un paso hacia esa meta.

Cuando la mayoría de nosotros estamos disfrutando de la piscina y la playa, las lesiones es lo último en lo que pensamos. Sin embargo, los ahogamientos son la causa principal de muertes de niños pequeños entre 1 y 4 años de edad, y tres niños mueren diariamente por ahogamientos.

Afortunadamente, los padres pueden desempeñar un papel clave para proteger de los ahogamientos a sus niños queridos.

Consejos para la prevención

**Coloque cercas.** Instale alrededor de las piscinas caseras una cerca de cuatro lados, con puertas de acceso de cierre automático. Con esto ayudará a mantener alejados del área a los niños en momentos en que los padres no los puedan supervisar. Las cercas para piscinas deben separar completamente la casa y el área de juego de la piscina.

**Haga que "siempre" se pongan chalecos salvavidas.** Asegúrese de que los niños usen siempre chalecos salvavidas, aunque sepan nadar, cuando se encuentren cerca o dentro del agua en áreas naturales como lagos y océanos.

**Aprenda CPR.** Aprenda a realizar la reanimación cardiopulmonar (CPR, por sus siglas en inglés) y cada dos años renueve su certificación. La reanimación cardiopulmonar puede salvar a un niño o ayudar a que no sufra daños cerebrales.

**Esté siempre atento.** Vigile a los niños pequeños todo el tiempo mientras se encuentren en bañeras, piscinas o sitios naturales con agua. Los adultos que supervisan a niños que estén cerca del agua deben evitar actividades que los distraigan como jugar a las cartas, leer libros o hablar por teléfono.

Por favor visite [www.cdc.gov/safekid](http://www.cdc.gov/safekid) donde encontrará podcasts, hojas con consejos e información adicional sobre las causas principales de lesiones infantiles y los pasos que puede seguir para proteger a sus niños queridos.



Las lesiones infantiles se pueden prevenir







**TEAM RCCS AT THE HUMAN RACE 2019  
MAY 4, 2019  
WE HAVE THE GREATEST SUPPORTERS! THANKS TEAM**



**Ed and Kathy Smith:  
Our Heroes!**  
This dynamic duo have given RCCS so much of their energy and time, they deserved a party!



◆ **Children's Artwork Quilt**  
Thank you Susan Panas (Kari Wilson's mom) for piecing, sewing, and quilting this project. ◆  
It's a BEAUTY



Once again RCCS opened its office each Saturday morning from February to April 15th for United Way's EKS free tax preparation program. Thank you to the fine folks who volunteered their time to assist so many community members file their paperwork! →

**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.

# Consejos de Seguridad para la Insolación

Todo lo que usted necesita saber para mantener a salvo a su niño de la insolación.

Los bebés y los niños pequeños a veces pueden dormir tan apaciblemente que nos olvidamos de que están con nosotros. También puede ser tentador dejar a un niño solo en un auto mientras corremos rápidamente a la tienda. El problema es que dejar a un niño solo en el auto puede ocasionar lesiones graves o la muerte por insolación. Los niños pequeños corren un mayor riesgo, pues sus cuerpos se calientan de tres a cinco veces más rápido que el de un adulto. Estas tragedias son completamente evitables. Esta es la forma en que todos trabajaremos juntos para mantener a los niños a salvo de la insolación.

## Reducir el número de muertes por insolación recordando las siglas ECA

- **E:** Evite las lesiones y muertes relacionadas con la insolación al no dejar nunca solo a su niño en el auto, ni siquiera por un minuto. Y asegúrese de mantener con llaves su auto cuando usted no está adentro, pues así los niños no entran por su propia cuenta.
- **C:** Cree recordatorios colocando algo en la parte de atrás del auto y junto a su niño, como un maletín, una cartera o teléfono celular, que le hará falta al llegar a su destino final. Esto tiene especial importancia si usted no está siguiendo su rutina normal.
- **A:** Actúe. Si usted ve a un niño solo en un auto, llame al 911. El personal de emergencias espera su llamada. Ellos están capacitados para responder a estas situaciones. Una llamada podría salvar una vida.



## Dé un paso más: cree recordatorios adicionales y una comunicación con la guardería

- Cree un recordatorio en el calendario de sus aparatos electrónicos, para asegurarse de que usted haya dejado a su niño en la guardería.

- Elabore un plan con la guardería para que, si su niño está retrasado, le llamen a usted en pocos minutos. Tenga un cuidado especial si cambia su rutina para dejar a los niños en la guardería.

## Enseñe a los niños que no deben jugar en los autos

- Asegúrese de dejar con llave su vehículo, incluyendo las puertas y el maletero, cuando no lo esté usando. Mantenga las llaves y el mando a distancia del coche fuera de la vista y del alcance de los niños.
- Enseñe a los niños que el maletero es para transportar carga y no es un lugar seguro para jugar.
- Si su niño se pierde, pida ayuda y revise en las piscinas, vehículos y maleteros. Si su niño está encerrado en un auto, sáquelo lo más pronto posible y llame al 911 inmediatamente. El personal de emergencia está capacitado para evaluar y diagnosticar los signos de la insolación.

*La insolación es la causa principal de las muertes en los niños relacionadas con vehículos que no participan en un choque. En promedio, cada 10 días muere un niño por insolación en un vehículo.*



# Heatstroke Safety Tips

Everything you need to know to keep your kids safe from heatstroke.

Sometimes babies sleep so peacefully that busy parents can forget they are even there. Other times, we might be tempted to leave kids in the car while we run into the store or dash off to do an errand. Children can also end up alone in cars if the doors or trunk are left unlocked. However it happens, 38 kids die each year from being unattended in a vehicle. That's why children should never be alone in a car. It can lead to heatstroke, which causes serious injury or even death. Young children are particularly at risk since their bodies heat up three to five times faster than an adult's.

Here's how we can work together to keep this preventable tragedy from happening.

## Reduce the Number of Deaths from Heatstroke by Remembering to ACT

- **A:** Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
- **C:** Create reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.
- **T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.



**Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 10 days a child dies from heatstroke in a vehicle.**

## Teach Kids Not to Play in Cars

- Make sure to lock your vehicle (doors and the trunk) when you're away from it. Keep keys and remote entry fobs out of children's sight and reach.
- Teach kids that trunks are for transporting cargo and are not safe places to play.
- If your child is missing, immediately check swimming pools, vehicles and trunks. Get kids who are locked in cars out as soon as possible. If you can't do so quickly, dial 911 right away. Emergency personnel are trained to evaluate and check for signs of heatstroke.

## Go a Step Further: Create Extra Reminders and Communicate with your Child Care Provider

- If you regularly drop your child off at child care, create a calendar reminder on your phone or computer to make sure you've done so.
- Make arrangements for your child care provider to call you right away if your child doesn't show up at the expected time. Be especially careful if you change your routine for dropping off children at child care. Heatstroke incidents often occur when people's routine is disrupted.



Resources, Referrals & Support ❖ Recursos, Referencias y Apoyo

P.O. Box 16  
Guerneville, CA 95446

U.S. POSTAGE  
NON-PROFIT  
GUERNEVILLE, CA 95446  
PERMIT #18

RETURN SERVICE REQUESTED

## RCCS CONTRACTED PROVIDERS IMPORTANT NOTICE:

ALL attendance sheets for the RCCS 2018-2019 contracting year **MUST** be turned into the RCCS office by July 5, 2019! Attendance sheets turned in after 7/5/2019 cannot and will not be paid! Make sure to attach invoices to the attendance sheets as well.

ESTIMADOS PROVEEDORES CONTRATADOS CON RCCS: TODAS las Hojas de Asistencia para el año fiscal del 2018-2019, 1 de julio de 2018 - 30 de junio de 2019, se **DEBEN** que entregar a la oficina de RCCS antes del 5 de julio de 2019! Las Hojas de Asistencia entregadas después del 5 de julio de 2019 o esas sin facturas adjuntas no serán pagadas. Por favor llame a la oficina si necesita clarificación o tiene cualquier pregunta.

### OPEN HOUSE FOR CHILD CARE PROVIDERS

Wednesday, August 21, 2019/  
6:30-7:30 PM English presentation

Where: At RCCS:  
16300 First Street in downtown Guerneville  
707.869.3613 / [info@rccservices.org](mailto:info@rccservices.org)  
[www.rccservices.org](http://www.rccservices.org)

- Come meet our staff
- Question & Answer session
- Learn about ALL of RCCSs programs
- Snacks

### OFICINA DE PUERTAS ABIERTAS PARA PROVEEDORES DE CUIDADO INFANTIL

miércoles 21 de Agosto de 2019  
7:30-8:30 PM Presentación en Español

Donde: en la oficina de RCCS  
16300 First Street in downtown Guerneville  
707.869.3613 / [info@rccservices.org](mailto:info@rccservices.org)  
[www.rccservices.org](http://www.rccservices.org)

- Venga y Conozca a nuestro personal
- TODOS los programas de RCCS
- Habra