



River to Coast Children's Services

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

OCTOBER & NOVEMBER
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OCTUBRE/NOVIEMBRE

GROWING READER BOOK PROGRAM






River to Coast Children's Services (RCCS) offers a Growing Readers Program to parents and children. Parents will be able to earn books for their home by turning in a Growing Readers calendar at the end of each month. This calendar will have simple daily activities to do with your children to foster literacy skills. There will also be a column to list the books you have read to your child that month. When the blank lines in the column have been filled out with titles of books read (repeat titles are okay), you will earn a free book. Bring your completed calendar to RCCS and pick out a book. For more information and/or to receive a Growing Readers calendar, please call RCCS at 869-

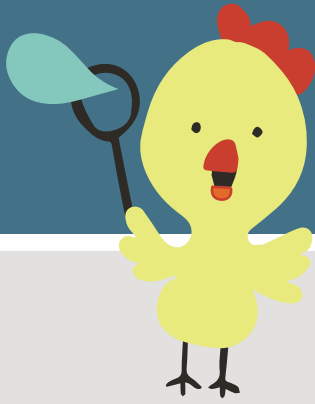
3613 or visit our Kindergym locations in Guerneville or Forestville.

River to Coast Children Services (RCC) ofrecerá un programa de Enriquecimiento de Lectura para padres e hijos. Los padres podrán ganar libros para su casa entregando el calendario de lectura al fin de cada mes. Este calendario tendrá actividades diarias sencillas para hacer con sus hijos para enriquecer la lectura. También habrá una columna de los libros que ha leído a su hijo ese mismo mes, Cuando las líneas en blanco en la columna esten completas con los títulos de los libros de lectura (repetir libros está bien), usted ganará un libro gratis. Traiga su calendario completo a RCCS y escoja un libro. Es así de simple. Para obtener más información o para recibir un calendario de lectores, llame a RCCS (707) 869-3613, o visite Kindergym.



River to Coast Children's Services Growing Readers Calendar

Books read for the month of November	November 2017									
	Some suggested, simple activities to do each day.									
	Fill in 1-10 with the titles of books you read and earn a free book each month									
1. _____				1 Count the trees or plants in the yard	2 Invent a song with and sing it together	3 Take time to relax together	4 Read books about Fall			
2. _____				5 Make a photo album	6 Go to the library	7 Look at and cut out pictures from magazines	8 Make play dough	9 Have some bubble fun outdoors	10 Count the leaves you find on the ground	11 Sing This Old Man
3. _____				Hagan un album de fotos	Vayan a la biblioteca	Miren y corten imágenes de una revista	Hagan plastilina	Diviértanse con burbujas afuera	Cuenten las hojas caídas en el suelo	Canten una cancioncita
4. _____				12 Talk, Talk, Talk during routines	13 Make footprints with orange paint	14 Sing Five Little Ducks	15 Include your child/children in making a plan for the next day	16 Make a list of what you will need for a favorite activity	17 Have a puppet show	18 Take a nature walk
5. _____				Hable, hable, hable durante las rutinas	Haga huellas con pintura anaranjada	Canten una cancioncita de patitos	Incluya a los niños para hacer planes para el día siguiente	Haga una lista de lo que necesitara para hacer su actividad favorita	Tenga un teatro de títeres	Salga a caminar para observar la naturaleza
6. _____	19 Play tag	20 Attend Kindergym	21 Take a field trip to the grocery store	22 Have a dress up party	23 Sing Twinkle Twinkle Little Star	24 Draw or color together	25 Take a walk			
7. _____	Juegue a la travesa	Vaya al Gimnasio para Niños	Haga un paseo al mercado	Tenga un a fiesta de disfraces	Cante una canción de las estrellitas	Dibujen o coloreen juntos	Salga a caminar			
8. _____	26 Read your favorite book to your child/children	27 Make a memory book	28 Talk about what you are doing	29 Have a cooing conversation with a baby in your care	30 Play Pat a Cake					
9. _____	Lea su libro favorito a sus niños	Haga un libro de memorias	Platique sobre lo que esta haciendo	Tenga una conversacion con sonidos suaves con un bebe en su cuidado	Juegue a las palmaditas					
10. _____	Date completed: _____ Parent signature _____ RCCS staff signature _____ Title of Book Given(Earned) _____									



TALK, READ AND SING TOGETHER EVERY DAY!

TIPS FOR FAMILIES

When you talk, read and sing with your child – even before they can use words – you’re helping them learn. And making them happier too! Research shows that talking, reading and singing with your child every day from birth helps build their brains as well as important language, math, reading and social skills for use in school and beyond. Talk, read and sing with your child in the language you are most comfortable using.

You probably naturally talk to your baby about the events of the day. Keep doing it, and do it more! The more words and conversations you share together, the better prepared they will be to learn. You are your baby’s first teacher!

For children with disabilities or delays, communicate with your service providers and keep each other informed about the strategies you are using to enhance their language environment.

TIPS FOR INFANTS

TALK

- Your touch and voice help your baby learn. Listen to the fun sounds your baby makes and repeat them. When they coo, coo back. Hold their hand gently and when they smile, smile back. Your loving touch combined with this back-and-forth “baby language” are the first steps in talking.
- Everywhere you go, talk about what you see and what your baby is looking at: “Wow, I see the four dogs, too!” “I love that red truck you’re playing with. It goes beep beep!”
- Play “Peek-a-boo” while getting your baby dressed. Ask, “Where’s (baby’s name)?” when you pull a shirt over your baby’s head. Then say, “There you are!”
- As you feed your baby, use words to describe what foods taste, feel, and look like. “This yogurt is smooth.” “That yellow banana is sweet!”
- Looking into your baby’s eyes, holding your baby’s hand, and talking to your baby in a high voice are all ways that you can help your child grow up to be a confident, loving adult.

READ

- Read a book or tell a story to your baby every day – in whatever language you feel most comfortable – beginning at birth.
- Cuddle with your baby as you share a book. It doesn’t matter how young your child is; even newborn babies are learning when their parents read with them.
- Point to the book’s pictures: “Look, the train goes choo-choo!” Using words to describe what you see builds language.

SING

- Hold your baby close during bedtime and sing a favorite song again and again. Singing the same song can help your baby feel calm and safe.
- Sing silly songs about your day to help get your baby’s attention during diaper changing.
- Your baby loves to hear your voice even if you think you can’t sing! The sound of your voice is comforting to your baby.

You can find more tips like these—as well as videos, information, and more—on Too Small to Fail’s website, www.talkingisteaching.org. Every child develops at his or her own pace, but if you are ever worried about your child’s development, don’t wait! Acting early can make a big difference. Remember, you know your child best. Talk with your child’s doctor if you have concerns. Get tips to help you prepare at cdc.gov/Concerned. For more information on developmental and behavioral screening, visit Birth to Five: Watch Me Thrive!



HABLEN, LEAN Y CANTEN JUNTOS TODOS LOS DÍAS!

CONSEJOS PARA LAS FAMILIAS

CONSEJOS PARA BEBÉS

HABLE

- Su tacto y voz ayudan al bebé a aprender. Escuche los divertidos sonidos que hace su bebé y repítalos. Cuando le dice "cu", respóndale "cu". Sostenga su mano suavemente y cuando sonría, devuélvale la sonrisa. Su toque de amor combinado con este "lenguaje de bebé" recíproco son los primeros pasos para hablar.
- Donde quiera que vaya, hable de lo que usted ve y de lo que su bebé está mirando: "¡Vaya, yo también veo los cuatro perros!" "¡Me encanta ese camión rojo con el que estás jugando. Hace bip, bip!"
- Juegue a "¿dónde está el bebé?" mientras viste a su bebé. Pregunte: "¿Dónde está (nombre del bebé)?" mientras pasa la camisa sobre la cabeza de su bebé. Luego diga: "¡Ahí estás!"
- Mientras alimenta a su bebé, use palabras para describir el sabor, la textura y el aspecto de los alimentos. "Este yogur es suave." "Esa banana amarilla es dulce."
- Mirar a los ojos de su bebé, darle la mano, y hablarle en voz alta son todas maneras en las que usted puede ayudar a su hijo a crecer hasta ser un adulto amoroso y seguro de sí mismo.

LEA

- Léale un libro o cuénteles una historia a su bebé todos los días desde el nacimiento, en el idioma que usted se sienta más cómodo.
- Abraze a su bebé mientras lee un libro. No importa qué tan joven sea su hijo; incluso los bebés recién nacidos aprenden cuando sus padres leen con ellos.
- Señale los dibujos del libro: "¡Mira, el tren hace chu, chu!" El usar las palabras para describir lo que se ve construye el lenguaje.

CANTE

- Sostenga al bebé cerca durante la hora de acostarse y cántele una canción favorita una y otra vez. Cantar la misma canción puede ayudar a su bebé a sentirse tranquilo y seguro.
- Cante canciones locas acerca de su día para ayudar a llamar la atención de su bebé durante el cambio de pañales.
- A su bebé le encanta oír su voz, incluso si usted piensa que no sabe cantar. El sonido de su voz es reconfortante para su bebé.

En el sitio web de "Pequeños y Valiosos" www.hablarensenar.org usted podrá encontrar más consejos como estos, así como videos, información y mucho más.

Cada niño se desarrolla a su propio ritmo, pero si alguna vez está preocupado por el desarrollo de su hijo, ¡no espere! Actuar a tiempo puede hacer una gran diferencia. Recuerde, usted es quien mejor conoce a su hijo. Si tiene preocupaciones hable con el médico de su hijo. Obtenga consejos para ayudarlo a prepararse en cdc.gov/Concerned.

Para obtener más información sobre la detección temprana de problemas del desarrollo y del comportamiento, visite Birth to Five: Watch Me Thrive!

River to Coast Children's Services

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

- Soledad Figueroa (Executive Director) 111
- Rose Rodenberger (Fiscal) 106
- Faviola Ledezma (Lead Case Manager) 114
- Maria Elena Alvarado (Family Case Manager) 109
- Kari Wilson (Child Development Resource Specialist) 112
- Lupita Dominguez (Child Development Resource Specialist) 118
- Olga King (Kindergym, CDRS) 117
- Elaina Boyce (Community Resources & Referral Coordinator, Website & Newsletter Editor) 104
- Lessly Sierra (Office Assistant) 101
- Sabrina Dannels, Psy.D., Registered Psychologist RPS2012411 (Counseling) Call 869-3613 for appointment information

PROGRAMS SERVICE AREAS

- Our **Resource and Referral Program Service Delivery Area**: RCCS' R & R service area includes portions of the West Sonoma County Union High School District, Monte Rio, Guerneville, Harmony, Fort Ross, Oak Grove, Montgomery School Districts, 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 in, 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.**

LIKE US! Visit us on Facebook:
@RiverToCoastChildrensServices

River to Coast Children's Services Provider Workshops for 2017-2018

RCCS-CONTRACTED PROVIDERS MUST ATTEND A MINIMUM OF TWO TRAININGS AT RCCS.
THERE WILL BE SIX DIFFERENT TRAININGS DURING THE CONTRACT YEAR 2017-2018.

1. ~~September 2017: Relationship based care~~
2. November 2017: Learning and Development
3. January 2018: Inclusive Programs
4. March 2018: Family oriented programs
5. May 2018: Health and Safety
6. June 2018: Environments for Infants and Toddlers



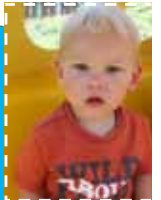
Quality Counts - La Calidad Cuenta
Sonoma CARES 2017-2018

Receive MONEY and SUPPORT for taking college classes towards a degree in early childhood education or a related field, or toward a child development permit. Priority will be given to applicants employed at sites participating in the Quality Counts program.

Reciba DINERO y APOYO por tomar clases, para recibir un título universitario en educación de la niñez temprana o en un campo relacionado, o para recibir un permiso de desarrollo del niño. Se dará prioridad a solicitantes quienes trabajan en sitios participando en el programa La Calidad Cuenta.



LIMITED ENROLLMENT - APPLY STARTING JULY 1!
¡ESPACIO LIMITADO - INSCRÍBASE DESDE 1 DE JULIO!
Sonoma CARES Quality Counts!
(707) 524-2658 www.scoe.org/cares



NEW REQUIREMENT (IN EFFECT STARTING JAN 1, 2018) FOR CHILD CARE FACILITIES: AB 1207 (LOPEZ) MANDATED CHILD ABUSE REPORTING: CHILD DAY CARE PERSONNEL TRAINING.

The Child Abuse and Neglect Reporting Act requires a mandated reporter, including a licensee, an administrator, or an employee of a licensed child day care facility, to report whenever he or she, in his or her professional capacity, has knowledge of or observed a child whom the mandated reporter knows or reasonably suspects has been the victim of child abuse or neglect. This bill would, beginning January 1, 2018, require the department to develop and disseminate information to providers, administrators, and employees of licensed

child day care facilities regarding detecting and reporting child abuse, and to provide training including statewide guidance on the responsibilities of those persons as mandated reporters, as provided.

Beginning January 1, 2018, the bill would require those persons, as a condition of licensure, to complete that training provided by the department, as specified. Under the bill, a violation of its provisions would not be a misdemeanor or subject to civil fines as a serious violation under the California Child Day Care Facilities Act. Instead, the bill would authorize the department to revoke a facility's license if the facility fails to correct a violation of the bill's provisions within 90 days of receipt of a notice of deficiency from the department, as provided. The bill would make conforming changes.

Calendar 2017 October -- Octubre 2017 Calendario

- ◆ 10/2 and 3: Kindergym in Guerneville
- ◆ 10/4: Kindergym in Forestville
- ◆ 10/5: Attendance sheets due in RCCS by 5 PM ◆◆Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 10/9 and 10: Kindergym in Guerneville
- ◆ 10/10: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS.

Por favor llamar a Olga al 707-869-3613 x 117

- ◆ 10/11: Kindergym in Forestville
- ◆ 10/16 and 17: Kindergym in Guerneville
- ◆ 10/18: Kindergym in Forestville
- ◆ 10/18: Provider payday◆◆ Dia de pago de los proveedores
- ◆ 10/23 and 24: Kindergym in Guerneville
- ◆ 10/25: Kindergym in Forestville
- ◆ 10/25: Board of Directors meeting◆◆Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 10/30 & 31: Kindergym in Guerneville, *wear your Halloween costumes on the 31st!*



Calendar 2017 November--Noviembre 2017 Calendario

- ◆ 11/1: Kindergym in Forestville
- ◆ 11/1: Provider Workshop: Child Development & Learning, 6:30PM-8:30PM at RCCS, RSVP Kari 869-3613 x112, RCCS-contracted providers MUST attend at least 2 of the trainings in this series of 6 trainings offered.
- ◆ 11/5: Attendance sheets due in RCCS by 5 PM ◆◆Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 11/6 and 7: Kindergym in Guerneville
- ◆ 11/8 : Kindergym in Forestville
- ◆ 11/10:OFFICE CLOSED FOR VETERANS' DAY / OFICINA CERRADA PARA EL DIA DE LOS VETERANOS
- ◆ 11/14: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS.Por favor llamar a Olga al 707-869-3613 x 117
- ◆ 11/15: Kindergym in Forestville
- ◆ 11/18: Provider payday◆◆ Dia de pago de los proveedores
- ◆ 11/20 and 21: Kindergym in Guerneville
- ◆ 11/22: Kindergym in Forestville
- ◆ 11/22: Board of Directors meeting◆◆Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 11/23 and 11/24: Office closed for Thanksgiving / oficina cerrada para el día de acción de Gracias
- ◆ 11/27 and 28: Kindergym in Guerneville
- ◆ 11/29: Kindergym in Forestville

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.

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 / www.rccservices.org

BRUSHING UP ON ORAL HEALTH: NEVER TOO EARLY TO START

As the American Academy of Pediatrics (AAP) and other children's organizations report, tooth decay (also called early childhood caries, or ECC) is the most common chronic children's disease in the country. As a result, it is very important that parents work with their pediatrician to establish good oral health care from the first weeks of their baby's life. Although most of us think of dental care in relation to our own dentists, parents will be working closely with their pediatrician even earlier than with a dentist.

Since pediatricians see young infants and children frequently for preventive health care visits, they are in an excellent position to identify children at risk for dental health problems, coordinate appropriate care and parent education, and refer affected and high-risk children to pediatric dentists.



The Centers for Disease Control and Prevention (CDC) has stated that dental caries is five times more common than asthma and seven times more common than hay fever in children. More than 40 percent of children have tooth decay by the time they reach kindergarten. Children with dental caries in their baby teeth are at much greater risk for cavities in their adult teeth.

Health care professionals know that tooth decay is a disease that is, by and large, preventable. Because of how it is caused and when it begins, however, steps to prevent it ideally should begin prenatally with pregnant women and continue with the mother and young child, beginning when the infant is approximately 6 months of age. Pediatricians have become increasingly aware that their own proactive efforts to provide education and good oral health screenings can help prevent needless tooth decay in infants.

For parents who wish to establish good dental health for their infants, the following general guidelines may be of help:

- **Fluoride and Your Child:** Fluoride is a naturally occurring mineral that is found in many foods, and it also is added to the drinking water in some cities and towns. It can benefit dental health by strengthening the tooth enamel, making it more resistant to acid attacks that can cause tooth decay. It also reduces the ability of plaque bacteria to produce acid. Check with your local water utility agency to find out if your water has fluoride in it. If it doesn't, ask your doctor if you should get a prescription for fluoride drops or chewable tablets for your child.
- **Check and Clean Your Baby's Teeth:** Healthy teeth should be all one color. If you see spots or stains on the teeth, take your baby to your dentist. As soon as your child has a tooth begin to use a smear (size of a grain of rice) of fluoride toothpaste. Clean the teeth at least twice a day. It's best to clean them right after breakfast and before bedtime. Once your child turns 3 you can begin to use a pea-sized amount of fluoride toothpaste. When your child is able, teach him to spit out the excess toothpaste, but don't rinse with water. As your child gets older let her use her own toothbrush. It is best if you put the toothpaste on the toothbrush until your child is about age 6. Until children are 7 or 8 years old, you will need to help them brush. Try brushing their teeth first and then letting them finish.
- **Feed Your Baby Healthy Food:** Choose drinks and foods that do not have a lot of sugar in them. Give your child fruits and vegetables instead of candy and cookies. Be careful with dried fruits, such as raisins, since they easily stick to the grooves of the teeth and can cause cavities if not thoroughly brushed off the teeth.
- **Prevent Tooth Decay:** Do not put your baby to bed with a bottle at night or at naptime. (If you do put your baby to bed with a bottle, fill it only with water). Milk, formula, juices and other sweet drinks, such as soda, all have sugar in them. Sucking on a bottle filled with liquids that have sugar in them can cause tooth decay. During the day, do not give your baby a bottle filled with sweet drinks to use like a pacifier. If your baby uses a pacifier, do not dip it in anything sweet like sugar or honey. Near his first birthday, you should teach your child to drink from a cup instead of a bottle.
- **Talk With Your Pediatrician About Making a Dental Home:** Since your pediatrician will be seeing your baby from the first days and weeks of life, plan to discuss when and how you should later develop a "dental home"—a dentist who can give consistent, high-quality, professional care—just as you have a "medical home" with your pediatrician. Usually, your dentist will want to see a child by his first birthday or within six months of the first tooth's emergence. At this first visit, your dentist can easily check your child's teeth and determine the frequency of future dental checkups.

Last Updated 10/3/2014 Source Adapted from Healthy Children Magazine, Winter 2007

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

LA IMPORTANCIA DE LA HIGIENE BUCAL: NUNCA ES MUY PRONTO PARA EMPEZAR

Como La AAP y otras organizaciones de menores indican, las caries dentales (también conocidas como caries infantiles tempranas o ECC, por sus siglas en inglés) es la enfermedad crónica más común de los niños en el país. Como resultado, es muy importante que los padres con el apoyo de los pediatras establezcan una buena atención para la salud oral desde las primeras semanas de la vida de los bebés. Aunque la mayoría de nosotros piensa que la atención dental es un asunto para los dentistas, los padres deben discutir la salud oral muy de cerca con sus pediatras incluso antes que con un dentista.

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) han establecido que las caries dentales son cinco veces más comunes que el asma y siete veces más comunes que la fiebre del heno en los niños. Más del 40 por ciento de los niños sufre de caries dentales cuando empiezan el kínder. Los niños con caries dentales en sus dientes de leche corren un riesgo mucho mayor de tener caries en sus dientes permanentes.

Los profesionales de atención médica saben que las caries dentales son una enfermedad que es dura mucho, pero su puede evitar. Debido a sus causas y cuándo empieza, los pasos para prevenirla idealmente deben empezar antes del parto con las mujeres embarazadas y continuar con la madre y el niño pequeño, empezando cuando el niño tiene aproximadamente 6 meses de edad. Los pediatras están cada vez más conscientes que sus propios esfuerzos preventivos para educar sobre la salud oral pueden ayudar a prevenir caries dentales innecesarias en los niños. La siguientes pautas generales pueden ayudar a los padres que desean fomentar una buena salud dental para sus bebés:

- **El fluoruro y su niño:** El fluoruro es un mineral de ocurrencia natural que se encuentra en muchos alimentos y también se agrega al agua potable en algunas ciudades y países. Puede beneficiar la salud dental al fortalecer el esmalte de los dientes, haciéndolos más resistentes a los ataques de los ácidos que pueden ocasionar las caries dentales. También reducen la capacidad de la placa bacteriana para producir ácido. Contacte a la agencia de servicios públicos de agua en su localidad para averiguar si su agua contiene fluoruro. Si no es así, pregunte a su médico si puede darle una receta médica para gotas de fluoruro o tabletas masticables para su niño.
- **Revise y limpie los dientes de su bebé:** Los dientes saludables deben ser todos de un solo color. Si ve puntos o manchas en los dientes, lleve a su bebé al dentista. Tan pronto como su niño tenga un diente, empiece a realizar un frotis con pasta dental con flúor (del tamaño de un grano de arroz). Limpie los dientes por lo menos dos veces al día. Lo mejor es limpiarlos justo después del desayuno y antes de la hora de dormir. Cuando su niño cumple 3 años, puede empezar a usar una cantidad de pasta dental con flúor del tamaño de una arveja. Una vez que su niño pueda, enséñele a escupir la pasta dental de sobra, pero sin enjuagarse con agua. A medida que su niño vaya creciendo déjelo usar su propio cepillo de dientes. Lo mejor es que usted le ponga la pasta de dientes en el cepillo de dientes hasta que su niño tenga aproximadamente 6 años. Hasta que los niños tengan 7 u 8 años, será necesario que les ayude a cepillarse. Intente cepillarles los dientes primero y luego déjelos terminar.
- **De alimentos saludables a su bebé:** Escoja bebidas y alimentos que no tengan mucha azúcar. De a su niño frutas y verduras en lugar de dulces y galletas. Tenga cuidado con las frutas deshidratadas, como pasas, ya que fácilmente se pueden pegar entre los dientes y ocasionar caries si no se cepillan correctamente los dientes.
- **Prevenga las caries dentales:** No acueste a su bebé con un biberón en la noche o durante la siesta. (Si acuesta a su bebé con un biberón, llénelo solamente con agua). Leche, fórmula, jugos y otras bebidas azucaradas, como los refrescos, tienen azúcar. Succionar en un biberón con líquidos que tienen azúcar puede ocasionar caries dentales. Durante el día, no de a su bebé biberones con bebidas azucaradas para usar como chupete. Si su bebé usa chupete, no le ponga nada dulce como azúcar o miel. Cerca de su primer cumpleaños, debe enseñar a su niño a tomar de una taza en lugar de un biberón.
- **Hable con su pediatra para establecer un hogar médico dental:** Ya que su pediatra estará viendo a su bebé desde los primeros días y semanas de vida, planea discutir cuándo y cómo debe establecer para él un “hogar médico dental”, un dentista puede darle atención profesional de alta calidad y consistente, tal y como lo es el “hogar médico” con su pediatra. Generalmente, su dentista deseará ver a su niño antes de su primer cumpleaños o en los primeros seis meses del brote del primer diente. En la primera visita, su dentista puede revisar fácilmente los dientes de su niño y determinar la frecuencia de futuros chequeos dentales.

Última actualización 10/3/2014 Healthy Children Magazine, Winter 2007

La información contenida en este sitio web no debe usarse como sustituto al consejo y cuidado médico de su pediatra. Puede haber muchas variaciones en el tratamiento que su pediatra podría recomendar basado en hechos y circunstancias individuales.



Celebrating 40 Years of Caring



Resources, Referrals & Support ❖ Recursos, Referencias y Apoyo

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Nov 1, 2017 -- Provider Workshop: Child Development & Learning, 6:30 PM-8:30 PM at RCCS, RSVP Kari 869-3613 x 112, RCCS-contracted providers MUST attend at least 2 of the trainings in this series of 6 trainings being offered.

THANK YOU KAISER PERMANENTE!



Kaiser Permanente's community involvement uniquely pairs grant funding with 65 years of clinical expertise, medical research, and volunteerism to support prevention-focused, evidence-based programs that are expanding access to care and creating healthy environments. Kaiser Permanente recently awarded River to Coast Children's Services a \$15,000.00 grant to support our Kindergym Programs in west Sonoma County, assuring that this unique community resource for our 0 to 6 year olds thrives! For more information about Kaiser Permanente's work in the community, visit www.kp.org/communitybenefit/ncal.

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".



- ❖ Free and sliding scale child care for income eligible families.
- ❖ Free child care referrals for families of all income levels.

- ❖ Cuidado de niños gratis o a bajo costo para familias elegibles de bajos ingresos.
- ❖ Referencias de cuidado de niños para familias de todos los niveles economicos

- ❖ Help paying for child care for eligible families
- ❖ Kindergym programs weekly in Guerneville & Forestville
- ❖ Low cost car safety seats
- ❖ Counseling Program for children & their families
- ❖ Emergency resources program
- ❖ Referrals for child care & community resources

- 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 en Guerneville y en Forestville
 - ❖ Programa de Asientos de Seguridad
 - ❖ Programa de Conserjería

RCCS can assist you in finding & paying for child care. Serving western Sonoma County communities for over 40 years.

16300 1st St./ PO Box 16, Guerneville
707.869.3613 / info@rccservices.org
Open Monday - Friday 9AM-5PM
Read our newsletter online at <http://www.rccservices.org>