



Hellos and Goodbyes

DIRECTOR'S COLUMN:

It has been a very busy and emotional month at River to Coast Children's Services. First, I would like to send my condolences to Kevin Tripp, as Dominic Maccario passed away on June 10th. Dominic will be missed by our board, staff and our whole community. He brought joy and wisdom to the lives of all that he touched. Dominic leaves a legacy behind him that we will all remember. He was with RCCS for ten years and in that time he devoted his time and energy to giving back to our community!



We had several staff changes as people have decided to move on to pursue their careers in other positions, Kellie Nunez, Vesta Griffith and Tess Lowe moved on to a new journey in their lives. We were fortunate to have three new highly qualified staff join our agency, Patience Foster as the interim program director and site supervisor for the new Guerneville Preschool, Joshua Baker as a case manager and Puresa Vasquez for the front desk. As we move around office space, get to know each other and get ready for the new fiscal year there is much excitement and good energy surrounding the office and the continued services we have for our community.

Thank you, Jynx Lopez, Executive Director

WELCOME: PATIENCE FOSTER the new interim Program Manager and Site Supervisor for the new Guerneville Preschool. Patience has 20 years of experience working with children having worked for Head Start in Mendocino County for 11 years. She moved to Sonoma County to finish her Bachelor's Degree at Sonoma State University.

WELCOME PURESA VASQUEZ: RECEPTIONIST, RESOURCE AND REFERRAL COUNSELOR

The new person at the front desk is Puresa, answering the phones and greeting walk-in visitors to RCCS. Puresa, as a student at SRJC, has completed 3 semesters of course work in the Dental Assistant program and done volunteer work at her daughter's school. Her daughter Stacy is six years old. She and Stacy enjoy spending their time together at the park. Puresa also relaxes by taking Zumba lessons. RCCS welcomes her "can do" spirit!

RCCS WELCOMES JOSH BAKER, OUR NEWEST FAMILY CASE MANAGER

Josh started working in the child development field in 2005 with PACE APP and has participated with many county base endeavors (First 5, Upstream, Cradle to Career, Area Board IV state council on Developmental Disabilities). In the past he's worked for the state Regional Center system, managed licensed care facilities, and an Adult Foster Family Home Agency. This busy man will finish his MPA degree this fall. Josh enjoys music, bicycling, woodworking and being outdoors. He has an awesome 6 year old son named Ashton who loves to camp and draw. Josh is looking forward to working with RCCS families and helping this organization grow.

OUR THANKS TO THE FOLLOWING BUSINESSES AND INDIVIDUALS WHO DONATED ITEMS TO OUR KORBEL AUCTION

- Lucas Wharf Restaurant
- Rochioli Winery
- Hafner Vineyards
- Adler Fels Winery
- Madrona Manor
- Little River Inn Golf Club
- Graton Ridge Cellars
- Burke's Canoe Trips
- Bear Republic
- Beach Blanket Babylon
- Korbels Champagne Cellars
- San Francisco Zoo
- Taft Street Winery
- de Young Museum
- Rialto Cinemas
- Snoopy's Redwood Empire Ice Arena
- VJB Vineyards And Cellars
- Six Flags Marine World
- New Dawn Ranch
- Occidental Center for the Arts
- Mendo Bistro
- River End Restaurant
- Seghesio Family Vineyards
- Forchetta / Bastoni
- Cold Stone Creamery
- Robert Hunter Winery
- Fern Grove Cottages
- Redwood Hill Farm
- Francis Ford Coppola
- Andy's
- Chef Patrick
- Costeaux French Bakery
- Flavor Bistro
- Wine Country Bikes
- Russian River Brewing Co
- Ravenswood Winery
- Balletto Vineyards
- Michel-Schlumberger Wines
- Robert Young Estate Winery
- Blue & Gold Fleet
- Getaway Adventures/Wine Country Bike Tours
- Skunk Train
- Harvest Moon Winery
- Schug Carneros Winery
- B. R. Cohn Winery
- Field Stone Winery
- Alcatraz Cruises, LLC
- Gundlach Bundschu Winery
- Fritz Winery
- Silver Oak Cellars
- Bottle Barn
- St. Francis Winery
- De Loach Vineyards
- Peter Halstead
- Boutique Wine Tours

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".

GATEWAY TO QUALITY PROGRAM

The Child Care Planning Council of Sonoma County administers the Gateway to Quality Program, which provides trained Reliable Assessors to do Environment Rating Scale observations and scoring. We are looking for licensed **family child care providers** who would be willing to have our trainer and 1-2 trainees come to your program for a 3-hour period, and then come back for a 1-hour Feedback Visit to share their scoring with you. The Family Child Care Environmental Scale is a widely-used tool to evaluate the environment in a provider's home.

This is a great opportunity for you to receive a complete assessment from a reliable observer. **You will receive valuable information about your program's strengths, and specific ideas for improvement that you can use if you would like to, and you would receive a \$50 gift card to Lakeshore for your participation.**

Assessments will be scheduled over the next few months on a first-come, first-served basis, at a date and time that works for you. If you are interested in participating please contact:

Susy Marrón
 Program Specialist
 Child Care Planning Council of Sonoma County
 707-524-2639
smarron@scoe.org

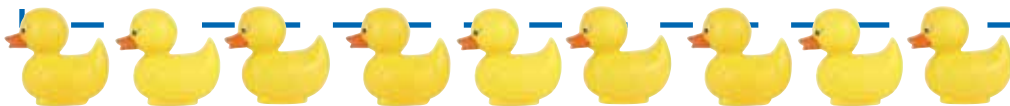
El Concilio de Planificación del Condado de Sonoma administra el programa "Gateway to Quality," quien provee observadores confiables para evaluar su programa utilizando la Escala de Calificación del Ambiente de Cuidado. Está buscando proveedoras con licencia de cuidado hogareño quienes están dispuestas a tener a un observador entrenado y uno en proceso de aprendizaje por 3 horas. Después de las 3 horas los observadores regresarían a su casa por 1 hora y compartirían los puntajes con usted. La Escala de Calificación del Ambiente de Cuidado Infantil en Familia es utilizada ampliamente para evaluar programas de cuidado hogareño. Esta es una gran oportunidad para poder recibir una evaluación de un observador confiable. Recibirá información valiosa acerca de los puntos fuertes de su programa e ideas específicas de cómo mejorar si desea además de una tarjeta a Lakeshore de \$50 por participar.

Las evaluaciones serán programadas durante los próximos meses en el día y tiempo de su preferencia.

Si está interesada en participar comuníquese con:

Susy Marrón
 Program Specialist
 Child Care Planning Council of Sonoma County
 707-524-2639
smarron@scoe.org

*Thank you Donors and
 Volunteers for making the
 Gay Pride Parade RCCS food
 booth such a success!*



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

Save the Date!

TAKE A SWING

FORE! THE CHILDREN

September 13, 2013

(Yes, that *is* Friday the 13th!)

- Shotgun Start at 2:00 PM
- Golf and Dinner \$80
- Dinner only, at the Guerneville Vets Hall \$35
- Call 869-3613 to sign up/sponsor a TEE!

- ◆ Ana Alvarez
- ◆ Maria L Flores
- ◆ Marisa Aguilar
- ◆ Edy Javier
- ◆ Gloria Rodriguez
- ◆ Hermila Figueroa
- ◆ Ana Robollar
- ◆ Celina Lopez
- ◆ Maria Reyes
- ◆ Lorena Marmolejo
- ◆ Oralia Flores
- ◆ Amelia Cabrera
- ◆ Sandra Puga
- ◆ Rosie Ortega
- ◆ Aurora Flores
- ◆ Judith Tadeo
- ◆ Martha Palomar
- ◆ Santos Ortega
- ◆ Rocio Garica
- ◆ Carmen Flores
- ◆ Alicia Montano
- ◆ Lidia Prado
- ◆ Juan Mendoza
- ◆ Dan and Elaina Boyce



Northwood Golf, 19400 Hwy 116 in beautiful Monte Rio

Calendar July 2013 Julio Calendario

- ◆ 7/4: 4th of July! 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
- ◆ 7/8 & 9: Kindergym in Guerneville
- ◆ 7/10: Kindergym in Forestville
- ◆ 7/10: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107
- ◆ 7/11: Kindergym in Bodega Bay
- ◆ 7/15-19: Swim lessons session 1 at Rio Nido Roadhouse pool
- ◆ 7/15 & 16: Kindergym in Guerneville
- ◆ 7/17: Kindergym in Forestville
- ◆ 7/22-26: Swim lessons session 2 at Rio Nido Roadhouse pool
- ◆ 7/22 & 23: Kindergym in Guerneville
- ◆ 7/24: Kindergym in Forestville
- ◆ 7/24: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:00 at RCCS
- ◆ 7/24: Outreach Committee meeting 5:00 PM at RCCS / El comité de publicidad de RCCS se reúne de 5:00 PM en RCCS
- ◆ 7/29 & 30: Kindergym in Guerneville
- ◆ 7/31: Kindergym in Forestville



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
- ☑ NEW! River to Coast Children's Services offers Kindergym in Bodega Bay 10:00 AM to 12:30 PM on the 2nd Thursday of each month. Held at the Bodega Bay Union Church, 1320 Bayview St. 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

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

(toll free calling from the Sonoma Coast 1-800-994-3613)

- Jynx Lopez (Executive Director) 111
- Andy Hilldale (Bookkeeper) 106
- Soledad Cardona (Lead Family Case Manager, Senior NHTSA Certified Car Safety Seat Technician) 107
- Josh Baker (Family Case Manager) 114
- Ana Martinez (Family Case Manager) 109
- Mel Wainwright (Family Case Manager) 110
- Mendy Behrens (Child Development Resource Specialist) 117
- Cara Colombo (Child Development Resource Specialist) 112
- Lupita Dominguez (Child Development Resource Specialist) 118
- Patience Foster and Jayme Melum (P/S Program Director) 105
- Elaina Boyce (Community Resources & Referral Coordinator) 104
- Puresa Vasquez (Reception & R&R Counselor) 101
- David Cameron (Program Manager - Vets Hall) (707) 604-7725
- Counseling Intern, call 869-3613 to set up an appointment

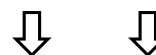


Looking for a summer camp or youth activity for your child?

Each year the Press Democrat newspaper publishes an ONLINE and searchable camps listing.

You can search many different categories, helping you find the perfect camp or summer activities for you child.

Check out this resource by visiting the link below



<http://www.pressdemocrat.com/article/20130413/LIFESTYLE/130419792/0/search>

River to Coast Children's Services

P.O.Box 16/16300 1st St.
Guerneville, Ca 95446
(707)869-3613
Fax(707) 869-2616
email: info@rccservices.org
http://www.rccservices.org

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 suministros de Emergencia
- Gimnasio para Niños en Guerneville, Forestville y Bodega Bay
- Programa de Asientos de Seguridad
- Programa de Conserjería
- Prescolar

River to Coast Children's Services

P.O.Box 16/16300 1st St.
Guerneville, Ca 95446
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Fax(707) 869-2616
email: info@rccservices.org
http://www.rccservices.org

Serving west Sonoma County with:

- Help paying for child care
- Referrals for child care
- Resources for children and their families
- Support for child care providers
- Emergency Resources Program
- Kindergym and Infantgym in Guerneville, Forestville and Bodega Bay
- Car Safety Seat Program
- Counseling Program for children and their families
- Preschools

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

NEWS FROM THE VETS HALL

FREE SUMMER LUNCH!

¡LONCHE GRATIS ESTE VERANO!



at the Guerneville Veterans building

M - F , 12:00-1:00 PM

(closed July 4th, cerrado 4 de julio)



for children under 18 years old
para todos los niños 18 años y menores
(no other restrictions apply)

for more information call 869-3613
para más información llame al 869-3613

WEDNESDAYS ARE KIDS MOVIE DAY!



THE NEW VETS HALL WEBSITE IS UP @
<http://www.guernevillevetshall.org/>

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.

GOVERNMENT OFFICIALS

GOVERNOR of CALIFORNIA

Governor Jerry Brown
c/o State Capitol , Suite 1173
Sacramento, CA 95814
Phone: (916) 445-2841
Fax: (916) 558-3160

UNITED STATES SENATE

Senator Barbara Boxer
Office of U.S. Senator Barbara Boxer
70 Washington Street, Ste 303
Oakland, CA 94607
Phone: (510) 286-8537
Fax: (202) 224-0454

Senator Diane Feinstein
One Post Street, Suite 2450
San Francisco, CA 94104
Phone: (415) 393-0707
Fax: (415) 393-0710

U.S. CONGRESSIONAL REPRESENTATIVES

Representative Jared Huffman
999 Fifth Ave Suite 290
San Rafael, CA 94901
Phone: (415) 258-9657
FAX: (415) 258-9913

Representative Mike Thompson
2300 County Center Dr Suite A100

Santa Rosa, CA 95403
Phone: (707) 542-7182
Fax: (707) 542-2745

CALIFORNIA STATE SENATE

State Senator Mark Leno
455 Golden Gate Avenue, Suite 14800
San Francisco, CA 94102
Phone: (415) 557-1300
Fax: (415) 557-1252

State Senator Noreen Evans
50 D Street, Suite 120 A
Santa Rosa, CA 95404
Phone: (707) 576-2771
Fax: (707) 576-2773

State Senator Lois Wolk
State Capitol Room 5114
Sacramento, CA 94258
Phone: (916) 651-4005

CALIFORNIA STATE ASSEMBLY

Assemblyman Wes Chesbro
50 D Street, Suite 450
Santa Rosa, CA 95404
Phone: (707) 576-2526
Fax: (707) 576-2297

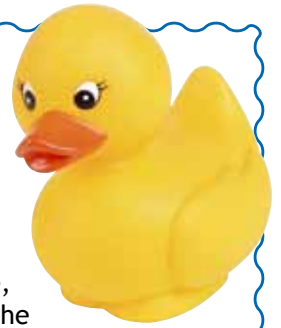
Assemblyman Marc Levine
11 English Street
Petaluma, CA 94952
Phone: (916) 319-2101

Visit us on Facebook:
[http://www.facebook.com/
pages/River-to-Coast-Childrens-
Services/229456943781488](http://www.facebook.com/pages/River-to-Coast-Childrens-Services/229456943781488)

& NEW VETS HALL FACEBOOK PAGE:
[http://www.facebook.com/
GuernevilleVeteransHall](http://www.facebook.com/GuernevilleVeteransHall)

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.



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 and the back of the hands. 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.

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.

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.

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.

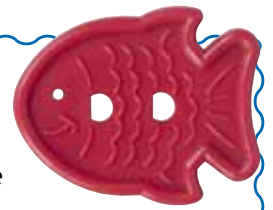
PARA TODOS LOS OTROS NIÑOS:

- 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.

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 demás 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
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La seguridad en al Agua es Diversión en el Agua

- SESIÓN 1 del 15-19 de julio en la alberca Roadhouse de Rio Nido
- SESIÓN 2 del 22-26 de julio en la alberca Roadhouse de Rio Nido

Edades: jde 3 años para arriba, hasta adultos pueden participar!

Escoja clases de media hora empezando de:

10:00AM, 10:30 AM, 11:00AM, y 11:30AM,

Costo: \$10.00 por una sesión **entera**

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

Llame a RCCS al 707.869.3613



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

O mandenos un mensaje por correo electrónico a info@rccservices.org

Swim Lessons Return to west Sonoma County

Water Safety IS Water Fun

SESSION 1 July 15-19 at Rio Nido Roadhouse Pool

SESSION 2: July 22-26 at Rio Nido Roadhouse Pool

Ages: 3 years old to adult welcomed to participate!

Choose 1/2 hour classes starting at:

10:00AM, 10:30 AM, 11:00AM, & 11:30AM,

Cost \$10.00 per **entire** session

sign up early for a preferred time because SPACE IS LIMITED.

phone: RCCS at 707.869.3613

or email: info@rccservices.org



RCCS in collaboration with the Sonoma County YMCA, Rio Nido Roadhouse & Russian River Recreation and Parks



WOULD YOU LIKE TO BECOME A FAMILY CHILD CARE QUALITY IMPROVEMENT VALIDATOR? The Gateway to Quality program has an opening for two additional Spanish-speaking Family Child Care Quality Improvement Validators. What does a Quality Improvement Validator (QIV) do? Independently contract with the Gateway to Quality Program, performing Environmental Rating Scale and CLASS assessments on child care programs. (The Gateway to Quality Program supports providers to improve the quality of their child care environment by providing external objective assessments.) Attend FREE CLASS Reliability Training Participate in FREE FCCERS internship practice sessions to reach Reliability. Attend PAID quarterly group meetings

What are the eligibility criteria to be a QIV?

- Extensive child care education and experience
- Experience with Family Child Care Homes and the FCCERS
- Experience teaching or mentoring adults
- Excellent communication skills
- Bilingual Spanish/English
- Commitment to 3-year participation

When? Applications due July 15, 2013 How Do I Apply? Contact Carol Simmons at csimmons@scqe.org or (707) 524-2792 for a QIV Application Packet, and with any questions. Submit completed application by July 15, 2013 to Child Care Planning Council of Sonoma County, 5340 Skyline Blvd., Santa Rosa, CA 95403