



### EARLY BRAIN DEVELOPMENT AND CHILD CARE

Our thanks to Child Care Aware of Washington for this article. For more information on this topic, visit them online at <http://www.wa.childcareaware.org>

Discoveries about the growth and development of the young child's brain have important implications for child care. New insights into brain development suggest that as we care for our youngest children, as we develop policies or practices affecting their day-to-day experience, the stakes are very high. But we can take comfort in the knowledge there are many ways as parents, health professionals, caregivers, community leaders, and as policy makers we can raise healthy, happy smart children.

Scientific research shows us young children's brains have optimal periods of development for each function. The number of brain connections (synapses) the child's brain makes depends on the variety and richness of the early learning experience babies and toddlers are exposed to. Brain cell connections, strengthened through consistent sensory stimulation from the environment, lay the foundation for future achievement in life and success in school.

**Because the quality of a child's earliest experiences has a critical impact on brain development, the quality of infant and toddler child care has a critical impact as well.** In light of what has been learned about early brain development, what must child care providers and child care advocates know? What can they do, and how can they improve their practices to help children and protect them from harm?

The new information about brain development reaffirms the traditional wisdom of maintaining small child to caregiver ratios and of providing children with consistent and loving relationships with caregivers in child care settings. Children need individualized responses. If the caregivers are watching too many children, the child is not getting enough attention; if the child has too many different caregivers, he or she is not getting enough consistency. Consistency and individual attention are important because early learning takes place within the context of relationships.

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The primary relationship is most often the parent, but many children spend most of their waking hours in the care of someone other than a parent. That relationship has to be a good one too.

#### WHAT YOUNG CHILDREN NEED

- ☑ *Nurturing, supportive, secure, predictable relationships*
- ☑ *Individualized and responsive attention and care*
- ☑ *A stimulating learning environment that includes exposure to good language models*

#### What Child Care Providers and Administrators of Early Childhood Education and Child Care Programs Can Do

- Ensure that each child in the child care program has a principal caregiver assignment whereby each child is paired with one adult who has primary responsibility for the child's care. This person should not only ensure that the child's needs are met but should also serve as this child's advocate in communications with parents, other staff, and the pediatrician or other primary health care professional.
- Develop a substitute caregiver plan so that when the principal caregiver is unavailable, the alternate caregiver is known to the child.
- Institute policies and procedures that facilitate keeping children in the same grouping from infancy until they are 3 years of age.
- Provide ongoing training, support, and technical assistance for child care providers in the areas of child development, responsive caregiving, and enhancing learning opportunities for young children.

##### What Child Care Aware of Washington is Doing

Revolutionary research on infant and child brain development confirms what we knew intuitively: early learning lasts a lifetime. Today's crisis in the quality of services to infants and young children cannot be attributed to a lack of knowledge. We must use new knowledge to advance our thinking and create significant new action. Over the past several years, Washington State has developed such new action through a public-private collaborative partnership called the Baby/Toddler Initiative Project (BTIP). BTIP is a collaborative effort that involves representatives from multiple state agencies (DSHS/OCCP, DOH, & DCTED) and numerous educational, health and community organizations to develop a statewide system incorporating improved health and safety standards in infant and toddler care through consultation, training and technical assistance, and by building capacity and quality enhancement projects. We are thrilled to report that Child Care Aware of Washington is a collaborating partner in BTIP.

For permission to use the above information contact [marlyn@wa.childcareaware.org](mailto:marlyn@wa.childcareaware.org)

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".

**GOVERNMENT OFFICIALS**  
(2/2013 updated)



**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 Mike Thompson  
2300 County Center Dr Suite A100  
Santa Rosa, CA 95403  
Ohone: (707) 542-7182  
Fax: (707) 542-2745

**CA 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 Capititol Room 5114  
Sacramento, CA 94258  
Phone: (916) 651-4005

**CA 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 95952  
Phone: (916) 319-2101



**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
- Kellie Nunez (Fiscal & Operations Manager) 105
- Andy Hilldale (Bookkeeper) 106
- Soledad Cardona (Lead Family Case Manager, Senior NHTSA Certified Car Safety Seat Technician) 107
- Tess Lowe (Family Case Manager) 114
- Ana Martinez (Family Case Manager) 109
- Mel Wainwright (Case Management) 110
- Mendy Behrens (Child Development Resource Specialist) 117
- Cara Colombo (Child Development Resource Specialist) 112
- Lupita Dominguez and Jayme Melum 118
- Elaina Boyce (Community Resources Coordinator, Resource & Referral, Newsletter Editor) 104
- Vesta Griffith (Resource & Referral Counselor, NHTSA Certified Car Safety Seat Tech) & Front Desk Staff 101
- Counseling call 869-3613, leave a message with your request if calling when office is closed.
- David Cameron (Program Manager - Vets Hall) (707) 604-7725

**ADDENDUM TO HANDBOOK**

- Our Service Delivery Area. RCCS' service area includes the West Sonoma County Union High School district, the Sonoma County portion of Shoreline Unified School District and the Kashia Reservation School District.
- 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.**

Provider Workshop/Taller de proveedores:

**TOGETHER WE MAKE KIDS SMILE!**

**"JUNTOS PODEMOS HACER SONREÍR A LOS NIÑOS"**

March 20, 2013

20 de Marzo del 2013

6:15-8:15 PM

at RCCS/ en RCCS

Presented by:

Wendy Lopez,

Community Outreach Coordinator at  
PDI Surgery Center

This workshop is designed to inform family childcare providers of the most current information available about children's dental health and how we can help on a daily basis.

Wendy Lopez del PDI Surgery Center, tendrá una presentación para hacerle saber a los proveedores acerca de la información mas reciente de la salud oral de los niños, y como les podemos ayudar a diario. Hablara acerca de cómo:

- **BRUSH / CEPILLARSE LOS DIENTES**
- **FLOSS / ENJUAGARSE**
- **FLOURISH / Y USAR HILO DENTAL**

**Preschool Bulletin:**

Available Child Care Openings at the following elementary school campuses:

Cinnabar in Petaluma, subsidized openings

Montgomery in Cazadero, two openings

Our Fort Ross location has closed for the year.

Contact Mel to get on the wait list for next fall!

All Preschool locations are participating in the Human Race! Stop by one of our locations to make a donation or sponsor/join our team!

# ACTIVITIES/ACTIVIDADES . WORKSHOPS/TALLERES . EVENTS/EVENTOS

## March Calendar 2013 Marzo del Calendario

- ◆ 3/5: Attendance sheets due in RCCS by 5 PM/  
Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 3/ 4 & 5: Kindergym in Guerneville
- ◆ 3/6: Kindergym in Forestville
- ◆ 3/11 & 12: Kindergym in Guerneville
- ◆ 3/12: 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)
- ◆ 3/13: Kindergym in Forestville
- ◆ 3/14: Kindergym in Bodega Bay
- ◆ 3/18: Provider Payday ✦ Día de pago de los proveedores
- ◆ 3/18 & 19: Kindergym in Guerneville
- ◆ 3/20: Kindergym in Forestville
- ◆ 3/21: Providers and Parents Workshop ✦ Taller de proveedores y padres, 6:15 to 8:00 PM at/en RCCS, RSVP Mendy at 869-3613 x 117
- ◆ 3/25 & 26: Kindergym in Guerneville
- ◆ 3/27: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:30 at RCCS
- ◆ 3/27: Outreach Committee meeting 5:30 PM at RCCS ✦ El comité de publicidad de RCCS se reúne de 5:30 PM en RCCS
- ◆ 3/27: Kindergym in Forestville

## Veterans Hall Calendar

- ☛ Wednesday, March 13th - Free Community Dinner - Doors open from 5:00pm
- ☛ Saturday, March 16th - Sister's Bingo, tickets available from [www.rrsisters.org](http://www.rrsisters.org) - 5:30pm for ticket holders, 6:00pm general entry
- ☛ Wednesday, March 20th - Redwood Empire Foodbank - Food Giveaway - 9:00am
- ☛ Wednesday, March 27th - Free Community Dinner Doors open from 5:00pm

Save the Date - Reserve el Día

## Evening of Honor Una Noche de Homenaje

*A Celebration of the Early Childhood Education Community*

*Una Celebración de la Comunidad para la Educación de la Edad Temprana*

**FRIDAY, APRIL 19, 2013**

**VIERNES, 19 DE ABRIL, 2013**

**6 - 8 PM**

An Adult-Only Event – Solamente Adultos Por Favor

Light Refreshments - Refrescos  
Honors & Recognition - Homenaje y Reconocimiento

**Mary Agatha Furth Center**  
8400 Old Redwood Hwy, Windsor

Do you know someone who is retiring? - Conoce a alguien que se va a retirar?  
Please contact/ Por favor comuníquese con  
Laura Vallejo: [lvallejo@santarosa.edu](mailto:lvallejo@santarosa.edu)

☆  
Do you know someone who deserves or needs a "hug" award?  
Conoce a alguien que merece o necesita un premio "abrazo"?  
Please contact/ Por favor comuníquese con Missy Dameberg: [fvdann@sbcglobal.net](mailto:fvdann@sbcglobal.net)

**CENTERS: PLEASE PRINT AND POST TO SHARE WITH STAFF!!**

This event is sponsored by/ Este evento es auspiciado por:  
Sonoma County Association for the Education of Young Children (SCAEYC), Child Care Planning Council of Sonoma County (CCPC), Community Child Care Council (4Cs) of Sonoma County, CAP of Sonoma County Head Start, River to Coast Children's Services, PaceAPP and SRJC Child Development Department.

## SAVE THE DATE

*Saturday evening, June 8, 2013*  
*Enchanted Wine Country Evening*

AT KORBEL CHAMPAGNE WINE CELLARS

6:00 PM TO 10:00 PM

JOIN US FOR THIS CELEBRATION OF FABULOUS FOOD,  
FINE WINES, FANTASTIC AUCTIONS AND MUSIC.

*A great time for a great benefit: River to Coast Children's Services!*

**THIS YEAR'S SPECIAL GUEST : BOB ST. CLAIR, 49ER HALL OF FAME**  
**FOR MORE DETAILS & TO PURCHASE TICKETS CALL RIVER TO COAST CHILDREN'S SERVICES AT (707) 869-3613**

## 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](http://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](http://www.rccservices.org)
- ☑ NEW! River to Coast Children's Services offers Kindergym in Bodega Bay starting Thursday, Dec 13, 2102 10:00 AM to 12:30 PM continuing 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](http://www.rccservices.org)



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



**EARN IT! KEEP IT! SAVE IT!**

COMMUNITY TAX PREPARATION SERVICE  
SATURDAYS STARTING FEB. 2013 AT RCCS

FAST. FREE. CONFIDENTIAL

For Free Tax Help, your 2010 income must be less than \$49,000.

What to bring:

1. Photo ID
2. Social Security Card or ITIN
3. Voided check for direct deposit
4. W-2s, 1099s, 1098s and any other tax forms you receive
5. Last year's tax return

Call 869-3613 to make an appointment

**SERVICIO COMUNITARIO DE PREPARACIÓN DE IMPUESTOS.**

**COMIENZA FEBRERO 2013 EN RCCS**

RÁPIDO. GRATIS. CONFIDENTIAL

Para recibir ayuda gratis, su ingreso en 2010 fue menos de \$49,000.

Documentos Necesarios

1. Identificación con su retrato
2. Tarjeta de Seguro Social o carta con su número ITIN
3. Formularios: W-2, 1099 de otros ingresos, y otros documentos que reciba con información para sus impuestos
4. Un cheque nulo
5. Copia de sus impuestos del 2009

Llame al 869-3613 para hacer una cita

**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](mailto: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

**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](mailto: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