

OCCCA

Orange County Child Care Association

President's Message

Hello Everyone,

Happy Fall and preholiday season! This is my most favorite time of the year and I hope you are all enjoying it as well. There are so many inexpensive crafts and fun items for the kids to work on and take home to share with their folks at all of the craft stores that I need extra days to get all the ones I want! Hobby Lobby, Michael's, Joann's all have "apps" for iPhones to save even more money!

November's General Meeting is a craft share meeting. Please come early with a holiday craft completed for our craft display! We are also making it a Potluck, bring your most festive dish and join us for a festive and fun night!

Happy Holidays and I hope to see you soon!!!

Lee Allton

Training Tip #1:

Remember that Sunday November 6th is when we turn back our clocks so this is a good time to change all of the batteries in your smoke detectors and carbon monoxide detectors along with checking all of your file paperwork and roster updates to make sure you are 100% up to date!

Training Tip #2:

The new Fall 2016 Licensing Update has been posted, you should read every word and make sure you are in compliance with everything in it:

<http://cclid.ca.gov/res/pdf/CCFall2016.pdf>

OCCCA GENERAL MEETING

POT-LUCK

For our November meeting we will be having
our annual all-area pot luck.

Please bring a main dish, salad, side or appetizer
for this evening of camaraderie and sharing.

This is a great opportunity to share and mingle.

All members are asked to bring a dish.

We look forward to your participation.

We hope to see you on November 14th!

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Area News

North County Lynn Hallas

Thank you North County for supporting me as your acting Vice President for the remainder of the year and any suggestions or ideas on how I can help your area are welcomed. I can be reached via email campfans@cox.net or phone at 949-858-1527. Being new to your area I hope to be of service in any way I can and I look forward to meeting some of you at the November General Meeting which is our craft/pot-luck meeting. Bring a favorite craft as well as a dish to share. Feel free to introduce yourself as well!

North County Diane Palermo Fountain Valley

Hello, FV Providers:

It was good seeing all of you at the General Meeting in September. DSS updated us on SB792 which went into effect September 1, 2016. Influenza, Pertussis and Measles must be documented for you and any employees or others working with children.

Our Area Meeting will be Saturday, November 5 @11:15am for lunch at Stonefire in Fountain Valley. Please RSVP by Nov. 1st. I look forward to seeing all of you.

North County Linda Zoelle Santa Ana

Please see Linda's report in South County,

North County Tena Madrid Huntington Beach, Sunset Beach

Hello Everyone!

It was so nice to see so many of you at the September General Meeting. DSS gave us a lot of information regarding new laws and updates. The calls were unusually busy this summer and have slowed down a bit but please keep sending your overflow to me so we can help other providers in our area during slow times. Thank you to those of you that have been generous enough to help out others.

We will be having our final area meeting for 2016 on Saturday, November 5th at Stonefire Grill in Fountain Valley. We will begin our meeting at 11:15 and end at 1:15. Please RSVP by November 1st so we can plan a seating arrangement in advance.

I hope all of you had a great summer and that you are all healthy and happy. See you in November.

North County Maggie Lopez Ana. Hills, Orange, Placentia, Villa Pk, Yorba Linda

"Our care of the child should be governed, not by the desire to make him learn things, but by the endeavor always to keep burning within him that light which is called intelligence."

-Maria Montessori

North County had its bi-annual area meeting on Monday October 10th. We had a good mix of new and experienced providers. We had a good discussion about how to set fair rates, reviewed the new rate changes by CHS and shared ideas for promotion and marketing.

North County Lynda Luistro Anaheim, Buena Park, Brea, Fullerton, La Habra Greetings, Providers!

Thank you to all who attended our Area Meeting on October 10th. It was a great time to share ideas and get to know each other better. One of the important topics we discussed was the new Regional Market Rate which helps determine the reimbursement rate for subsidized child care.

North County Lee Allton Westminster, Midway City

Happy Holidays everyone!

I hope you all enjoy the fun opportunities to share with your little ones and their families this coming holiday season. I have found so many crafts and treats that I want to do that I thought I would share some with you, enjoy!!!

<http://onelittleproject.com/rice-krispie-treat-pumpkins/>
<http://princesspinkygirl.com/melted-snowman-chocolate-bark/>
http://www.first-school.ws/THEME/h_thanksgiving.htm
<http://handsonaswegrow.com/easy-christmas-crafts-kids/>

Have fun and happy crafting!!!



Area News

North County **Yessika Magdaleno** **Garden Grove, Stanton**

Greetings Garden Grove and Stanton Providers!

I'd like to introduce myself as your new Area Chairperson. I am taking over for Susan Austin. I am happy to be of service to you. Many of you may know me in my other roles at OCCCA as Treasurer and Public Policy Chair. I look forward to meeting you. Please come to our November General Meeting. Our pot-luck is a perfect time for us to get better acquainted. Feel free to call with any questions or concerns.

-Yessika

South County **Linda Zoelle** **Balboa, CDM, Costa Mesa, Newport Bch/Cst, Tustin**

Fall is my favorite time of year. No hustle and bustle of a lot of tourists. Just the sounds of the neighborhood children walking to the bus stop in the morning.

Monday, November 14th is our General Meeting. Please come join our family of providers on this Fall evening. We will all be enjoying festive dishes brought by all, so bring your favorite holiday dish to share. Along with your delicious dish, bring your favorite completed holiday craft to display on the Craft Table. So come early, visit with your OCCCA family and be thankful for all your friends!

Lastly, the new Fall 2016 Licensing update has been posted. Make sure you read it and are in compliance with the new rules. ccl.d.ca.gov/res/pdf/CCFall2016.pdf. Like us on Facebook too!

Happy Holidays!

South County **Lynn Hallas** **CDC, Dove Cyn, El Toro, Foothill Rch, Lake Forest, Portola Hills**

I'm loving this time of year with all the sights and warm smells of the holiday season! It's such a great time of the year to reflect and give thanks for all we are blessed with, especially our family and friends. I have truly enjoyed working on the board this year as well as networking with all of you! I hope to be of help in any way. Our General Meeting turned out to be an incredible turnout with standing room only! Many questions were answered and DSS was readily available to assist providers in understanding the new law pertaining to immunization requirements for providers and employees/volunteers. Any further questions or concerns can be directed to DSS and I also find their website to be of great assistance as well as user-friendly!

Thank you South County areas for attending our favorite area meeting of the year at Lakeshore! We had about 20 providers attend and I seem to be enjoying hosting these meetings here more each year! Thank you all for attending. The meeting was very informative and the crafts and sensory demonstrations presented by Patti were awesome! It's amazing how process and sensory art plays such an important part in a child's development! We also got to shop and mingle after the meeting concluded! We plan to possibly have our spring meeting there as well, so keep that in mind since it seems to a very favorable location and setting. I look forward to seeing you at the November General Meeting! Bring a craft to share and it will also be a pot-luck so feel free to bring something yummy!

South County ***Heather Bonfadini** **Ladera Ranch, Laguna Hills, Las Flores, MV, RSM**

Thank you to all the providers who attended our area meeting at Lakeshore. As always Patti didn't disappoint sharing wonderful ideas for both product and process art. For those of you who missed it, you can always go to Lakeshore.com and search crafts for all occasions and age groups. Just another resource for our arsenal. Don't forget to sign up for their email and text message coupons! I used my discount to purchase number bots and magnetic cars which are sure to be a hit with my car lovers. I look forward to seeing all of you at our November meeting. I am always inspired by the creativeness of others displayed at this meeting. So, don't forget to bring your favorite craft to share and a food item as well. Happy cooler weather wishes!

DISCLAIMER

Advertisements placed in the OCCCA Newsletter are paid for by the individuals/organization placing and paying for advertisements. OCCCA does not endorse or authorize any specific company or service.

Toys, Games, Books
For Children 0-12 yrs
Home Parties,
Catalogue Sales
Phone/Fax/Web Orders



PAT NELSON
(714) 524-6673

rpnelson@pacbell.net

Area News

South County Diane Spiesterbach
Aliso Viejo, Capistrano Bch, Dana Pt, Laguna Bch/
Niguel/Woods, San Clemente, SJ Capistrano

I just wanted to share from a very wise man Albert Einstein.

"Play is the highest form of research."

"The true sign of Intelligence is not knowledge but imagination!"

*"Imagination is more important than knowledge
Knowledge is limited, imagination encircles the world!"*

"If you want your children to be intelligent, read them fairytales."

Thank you Albert Einstein!

I Hope all of you have a great November and December.
Please come and join us at our next meeting lots of fun
crafts for the holidays !!!

South County Vickie Rossiter
Irvine, East Irvine

Thank you to those of you who took time out of your busy day to attend our area meeting at Lakeshore in October. Once again Patti May didn't disappoint. I really enjoy these kinds of meetings, because even after 30 plus yrs. of providing care, attending conferences, meetings, and attending classes, I always learn something new.

For those of you who didn't attend, you really missed an opportunity to meet your competition and learn. Learn what it takes to make your business successful and lasting. At each meeting, whether it be a General Meeting for OCCCA, an Area meeting, or even a class or workshop the City of Irvine provides for us there is always an opportunity to chat and make a friend or two. There is so much information for you, there for the taking. Ask a few questions about their program. I have found Providers are very nurturing people and love to share, help, and give you any and all the information you need. All you have to do is show up and ask. Never leave a meeting without getting their contact information, and send them a text, or call them letting them know how nice it was to meet them.

There are a few of you (I do take names!!) that have taken to calling me for the answers, when you could have attended a meeting and found the answers from a variety of providers. No one answer is the right one. We all have different ways of doing and handling things. By coming to these meetings, just by asking a question you open up a dialog and get many viewpoints and perspectives. That is what makes our businesses so unique.

If you are a new provider, come to any and all the meetings you can. You will make friends, get creative and new curriculum idea's, easy-peasy fun craft idea's and maybe even arrange some fun evenings at our Resource Center using the die cut and/or laminating machine. It's all up to you!! See you at the next meeting!

*NOTE: We are happy to announce that Diana Moreno will be taking over for Heather Bonfadini as Area Chair for Ladera Ranch, Laguna Hills, Las Flores, Mission Viejo and Rancho Santa Margarita. Heather will continue as Program Chair. Diana's contacts are: (949) 667-2527, contact@daycareladeraranch.com. Welcome Diana, thank you Heather!

PROVIDER WEBSITE REFERRALS

Submitted by Lee Allton

All OCCCA Members qualify to put their name, phone number and webpage on the "Free Referral" portion of our web site. Please go look and see if your information is listed, if it is not there, please email me at ALLTONL@AOL.COM with your information. Make sure you let me know what city you are in so I can get it done as quickly as possible.

DISCIPLINE

Submitted by Lynn Hallas

www.daycare.com/fastfacts/discipline.html

Helping a child to behave in an acceptable manner is a necessary part of raising the child well. Discipline varies at different ages. There is no one right way to raise children, but child and adolescent psychiatrists offer the following general guidelines:

Children generally want to please their parents. Wise parents can in their disciplining activities use children's desire to please.

When parents show joy and approval for behavior that please them, this reinforces good behavior in the child. When parents show disapproval of dangerous or unpleasant behaviors at the early stages, they are more likely to be successful when the child is older.

The way the parent corrects a child or adolescent for misbehavior should make sense to the youngster, and not be too strict that the child or adolescent cannot later feel the parent's love and good intentions.

Children and adolescents can and do anger parents, and parents need good self-control when they are angry. Although a loud "no" may get the attention of a toddler heading for a street full of traffic, it does not quiet a crying baby. For older children, there should be clear expectations, agreed upon by both parents and clearly told to the child or adolescent.

In our mixed society, where cultures and parenting styles are varied, different families expect different behaviors from their children.

One child may be allowed to come home at any time, while another child may have a strict curfew. When parents and children disagree about rules, an honest exchange of ideas may help them learn from each other. However, parents must be responsible for setting the family's rules and values.

Keeping unwanted behavior from happening in the first place is easier than stopping it later.

It is better to put breakable or treasured objects out of the reach of toddlers than to punish them for breaking them. Parents should encourage curiosity but should direct it into activities like playing with puzzles, learning to use paints or reading a book.

Changing a child's unwanted behaviors can help the child have the self-control needed to become responsible and considerate of others.

Self-control does not happen automatically or suddenly. Infants and toddlers need parental guidance and support to begin the process of learning self-control. Self-control usually begins to show by age six. With parents guiding the process, self-control increases throughout the school years. Teenage experimentation and rebellion may occur, but most youngsters pass through this period and become responsible adults-- especially if they had good early training.

Families pass methods of discipline and what is expected of children from generation to generation.

When discipline attempts are not successful, it is often helpful for someone outside the family to make useful suggestions on raising a child. Professionals trained in child growth and behavior can give information on the way children think and develop. They can also suggest different approaches to changing unwanted behavior. The patience of parents, and help from caring professionals, when necessary, will help smooth the way for children to learn and enjoy what society expects of them and what they can expect from themselves.

2017 ELECTIONS
PLEASE JOIN US!
SHARE YOUR TALENTS & SKILLS!
2017 BOARD ELECTIONS COMING SOON!

This January 2017 Board Elections will be held at our Annual Meeting. The board positions listed below are up for election. Members interested in any of these positions please contact President Lee Allton at alltonl@aol.com for publication in the January/February 2017 newsletter.

Vice Presidents - North and South - acts as a liaison between Area Chairpersons and the general membership, calls meeting of all Area Chairperson when/if necessary.

Treasurer - Receives all money and keeps a record of all receipts of income and expenses, disburses money in accordance with the association Bylaws, keeps accurate accounts of all receipts and disbursements.

Secretary - Performs various duties as required by the President. Keeps the minutes of all board and general meeting.

In addition, each board member is required to:

- ...be in compliance with the Department of Social Services
- ...attend general and board meetings
- ...submit articles to the Newsletter Editor
- ...attend Board Retreat

All nomination forms which include your bio must be received by the end of November in order to be published in the Jan/Feb Newsletter. Nomination bios received after that will be published at the Annual Meeting.

Voting - every member entitled to vote shall have the right to do so either in person or by one or more persons authorized by a written proxy, signed by the person and filed with the Secretary of the Association. All requests for voting by proxy can be made by emailing Secretary Linda Zoelle at lz3.occca@yahoo.com no later than December 31, 2016.





NEXT GENERAL MEETING

**November 14th
At our NEW Venue
Big Brothers, Big Sisters
of Orange County
1801 E Edinger, #101
Santa Ana, CA 92705**

SPECIAL RAFFLE PRIZE

Don't Miss Out!

**2 Free Electric Bike Rentals
Package valued at \$100.00**



Pick up your electric bikes in Seal Beach from Pedigo Greater Long Beach (featured on the Time-Warner Business Class commercial). Then spend the day exploring Belmont Shore, Shoreline Village, Huntington Beach or wherever your legs and engine will take you.

Thank You Mary Testerman, OCCCA Ways & Means

**"Children are not a distraction
from more important work, they
are the most important work."
-CS Lewis**

Receiving Referrals

Submitted by: Lee Allton

I have received some calls from parents needing child care with concerns that the providers they are calling do not pick up their phones and at times do not call back when a message is left.

Another issue is phone etiquette; there are some instances with screaming or crying children in the background. On occasion there are complaints that the provider was rude to the children and the caller.

Remember, a couple things: if you need clients you will need to pick up the phone during the day. The other thing is to be conscious of your demeanor and the background noise when you do. It is a fine balance managing what we manage in our day.

One last point is that referrals are a byproduct of your membership in OCCCA, every provider should be doing their own advertising and should have their own marketing plan and not depending on the Area Chairpeople to fill their daycares with clients.

Just some points to consider.

SHOES IN INFANT PLAY AREAS

Submitted by Yessika Magdaleno

Facilities, Supplies, Equipment, and Environmental Health, Quality of the Outdoor and Indoor Environment, Prevention and Management of Toxic Substances, Standard 5.2.9.14

Adults and children should remove or cover shoes before entering a play area used by a specific group of infants. These individuals, as well as the infants playing in that area, may wear shoes, shoe covers, or socks that are used only in the play area for that group of infants.

RATIONALE: When infants play, they touch the surfaces on which they play with their hands, and then put their hands in their mouths. Lead and other toxins in soil around a facility can be a hazard when tracked into a facility on shoes.

COMMENTS: Facilities can meet this standard in several ways. The facility can designate contained play surfaces for infant play on which no one walks with shoes. Individuals can wear shoes or slippers that are worn only to walk in the infant play area or they can wear clean cloth or disposable shoe covers over shoes that have been used to walk outside the infant play area. This standard applies to shoes that have been worn outdoors, in the play areas of other groups of children, and in toilet and diaper changing areas. All of these locations are potential sources of contamination.

TYPE OF FACILITY: Small Family Child Care Home, Center, Large Family Child Care Home

Wash, Then Wear

By: Michelle Spoor

A few years ago I had a child in my care break out in a rash all over his torso, legs and arms. I was checking his back when I noticed the little white plastic thing that they use to attach the price tag to clothes was still hanging there. I called his mom about the rash and asked her if he was wearing new clothes and if they had been washed yet. She said the clothes were new and they hadn't been washed.

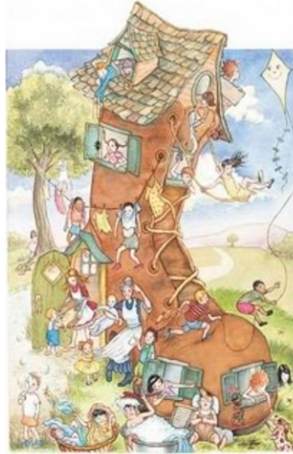
According to Dr. Donald Belsito, a professor of dermatology at Columbia Medical Center, this is a big no-no. In an article in the Wall Street Journal, he explains that there are many chemicals used in the manufacturing process and most of them are known skin irritants. Dyes can irritate skin and sometimes cause severe allergic reactions. Formaldehyde is used in the manufacture of permanent press clothes. The EPA has classified it as a "probable human carcinogen." Some research has shown it may cause leukemia. Scabies and lice can also be transmitted via unwashed clothing. Fungus is another problem--especially if you have an allergy to it--along with skin irritation, it can also cause breathing issues.

Also, consider ALL the hands of ALL the people who have handled those new clothes: manufacturers, packers, shippers, store personnel. Out of respect for the children, who have no say in the matter, we should wash their new clothes before we let them be worn.

The instance I dealt with at the beginning of this story WAS an allergic reaction to the new clothes. How do I know? The mom didn't take him to the doctor the FIRST time it happened. (Yes, it happened again) She took him the second time because it was a more severe rash. This is often the case with allergic reactions. They can get progressively worse with each new exposure.

So tell the parents of the children in your care that washing new clothes is the wise thing to do. They may not choose to take your advice, but at least you'll have done your part in trying to spare a child from an uncomfortable experience.

THE DAYCARE PROVIDER WHO LIVED IN A SHOE



Submitted by Heather Bonfadini

There was a provider who lived in a shoe,
But being professional, she knew what to do.
She made best use of the space she could spare,
And set up her home for family childcare.

She registered with the state, pat her inspection and then,
She passed out cards to every last friend.
She knew she would need help in her situation,
The answer was joining a provider association.

She took CPR and First Aid classes too.
And brushed up on the things that kids like to do.
She interviewed, contracted, the responses was great!
She counted kids carefully—no more than eight.

She fed them good foods and recorded it, too.
She potty-trained Jake; helped Mark tie his shoe.
Collected art items and made new batch of clay,
And cut out cute pictures for a new theme's display.

She diapered, she bandaged, she wiped every nose.
She comforted time when Sue stepped on his toes.
She cooked & she washed, scrubbing floors, scraping glue
She recorded attendance; did her bookkeeping, too.

She wrote parents notes home 'bout the kids in her care,
Anecdotes and concerns that they'd want her to share.
She read to the children while they sat in her lap.
And she sang to them softly when they started to nap.

She called a provider who was feeling depressed.
She spoon-fed the baby, then got him redressed.
She picked up and dusted when they went out the door.
She updated records, picked up toys, mopped the floor.

She started the laundry, checked the mail, made a list,
Of the groceries she needed & chores that she'd missed.
She collapsed in a chair and put up her feet,
Then in came her family wanting something to eat.

She fed them all quickly, heard their stories, gave them hugs,
Then she rapidly washed up all the dishes and mugs.
As the family retired at the end of the day,
She got out some books to study for her CDA.

She reflects on her day, in her eye there's a gleam,
For this provider is developing pride and esteem.
She works a long day and the pay isn't fair,
But the kids that she works with get quality care.

Their parents commute to their worksites each day,
Concerns about childcare aren't in their way.
They are free to produce at a marvelous rate,
Which benefits businesses all over the state.

If you live in a big house, or even a shoe,
Great is the work a provider can do.
Be proud, stand up tall, wear a smile on your face,
You are helping "tomorrow" be a much better place!

-Dori Rossman, Executive Director, Kids Town, USA



7 Reasons Your Kid Needs Sleep



Submitted by Diane Palermo
By Sarah Mahone

Excerpted from: <http://www.parents.com/health/healthy-happy-kids/why-your-kid-needs-sleep/>

Once it's 7:45 p.m., all is quiet at the Tanaka house. Presley, 6, James, 4, and Jase, 2, are all sleeping soundly. "My husband and I sleep-trained them at an early age, and our routine is nonnegotiable," says Caroline. "They have a bath, brush their teeth, say a prayer, and get a story. Then it's lights-out. I'm convinced that's why they have fewer meltdowns. They also don't get as many colds as other kids in their class."

The Tanakas are on board with the increasingly urgent public-health mission to help American kids (and their chronically exhausted parents) get more sleep. Parents have always felt that sleep directly affects a child's mood, and most would agree it's got a big impact on learning and behavior. But pediatric researchers' latest findings suggest that sleep is also essential to good health. When kids get the sleep they need, they may have a lower risk of becoming overweight and developing diabetes as well as fewer learning problems and attention issues. Sleep is as important as nutrition and exercise. It's when the body repackages neurotransmitters, chemicals that enable brain cells to communicate. And experts have recently been able to demonstrate that sleep allows brain cells to "take out the trash" each night, flushing out disease-causing toxins.

Perhaps the most startling news from this research is how quickly kids fall into the danger zone. The repercussions of sleep deprivation are visible after only four nights of one fewer hour of sleep per night, found a study from Dalhousie University, in Nova Scotia. (This can happen during a school vacation, or when you have company for a holiday weekend, or even just by letting kids watch the World Series.) "I expected that we'd see some differences when kids get less sleep than usual," says senior author Penny Corkum, Ph.D. "But finding that they're so drastically affected in so short an amount of time is amazing." You may realize that your child could use more shut-eye. "However, it can be very difficult to recognize all the ways that after-school and evening activities sabotage bedtime, and the damaging effects of allowing electronics into your kid's bedroom," says *Parents* advisor Jodi Mindell, Ph.D., associate director of the Sleep Center at the Children's Hospital of Philadelphia. Specialists like Dr. Mindell outline these crucial reasons all children need their daily dose of sound sleep.

1. Sleep promotes growth.

You've probably had mornings where you've sworn your baby got bigger overnight, and you'd be right. "Growth hormone is primarily secreted during deep sleep," says Judith Owens, M.D., director of sleep medicine at Children's National Medical Center, in Washington, D.C., and a *Parents* advisor. Mother Nature seems to have protected babies by making sure they spend about 50 percent of their time in this deep sleep, considered to be essential for adequate growth. Italian researchers, studying children with deficient levels of growth hormone, have found that they sleep less deeply than average children do.

2. Sleep helps the heart.

Experts are learning more about how sleep protects kids from vascular damage due to circulating stress hormones and arterial wall -- damaging cholesterol. "Children with sleep disorders have excessive brain arousal during sleep, which can trigger the fight-or-flight response hundreds of times each night," says Jeffrey Durmer, M.D., Ph.D., a sleep specialist and researcher in Atlanta. "Their blood glucose and cortisol remain elevated at night. Both are linked to higher levels of diabetes, obesity, and even heart disease."

3. Sleep affects weight.

There's increasing evidence that getting too little sleep causes kids to become overweight, starting in infancy. One study from Penn State Children's Hospital has shown that when parents are coached on the difference between hunger and other distress cues and begin to soothe without feeding -- using such techniques as swaddling and swinging -- babies are more likely to be sound sleepers, and less likely to be overweight. Better yet? This coaching can begin when babies are 2 weeks old. The study followed the babies for a full year, and found that when parents used these techniques, it paid off. "Our intervention was the first to show that babies could actually be leaner in the first year," says Ian Paul, M.D., lead author and professor of pediatrics at Penn State College of Medicine.

That's key, because the sleep-weight connection seems to snowball. When we've eaten enough to be satisfied, our fat cells create the hormone leptin, which signals us to stop eating. Sleep deprivation may impact this hormone, so kids keep right on eating. "Over time, kids who don't get enough sleep are more likely to be obese," says Dorit Koren, M.D., a pediatric endocrinologist and sleep researcher at the University of Chicago.

Worn-out kids also eat differently than those who are well rested. "Research has shown that children, like adults, crave higher-fat or higher-carb foods when they're tired," Dr. Koren says. "Tired children also tend to be more sedentary, so they burn fewer calories."

4. Sleep helps beat germs.

During sleep, children (and adults) also produce proteins known as cytokines, which the body relies on to fight infection, illness, and stress. (Besides battling illness, they also make us sleepy, which explains why having the flu or a cold feels so exhausting. It forces us to rest, which further aids the body's ability to heal.) Too little sleep appears to impact the number of cytokines on hand. And it's been found that adults who sleep fewer than seven hours per night are almost three times more likely to develop a cold when exposed to that virus than those who sleep eight or more hours. While there's little data on young children, studies of teens have found that reported bouts of illness declined with longer nightly sleep.

5. Sleep reduces injury risk.

Kids are clumsier and more impulsive when they don't get enough sleep, setting them up for accidents. One study of Chinese children found those who were short sleepers (i.e., fewer than nine hours per night for school-age children) were far more likely to have injuries that demanded medical attention. And 91 percent of kids who had two or more injuries in a 12-month period got fewer than nine hours of sleep per night.

6. Sleep increases kids' attention span.

Children who consistently sleep fewer than ten hours a night before age 3 are three times more likely to have hyperactivity and impulsivity problems by age 6. "But the symptoms of sleep-deprivation and ADHD, including impulsivity and distractibility, mirror each other almost exactly," explains Dr. Owens. In other words, tired kids can be impulsive and distracted even though they don't have ADHD. No one knows how many kids are misdiagnosed with the condition, but ruling out sleep issues is an important part of the diagnosis, she says. For school-age kids, research has shown that adding as little as 27 minutes of extra sleep per night makes it easier for them to manage their moods and impulses so they can focus on schoolwork. Kids with ADHD also seem to be more vulnerable to the effects of too little sleep. Parents are almost three times as likely to report that their child with ADHD has a hard time falling and/or staying asleep than parents whose kids don't have ADHD, says Dr. Owens.

7. Sleep boosts learning.

A baby may look peaceful when he's sleeping, but his brain is busy all night long. Researchers at Columbia University Medical Center have shown that newborns actually learn in their sleep: Investigators played certain sounds for sleeping newborns, followed with a gentle puff of air on their eyelids. Within 20 minutes, the sleeping babies -- who were between 1 and 2 days old -- had already learned to anticipate the air puff by squinting. And as for that twitching all babies do as they snooze? It seems to be how their nervous system tests the connection between the brain and muscles.

Sleep aids learning in kids of all ages, and education experts are finding that naps have a particular magic. Neuroscientists at the University of Massachusetts Amherst taught a group of 40 preschoolers a game similar to Memory. Then the kids took a nap (averaging 77 minutes) one week and stayed awake the other week. When they stayed awake they forgot 15 percent of what they'd learned, but when they napped they retained everything. The kids scored better on the game not only after they'd just woken up but the next day too.

Making sure families get enough sleep isn't easy, especially with parents working longer hours, more elaborate after-school activities, bedrooms full of cool electronics, and the pressure to pack more into every day. "We've done a good job of teaching parents about why kids need to exercise and eat healthy foods," says Dr. Corkum. "Still, the simple fact is that kids sleep less today than they used to. And unless we make an effort to get that sleep time back, their health will suffer."



PAPER PLATE SAILBOAT



Paper plate
Paint
White glue
Craft knife

MATERIALS
Craft stick/wooden dowel
Toilet paper tube
Scissors
Crayons/markers (optional)

Paper
Paint brush
Stapler
Stickers, buttons, etc.

STEPS

MAKE THE HULL

1. Cut the paper plate in half.
2. Cut off the curved bottom of the plate
3. Assembly by having the halves face each other, to form a boat shape. Line up edges and staple into place.
4. Paint



MAKE THE SAIL

1. Fold a triangle sail by diagonally folding a square piece of paper
2. Decorate with markers, crayons or stickers.
3. Attach a mast by unfolding the sail, applying glue on all 4 sides. Position a large craft stick or a wooden dowel along one side.
4. Fold back into a triangle



ASSEMBLE THE BOAT

1. Cut slit/hole near one end of the TP tube and insert the sail mast.
2. Place the TP tube/sail inside the boat hull. If it slips around too much, secure with glue.
3. Decorate your boat with the stickers, markers and/or crayons.

Since these boats aren't "seaworthy" (not meant to be sailed in actual water) this makes a perfect indoor "outdoor" activity. Throw a blue blanket or towel on the floor and let the children sail their boats. Anchors Away!

Thank you Linda Luistro for this cute craft!

Input & Suggestions Welcome!

By Vicki Rossiter

As many of you know I have been a successful Provider for over 30 years. I have been South County Vice President and have had the privilege of working with many of our Presidents and Boards. Back in the day, Board members would attend out of State conferences, and bring back ideas and share experiences. I've spoken at workshops and conferences on a variety of subjects regarding Family Home Child Care.

I need your input for articles that may appear in our newsletter. I certainly don't want to take the time and have an article that just does not meet your needs. Knowing I can't please all the people all the time, I would love the opportunity to address "your" questions and concerns. Please contact me via email at hyp4@aol.com or call me at (949) -857-6003. I will do my very best to answer your questions and address your concerns. Topics I feel very comfortable addressing are: contracts, adding paid vacation/sick/bereavement time, marketing, communications, just to name a few. I am happy to respond to those topics of interest and concern.

I look forward to hearing from you!

Vicki



THUMB PRINT COOKIES

Recipe from Cooking Light

Submitted by Linda Zoelle

Ingredients

- 2 cups all-purpose flour (about 9 ounces)
- 1/4 teaspoon salt
- 3/4 cup packed brown sugar
- 2/3 cup granulated sugar
- 1/2 cup chunky peanut butter* (or peanut butter alternative)
- 1/4 cup butter, softened
- 2 large eggs
- 1 teaspoon vanilla extract
- Cooking spray
- 7 tablespoons seedless raspberry preserves
- 1 tablespoon fresh lemon juice

Instructions

1. Measure and combine flour and salt, stirring well with a whisk; set aside.
2. Place sugars, peanut butter, and butter in a large bowl; beat with a mixer at medium speed until well combined.
3. Add eggs, 1 at a time, beating well after each addition.
4. Beat in vanilla.
5. Gradually add flour mixture to sugar mixture, beating on low speed just until combined.
6. Lightly coat hands with cooking spray and shape dough into 36 balls (about 2 1/2 teaspoons each).
7. Place balls 2 inches apart on baking sheets lined with parchment paper.
8. Press thumb into center of each dough ball, leaving an indentation. Cover and chill 1 hour.
9. Preheat oven to 350°.
10. Uncover dough. Bake at 350° for 14 minutes or until lightly browned. Remove cookies from pans, and cool on a wire rack.
11. Place preserves in a small microwave-safe bowl, and microwave at HIGH 20 seconds, stirring once.
12. Add juice, stirring until smooth.
13. Spoon about 1/2 teaspoon preserves mixture into the center of each cookie. Let set.

*Do not use peanut butter if any of your children have peanut allergies

Contact Information

OCCCA BOARD OF DIRECTORS

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OrangeCountyChildCareAssociation.org

IMPORTANT NUMBERS

Community Care Licensing	714.703-2800	http://cclid.ca.gov/contact.html
Child Care Advocate Program	310.337.4335	Sharon.Greene1@dss.ca.gov
CHS Referral Line (M-F 9-3:30)	949.364.6605	www.chs-ca.org/child-care/ccrrp/
Children's Home Society	714.456-9800	www.chs-ca.org
Calif Childcare Health Program	800.333.3212	www.ucsfchildcarehealth.org
Child Guidance Center	714.953-4455	www.cgcoc.org
Help Me Grow-Orange County	866.GROW-025	www.helmegrowoc.org
OC Child Abuse Prevention	714.543.4333	www.brightfutures4kids.org
California Poison Action Line	800.222.1222	www.calpoison.org
Regional Center of Orange Co.	714.796.5100	www.rcocdd.com
Child Care Advocate-Aaron Ross*	951.782.4954	AaronRoss@dss.ca.gov

****Newly added resource.**

FOREIGN LANGUAGE ASSISTANCE

Armenian	Alice Gharbjanians	(949) 833-0404
French	Alice Gharbjanians	(949) 833-0404
German	Anke Secrest	(714) 434-0834
Greek	Margarita Pagoulatos	(714) 241-7455
Pharsi	Mona Mosavat	(714) 633-4353
Spanish	Yessika Magdaleno	(714) 971-8004

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NORTH COUNTY, VICE PRESIDENT LYNN HALLAS, 949.858.1527

City	Chairperson	Phone	City	Chairperson	Phone
Anaheim	Linda Luistro	714.521.7485	Los Alamitos	Robin McWilliams	714.893.7904
Anaheim Hills	Maggie Lopez	714.229.8347	Midway City	Lee Allton	714.892.7220
Brea	Lynda Luistro	714.521.7485	Orange	Maggie Lopez	714.229.8347
Buena Park	Lynda Luistro	714.521.7485	Placentia, Atwood	Maggie Lopez	714.229.8347
Cypress	Robin McWilliams	714.893.7904	Santa Ana	Linda Zoelle	949.673.2692
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Fullerton	Lynda Luistro	714.521.7485	Stanton	Yessika Magdaleno	714.871.8004
Garden Grove	Yessika Magdaleno	714.871.8004	Sunset Beach	Tena Madrid	714.536-2351
Huntington Beach	Tena Madrid	714.536-2351	Villa Park	Maggie Lopez	714.229.8347
La Habra	Lynda Luistro	714.521.7485	Westminster	Lee Allton	714.892.7220
La Palma	Lynda Luistro	714.521.7485	Yorba Linda	Maggie Lopez	714.229.8347

SOUTH COUNTY VICE-PRESIDENT, LYNN HALLAS, 949.858.1527

City	Chairperson	Phone	City	Chairperson	Phone
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Balboa Island	Linda Zoelle	949.673.2692	Laguna Woods	Diane Spiesterbach	949.495.6439
Capistrano Beach	Diane Spiesterbach	949.495.6439	Lake Forest	Lynn Hallas	949.858.1527
Corona Del Mar	Linda Zoelle	949.673.2692	Las Flores	Diana Moreno	949.667.2528
Costa Mesa	Linda Zoelle	949.673.2692	Mission Viejo	Diana Moreno	949.667.2528
Coto De Caza	Lynn Hallas	949.858.1527	Newport Beach	Linda Zoelle	949.673.2692
Dana Point	Diane Spiesterbach	949.495.6439	Newport Coast	Linda Zoelle	949.673.2692
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Laguna Hills	Diana Moreno	949.667.2528			



MEMBERSHIP RENEWAL

Please enclose a self-addressed, stamped envelope (SASE) with your renewal to have a membership card mailed to you. Otherwise you may pick up your card at the next General Meeting

Questions?: Michelle Spoor (714) 222-4922



NEW LAW SB 792

EFFECTIVE SEPTEMBER 1, 2016
IMMUNIZATION REQUIREMENTS
FOR PROVIDERS, ASSISTANTS &
VOLUNTEERS

[http://leginfo.legislature.ca.gov/faces/
billTextClient.xhtml?
bill_id=201520160SB792](http://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201520160SB792)

JANUARY-FEBRUARY 2017

**Newsletter Deadline
December 18, 2016**

OCCCA

Orange County Child Care Association
P.O. Box 26769, Santa Ana, CA 92799

www.OrangeCountyChildCareAssociation.org

Next General Meeting

Monday, November 14, 2016

POT-LUCK DINNER and CRAFT SHARE

6:50 Pot-Luck Social, 7:20 pm Meeting

Big Brothers, Big Sisters of Orange County, 1801 E. Edinger, #101, Santa Ana, CA 92705

Wear **GREEN** for a door prize ticket.

Bring a completed craft project to share.

Please, no children at the meeting.

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