

# OCCCA

Orange County Child Care Association

## President's Message

Happy Summer everyone!

I hope you are having a blast with the kids and all the amazing opportunities to play in the sprinklers, have picnics, make bubbles, take fieldtrips to the beach and zillions more fun things that those of us in California love to do because we have the best weather in the US!

I wanted to thank all of you who came to our 2015 Conference *Family Childcare: Providing a Strong Foundation for Children and Families*. It was an AMAZING day of professional development workshops in the areas of curriculum, business skills, child development issues and leadership training with many opportunities to network and bond as a child care community. Please go to our Facebook page and look at the photo's posted for you to take a look at. Thank you to our speakers, vendors and to the City of Irvine volunteers who assisted us throughout the day. A HUGE thank you to the Board of Directors and the Conference Committee Members for all of their hard work and dedication, there is no way Conference 2015 could have happened without you. I could go on and on about what a phenomenal day it was HOWEVER I will just invite you all to come next year to see for yourselves!

Many of you have asked for more workshops, so we are considering putting together some Saturday workshops. Please email me at [ALLTONL@AOL.COM](mailto:ALLTONL@AOL.COM) with some topic ideas.

Have a GREAT summer; enjoy all the perks of living in Southern California, see you in the Fall!

*Lee Allton*

### TRAINING TIP

#### SPECIAL ANNOUNCEMENT

**As of today (6/8/15) on the on the DSS, Community Care Licensing website the annual, POC, pre-licensing, and case management visits that LPA's have made since April 16, 2015 are available for review in the transparency project (no prior date reports are available). When you see a visit with a line under it – you click on that visit and the report will come up. As a security precaution all signatures have been removed from the online reports. There are no complaint reports at this point in time. I have attached the link for you to look at: (<https://secure.dss.ca.gov/CareFacilitySearch/>).**

### Inside this issue

Area News	2-3
Summer Reads	3
DAP	4-5
Baking	5
Yoga for Kids	6-7
Water Fun	8
Contact Info	9
Sun Safety	10
Membership	11
Mtg Directions	12

# Area News

## North County

## Susan Austin

**Welcome new Providers and current Providers!** Are you needing help to build your Child Care business? Today is your opportunity to join the OCCCA or continue your membership another year. I have been a Family Home Child Care Provider for over 17 years. The beginning years were a challenge to learn everything about Child Care. I am so grateful to have joined the OCCCA so I could get all the updates for my business, network with other Providers, training, discounts, receive new client referrals and much more. Here's how you can build your business: **Our next North County Area Meeting is Monday, October 12, 2015 from 6:45-8:00 pm at Clemens Home Preschool and Child Care.** Please join us and RSVP to your Area Chair Person. All areas are welcome. We're sorry, no children are allowed at the meetings. Our next OCCCA General Meeting is Monday, September 14, 2015 at the OCDE in Costa Mesa. Be sure to check out our website for all upcoming news and events. Mark your calendars now so you will plan to attend. Are you sure you want to build your business? Then, it's time to take advantage of all the free services provided by the OCCCA. You will be glad you did! Please keep in touch with your Area Chair Person for support and referrals. **Join us** for all the upcoming meetings and receive *Building Blocks for a Successful Child Care*.

## Central/Coastal

## Tena, Diane & Gloria

We had a great turnout at our Area meeting at Stonefire Grill in April. It was great to see everybody and network with girls in our area. We are having another Area meeting in the fall. Thank you for all that attended the Conference and General Meeting. Your time and effort is appreciated. Enjoy your Summer!

## South County

## Rose Larson

It was so nice to see so many people at the conference! I saw so many familiar faces and met quite a few new ones. This was a really informative conference and so much fun! It was so nice shopping with all the vendors! I went to the break-out on nutrition it was really informative and will certainly help me in the future! If you didn't go this time to the conference, please, please, please go to the next one you will really enjoy it!

With summer coming, I hope you have a great time with your child care program. I love getting the foam brushes and letting the children paint the walls outside or the cement! I picked up some great ice cream molds from Sur la Table. I blend some fruits and yogurt and then freeze them. The kids love them! Of course I always pick up a new tube of sunscreen for the kids and me! Check out Target and Costco for sand and water toys! I hope these ideas help! Have a great and safe summer! Take care! -Rose

## South County

## Valerie Gideon

Hello to all! The conference in May was amazing!!! If you were not able to attend this time, then you will not want to miss any future conferences!! Thank you to all who worked so long and hard to make it the success it was. It was so good to see old friends and make new friends while enjoying the speakers, the vendors, good food and great raffle prizes. I had so much fun! The General Meeting was "Provider Appreciation Day" and we all enjoyed the music and songs of Jazzy Ash. Our next General Meeting will be in September and it will be another meeting you won't want to miss. Calling all backyard farmers...let's get together this summer and have an Area Meeting to learn about children's gardens. Also, we'll enjoy some walks around the RSM lake and coffee at Starbucks. I hope everyone has an enjoyable summer!

## North County

## Sandra Sevilla

It is beneficial to have an organization like OCCCA, we created a bond of friendship amongst the childcare providers, not to mention networking to help our business soar!

Our next Area Meeting is Monday, October 12, 2015, 6:45-8:00pm at Clemens Home Preschool and Child Care. Please join us and RSVP to Sandra Sevilla at 714-533-7551.. Be sure to check out our website for all upcoming news and events. Mark your calendars now so you can plan to attend.

Please join us for some fun!



Liability • Workers' Compensation • Commercial Auto  
For Licensed Family Providers  
Liability Limits up to \$1Million/\$3Million  
Abuse Limits up to \$1Million/\$2Million

877-766-7518  
[info@myschoolinsurance.com](mailto:info@myschoolinsurance.com)  
[www.myschoolinsurance.com](http://www.myschoolinsurance.com)

# Area News

## South County

Lynn Hallas

Hope you all are having a wonderful summer as well, as time spent with family. It's always nice to be able to get away from the daily routine and recharge. It's refreshing and needed after working long hours. I hope all of you are receiving referral calls and getting some kind of feedback from parent interested in the care you provide. Referral calls seem to be consistent here in Lake Forest area so I hope you all have been receiving at least something. Summer usually slows down but then business picks back up when school starts. Thanks for any updates for those of you who call me! Communication works best if both you and I connect and realize the importance of being a part of an organization that truly cares about how we operate our businesses.

I was able to attend the wonderful childcare conference in May that the board organized. I got a lot out of attending and was re-awakened about my purpose in what I do everyday. I recommend you going to the next one for it was amazing-- what it does to your outlook and confidence on many levels. It was well worth my Saturday morning!

Our next area meeting will most likely be in October at the Lakeshore store in Lake Forest and I encourage you all to try to attend since we usually have a craft pres

entation and a chance to obtain a discount. Bring a dessert and drink since it's a great time to get to know who is in your area and take a mental break during the week. I will keep you updated on the dates. I sure would love to see more faces and I do know that sometimes it's difficult to get to these meetings but sometimes it's great to see a face along with a voice I hear on the phone. We're all in this together and I truly just want to help you better your business with knowledge I obtained by going to these meetings and learning new ideas. I feel I have become a better provider by learning from those who have been there. It has been a huge blessing to be able to be here for all of you and to assist you in some possible way, either new business for your childcare or just someone to listen to a particular issue you may be going through. Please call me if you have any ideas for me to discuss, or anything in question! I would love to help you in any way possible!

## MEMBERSHIP RENEWAL

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

Questions?: Michelle Spoor (714) 893-4292



## SUMMER READ-ALOUDS

[www.ocpl.org](http://www.ocpl.org)

### Summer Stories

Coxe, Molly	Hot Dog
Elya, Susan M	Bebé Goes to the Beach
Fleming, Candage	Tippy-Tippy-Tippy, Splash!
Geshator, Phillis	Summer is Summer
London, Jonathan	Froggy Learns to Swim
Mahy, Margaret	A Saturday Morning
McClure, Nikki	Mama, Is it Summer Yet?
Rockwell, Anne F	At the Beach
Spetter, Jung-Hee	Lily and Trouper's Summer
Thompson, Lauren	Mouse's First Summer

### Celebrating Independence Day

Chall, Marsha W	Happy Birthday, America!
Falconer, Ian	Olivia Forms a Band
Kimmelman, Leslie	Happy 4 <sup>th</sup> of July, Jenny Sweeney!
Mills, Claudia	Phoebe's Parade
Osborne, Mary P	Happy Birthday, America
Roberts, Bethany	Fourth of July Mice
Roosa, Karen	Pippa at the Parade
Wardlaw, Lee	Red, White and Boom!
Wong, Janet S.	Apple Pie 4 <sup>th</sup> of July
Ziefert, Harriet	Hat's Off for the Fourth of July

Submitted by Valerie Gideon



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

**PAT NELSON**

(714) 524-6673

[rpnelson@pacbell.net](mailto:rpnelson@pacbell.net)

# Developmentally Appropriate Practice (DAP)

From National Association for the Education of Young Children

<http://www.naeyc.org/DAP>

<http://www.naeyc.org/dap/preschoolers>



## OVERVIEW

Developmentally appropriate practice, often shortened to DAP, is an approach to teaching grounded in the research on how young children develop and learn and in what is known about effective early education. Its framework is designed to promote young children's optimal learning and development.

DAP involves teachers meeting young children where they are (by stage of development), both as individuals and as part of a group; and helping each child meet challenging and achievable learning goals.

Developmentally appropriate practice is the foundation for all of NAEYC's work including—publications, training programs, conferences, accreditation of child care programs, and more.



## 12 PRINCIPLES OF CHILD DEVELOPMENT & LEARNING

All areas of development and learning are important.

Learning and development follow sequences

Development and learning proceed at varying rates.

Development and learning result from an interaction of maturation and experience

Early experiences have profound effects on development and learning.

Development proceeds toward greater complexity, self-regulation and symbolic or representational capacities.

Children develop best when they have secure relationships.

Development and learning occur in, and are influenced by, multiple social and cultural contexts.

Children learn in a variety of ways.

Play is an important vehicle for developing self-regulation and promoting language, cognition and social competence.

Development and learning advance when children are challenged.

Children's experiences shape their motivation and approaches to learning.



## DAP WITH PRESCHOOLERS, AGES 3-5

Preschool children learn best when they have positive and caring relationships with adults and other children; when they receive carefully planned, intentional guidance and assistance; and when they can safely encounter and explore many interesting things in their environment.

Children enter preschool with different strengths. One child might love picture books and already know lots of letters but have trouble with social interaction. A classmate may find it easy to initiate play and share toys, yet have almost no experience with books and reading.

## DAP Continued

### PRESCHOOLERS:

*Thrive when they can experience new materials, roles, ideas and activities—especially in pretend play*

*Take great interest in feelings and become better able to express their emotions and identify those of others;*

*Make important cognitive games that invite them to represent their world in pretend play, symbols, objects, drawings and words*

*Show astonishing gains in language skills*

### Teaching Preschoolers

Good preschool teachers maintain appropriate expectations, providing each child with the right mix of challenge, support, sensitivity and stimulation. With their knowledge, skill and training, teachers—in collaboration with families—can ensure that programs promote and enhance every child's learning.

### Let's see what DAP looks like...

*In the dramatic play center, two 4-year-old girls are pretending to read menus. Maria (teacher), noticing that neither girl has taken on the role of waiter, takes a notepad and pencil in hand and asks the, "May I take your order?" Over the next few days, more children join the restaurant play. Waiters set tables, take orders, give orders to the cook and prepare checks for diners.*

Maria is an observant, inventive and intentional teacher. Her intervention sparks fresh play, tempting children to take on different roles, enrich their social and language interactions and use writing and math for new purposes.

Classroom example is adapted from "Learning to Read and Write: Developmentally Appropriate Practices for Young Children".

## Calling all Bakers

By Rose Larson

This call out is for all the bakers in all the counties: North, Central and South County. At the September meeting we will have a bake sale. We thought it would be nice to have anyone who really loves to bake (like I do!) to bring some goodies for the bake sale. It would be nice if you pre-package them (for example maybe three cookies in a baggie...it's up to you). Also if you are not a baker but want to join in, feel free to buy something to donate or buy at the bake sale for your family and childcare! If you can't think of anything you are welcome to give me a call and I'll do my best to help with ideas. I am going to make red velvet brownies with cream cheese frosting, and cut them up and serve them on cupcake holders. Please feel free to give me a call if I can help you in anyway. (You know I will!) Until then, have a great summer and I will see you in September! My phone number is (949) 582-0865, should anyone need it.

### Greetings Ladies-

I wanted to let you know that I will be taking over the duties of Area Chair for the cities of Costa Mesa, Newport Beach, Santa Ana and Tustin. Most of the communication will happen via email, so make sure you check your inbox for any OCCCA updates from me. I look forward to seeing all of you at our September General Meeting. Have a great summer!

-Linda Zoelle

*"Play is often talked about as if it were a relief from serious learning. But for children, play is really the work of childhood."*

-Fred Rogers



# 5 Kid-Friendly Yoga Poses to Help Your Child Avoid a Meltdown

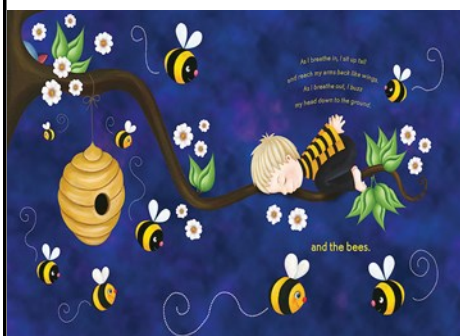
By MARIAM GATES 4/19/15 in Mind Body Green ([www.mindbodygreen.com](http://www.mindbodygreen.com)) Permission for reprint granted from author 5/2015

Maybe it's a refusal to put on a hat, maybe it's wanting to get out of the car, or not get out of the car — whatever the trigger (and it can be anything, can't it?) we all know the moment when our child is careening [toward a full-on meltdown](#).

And at that point, the difficulty in processing whatever has happened has moved from a mental reaction to a physical one. The overwhelming feelings that the child is experiencing are now manifesting as physical sensations and stress. Therefore, addressing [these physical reactions in the body with some yoga](#) is a great place to start!

Here are five kid-friendly yoga poses to help support in those seemingly impossible moments:

## BEE'S BREATH



First and foremost, ask your child to take a deep breath. This can be a great way to help create a moment of pause to help release tension. Breathing with your child can be even more effective, especially when it is also fun.

"Bee's Breath" is a wonderful way to facilitate this.

Sit on your knees — inhale and get very long through your spine with your arms back. Exhale and lower your forehead toward the ground as you buzz like a bee all the way down.

## CAT'S POSE



Teach your child that moving a muscle can help change the way they're feeling. It's hard to find solutions when everything feels tight! Let your child know that when they feel frustration, stress, or anger, that it can be helpful to try Cat Pose.

Inhale and look up, letting your spine drop low. Exhale and tuck your chin, lifting your spine up high like a cat.

## CLOUD POSE



Deciding in that moment to take what is bothering us most and "let it go," can feel very empowering for a child who has reached a level of total powerlessness.

"Cloud Pose" can be used as a way to scoop up all this (invisible) frustration in front of both you and your child, and just send it up and away and over your heads. It can also be a great way to encourage kids to name what is feeling so difficult, without having to solve it yet. Whatever it is, the two of you can name it, scoop it up and release it.

## TREE POSE



You can suggest a shift of focus and a balancing pose to help balance all the different emotions you know your child is feeling. Balancing poses help shift our focus out of our heads and back into our bodies, which has a stabilizing effect.

The stillness and concentration required in Tree Pose brings rest to a frustrated mind.

Standing up, become long and tall in your spine. Rest one foot on your ankle or above your knee and balance. Your hands can be palm-to-palm at your chest or in the air like branches. Take a few breaths, then switch feet.

## CHILDS POSE



It can be so helpful in stressful moments to give your child ways to self-soothe. In a yoga class, the pose used to “take a rest” is Child's Pose. This restorative pose allows for a child to curl up and is a great stretch also for the lower back, hips and thighs. It also has a wonderful calming effect on the central nervous system.

This moment of coming into a comforting position can help a child get a much needed moment to self-soothe and re-group.

Begin on your hands and knees. Press back to sit on your heels and bring your chest to rest on top of your thighs. Your arms can be stretched out in front of you or tucked in by your sides. Breathe deeply and rest.

**Diane Palermo submitted this article and commented that she uses yoga with her kids on a daily basis. Try it—you may be pleasantly pleased with the results!**

Yoga is something children can practice anywhere—the breathing, the concentration, the poses. The way kids learn to act or react to situations will lead to constant self-discovery and inquisitiveness.

-Alexandra De Collibus, Yoga Instructor

### NORTH COUNTY AREA - VP Susan Austin (714) 956-1492

Anaheim	92801-2	Susan Austin	(714) 956-1492	La Habra	90631-3	Lynda Luistro	(714) 521-7485
Anaheim	92803-5	Susan Austin	(714) 956-1492	La Palma	90623	Lynda Luistro	(714) 521-7485
Anaheim Hills	92806-8	Sandra Sevilla	(714) 533-7551	Orange	92862-9	Susan Austin	(714) 956-1492
Brea	92821-3	Lynda Luistro	(714) 521-7485	Placentia	92870-1	Sandra Sevilla	(714) 533-7551
Buena Park	90620-24	Lynda Luistro	(714) 521-7485	Stanton	90680	Susan Austin	(714) 956-1492
Cypress	90630	Susan Austin	(714) 956-1492	Villa Park	92861	Sandra Sevilla	(714) 533-7551
Fullerton	92831-38	Lynda Luistro	(714) 521-7485	Yorba Linda	92885-7	Sandra Sevilla	(714) 533-7551
Garden Grv	92840-46	Susan Austin	(714) 956-1492				

### CENTRAL/COASTAL AREA — Lee Allton (714) 892-7220

Balboa Island	92662	Linda Zoelle	(949) 673-2692	Midway Cty	92655	Lee Allton	(714) 892-7220
Corona d'Mar	92625	Linda Zoelle	(949) 673-2692	Nwprt Bch	92660-3	Linda Zoelle	(949) 673-2692
Costa Mesa	92626-7	Linda Zoelle	(949) 673-2692	Nwprt Cst	92657	Linda Zoelle	(949) 673-2692
Fountain Vly	92708	Diane Palermo	(714) 965-3602	Santa Ana	92701-7	Linda Zoelle	(949) 673-2692
Hunt Bch	92646-9	Tena Madrid	(714) 536-2351	Seal Beach	90740	Sandra Turner	(562) 799-3608
Los Alamitos	90720-1	Sandra Turner	(562) 799-3608	Tustin	92780-2	Linda Zoelle	(949) 673-2692
				Westmin	92683-85	Lee Allton	(714) 892-7220

### SOUTH COUNTY AREA – VP Rose Larson (949) 582-0865

Aliso Viejo	92656, 98	Teri Williamson	(949) 859-0888	Laguna Hills	92653	Teri Williamson	(949) 859-0888
Capist Bch	92624	Teri Williamson	(949) 859-0888	Laguna Ngl	92677	Victoria Rossiter	(949) 857-6003
Coto d'Caza	92679	Valerie Gideon	(949) 858-4204	Lake Forest	92630	Lynn Hallas	(949) 858-1527
Dana Point	92629	Victoria Rossiter	(949) 857-6003	Las Flores	92688	Rose Larson	(949) 582-0865
Dove Cyn	92679	Valerie Gideon	(949) 858-4204	Mssn Viejo	92691-2	Rose Larson	(949) 582-0865
E. Irvine	92650	Victoria Rossiter	(949) 857-6003	Portola Hills	92679	Lynn Hallas	(949) 858-1527
Foothill Rch	92610	Lynn Hallas	(949) 858-1527	RSM	92688	Valerie Gideon	(949) 858-4204
Irvine	92604-20	Victoria Rossiter	(949) 857-6003	San Clem	92672-4	Teri Williamson	(949) 859-0888
Ladera Rch	92694	Rose Larson	(949) 582-0865	SJ Capis	92675, 93	Teri Williamson	(949) 859-0888
Laguna Bch	92651-2	Victoria Rossiter	(949) 857-6003	Trbco Cyn	92678-9	Lynn Hallas	(949) 858-1527

AREA CHAIRPERSONS provide information to both childcare providers, as well as parents in their area; i.e. referrals, meetings, etc.

#### Did you know...

The Children's Home Society of OC produces quarterly newsletters especially geared toward providers and parents? They encourage providers to share their newsletters amongst their peers and staff. They also give providers permission to print and distribute their parent newsletters to their clients. Each newsletter is full of activities and information. This quarter's feature is on the healthy social and emotional development of young children.

Check them out at : <http://www.chs-ca.org/child-care/ppn/>



# Contact Information

<b>President</b> Lee Allton (714) 892-7220	<b>Secretary</b> Valerie Gideon (949) 858-4204	<b>Treasurer</b> Yessika Magdaleno (714) 971-8004	<b>Board Assistant</b> Linda Zoelle (949) 673-2692
<b>North County Vice Pres</b> Susan Austin (714) 956-1492	<b>Central/Coast Vice Pres</b> Lee Allton (714) 892-7220	<b>South County Vice Pres.</b> Rose Larson (949) 582-0865	<b>Program Chair</b> Cyndi Casum (714) 842-8630
<b>Ways &amp; Means Chair</b> Mary Testerman (562) 598-7407	<b>Membership Chair</b> Michelle Spoor (714) 893-4292	<b>Public Policy</b> Yessika Magdaleno (714) 971-8004	<b>Newsletter Editor</b> Terri Ryder (714) 600-6651
<b>Hostess</b> Sandra Turner (562) 799-3608			

**OCCCA REFERRAL HOTLINE**  
**(714) 893-0390 and (949) 348-6988**  
**OrangeCountyChildCareAssociation.org**

## IMPORTANT NUMBERS

Community Care Licensing	(714) 703-2800	<a href="http://cclcd.ca.gov/contact.html">http://cclcd.ca.gov/contact.html</a>
Child Care Advocate Pgm (Sharon Greene)	(310) 337-4335	Sharon.Greene1@dss.ca.gov (Sharon's email)
CHS Referral Line (M-F, 9-3:30)	(949) 364-6605	<a href="http://www.chs-ca.org/child-care/ccrrp/">http://www.chs-ca.org/child-care/ccrrp/</a>
Children's Home Society	(714) 456-9800	<a href="http://www.chs-ca.org/">http://www.chs-ca.org/</a>
Calif Childcare Health Program	(800) 333-3212	<a href="http://www.ucsfchildcarehealth.org/">http://www.ucsfchildcarehealth.org/</a>
Child Guidance Center	(714) 953-4455	<a href="http://www.cgccoc.org/">http://www.cgccoc.org/</a>
Help Me Grow-Orange County	(866) GROW-025	<a href="http://www.helpmegrowoc.org/">http://www.helpmegrowoc.org/</a>
OC Child Abuse Prevention	(714) 543-4333	<a href="http://www.brightfutures4kids.org/">http://www.brightfutures4kids.org/</a>
California Poison Action Line	(800) 222-1222	<a href="http://www.calpoison.org/">http://www.calpoison.org/</a>
Regional Center of Orange County	(714) 796-5100	<a href="http://www.rcocdd.com">http://www.rcocdd.com</a>

## OCCCA CONTACTS

## OCCCA FOREIGN LANGUAGE ASSISTANCE

Board Asst – Linda Zoelle	(949) 673-2692	Armenian	Alice Gharbjanians	(949) 833-0404
Web Master – Lee Allton	(714) 892-7220	French	Alice Gharbjanians	(949) 833-0404
Marketing Rep. – Diane Palermo	(714) 965-3602	German	Anke Secrest	(714) 434-0834
Marketing Rep. – Tena Madrid	(714) 536-2351	Greek	Margarita Pagoulatos	(714) 241-7455
		Korean	Kim Grace	(949) 215-0757
		Pharsi	Mona Mosavat	(714) 633-4353
		Spanish	Gracie Ruano	(949) 574-5613
		Tagalog	Myrna Keyes	(714) 966-8332

## **Simple Rules to Protect your Family from Sunburns**

**Submitted by Cyndi Casum**

- ◇ Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy.
- ◇ When possible, dress yourself and your children in cool, comfortable clothing that covers the body, such as lightweight cotton pants, long-sleeved shirts, and hats.
- ◇ Select clothes made with a tight weave; they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better. Or you can look for protective clothing labeled with an Ultraviolet Protection Factor (UPF).
- ◇ Wear a hat with an all-around 3-inch brim to shield the face, ears, and back of the neck.
- ◇ Limit your sun exposure between 10:00 am and 4:00 pm when UV rays are strongest.
- ◇ Wear sunglasses with at least 99% UV protection. Look for child-sized sunglasses with UV protection for your child.
- ◇ Use sunscreen.
- ◇ Make sure everyone in your family knows how to protect his or her skin and eyes. Remember to set a good example by practicing sun safety yourself.

### **Sunscreen**

Sunscreen can help protect the skin from sunburn and some skin cancers but only if used correctly. Keep in mind that sunscreen should be used for sun protection, not as a reason to stay in the sun longer.

- ◇ Use a sunscreen that says "broad-spectrum" on the label; that means it will screen out both UVB and UVA rays.
- ◇ Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 (up to SPF 50). An SPF of 15 or 30 should be fine for most people. More research studies are needed to test if sunscreen with more than SPF 50 offers any extra protection.
- ◇ If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. Remember, though, that it's important to take steps to prevent sunburn, so using any sunscreen is better than not using sunscreen at all.
- ◇ For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and shoulders, choose a sunscreen with zinc oxide or titanium dioxide. These products may stay visible on the skin even after you rub them in, and some come in fun colors that children enjoy.

### **How to Apply Sunscreen**

- ◇ Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, hands, and even backs of the knees. Rub it in well.
- ◇ Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- ◇ Use sunscreen any time you or your child spend time outdoors. Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- ◇ Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel. Because most people use too little sunscreen, make sure to apply a generous amount.

### **Sunscreen for Babies**

- ◇ For babies younger than 6 months: Use sunscreen on small areas of the body, such as the face, if protective clothing and shade are not available.
- ◇ For babies older than 6 months: Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe her eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or sunscreen with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.

### **When to Call the Doctor**

If your baby is younger than 1 year and gets sunburn, call your baby's doctor right away. For older children, call your child's doctor if there is blistering, pain, or fever.

## BENEFITS to MEMBERSHIP

We welcome all licensed Family Child Care Providers to join us and benefit from all that OCCCA has to offer. And while most enjoy our FREE referral service, we offer much more...

- Get up-to-date information on DSS licensing requirements
- Receive 6 newsletters, via our website or on our Facebook page, each with ideas, suggestions and more relating to your business
- Generate new clients with our referral service
- Benefit from guest speakers hosted at General Meetings, designed with you the provider in mind
- Network with providers in your city, get new ideas, share ideas, discuss common issues at area meetings
- Learn ways to generate business, keep clients and maintain a quality child care
- Membership also gives Family Child Care Provider's a powerful voice
- Enjoy discounted rates for insurance, membership to other associations and more...

## BECOME A MEMBER OF OCCCA TODAY

### Membership Application

The Orange County Child Care Association would like to invite you to join or rejoin our professional organization for Licensed Family Child Care Providers. Our members are dedicated to *Promoting, Providing and Supporting Quality Child Care*. With your paid membership, you will receive many benefits. Please take this opportunity to become "Part of the Solution" as we all work together to deliver quality child care.

Capacity (circle one)      Small (8) Large (14)      Membership type (circle one)      Renewal      New Member      Expired

Name \_\_\_\_\_

**MEMBERSHIP \$45.00**

Phone \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_

License Number \_\_\_\_\_

**Complete the entire application for faster processing.**

**For a one-year membership, complete this application and mail to us at OCCCA, P.O. Box 26769, Santa Ana, CA 92799 along with the following\*:**

- ( ) Photocopy of a valid DSS License (not required for renewing members with valid copy of license on file with the OCCCA)
- ( ) \$45.00 (non-refundable). Check or money order payable to OCCCA accepted
- ( ) A legal-sized, self-addressed, stamped envelope (two first class stamps)

Please allow 4-6 weeks for processing. Payments are non-refundable. There is a \$25.00 charge on all returned checks. There is a \$1.00 replacement fee for lost membership cards. If you have any questions about membership in the OCCCA or this application, please contact the OCCCA Membership Chairperson (Refer to page 10 for contact information). 04/11

☐ YES I would like to volunteer. Please call me with details on opportunities.



## Water Activities for Kids



July 18, 2013 by **KIMBERLY SNEED**

<http://anightowlblog.com/2013/07/25-water-activities-for-kids.html/>

Hi friends! Is Summer over yet? Nope! In fact where I am, things just keep heating up! Are your kids restless and want to run around but also need to stay cool? Have we got the answer for you today – **Water Activities for Kids!** That's right, get those guys outdoors and keep them cool with these awesome water activities! It just might save your sanity...

**Sponge Ball** / One Charming Party <http://onecharmingparty.com/2011/03/23/water-party-sponge-ball-tutorial/>

**Swimming Pool Scrabble** / Toddler Approved <http://www.toddlerapproved.com/2012/05/swimming-pool-scrabble.html>

**Sponge Bullseye** / Mamas Like Me <http://www.mamaslikeme.com/2012/07/fun-water-games-for-kids.html>

**Water Balloon Pinata** / Scrap Happy Heather <http://scrappyhappyheather.blogspot.com/2011/07/water-balloon-pinata.html>

**Water Limbo** / GoGo SqueeZ <http://www.gogosqueez.com/playlist/water-limbo/>

**Trike Car Wash** / Apartment Therapy <http://www.apartmenttherapy.com/trike-car-wash-148557>

**DIY Water Ramp** / Caution! Twins at Play! <http://www.epic-childhood.com/2013/01/diy-water-ramp.html>

**Ice Cube Painting** / Share and Remember <http://www.thingstoshareandremember.com/ice-cube-painting-rainbows/>

**DIY Foil River** / Camo and Bows <http://www.camoandbows.com/2011/08/river-runs-through-it-in-our-front-yard.html>

**Soap Boat Races** / I Heart Nap Time <http://www.iheartnaptime.net/soap-boat/>

**PVC Sprinkler Playhouse** / Craft, Interrupted <http://craft-interrupted.blogspot.com/2012/08/fun-jar-friday-15-pvc-sprinkler.html>

**Water Play Date** / Sweet and Lovely Crafts <http://sweetandlovelycrafts.blogspot.ca/2012/07/water-playdate-fun.html>

**Bubble Snakes** / Somewhat Simple <http://www.somewhatsimple.com/bubble-snakes/>

**Scented Bubbles** / JoJo & Eloise <http://jojoandeloise.com/2013/04/diy-scented-bubbles/>

**Water Balloon Piñata** / Ziggity Zoom <http://www.ziggityzoom.com/activity/water-balloon-pinata>

**Giant Bubbles** / Tatertots and Jello <http://tatertotsandjello.com/2010/08/summer-project-make-giant-bubbles.html>

**Water Blob** / Clumsy Crafter <http://www.clumsycrafter.com/2012/05/water-blob-tutorial/>

**DIY Slip 'n Slide** / DigitalMisery.com <http://www.digitalmisery.com/2010/07/best-slip-n-slide-ever-from-wiredgeekdad/>



Our NEXT General Meeting is  
Monday, September 14, 2015

7:00 Networking

7:30 pm Meeting

Orange County

Department of Education

200 Kalmus Dr. BLD. D

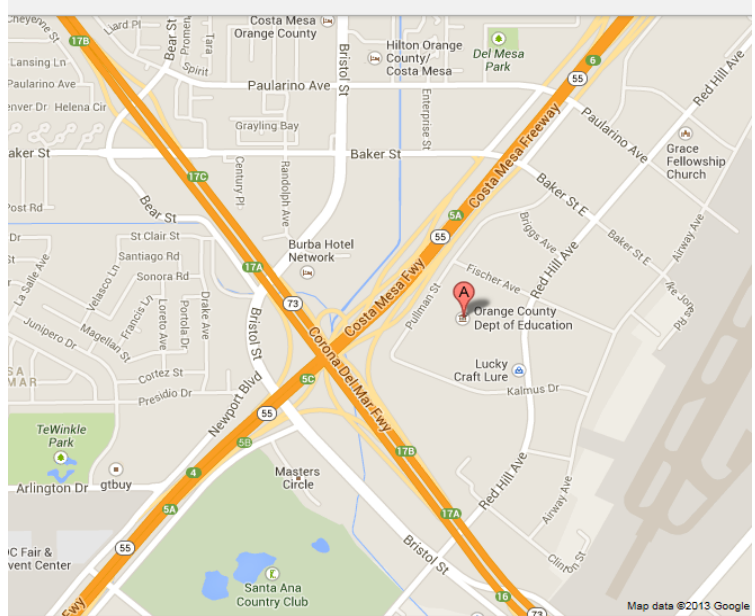
Costa Mesa, CA 92628

Please, no children at the meeting.

OCCCA NEWSLETTER

DEADLINE

July 13, 2015



**[www.OrangeCountyChildCareAssociation.org](http://www.OrangeCountyChildCareAssociation.org)**

OCCCA

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