

OCCCA

Orange County Child Care Association

President's Message

Happy Summer!

School's out and time for fun! My daycare kids were ready for school to be over and the beginning of sprinklers, picnics and outdoor fun!

We do a full preschool program and a structured day of play, school, projects and fun. When summer comes we change things up by doing school one day a week so they continue their learning momentum but we add outdoor messy science projects. We will be doing the two below among many others:

Jelly Fish in a Bottle <http://www.craftbyphoto.com/diy-jellyfish-in-a-bottle/>

Absorption color wheel <http://chasingcheerios.blogspot.com/2014/07/absorption-color-wheel-revisited.html>

Pinterest has so many messy craft ideas that you can find something cool to do once a week.

Enjoy your summer and have tons of amazing messy craft days!

Lee Allton

Training Tip: Make sure you have your parents bring a new bottle of sun screen and have them put the name and date on the tube. Also, hydrate hydrate hydrate! We keep the kids cups of water on a counter so that they can reach so they can have full access to them throughout the day.

IMPORTANT: The Summer Licensing updates will be on the Department of Social Services website soon. Make sure you look at it thoroughly. Remember, it is our responsibility to educate ourselves on all of the updates that are put on the website.

Here is the link: <http://www.cclid.ca.gov/PG413.htm>

POT-LUCK DINNER

We will be having a Italian-Themed Pot-Luck Dinner for our September 12, 2016 Meeting. Look for details in the September/October Newsletter to see what dish you will be assigned. Pot-Lucks are a great opportunity to share and mingle. All will be asked to bring something to share. We look forward to your participation. Ciao!

Inside this issue

| | |
|---------------------|-----|
| President Message | 1 |
| Bake Sale | 1 |
| Area News | 2 |
| Self Care | 3-4 |
| Legislation | 4 |
| Cooking with Kids | 5 |
| Big Body Movement | 6-7 |
| Quality Care Corner | 8 |
| Contact Info | 9 |
| Area Contacts | 10 |
| Membership | 11 |
| Craft Ideas | 12 |
| Meeting Info | 12 |

Area News

North County

Susan Austin

Anaheim, Garden Grove, Stanton

Hello Providers. I hope you are having a great summer. Our next North County Area Meeting is Monday, October 10, 2016 from 6:45-8:00 PM at Spires Restaurant at Ball and Euclid in Anaheim. Topics of discussion are: Quality Rating and Improvement System (QRIS) and The Environmental Rating Scales (ERS). Whether you take subsidized children or not, this will help you have a quality childcare which means more business. As you all are aware, we need to do more than sit and wait for the telephone to ring with new families. We have to actively be out and about getting our clients. The most valuable benefit of being an OCCCA Member is networking with other successful Providers. We gain support and help in finding the right clients for our childcare. Getting involved by going to all the meetings and keeping in touch weekly with your Area Chair help to create a successful business. Be sure to call your Area Chair in October to RSVP the North County Area Meeting. All areas are welcome. Sorry, no children allowed at our functions. Join us for all upcoming meetings and receive *Building Blocks for a Successful Child Care*.

South County

Linda Zoelle

Balboa Is, CDM, Costa Mesa, Newport Bch & Coast, Tustin

I hope everyone is enjoying their summer and are able to take some time off for themselves. It's been a beautiful summer so far.

Calls are coming in and the area lists have been emailed out. Please remember, "giving referrals is a huge responsibility. I would recommend to any provider to leave that up to your area chair. They have the capabilities to know whether a provider is licensed and a member of OCCCA. When calls are far and few between it becomes even more important to support our membership. No reason why any provider who is NOT a member should reap the benefits of membership." (quoted by Vickie Rossiter)

I would also like to introduce a new member, Santos Benitez from Santa Ana. Welcome to you!

See all of you in September for our General Meeting!

South County

Lynn Hallas

CDC, El Toro, Foothil Rch, Lake Forest, Portola Hills, Silverado, Trabuco Cyn

I hope you all are looking forward to the warmer weather, maybe some vacation time with family and of course, outside playtime with your daycare kids. Remember to always make sure all bodies of water like water tables and buckets be emptied before finishing up outside playtime. You will therefore be in compliance per state regulations.

We are planning on having our next area meeting sometime in October, so keep that month in mind and plan ahead (but we don't have a date yet). Back by popular demand, we plan on having our next area meeting at "Lakeshore Learning" in Lake Forest. We usually have Patty May present some new and upcoming craft ideas and at the end of the meeting you will also have an opportunity to shop in the store at a discounted rate! I will inform you as soon as I know the date and speak with Patty directly.

Also, please plan on attending our General Meeting in September and you can get directions on the website. I believe DSS will be the guest speaker. Look for more information in the newsletter as well as our awesome website! Please bring a dessert to share for our bake sale! Have a wonderful summer and please let me know if you have any questions or concerns! Have a safe and awesome summer!!

North County

Linda Zoelle

Santa Ana

See report in South County

No. County Tena Madrid, Diane Palermo **Fountain Valley, Huntington Beach**

Hello providers,
The calls have been active. Please try to answer the referral calls during the day. If you don't answer they will move on to the next person. Thank you to the providers that send us your overflow calls so we can assist other providers.

Summer is here! Enjoy this beautiful weather.
See you at the next General meeting.



5 Ways To Nurture Yourself while Nurturing Your Child

http://www.ahaparenting.com/blog/Nurturing_Yourself_while_Nurturing_Your_Child"

The #1 Resolution of parents everywhere? Be more patient. But having to summon up your patience is a signal that your cup is already dangerously empty. Will-power only takes us so far. The real job is keeping your cup full so you can handle the inevitable little disasters of daily life, when your child falls off the swing or poops on the floor or bashes his brother.

Self-care is essential not only to remain patient, but also to experience the joy and delight that is present -- not always noticed -- in every day with our children, even the tough ones (days and kids!).

Children love our joyful presence. They respond by becoming happier and more cooperative. By contrast, when we're stressed, children feel like it must be their fault, and assume they're not good enough. They get anxious, or defiant.

No matter what our child does, it's our response that determines the weather in our home. If you're finding yourself frequently resentful, depleted or exhausted, if your mind chatter often includes negative thoughts about your child, or if you're yelling at your child on a regular basis, you may be suffering from what I call SAP Disorder -- Sacrificing yourself on the Altar of Parenthood.

That's when we forget to give ourselves the loving attention we need. It isn't good for us to feel deprived. It kills our natural joy. And it isn't good for our kids, who end up with a resentful, negative, impatient parent. (Guess whether that helps them behave better.) Does that mean you should tell your child she can forget about getting her needs met, that it's about time your needs came first? No, of course not. Parenting is about nurturing your child, which means noticing what she needs and trying to make sure she gets it.

But we can only be the parents we want to be if we learn how to parent ourselves. So monitoring our own moods, and returning ourselves to a state of feeling good -- or at least calm -- is one of the most important responsibilities of parenting.

That can seem impossible, when at any given moment there are so many demands on your time. The solution is to tend to ourselves as well as we can each moment of the day, just as we do our child. To honor both our needs and theirs. How?

1. Make it a habit to tune into yourself as often as possible throughout your day.; Just take a deep breath and let it flood your body with well-being. Breathe in calm, breathe out stress. Imagine you're breathing into your heart. Noticing your breath helps you be more present with yourself, an essential form of "attention" that we all need.

2. Every time you notice you're getting resentful or irritable, stop. Ask yourself "*What do I need right now to stay in balance?*" Then, give it to yourself -- whether your child is there or not. (*Five minutes to sit on the back steps and listen to the birds? A glass of water? Five minutes of dancing?*) If you can't do it right now, make a date with yourself for later. (*A bath after the kids go to bed. Trading shoulder massages with your partner. More sleep tonight.*)

3. Notice the challenging times of day and find ways to nurture yourself through them. It's your life, and you're in charge, whether it feels that way or not. Letting yourself feel victimized doesn't help your kids. For example, does bedtime drive you crazy? Make a plan to make it better, whether that's sharing more responsibility with your partner, starting earlier, posting a schedule with photos that you make with your kids, getting more sleep yourself, or enjoying a cup of tea while you read to your child.

CONTINUED PAGE 4

FROM PAGE 3

4. Consciously parent yourself. It's your job to be your own parent? If you're old enough to have a child yourself, your parents are off the hook. It's your responsibility now. Talk to yourself like someone you love. Nurture yourself through the hard times. Acknowledge your efforts in the right direction. No, you're not perfect. You don't need to be. You deserve all the tenderness you would shower on a newborn baby. Giving that love to yourself will open your heart -- and transform your parenting.

5. Be more present and don't postpone joy. Soak in the beauty and happiness of every moment you can. Stop rushing and revel in your child's laughter, the sweet smell of his hair, her joy in mastering something new. "Smelling the roses" is what makes parenting worth all the headaches. It replenishes your spirit. It inspires your children to connect and cooperate. And it cures SAP disorder.

Article Submitted by Diane Palermo



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
www.myschoolinsurance.com

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



**PAT NELSON
(714) 524-6673**

rpnelson@pacbell.net



Last night, UDW child care providers across the state and at our offices in Orange and Sacramento counties attended our monthly meeting to get the latest updates on child care.

The biggest issue on everyone's mind was the state budget, and how it will affect family child care providers and our daycares. Together, we've worked for months to urge our elected leaders to make a significant investment in child care and early education.

Last night, we learned that our efforts were successful! The state legislature passed a budget this week that will invest an estimated \$528 million into child care and early education programs. **Of the \$528 million, a majority of the funds will be used to increase subsidy reimbursement rates over the next two years.** Rate increases will help providers afford the expense we will have when we have to pay our providers the new, higher state minimum wage.

The budget is now on Gov. Brown's desk, and he has until June 30th to sign it into law. So we still have work to do.

We need to double our efforts to make sure the governor knows how important investing in child care is to providers and working families.

Call Governor Brown today at 1-916-445-2481. Make sure to tell him that you're a child care provider, and that we must make an investment in care for children. Tell him to sign the budget to put much needed funds into California's child care and early education system.

And be sure to ask other providers, your family, and your friends to make the call, too!

[Click here](#) to read more about the rate increases included in the state budget.

Article Submitted by Yessika Magdaleno

ZUCCHINI PIZZA BITES

YIELD: 8 SERVINGS

PREP TIME: 10 MINUTES COOK TIME: 10 MINUTES TOTAL TIME: 20 MINUTES

Healthy, nutritious pizza bites that come together in just 15 minutes with only 5 ingredients!

INGREDIENTS:

- ◆ 1 tablespoon olive oil
- ◆ 3 zucchini, cut into 1/4-inch thick rounds
- ◆ Kosher salt and freshly ground black pepper, to taste
- ◆ 1/3 cup marinara sauce
- ◆ 1/2 cup finely grated mozzarella
- ◆ 1/4 cup pepperoni minis or other desired toppings
- ◆ 1 tablespoon Italian seasoning

DIRECTIONS:

1. Preheat oven to broil.
2. Heat olive oil in a large skillet over medium high heat. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side; season with salt and pepper, to taste.
3. Place zucchini rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella and pepperoni minis.
4. Place into oven and cook until the cheese has melted, about 1-2 minutes.
5. Serve immediately, sprinkled with Italian seasoning, if desired.

<http://damndelicious.net/2014/06/04/zucchini-pizza-bites/>

<https://www.youtube.com/watch?v=VvfPB3wSYD4> Watch the “How To” Video

JOIN THE FUN—ASSIST AT MEETINGS

We have consolidated our Areas into two groups (North County and South County). Each county is going to take turns hosting either the bake sale or the sign-in table. We are looking for two volunteers from each county to work each of these tables during our General Meetings. Volunteers would need to be at the meeting by 6:30 to help set up. If you are gracious and willing to help out in this capacity, please contact your Vice President.

North County: Susan Austin (714) 956-1492

South County: Lynn Hallas (949) 858-1527

Thank you!



What Is Big Body Play and Why Is It Important?

By Frances Carlson



Photo: iStockphoto/Thinkstock

Big body play is the very physical, vigorous, boisterous, and sometimes bone-jarring play style many children love and crave.

Big body play is...

When a child throws herself onto a sofa.

When children wrestle.

When friends jump off climbing equipment.

When friends chase each other as they laugh, or race to a finish line.

Why is big body play important for children?

Big body play supports children's physical development but it also supports the development of children's social awareness, emotional thinking, and language skills. Research shows that big body play comes naturally to children. Children all over the world play this way, and that is why it's so important that adults, both teachers and family members, understand and support it.

How does big body play support children's learning?

There are many ways big body play supports and enhances children's learning.

Younger children gain a lot of information about their bodies through big body play. For example, when a mother kisses or massages her baby's body, her baby learns about where his body ends and the space around him begins. He also learns how different types of touch *feel* and the names for those feelings.

When a toddler jumps into her dad's lap, or she runs to hug a friend, she learns how to control and regulate her body movements. She also learns that she should adapt the intensity of her movements in relation to another person. For example, she might run to hug her friend with less force than she uses to jump into her dad's lap.

When children enjoy big body play they can also build both verbal and nonverbal communication skills. Through big body play, they learn to correctly interpret nonverbal gestures, like when my friend puts her hand up it means I should stop but if she smiles it means I can keep going. Children will apply this skill throughout their lives in different social situations.

When children take turns jumping off a tree stump they practice taking turns.

And, because most children enjoy the play so much, they learn how to compromise. They might let other children go first and be strongest so that the play can continue. Children are also calmer for longer periods of time following very rowdy play. Greater learning is likely during these calm, focused periods.

Why does this type of play make some parents and other adults nervous?

Even though I have studied and written about this kind of play, sometimes, it still makes me nervous! As parents and teachers, we are very serious about protecting children and keeping them safe. It's difficult to watch children engaged in physically rowdy and vigorous play and not fear that someone is about to be hurt. Often adults see children roughhousing and think they are really fighting so they often err toward caution and shut it down.

How parents can support big body play:

Supervise play closely. If your child needs help telling a playmate to stop or to do something in a different way, you'll be there to help.

Talk with your child and set some ground rules for big body play. For example, If your child likes to wrestle, you might set up a Wrestling Zone in your home. Choose an area with enough space to wrestle without bumping into furniture. Make a rule about how long each wrestling bout can last before time is called. You might also have a rule about all wrestling moves being between shoulders and waists, and not around necks or heads.

Five things you should know about big body play

Big body play looks like fighting, but it isn't fighting.

Big body play is rowdy, physical, and usually loud. It rarely turns into real fighting.

Big body play is a vital component of children's growth and development. Children all over the world play this way.

Big body play gives children sustained moderate-to-vigorous physical exercise. With our current obesity epidemic such a growing concern, it can help children stay fit and healthy.

The quickest way to distinguish big body play from real fighting is by looking at the expressions on children's faces. Their big smiles let us know the play is okay.

Frances Carlson is the author of [*Big Body Play: Why Boisterous, Vigorous, and Very Physical Play Is Essential to Children's Development and Learning*](#).

- ◆ See more at: <http://families.naeyc.org/learning-and-development/child-development/what-big-body-play-and-why-it-important#sthash.zDdZa7RC.dpuf>

REMAINING 2016 GENERAL MEETINGS
September 12th November 14th
At our NEW Venue
Big Brothers, Big Sisters of Orange County
1801 E Edinger, #101, Santa Ana, CA 92705

Contact Information

OCCCA BOARD OF DIRECTORS

| | | | | |
|--|--|--|---|---|
| President Lee Allton 714.892.7220 alltonl@aol.com | Secretary Linda Zoelle 949.673.2692 lz3.occca@yahoo.com | Treasurer/Pubic Policy Yessika Magdaleno 714.971.8004 littleflowers1@aol.com | Membership Chair Michelle Spoor 714.222.4922 michellespoor22@gmail.com | Ways & Means Chair Mary Testerman 562.598.7407 marys_kids@yahoo.com |
| North County VP Susan Austin 714.956.1492 mycampsusan@gmail.com | South County VP Lynn Hallas 949.858.1527 campfans@cox.net | Program Chair Heather Bonfadini 949.582.2025 countingkisses@hotmail.com | Hostess Sandra Turner 562.799.3608 sandraluzturner@yahoo.com | Newsletter/Website Terri Ryder 206.351.2636 terriyder@yahoo.com |

OCCCA REFERRAL HOTLINE

(714) 893-0390 and (949) 348-6988

OrangeCountyChildCareAssociation.org

IMPORTANT NUMBERS

| | | |
|--|---------------------|--|
| Community Care Licensing | 714.703-2800 | http://cclcd.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 | Gracie Ruano | (949) 574-5613 |

AREA CHAIRS BY CITY

NORTH COUNTY, VICE PRESIDENT SUSAN AUSTIN 714.956.1492

| City | Chairperson | Phone | City | Chairperson | Phone |
|------------------|---------------|--------------|-------------------|---------------|--------------|
| Anaheim | Susan Austin | 714.956.1492 | Los Alamitos | Sandra Turner | 562.799.3608 |
| 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 | Sandra Turner | 562.799.3608 | Santa Ana | Linda Zoelle | 949.673.2692 |
| Fountain Valley | Diane Palermo | 714.965.3602 | Seal Beach | Sandra Turner | 562.799.3608 |
| Fullerton | Lynda Luistro | 714.521.7485 | Stanton | Susan Austin | 714.956.1492 |
| Garden Grove | Susan Austin | 714.956.1492 | 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 |
|---------------------|--------------------|--------------|------------------|--------------------|--------------|
| Aliso Viejo | Diane Spiesterbach | 949.495.6439 | Laguna Niguel | Diane Spiesterbach | 949.495.6439 |
| 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 | Heather Bonfadini | 949.582.2025 |
| Costa Mesa | Linda Zoelle | 949.673.2692 | Mission Viejo | Heather Bonfadini | 949.582.2025 |
| 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 |
| Dove Canyon | Lynn Hallas | 949.858.1527 | Portola Hills | Lynn Hallas | 949.858.1527 |
| East Irvine (92650) | Victoria Rossiter | 949.857.6003 | Rancho Sta Mrgta | Heather Bonfadini | 949.582.2025 |
| El Toro | Lynn Hallas | 949.858.1527 | San Clemente | Diane Spiesterbach | 949.495.6439 |
| Foothill Ranch | Lynn Hallas | 949.858.1527 | SJ Capistrano | Diane Spiesterbach | 949.495.6439 |
| Irvine | Victoria Rossiter | 949.857.6003 | Silverado | Lynn Hallas | 949.858.1527 |
| Ladera Ranch | Heather Bonfadini | 949.582.2025 | Tustin | Linda Zoelle | 949.673.2692 |
| Laguna Beach | Diane Spiesterbach | 949.495.6439 | Trabuco Canyon | Lynn Hallas | 949.858.1527 |
| Laguna Hills | Heather Bonfadini | 949.582.2025 | | | |



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



Next General Meeting

Monday, September 12, 2016

LICENSING UPDATE

Department of Social Services

7:00 Social, 7:20 pm Meeting

Big Brothers, Big Sisters of Orange County

1801 E. Edinger, #101, Santa Ana, CA 92705

Wear **RED** for a door prize ticket

Bring bake sale treats get a prize ticket

Please, no children at the meeting.

SEPTEMBER-OCTOBER 2016

Newsletter Deadline

August 18, 2016

OCCCA

Orange County Child Care Association

P.O. Box 26769, Santa Ana, CA 92799

www.OrangeCountyChildCareAssociation.org

Summer Crafts for Kids

<http://handsonaswegrow.com/30-summer-crafts-kids-easy/>



1. [Make tin can wind chimes.](#)
2. [Make and decorate a colorful kite.](#) Better Homes & Gardens
3. [Make a milk carton bird feeder.](#) Pink & Green Mama
4. [Make a bubble snake blower.](#) Skip to My Lou
5. [Make a tie-dyed t-shirt or pillow case.](#) (shown above)
6. [Make a flower crown for a king or queen.](#) Artful Parent
7. [Make an adorable sun mobile.](#) One Charming Party (shown above)
8. [Make a washer wind chime \(wind spinner!\).](#) How Wee Learn
9. [Make spin art streamers for the 4th of July.](#)
10. [Make clothespins caterpillars.](#) Somewhere in the Middle (shown above)
11. [Make a sun suncatcher for the window.](#) All Kids Network
12. [Make paper plate frisbees.](#) Crafts by Amanda
13. [Make a kaleidoscope.](#) The Chocolate Muffin Tree
14. [Make a craft stick airplane.](#) The Pleasantest Thing (shown above)
15. [Make pasta necklaces.](#) Pink Stripecy Socks
16. [Make paper lanterns.](#) Inner Child Fun
17. [Make stained glass jars.](#) Classic Play
18. [Make paper bag masks.](#) Miopop-up Mini
19. [Make tie dyed looking bookmarks.](#) First Palette
20. [Make a paper plate tambourine.](#) Creative Family Fun

Servicing The Orange, Riverside,
and San Diego Counties.

Group Discounts available,
We can come to you!

Specializing in Child Care CPR
and First Aid.

All of our instructors are
Firefighter, EMT's & Paramedics

9891 Irvine Center Dr.
Irvine, CA, 92618

p. 949-421-7580

ocheartstartcpr@gmail.com

