R&R Newsletter

Get Down On Your Child's Eye Level When You Talk To Them

Want to connect with your child more? Here's a simple parenting trick you can start doing: when talking to your little one, kneel or squat down to his eye level. Being on the same eye level with your child helps him feel safer and more in control. You show that you're giving him your full attention. It also signals that you're willing and ready to engage with him.

For the full article please visit the link below: https://www.smartparenting.com.ph/parenting/real-parenting/here-s-why-you-should-talk-to-your-child-at-his-eye-level-a1162-20160902

MAY WORKSHOPS

May 18th 6:00 – 7:00

Center-based Directors are invited to a Director Café. This is an informal gathering space, facilitated by one of our Quality Coaches.

Check your email for Zoom info or contact jody@mc3.org for log-in info.

May 19th 6:30pm-8:00pm

Art and Nature: Safe and Healthy Ways to Make Art with Madelene McCann

Art is integral for all Children, but did you know many art supplies can have harmful ingredients. Learn Eco-Childcare best practices for choosing safe art supplies .

May 20th 6:30pm-8:00pm

Provider Support Brigade with Michele Tyler and Marisela Jimenez

The pandemic has upended many people's lives and threatened their physical and mental safety, economic security and over-all well-being. We know you have many needs to tend to, and often must do this without enough support or resources. Join us as we get together to support you through the challenges, we are all facing. This will be an ongoing meeting, the 3rd Thursday of every month.

Provider Highlights

“CreArt Early Education and Preschool has adopted Healthy Eating and Active Living in their school setting; one major thing is cooking with their kids regularly!

Gardening and seeing where food comes from is another area that helps inspire the snacks and meals that the children prepare!

Get inspired to cook at your preschool

Provider Highlights

Being on the same physical level as you can help children feel safer, more in control, and more connected to you. It communicates to them that you are there for them and really paying attention to them. This helps children to connect with you and in turn, it builds their communication skills.

Maria Ramirez of Ramirez Child Care understands how important this is to the children in her program and spends most of her time on the same level as the children talking with them, helping them, and playing with them. One of our main goals at Ramírez child care is to always listen to each child and learn their interests to have a rich and fun learning experience.

HEAL News

"We cannot sanitize our way out of this pandemic" was a quote that stuck out last week when I joined for Children's Environmental Health Network webinar on Safer Cleaning, Sanitizing & Disinfecting in Child Care During the Pandemic.

As many childcare programs have ramped up cleaning procedures this year , Mc3 recommends this webinar which highlights new Covid information and best practices in cleaning with children's health in mind.

One take away from the webinar is recognizing that aerosols are the primary driver of Covid and therefore taking a layered risk reduction is recommended:

- Reduce source (stay home when sick/ not feeling well)
- Ventilate
- Filter (with HEPA ideally)
- Require masks inside
- Disinfect (with proper and knowledge-based approach)
- Educate

To watch it yourself go to the Children Environmental Health Networks YouTube Page - https://www.youtube.com/watch?v=TXktSrIA-OU&t=445s

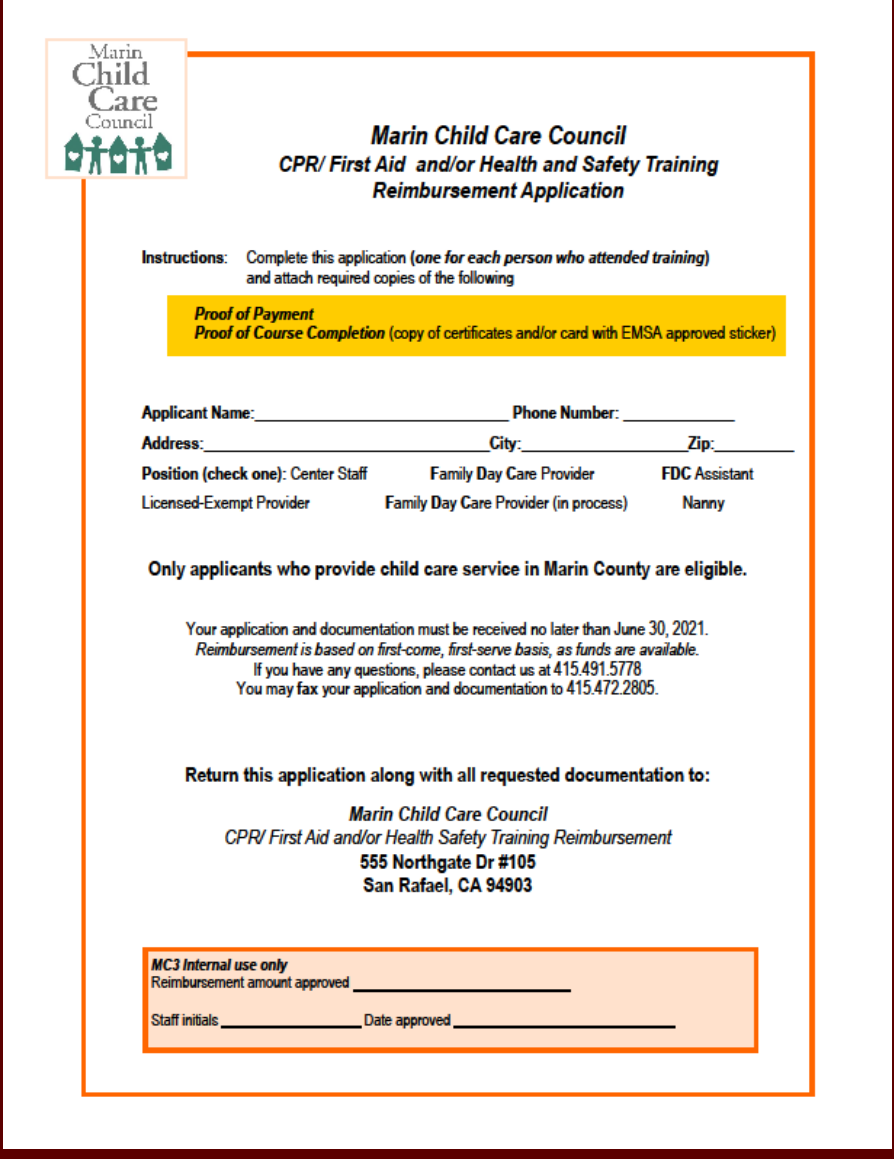
If you have any questions please contact Madelene McCann at 415-491-5784 or madelene@mc3.org

CPR/First Aid

DUE TO COVID all our CPR/First Aid and Health and Safety classes are cancelled, but we are able to reimburse you if you are taking this class somewhere else in the community.

You can find the reimbursement instruction's and forms in English and Spanish by visiting the link below:

https://www.mc3web.org/workshops



Marin Child Care Council

Marin Child Care Council
CPR/ First Aid and/or Health and Safety Training
Reimbursement Application

Instructions: Complete this application (***one for each person who attended training***) and attach required copies of the following

Proof of Payment
Proof of Course Completion (copy of certificates and/or card with EMSA approved sticker)

Applicant Name:_____ **Phone Number:** _____

Address:_____**City:**_____**Zip:**_____

Position (check one): Center Staff | **Family Day Care Provider** | **FDC** Assistant
Licensed-Exempt Provider | **Family Day Care Provider (in process)** | Nanny

Only applicants who provide child care service in Marin County are eligible.

Your application and documentation must be received no later than June 30, 2021.
Reimbursement is based on first-come, first-serve basis, as funds are available.
If you have any questions, please contact us at 415.491.5778
You may **fax** your application and documentation to 415.472.2805.

Return this application along with all requested documentation to:

Marin Child Care Council
CPR/ First Aid and/or Health Safety Training Reimbursement
555 Northgate Dr #105
San Rafael, CA 94903

MC3 Internal use only
Reimbursement amount approved _____

Staff initials _____ Date approved _____

Please make sure you submit your reimbursement forms no later than June 30, 2021.

Story Time

Kiddos Story & Singing Club

Calling all kids, parents, relatives, friends, and nannies for some fun while we sing and share a story with you all.

Come join us for some fun!!

Join us via zoom
10:30am-11:00am

May 20th

June 3rd and 17th

Marisela Jimenez is inviting you to a scheduled Zoom meeting.

Topic: Kiddos Story & Singing Club
Time: This is a recurring meeting for scheduled dates

Join Zoom Meeting
https://us04web.zoom.us/j/79415762113?pwd=K3FSMGx2NHBQYmY5VGZqb3RROElhUT09

Meeting ID: 794 1576 2113
Passcode: y3iGxi

Marin Child Care Council

HEAL Weekly Zoom Class

Madelene from Healthy Eating Active Living Program will be offering free and fun classes for children and child care providers to join every Wednesday from 10:30-11:00. This is a supplemental and voluntary. Providers are asked to join on time, mute and participate along with children.

Question? Email Madelene at

Madelene@mc3.org

Madelene McCann is inviting you to a scheduled Zoom meeting.

Topic: HEAL Weekly Zoom Class

Time: 10:30am-11:00am AM Pacific Time (US and Canada)

Every week on Wed,

May 13, 2021 10:30 AM

May 20, 2021 10:30 AM

May 27, 2021 10:30 AM

Join Zoom Meeting

https://us04web.zoom.us/j/73547042616?pwd=RokvWHNoU1FWQzJFOWl3Z1NxdGlvQT09

Meeting ID: 735 4704 2616

Passcode: zD1ZF9

Marin Child Care Council

555 Northgate Dr. Ste 105
San Rafael, CA 94903

415.472.1092 ph
415.472.2805 fax