

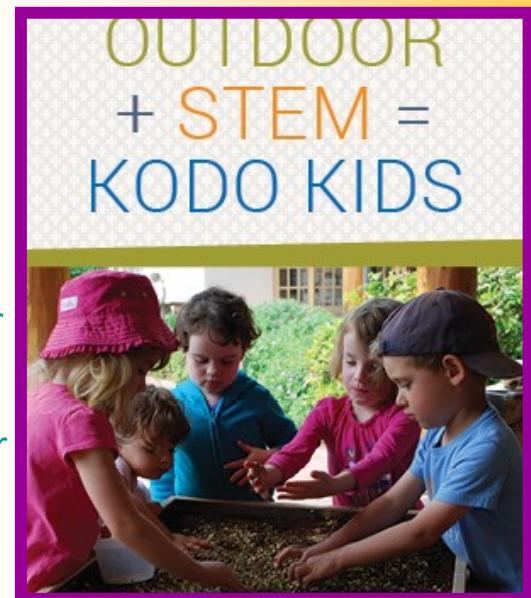
# September 2018 R&R Newsletter



# Caring Relationships: The Heart of Early Brain Development

A baby's early experiences in relationships, whether at home or in an early education environment, set the stage for future brain functioning. The information gathered in these early relationships is at the heart of a rich and complex brain-building process. As babies experience responses from their caregivers, their brains start to form expectations for how they will be treated and how they should respond. For example, when a baby fusses or cries, consistent adult responses that provide comfort help the child anticipate similar responses in the future.

To read more visit <https://www.naeyc.org/resources/pubs/yc/may2017/caring-relationships-heart-early-brain-development>



## California Early Care and Education Workforce Registry!

The California Early Care and Education Workforce Registry is an online service designed to track and promote the education, training and experience of the early care and education workforce. Its goal is to improve the professionalism and quality of the ECE workforce, and ultimately to positively impact children.

Marin Child Care Council offers a variety of trainings. We encourage all provider's to participate. If you would like to attend our trainings you will now be required to register with the California Workforce Registry. Once registered, you will be able to print out a card with your number on it to use at all future trainings. [www.caregistry.org](http://www.caregistry.org)

# Provider Upcoming September Workshops

## Visual Schedules

**Monday September 10, 6:30-8:30pm**

**Presenters: Michele Tyler**

Bring a copy of your classroom schedule and come to this fun and interactive class to learn how to make a visual schedule and why they should be an important part of your day.

RSVP now @ [www.caregistry.org](http://www.caregistry.org)



## Challenging Behavior

**Monday September 17 6:30-8:30pm**

**Presenters: Michelle Fox**

Join us as we explore your daily schedule, transitions, and activities. We will discuss why children experience challenges during these times.

RSVP now @ [www.caregistry.org](http://www.caregistry.org)

## Preventing Burnout and Compassion Fatigue through Self-Care

**Monday September 24, 6:30 -8:30pm**

**Presenter: Julie Kurtz (West Ed)**

Come learn how to prevent this by utilizing practices of self-care. You will leave with practical strategies that you can begin to implement immediately.

RSVP now @ [www.caregistry.org](http://www.caregistry.org)





**CDSS**

WILL LIGHTBOURNE  
DIRECTOR

STATE OF CALIFORNIA –HEALTH AND HUMAN SERVICES AGENCY

## DEPARTMENT OF SOCIAL SERVICES

Community Care Licensing

San Bruno Child Care Regional Office, MS: 29-24

851 Traeger Avenue, Suite 360, San Bruno, CA 94066

(650) 266 – 8800 FAX: (650) 266 – 8847 TDD (650) 266 - 8895



**EDMUND G. BROWN JR.**  
GOVERNOR

Dear Licensee:

Department of Social Services, Community Care Licensing, San Bruno Child Care Regional Office is pleased to announce upcoming Stakeholder informational meetings which will be held at the following locations.

These meetings are an excellent way of meeting some of our Community Care Licensing staff, and learning more about licensing regulations which affect your facilities, as well as requesting information on specific areas of interest to you. There will be ‘Break-Out’ Groups at these events for participants in English, Spanish, and Chinese.

### **FAMILY CHILD CARE HOMES (FCCH)**

DATE: September 12, 2018

TIME: 6:30PM – 8:30PM

Location: Marin County Office of Education – Community Room  
1111 Las Gallinas Ave  
San Rafael, CA 94913

### **CHILD CARE CENTERS (CCC)**

DATE: September 26, 2018

TIME: 6:30PM – 8:30PM

Location: Marin County Office of Education – Community Room  
1111 Las Gallinas Ave  
San Rafael, CA 94913

**Please RSVP via email to [Sarah.Lee@dss.ca.gov](mailto:Sarah.Lee@dss.ca.gov) with questions and/or areas of interest.**  
**Space may be limited.**

# Play Group



Play and Learn is set up as a place where caregivers can learn about supporting the children in their care by hearing to new ideas and information and by having the opportunity to try out those new ideas in a fun supportive environment.

The play & learn playgroup works with parents, family, friends, and neighbor caregivers to support them in preparing children for success in school and life through quality early childhood experiences.

For more information contact Marisela @ 415-491-5721

**September 13thth and 27th**

**10:00am-12:00pm**

**Marin Child Care Council**

**555 Northgate Dr. San Rafael, Ca 94903**



# North Bay Fire Recovery



Last October's fires impacted our entire area. Many people are still recovering from the trauma of losing their homes or businesses. Children who lost their homes are particularly vulnerable and can greatly benefit from parental guidance and support.

CPI (Child Parent Institute) continues to offer **Parenting Through Recovery from North Bay Fires**. These groups are free of charge and meet every other Friday at 9:00 AM at the Child Parent Institute. They are offered on a drop-in basis, and no pre-registration is necessary. In an environment with others who have also lost their homes, parents have been receiving support and learning valuable strategies. The group provides a forum for parents to process their own experiences and to share insights about guiding their children as they recover from the fires. Research across many natural disasters has demonstrated that as parents become more resilient, they are better able to foster resilience in their children.

The next meeting of Parenting Through Recovery from North Bay Fires will be on Friday, September 14, 9:00-11:00 AM at the Child Parent Institute. Please call (707) 585-6108 for more information.

## Ingredients:

2 tablespoons of hummus  
1 whole wheat tortilla  
1/4 cup of mixed salad greens or torn lettuce  
2 tablespoons of shredded carrots  
1/4 avocado  
1 tablespoon balsamic vinegar

## Directions:

Spread hummus over tortilla, layer with veggies and drizzle with balsamic vinegar over the top. Roll up and enjoy

## Tips and Tricks:

Try seasonal and different vegetables. Even grilled veggies work great!

Use chicken or fish for extra protein

This recipe is great for lunches or and a party dish just cut into pinwheels.

## Ingredientes:

Cocine a fuego medio bajo

2 cucharadas de hummus  
1 tortilla de trigo integral  
1/4 taza de hojas de ensalada mixta o lechuga desgarrada  
2 cucharadas de zanahorias ralladas  
1/4 de aguacate  
1 cucharada de vinagre balsámico

## Indicaciones:

Extienda el hummus sobre la tortilla, cubra con verduras y rocíe con vinagre balsámico en la parte superior.

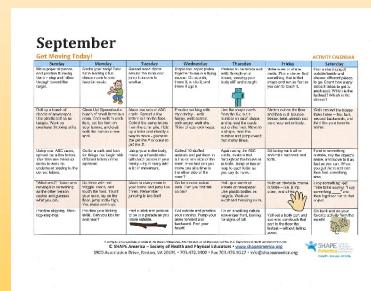
Enrollar y disfrutar Consejos y trucos:

Pruebe diferentes verduras de temporada. Incluso las verduras asadas funcionan muy bien!

Usa pollo o pescado para obtener proteína adicional



# Get Moving!



To learn more visit <https://www.shapeamerica.org/uploads/teachersToolbox/earlyChildhood/ECRevisedcalendar.pdf>

# F.L.A.G.ship

## F.L.A.G.ship Schedule – September/Semtiembre 2018

Monday (Lunes)	Tuesday (Martes)	Wednesday (Miércoles)	Thursday (Jueves)	
<b>3</b> <b>No Classes</b>  <b>LABOR DAY</b>	<b>4</b> <b>Back to Classes/Regreso a Clases</b> <b>10:00 AM – 11:15 AM</b> San Geronimo Valley Comm. Ctr. 6350 Sir Francis Drake Blvd.  <b>1:00 PM – 2:15 PM</b> Giacomini Ranch 14700 Highway 1 - Pt. Reyes	<b>5</b> <b>10:00 AM – 11:15 AM</b> Toby's Playground Mesa Rd. - Point Reyes Sta.  <b>1:15 PM – 2:30 PM</b> Bolinas Library 14 Wharf Rd., Bolinas	<b>6</b> <b>9:00 AM – 10:15 AM</b> United Methodist Church of Novato 1473 South Novato Blvd. <b>10:45 AM – 12:00 PM</b> Leafwood Dr. /Redwood Blvd. Novato <b>1:00 PM – 2:15 PM</b> San Rafael - Civic Center Lagoon Playground, Armory Dr.	
<b>10</b> <b>9:00 AM – 10:15 AM</b> Pickleweed Park – San Rafael Canal  <b>11:00 AM – 12:15 PM</b> George "Rocky" Graham Park 800 block of Drake Ave., Marin City  <b>1:15 PM – 2:30 PM</b> Pickleweed Park – San Rafael Canal	<b>11</b> <b>10:00 AM – 11:15 AM</b> San Geronimo Valley Comm. Ctr. 6350 Sir Francis Drake Blvd.  <b>1:00 PM – 2:15 PM</b> Giacomini Ranch 14700 Highway 1 - Pt. Reyes	<b>12</b> <b>10:00 AM – 11:15 AM</b> Toby's Playground Mesa Rd. - Point Reyes Sta.  <b>1:15 PM – 2:30 PM</b> Bolinas Library 14 Wharf Rd., Bolinas	<b>13</b> <b>9:00 AM – 10:15 AM</b> United Methodist Church of Novato 1473 South Novato Blvd. <b>10:45 AM – 12:00 PM</b> Leafwood Dr. /Redwood Blvd. Novato <b>1:00 PM – 2:15 PM</b> San Rafael - Civic Center Lagoon Playground, Armory Dr.	
<b>17</b> <b>9:00 AM – 10:15 AM</b> Pickleweed Park – San Rafael Canal  <b>11:00 AM – 12:15 PM</b> George "Rocky" Graham Park 800 block of Drake Ave., Marin City <b>1:15 PM – 2:30 PM</b> Pickleweed Park – San Rafael Canal	<b>18</b> <b>10:00 AM – 11:15 AM</b> San Geronimo Valley Comm. Ctr. 6350 Sir Francis Drake Blvd.  <b>1:00 PM – 2:15 PM</b> Giacomini Ranch 14700 Highway 1 - Pt. Reyes	<b>19</b> <b>10:00 AM – 11:15 AM</b> Toby's Playground Mesa Rd. - Point Reyes Sta.  <b>1:15 PM – 2:30 PM</b> Bolinas Library 14 Wharf Rd., Bolinas	<b>20</b> <b>9:00 AM – 10:15 AM</b> United Methodist Church of Novato 1473 South Novato Blvd. <b>10:45 AM – 12:00 PM</b> Leafwood Dr. /Redwood Blvd. Novato <b>1:00 PM – 2:15 PM</b> San Rafael - Civic Center Lagoon Playground, Armory Dr.	<b>Que hacemos:</b> FLAGship ofrece cuentos, canciones, arte y actividades bilingües que ayudan a niños de 0-5 años y a sus familias a prepararse para la escuela, GRATIS y dentro de un autobús!
<b>24</b> <b>9:00 AM – 10:15 AM</b> Pickleweed Park – San Rafael Canal  <b>11:00 AM – 12:15 PM</b> George "Rocky" Graham Park 800 block of Drake Ave., Marin City  <b>1:15 PM – 2:30 PM</b> Pickleweed Park – San Rafael Canal	<b>25</b> <b>10:00 AM – 11:15 AM</b> San Geronimo Valley Comm. Ctr. 6350 Sir Francis Drake Blvd.  <b>1:00 PM – 2:15 PM</b> Giacomini Ranch 14700 Highway 1 - Pt. Reyes	<b>26</b> <b>10:00 AM – 11:15 AM</b> Toby's Playground Mesa Rd. - Point Reyes Sta.  <b>1:15 PM – 2:30 PM</b> Bolinas Library 14 Wharf Rd., Bolinas	<b>27</b> <b>9:00 AM – 10:15 AM</b> United Methodist Church of Novato 1473 South Novato Blvd. <b>10:45 AM – 12:00 PM</b> Leafwood Dr. /Redwood Blvd. Novato <b>1:00 PM – 2:15 PM</b> San Rafael - Civic Center Lagoon Playground, ArmoryDr.	<b>What we do:</b> FLAGship provides FREE bilingual story times, songs, art projects, school readiness activities for families with kids 0-5 years old, all on an RV!
				

Information/Información: (415) 497-1666

[www.marinlibrary.org/flagship](http://www.marinlibrary.org/flagship)

<http://www.facebook.com/MCFLFLAGship>

Marin Child Care Council, 555 Northgate Drive, San Rafael, CA 94903