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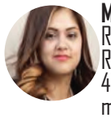

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Summer News

INSIDE:

Summer Safety Tips

HEAL News!

Marin Quality Counts

MC3 Playgroup NEW Dates

Stand for Children Day Recap

Marin Child Care Council

Parent Voices

FOR THE LOVE OF OUR CHILDREN!!!!

Parent Voices Marin took a total of 55 parents, grandparents, aunts, uncles, providers, children and staff to Stand for Children Day in Sacramento on May 10th. At the Capitol, hundreds of participants in a sea of BLUE T-Shirts took over the Capitol demanding more support to an unjust CHILD CARE system that leaves parents to jump through hoops to keep their child care subsidy.

Would you like to join Parent Voices Marin? Do you know parents or community members that would like to make a change and take action? Please contact Bris Saligan 415.491.5776 or bris@mc3.org

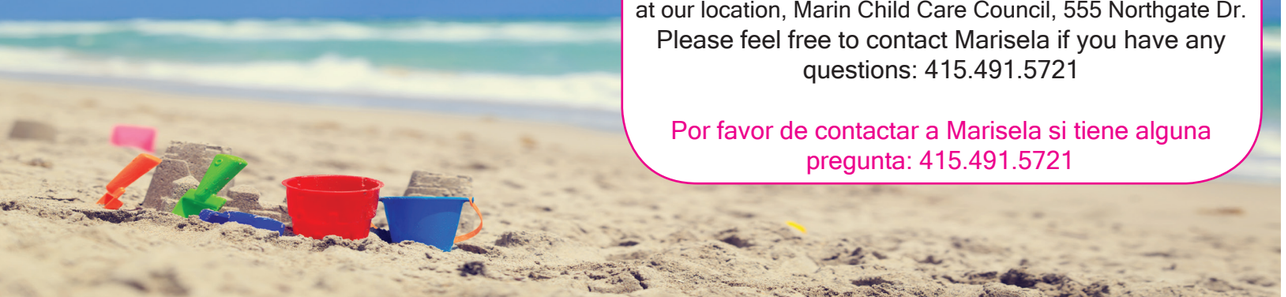
College of Marin coming back for their second year, offering a fall semester class at MC3!!

Starting at the end of August, College of Marin's ECE Department will be offering the 3 Units ECE 112, Child, Family, and Community, at the Marin Child Care Council on Thursday nights!

- If you are interested in this Fall semester class you must register through College of Marin.
- If you are not already registered, the first step is to file an application online at www.marin.edu, under Admissions, select Apply for Admission using CCCApply in the "New or Returning Students" section.
- Financial aid, counseling and other service are available through COM.

Providers participating in Marin Quality Counts may be eligible for a stipend upon successful completion. MC3 will offer study hours to support the students.

COLLEGE OF MARIN



The play & learn playgroup

works with
parents, families, friends, and caregivers to support them in preparing children for success in school and life through quality early childhood experiences.

El grupo de juego de play & learn trabaja con padres, familiares, amigos para apoyarlos en la preparación de los niños para el éxito en la escuela y la vida a través
de experiencias de calidad en la primera infancia.

Upcoming Play Group Dates:
Próximas Fechas del Grupo de Juego:
Thursday's/ Los Jueves: 10a-12p

Play, Learn and Grow... Together!

August 10th
August 24th
September 7th
September 21st
October 5th
October 19th
November 2nd
November 16th

Jugamos, Aprendemos Y Crecemos Juntos !!!

at our location, Marin Child Care Council, 555 Northgate Dr.
Please feel free to contact Marisela if you have any questions: 415.491.5721

Por favor de contactar a Marisela si tiene alguna pregunta: 415.491.5721

No Juice for Me:

Pediatricians recommend no fruit juice to under one year olds. With strong support from the American Academy of Pediatrics and evidence from Center for Disease Control and Prevention, drinking fruit juice are linked to tooth decay and weight gain, especially for children under the age of one.
Many people may still believe that 100% fruit juice is a way for children to meet their daily fruit intake needs. However, nutritionist and pediatric doctors agree that the focus needs to be on whole fruits. Whole fruits have fibers which helps the body digest the fruit sugars slowly and which helps the body digest it slowly preventing sugar rushes, crashes and excess weight gain.

Recipes for Spa water

One pitcher of filtered water
Flavor options, added in water;
½ lemon cut and
a few mint leaves
4 Strawberry cut
1 lime juiced
a quarter of a cucumber sliced
(water is good for two- three days in the refrigerator)

Tick Bites

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. Learn ways to protect your family.
Some suggestions include: protective clothing (long sleeves), tick/bug repellant, insect repellant for pets, staying in the center of paths, performing tick checks on all family members every day, being aware of signs/symptoms of tick-related illnesses, calling the doctor for any concerns and questions.

Sun Procetion

Avoid sun exposure during peak sun hours (10 AM – 6 PM).
Wear protective clothing and a wide brimmed hat and sunglasses (with 99-100% UV protection).
Sunscreen is a must (on sunny and cloudy days)! Look for products with UVA and UVB protection and an SPF of at least 15 (according to the American Academy of Pediatrics and American Association of Dermatology).
Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming, sweating or toweling off.
Look for shade whenever possible.

Water Safety

Adult supervision is of paramount importance. Parents need to focus on their children 100% of the time. No distractions!
Practice "touch supervision" (a term used by the American Academy of Pediatrics). This means that at all times, the supervising adult is within an arm's length of the child being watched, when near or in the water.
Remember, no child or adult is "drown proof."
Keep in mind that children can drown in many different water sources including: bathtubs,

Dehydration and Heat-Related Illnesses

Keeping well hydrated is very important.
Children (and adults) must remember to drink.
Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.
Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am- 6 pm). Look for shade and take lots of breaks.

From the Executive Director's Desk

Aideen Gaidmore

In this Summer addition of our newsletter you will see some highlights of our exciting work. We are thrilled to be partnering with College of Marin again to host ECE 112 Child, Family and Community here in our building. We are so excited to be able to help support College of Marin as they bring their classes off site!

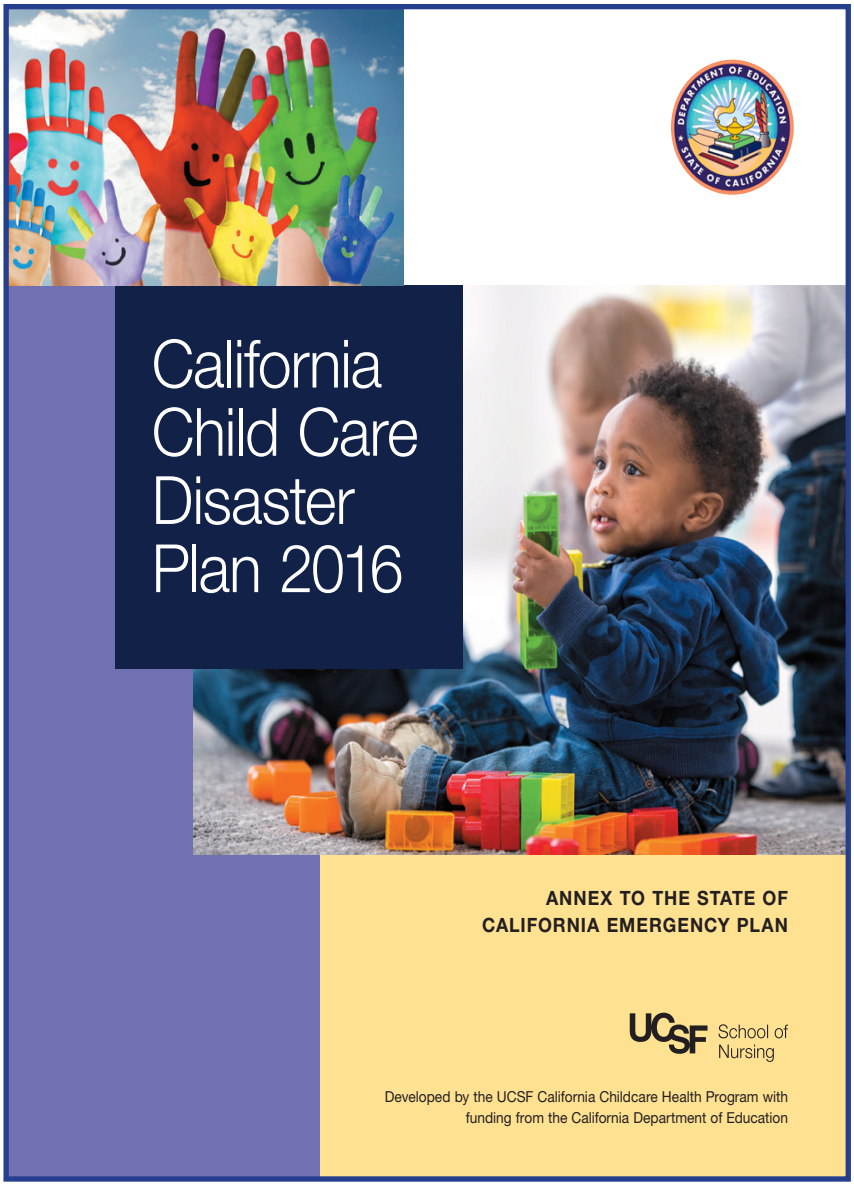
We have had such a busy few months, with our variety of quality projects coming to the end of their fiscal year. It has been amazing to watch our ECE community embrace the quality work. The love of learning, and excitement to see their work improving quality is incredible. We have also seen HEAL really start to make an impact in the community. If you want to learn more about HEAL and how we can help you, please check out our website. I am so proud of our team here who works tirelessly to try and bring the community a great learning experience and to help our parents and families navigate the work of child care. I am lucky to have such a dedicated team.

Finally a huge congratulations to our Center Director of the year, Teacher of the year and Family Child Care Provider of the year. It was an honored to be at our annual Provider Appreciation dinner to present their awards. An inspiring evening and a wonderful opportunity for us to thank you for everything you do for Marin's children.

The California Department of Education,

along with the UCSF School of Nursing has developed a wonderful new resource: The California Child Care Disaster Preparedness Plan 2016. This plan defines the roles and responsibilities of partner organizations to deliver critical services and support to children, families, and child care providers in the event of a disaster. The key areas described as emergency functions meet the federal (CCDBG) requirements for: preparedness; training and practice drills; accommodation of infants and toddlers; accommodation of children with disabilities and chronic medical conditions; evacuation; relocation; shelter-in-place and lockdown; communication; continuity of operations and essential child care services; reunification of families; and recovery.

Marin Child Care Council has one (English) hardcopy of the guide for every licensed program in Marin! They are also available for download (in English and Spanish) online. Please stop by the office to pick one up today. Also, we will be hosting a Disaster Preparedness Workshop on SATURDAY OCTOBER 21st – so be prepared to come with your guide!



Marin Quality Counts PROVIDERS

Marin Quality Counts
Promoting Excellence in Early Care and Education

Marin Quality Counts...What is it?

Marin Quality Counts is a collaborative initiative promoting excellence in early care and education for programs, providers and families. As an early care and education provider, you play a vital role in the lives of young children. Your success is not just important, ***it's critical.*** Marin Quality Counts recognizes and supports the quality of your early care and education program while connecting families with your services. Our work includes the Marin County Quality Rating Improvement System (QRIS), which provides supports to **YOU** for the achievement of this goal.

♥ Why Participate?

Marin Quality Counts is a powerful support system for early care and education providers. Participants receive:

- Access to free high quality professional development
- A program evaluation and Marin Quality Counts recognition (for licensed programs)
- Coaching to support quality improvement
- A reputation for commitment to quality that comes with the Marin Quality Counts project
- A published listing in the Marin Quality Counts online directory
- Eligibility for incentives or stipends

♥ Get Started

All early care and education programs and family care providers serving children birth to age 5 in Marin are eligible to participate free of charge. The process is easy.

1. Contact Marin Quality Counts for your program application.
2. A Marin Quality Counts Orientation will answer all your questions.
3. Your program will begin working with ongoing support to identify and create goals to achieve high quality through continuous quality improvement.
4. When you are ready, Marin Quality Counts staff will visit your program, assess the elements of quality and share those results with you.
5. Based on results your program will receive Marin Quality Counts recognition of achievement and/or support to increase and maintain your quality!

To participate, contact Marin Quality Counts today!

Marin County Office of Education, ECE (415) 491-6609
Marin Child Care Council (415) 472-1092
marinqualitycounts@marinschools.org

Marin Quality Counts
Promoting Excellence in Early Care and Education

May 12, 2017

Dear ECE Directors and Providers,

Marin County Office of Education and Marin Child Care Council are happy to announce the release of the Marin Quality Counts 2017-2018 Application. Applications and information can be located on our website at **http://www.marinschools.org/ECE**. The link to Marin Quality Counts is found on the left hand side of the web page.

If you have any questions concerning the application process or the Marin Quality Counts program, please contact Marin Quality Counts staff at marinqualitycounts@marinschools.org. The deadline for new programs and providers to apply for the 2017-2018 program year is **September 1, 2017**.

Marin Quality Counts staff will contact you after reviewing your application and proposed commitment to communicate your standing and to set up an orientation with Marin Quality Counts. Please review our Participant Guidelines and Agreement prior to your orientation meeting. They can also be located on our website.

Please send completed applications to:

Tanya Myers
Marin County Office of Education/ECE
1111 Las Gallinas Avenue,
San Rafael, CA 94903
tmyers@marinschools.org
marinqualitycounts@marinschools.org

Warm Regards,

Carol Barton
ECE Project Coordinator

Tanya Myers
ECE Project Consultant

Jody Stamps
Program Director