As we head into a month that is centered around Thanksgiving, thoughts of gratitude fill my
head. Here at The Resource Connection Resource and Referral program, we are so thankful for all of the child care providers in our counties. We know this past year has been one of angst, uncertainty, and stress that has not been seen before. We acknowledge that and are so grateful for all you do. Without the wonderful child care providers that we have in each county, the working force, plus others, would be at a loss during these trying times. We have watched you endure daily, sometimes hourly changes, as well as changing the way you have had to run your business. You have all done this with efficiency, grace, and with the families that you serve in mind. The child care providers of Amador and Calaveras Counties are true heroes, we see you, and we appreciate you. Remember, we are here to serve you, please let us know how we can support you. We are thankful for you not only this month but every day.

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**NOVEMBER IS CHILD SAFETY AND PROTECTION MONTH**

The safety of our children is something that we should always be vigilant about. As children grow and change, they require different levels of protection and November, Child Safety and Protection Month, is a good reminder for us to check the safety and protection devices and plans we have in place for our children.

- **Vehicle Safety**: Children 2 years of age shall ride in a rear facing car seat unless the child weighs 40 or more pounds OR is 40 inches tall. The child shall be secured in a manner that complies with the height and weight limits specified by the manufacturer of the car seat.
- Children under the age of 8 must be secured in a car seat or booster seat in the back seat.
- Children who are 8 years of age or have reached 4'9” in height may be secured by a booster seat, but a minimum must be secured by a safety belt.
- Passengers who are 16 years of age and over are subject to California's Mandatory Seat Belt law.

**Safety at Home**: There may be child hazards even in your own home. Avoid more common childhood injuries and accidents by following these steps:

- **Falls**
  - Keep walkways and areas near stairs free of clutter. Designate a space for your children to keep their toys, and enlist their help when picking them up and putting them away.

- **Unintentional Poisoning**
  - Keep cleaners, medications and other potentially harmful substances out of reach of children.
  - Use child safety locks on cabinets.
  - Have the number for the Poison Control Center readily available (1-800-222-1222).

- **Fires and Burns**
  - Test smoke alarms regularly.
  - Hold drills with your children so they know what to do in case of fire.
  - Stay by the stove when you are cooking to dissuade children to touch hot burners or open ovens.
  - Use back burners and turn pot handles towards the back of your stove.
  - Keep your hot water heater set at 120°F.

- **Choking and Suffocation**
  - Keep coins, latex balloons and hard round foods where children cannot see or touch them.
  - Place babies to sleep on their backs. Don't place pillows, blankets, or toys in their beds.
Place babies to sleep on their backs. Don't place pillows, blankets, comforters or soft toys in cribs with babies.


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**Press Release: October 2, 2020**

Calaveras Connect Introduces Three New Direct-Connect Dial-a-Ride Services

Starting October 6th, Calaveras Connect will offer Direct-Connect dial-a-ride service for residents of San Andreas, West Point, Wilseyville, Mountain Ranch, Railroad Flat, Angels Camp and Copperopolis.

The new services will provide curb-to-curb transportation for everyone living in the defined area (shown on the map). Trips are by reservation only. Riders will be picked up at their door and taken to their destination - anywhere within the service zone, then picked up for a return trip. Each service will operate on specific days of the week and all will be fare-free during the introductory period.

On Wednesdays, residents of West Point and Wilseyville will be able to make local trips or...
On Wednesdays, residents of West Point and Wilseyville will be able to make local trips or travel to destinations in Pine Grove or Jackson.

On Thursday, residents of San Andreas, Mountain Ranch and Rail Road Flat will be able to travel among the three communities.

On Tuesday and Fridays, residents of Copperopolis and Angels Camp will be able to travel between and within those communities. On Fridays, they will also be able to make trips to and from Sonora.

To schedule a Direct-Connect trip, residents should call Calaveras Connect at 209-754-4450 by 3:00 PM the day before they wish to travel. They can reserve a ride up to 7 days in advance.

Amber Collins, Executive Director of the Calaveras Transit Agency, says the new services are based on research conducted as part of a recently developed 5-Year Transit Plan. “We found that our fixed route services weren’t meeting the needs of residents in outlying communities such as West Point, Mountain Ranch and Copperopolis, because they lived too far from the bus stop. We think these new services will address that concern and test demand for different types of service. They will also offer a new way for Calaveras residents to connect to essential services in Jackson and Sonora.”

Detailed service area maps and more information are available at www.calaverasconnect.org or by calling 209-754-4450.

Mask are required to board and ride all buses.

http://calaverasconnect.org/

Department of Social Services

According to the California Air Resource Board (CARB) wildfire smoke, which is composed of a complex mixture of air pollutants, is unhealthy to breathe and can be worse for children, elderly, pregnant women, and people with heart or respiratory conditions. Children breathe more air per minute than adults, and have lungs that are still developing, which makes them especially vulnerable to health effects of smoke during wildfires. There is an increased risk for children that are very young, who have respiratory diseases or children with underlying cardiovascular disease. In children with asthma, worsening of asthma symptoms or heightened risk of asthma attacks may occur.

The National Resource Center for Health and Safety in Child Care and Early Education states it is a best practice for supervising adults to check the air quality index (AQI) each day and use the information to determine whether it is safe for children to play outdoors. On days where smoke from wildfires is of concern, providers should check their local air quality report for their local AQI to best determine potential health hazards associated with local or regional air pollution. As a precaution during times air quality is unhealthy, child care centers or family child care centers or family child care homes providers should limit outdoor activities when children are in care. It is important to note, not all mask protect from smoke. Most cloth masks used to protect against COVID-19 do not filter small smoke particles. Indoor air quality is of concern the University of California San Francisco
particles. If indoor air quality is of concern the University of California San Francisco (UCSF) issued a Wildfire Smoke Fact sheet for Indoor Air Filtration.


Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075

Children’s Corner

Ingredients:
- 1 8-inch whole wheat tortilla
- 2 Tbsp natural peanut butter
- 1/2 medium banana
- 1 Tbsp semi-sweet chocolate chips

Instructions:
1. Spread the peanut butter over the surface of the tortilla.
2. Slice the banana very thinly and then arrange the slices over half of the tortilla. Sprinkle the chocolate chips over the banana slices and then fold the tortilla in half.
3. Cook the quesadilla in a skillet over medium-low heat until golden brown and crispy on both sides.

https://www.budgetbytes.com/peanut-butter-banana-quesadillas/
Tape Lines Game: Make 5-10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line and then give your kids simple instructions:

- **Long Jump**: See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.
- **Run 'n' Jump**: Now let them take a running start and see if they can jump even further!
- **Long Jump Backwards**: Increase the difficulty by performing the tasks jumping backwards.
- **Hop**: How far can they jump on one leg?
- **Reach 'n' Stretch**: How far can their leg reach with one foot on the "start" line?


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For additional information on upcoming Resource and Referral workshops, please click on the links below:

Thursday, November 5, 2020, at 6:00 PM - All About CCIP from 6:00 to 7:00 PM
Tuesday, November 10, 2020, at 6:00 PM - Tom Copeland - Mastering Record Keeping and Tax Preparation from 6:00 to 8:00 PM

https://us02web.zoom.us/meeting/register/tZMlduirpzspEtAz_slzMWOmbNGVHQWs68_c

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