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Happy February!!

We have some exciting news! We are in the process of adding a resource center that will be available to communities, families, and early learning providers in Amador and Calaveras county. The Resource Center will be open in Mokelumne Hill and will house a full lending library open to early learning providers and families. In addition, we are hoping to implement a play area, community closet, provider business center, and an area for meetings and workshops. In addition, there is a possibility other Resource Connection programs will utilize the space. We would appreciate your feedback and suggestions! Please take a few moments to answer the short, six question survey.

https://www.surveymonkey.com/r/RK27QC2

We have updated the Resource Directories for Amador and Calaveras counties. Please go to the following link to view the Resource Directories -

https://trcac.org/rr/info/

Sincerely,
COVID-19 Licensed Child Care Facilities and Providers (FAQs)

Important Information for Licensed Child Care Providers

For the full article, please click on the link below:

Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075
February is National Children’s Dental Health Month. Sponsored by the American Dental Association in partnership with Crest and Oral B, the month long awareness campaign aims to work with children, caregivers, teachers and other professionals to raise awareness of the benefits of good oral health care. Many of us take for granted the benefits of taking good care of our teeth however it is important that we inform children and reinforce the message regularly.

Tooth decay is the most common of chronic diseases amongst children and therefore there is obviously much more than we can do to promote good oral hygiene.

It's hardly surprising that tooth decay is so prevalent amongst children if the daily battle to get the children in our household is anything to go by! That is why we think that this campaign is one to get involved with, promote and learn from particularly in our children’s schools. Anything to make mornings and bedtimes run that little bit more smoothly!

The ADA have a vast amount of information on their website (https://www.ada.org/en) all aimed at educating and inspiring youngsters to enjoy cleaning their teeth and to help make it become a part of their daily routine.

National Children's Dental Health Month kicks off on February 1. Its aim is to raise awareness about the importance of managing our children’s dental health — and our own — for reasons that have to do with more than just their teeth.

**How Our Oral Health Affects Our Overall Health**

Taking care of your child’s oral health is as important as taking care of their overall physical health since one affects the other. You heard right. Untreated tooth decay can lead to gum disease, and the inflammation caused by gum disease can travel through the bloodstream and to arteries in the heart, causing atherosclerosis — aka “hardening of the arteries.” It’s hard to believe that a few cavities could “snowball” into heart problems, but believe it or not, it’s true.

Oral health problems can also complicate symptoms of diabetes, making it harder to control blood sugar, which ironically can make oral health problems worse as well. It’s the proverbial “vicious circle!” Another risk of poor oral health is an increased risk for respiratory illnesses, including pneumonia, caused by breathing in bacteria from tooth decay and/or gum disease over a prolonged period of time.

Still another danger of ignoring cavities and other oral health problems is Dementia. Bacteria from gingivitis may enter the brain through nerve channels in the head or through the bloodstream and lead to dementia and even Alzheimer's Disease. This may seem far-fetched when thinking in terms of your 7-year-old, but they are learning about the importance of taking care of their teeth and gums from you — right now!

**An Ounce of Prevention ...**
Teaching your kids good oral health habits — twice-daily brushing, daily flossing, and regular dental checkups — by modeling them yourself can help both you and your kids avoid the health complications caused by poor oral health. It’s estimated that kids in the U.S. miss more than 51 million hours of school each year due to dental problems. It’s also the number one reason for childhood visits to the ER! The good news is that it’s also completely preventable — if you take a proactive approach.

**Now is the Perfect Time to Take Action**

With the spotlight on dental health in February, now is the perfect time to get your child in for an annual dental check-up, if you haven’t already. Regular checkups combined with good daily oral hygiene will help ensure that teeth stay strong and healthy, reduce the odds of and the severity of tooth decay, and protect overall health at the same time.

Child Care Resource & Referral Services

PROVIDER SPOTLIGHT

My name is Brittanie Olson, I come from a long background of working with children. I started out in high school working in Day Care, which has now progressed over time, into me now opening my own Day Care. I have been open for almost 3 years now. I’m very crafty, loving, empathetic, and patient. My love for children has always been a passion in my life, that I’m excited to create a business around. I know every child is different and sometimes needs to be shown something differently, in order to understand. I love to help children prosper to the next step or level. I want to provide a safe educational environment for your child. I work on lots of Preschool based curriculum such as: Basic Sign Language, My Baby Can Read Flash Cards, Alphabet, Number’s, Color’s, Shape’s, Sound’s, Animal’s, Writing, Day’s of the Week, Month’s of the Year, Coloring Skills, Cutting, Gluing, Cooking, Crafting Project’s, Learn to Read a Clock, and all Motor Skills. I like to thrive with what ever stage your child is in, and help them learn, the way they need to learn to succeed.
Fascinating Valentine’s Day Facts That Will Probably Surprise You!

Every February 14, lovers from around the world exchange chocolates, flowers, and lavish gifts to celebrate the most romantic day of the year: Valentine’s Day. But while this popular holiday is now known as a day full of sweet Hallmark cards and romantic dinner ideas for two, did you know there’s actually a fascinating - and pretty dark - history of Valentine’s Day that dates all the way back to ancient Rome?

If you’re wondering how this holiday - and its candy-filled traditions - came about, these fascinating Valentine’s Day facts offer a deeper look into the age-old celebration, including interesting details on conversation hears, heart-shaped chocolate boxes, and even the first Valentine message ever sent. Whether you’re spending this February 14, with your sweetheart or you’re using it as an excuse to eat tons of Valentine's Day chocolates, read on to learn facts that may surprise you.

1. In the 1300s, it officially became a holiday associated with love.
At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 15 “St. Valentine's Day.” It wasn’t until the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.

2. The first valentine was sent in the 15th century.
The oldest record of a valentine being sent, according to History.com, was a poem written by a French
medieval duke named Charles to his wife in 1415. Charles penned this sweet note to his lover while he was imprisoned in the Tower of London at just 21 years old. One of the lines in the poem “I am already sick of love, My very gentle Valentine.” Swoon!

3. The tradition of giving Valentine's Day flowers dates back to the 17th century.
Giving red roses may be an obvious romantic gesture today, but it wasn't until the late 17th century that giving flowers became a popular custom. In fact, the practice can be traced back to when King Charles II of Sweden learned the "language of flowers" - with pairs of different flowers with specific meanings - on a trip to Persia, and subsequently introduced the tradition to Europe. The act of giving flowers then became a popular trend during the Victorian Era - including on Valentine's Day - with red roses symbolizing deep love.

4. Today, Americans spend a lot on love.
According to the National Retail Foundation, Americans spent over $20 billion on Valentine's Day gifts in 2019 and were expected to spend a record-breaking $27.4 billion for 2020 - including $2.4 billion on candy alone? People also expected to spend an average of approximately $196 for Valentine's Day last year, with men spending around $291 - compared to women spending $106.

5. Conversation hearts got their start as medical lozenges.
Weirdly enough, the story of conversation hearts first began when a Boston pharmacist named Oliver Chase invented a medicine that simplified the way medical lozenges - used for sore throats and other illnesses - could be made. The result was America's first candy-making machine, because the pharmacist soon started shifting his focus from making lozenges to candy instead! Chase founded the New England Confectionery Company, or Necco, and the candy lozenges soon became what we know today as Necco wafers

https://www.goodhousekeeping.com/holidays/valentines-day-ideas/a26863/valentines-day-facts/

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Keto Gummy Bears

An easy treat, snack, or gift. These fruit-flavored gummy bears are homemade, low carb, and keto-friendly.

Ingredients
- 1/2 cup fruit tea (concentrated (see note))
- 1-2 tbsp erythritol granular
- 2 tbsp unflavored gelatin powder

Instructions
1. Stir erythritol into hot tea until dissolved. Taste and adjust as needed.
2. Add tea to a small saucepan. Let tea cool so that it is lukewarm and not too hot to touch. Sprinkle 1 tbsp of gelatin over tea and immediately whisk until no white powder remains. Sprinkle remaining 1 tbsp of gelatin over tea and immediately whisk again until no white powder remains.
3. Bring the saucepan to low heat. You do not want to bring it to a simmer. You only want to warm up the mixture until the gelatin is fully dissolved and the tea is a think liquid again. The turn off the heat.
Working quickly, use the eyedropper tool to squeeze tea into the individual gummy bear cavities. You should have enough tea for about 100 mini gummy bears. Place into the fridge to set, about 15 minutes. One firm, you should be able to easily pop out the gummy bears. Store uneaten ones in the fridge in a sealed container for up to one week.

NOTES

- The fruit tea needs to be very concentrated because it will be diluted by the gelatin powder. I recommend using two tea bags for every 1/2 cup of hot water. I usually use 1/2 cup + 1 tbsp of water since some of the water will get stuck in the tea bags.
- Make the tea sweeter than you would normally drink it because the sweetness will be diluted by the gelatin powder. I use around 1 tbsp but sometimes up to 2 tbsp of erythritol depending on fruit tea flavor.
- Choose sugar-free fruit tea. I used Celestial Seasonings fruit tea.
- For the sweetener, I used erythritol granular but you can also use Swerve or Stevia.
- I used these gummy bear molds.
- I used Knox Gelatin.
- Make sure to fully whisk in the gelatin powder before warming up the tea, otherwise, it will be difficult to dissolve the gelatin clumps.
- The gummy bears can keep up to a week in the fridge. If you eat them straight out of the fridge they will be a little firmer but still chewy. If you let them come to room temperature, they will be softer and chewier.

https://kirbiecravings.com/keto-gummy-bears/

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Yarn Wrapped Cardboard Hearts

Here’s a cute valentine’s day craft idea... a cardboard yarn wrapped heart! You could make them into a garland strand or use them as decorations.

**Supplies Needed:**
- Pencil
- Cardboard
- Scissors
- Red yard
- Hot glue gun

Start by drawing or tracing a heart on a piece of cardboard. Cut it out and hot glue the end of a piece of yarn to the middle. Continue to wrap around randomly until covered. Hot glue the last piece down to the cardboard. Ta-da!

**For the full article, please click the link below:**
https://www.craftymorning.com/yarn-wrapped-cardboard-hearts/?
For additional information on upcoming Resource and Referral workshops, please click on the links below:

Saturday, February 6, 2021 - Partnering with Parents from 8:00 AM to 1:00 PM - Please contact Karen Frazier at kfrazier@trcac.org or 209-754-1075 to register.

Wednesday, February 10, 2021 - Amador Only Grandparent Cafe at 9:30 AM - https://us02web.zoom.us/J/81924889235#success
Thursday, February 25, 2021 - Strengthening Families - Knowledge of Parenting and Child Development from 6:00 PM to 8:00 PM

https://us02web.zoom.us/meeting/register/tZ0tcO2upjwpHNbuBtqMjbx0o4BsdoC11eSf

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