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April is National Child Abuse Prevention Month
Happy April! April is an important month in many aspects. April represents Child Abuse Prevention Month and Week of the Young Child. Children of all ages bring about the spark of joy and wonder. The National Association of the Young Child established the Week of the Young Child in 1971 to focus the public’s attention on the success of programs and services and to address the needs of young children. To learn more about the Week of the Young Child, go to the following link; https://www.naeyc.org/events/woyc. The site provides resources and activities for all families. In this issue, staff shares local and State resources on child abuse prevention and neglect and ways to be to support children and families. To learn more about local resources for Child Abuse and Prevention month, go to the following resources;

Amador- https://www.amadorcapc.org/

Calaveras- https://first5.calaverasgov.us/Prevent-Child-Abuse/About-PCAC

Sincerely,

Sheri Noble
Program Director

Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075
April Is National Child Abuse Prevention Month

National Child Abuse Prevention Month recognizes the importance of communities working together to help families thrive and prevent child maltreatment. During the month of April and throughout the year, communities are encouraged to increase awareness about child and family well-being and work together to implement effective strategies that support and prevent child abuse and neglect.

This year the Children's Bureau's theme for National Child Abuse Prevention Month is Thriving Children and Families: Prevention With Purpose. Sign up to receive news about the launch of the National Child Abuse Prevention Month website and the availability of the all-new 2021/2022 Prevention Resource Guide, as well as upcoming details about this year's National Conference on Child Abuse and Neglect (NCCAN).

For more details, please click the link below:
https://www.childwelfare.gov/preventionmonth/

Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075
Thursday, April 1st

Kid's Flag Raising Celebration

Recognizing & celebrating that all children deserve happy, healthy childhoods.

April is Child Abuse Prevention Month

Amador Child Abuse Prevention Council
Wear blue on Friday, April 2nd, encourage your friends and colleagues to wear blue also! Then take a picture of yourself or your group of folks and share it on our Facebook page: www.facebook.com/AmadorChildAbusePreventionCouncil
COVID-19 Vaccines for the Child Care Sector

The California Department of Social Services (CDSS) and California Department of Public Health (CDPH) are working diligently with a variety of federal, state, and local partners, which includes local public health departments, community-based organizations, and other public or private immunizers, to facilitate equitable distribution of COVID-19 vaccines for prioritized populations in California. The child care sector is now eligible to receive vaccinations under "Phase 1B" of California's vaccine framework. The COVID-19 vaccine is available at no expense to you. You may schedule an appointment now by utilizing the information below.

If you have specific COVID-19 questions, you may contact CDSS CCLD COVID-19 General Question's email inbox at: CCLCOVID19INFO@dss.ca.gov.

For full article details, please click the link below:
How to Treat and Prevent Spring Allergies

People who enjoy a reprieve from allergy symptoms in the cold winter months often dread the return of spring. With spring comes the increased output of pollen from trees, grass, and weeds and the specter of allergic rhinitis (hay fever).

According to statistics from the Centers for Disease Control and Prevention (CDC), nearly 8% of American adults (20 million) and over 7% of children (6 million) experience seasonal allergies.

Symptoms of spring allergies include:

- Sneezing
- Nasal congestion
- Runny nose
- Itchy, watery eyes
- Mouth or throat itchiness
- Wheezing
- Coughing
The CDC reports that children between 12 and 17 are especially vulnerable. Moreover, seasonal allergies may increase the incidence or severity of respiratory symptoms in adults and children with asthma.

**Treatment**
Medications are typically used to either alleviate the symptoms of seasonal allergy or mitigate the body's response to airborne allergens. Among the options:

- Oral antihistamines work by suppressing histamine, a chemical produced by the body that triggers allergy symptoms.
- Nasal decongestants are over-the-counter products available in oral, liquid, spray, and nasal drop formulations. They offer short-term relief by causing blood vessels in the nose to shrink.
- Nasal steroid sprays, available in regular- and prescription-strength, work by reducing the swelling and production of mucus in nasal passages.
- Eye drops can be used to treat eye allergy symptoms. Options include short-term OTC drops that contain a topical decongestant or prescription drops that combine an antihistamine with a mast cell inhibitor.

In addition to medications, people will often turn to traditional neti pots to help irrigate and open blocked nasal passages.

**Prevention**
While there are few ways to entirely avoid allergens during allergy season, there are certain precautions you can take to minimize exposure:

- **Know your pollen counts.** Check your local weather forecast or the National Allergy Bureau website to get daily pollen counts as well as the breakdown of pollen or mold types.
- **Stay indoors during high counts.** If you must go outdoors, do it later in the day when counts are typically lower.
- **Use a HEPA filter.** These are designed to remove airborne particles. Keep windows shut and use an air conditioner if needed.
- **Close your windows when driving.** Shut the vents and either recirculate the air or use your air conditioner.
- **Vacuum and dust frequently.** "Pet-friendly" vacuum cleaners often do the best job of sucking up pollen and other allergens such as dander.
- **Shower before bedtime.** The body and hair can collect surprising amounts of pollen whenever outdoors. Also, be sure to wash any clothes you've been wearing as soon as possible.

For the full article, please click the link below:
Resource and Referral Newsletter & Professional Development

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Easter Egg Hunt Clues

Enjoy this Easter Egg Hunt with free printable clues for an Easter scavenger hunt that can be used in any home! If you want a hunt that can be done outside, be sure to see the Outdoor Easter Egg Hunt we have too!

In addition to sharing the free printable list of riddles & clues below, I've also included affiliate links for...
all you need is a set of plastic Easter Eggs! Since I wanted to be sure that anyone could use this Easter Egg Hunt at home (or at Grandma's house if you're celebrating there), I created fairly generic clues. And they can be sued more than once if you want to have multiple egg hunts or even hide the baskets on Easter morning!

**How to Plan an Easter Egg Hunt**

You can use this hunt with just the free printable clues or you can tuck those clues inside a set of plastic Easter eggs. For a traditional Easter Egg Hunt, you'll need three things:

- Plastic eggs to hide
- something to put INSIDE those eggs
- excited kids

I like to include the clues into plastic Easter eggs along with adding a treat to a few of the eggs for an extra bonus. Sometimes regular-sized plastic eggs tend to be a little small so you may want to look into the larger plastic eggs if you want to include something fun with your hunt. In addition to money (coins), we've also used the following items as egg treats:

- small pieces of candy
- fun little toys like these [Safari Ltd Zoo Baby figures](#) or kids & teens LOVE these [squeezy squishy toys](#)!
- fold up an [Easter-themed Mad-lib puzzle](#) into the eggs!
- add a few pieces of an [Easter-themed LEGO](#) set to each egg
- [Easter tattoos](#)
- mini erasers
- [Personalized Easter Egg Coupons](#)

You can also see some of our [favorite & unique Easter stuffer ideas](#) at the Edventures with Kids Amazon Shop too!

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

https://www.kcedventures.com/blog/easter-egg-hunt-with-free-printable-clues

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075
Chocolate Nests Recipe

Candy-coated chocolate eggs take these nests over the top with cuteness!

Ingredients:
- 12 oz. chocolate chips
- 3/4 c. smooth peanut (or other nut) butter
- 5 c. chow mein noodles (10 ounces)
- Candy-coated chocolate eggs

Directions:
1. Line large rimmed baking sheet with waxed paper. In a 4-quart saucepan, melt chocolate chips and nut butter on low, stirring constantly, for about 5 minutes.
2. Place chow mein noodles in a large bowl. Pour chocolate mixture over noodles; stir well to coat.
3. Onto prepared sheet, drop 2 tablespoons mixture to form mound; repeat with remaining mixture. Shape into nests. Refrigerate until set, about 30 minutes.

For the full article, please click the link below:
https://www.goodhousekeeping.com/food-recipes/a1530/chocolate-nests-recipe-ghk0415/
For additional information on upcoming Resource and Referral workshops, please click on the links below:

Tuesday, April 13 & 20, 2021 - The Great Juggling Act: Understanding and Handling Challenging Behavior in Child Care During Distance Learning from 6:00 PM to 7:30 PM
Register online at https://first5.calaverasgov.us/ or contact Joyce Peek at (209) 754-6916 or jpeek@co.calaveras.ca.us

Tuesday, April 27, 2021 - Subsidy 101 from 6:00 PM to 8:00 PM
Amador 23rd Annual Children’s Fair Drive-Thru Event -
St. Katherine Drexel Church (parking lot) 11361 Prospect Drive, Jackson
Wednesday, April 21, 2021, from 3:00 PM to 6:00 PM
For more information, please call the Amador Child Care Council - (209) 257-5338

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