Early Learning Programs

In The Know

January

January 2022 Edition
NATIONAL MENTORING MONTH

National Mentoring Month is an annual designation observed in January. This month, focus on how we can all work together to increase the number of mentors to make sure young people in our communities have dependable people to look up to and follow in their footsteps. NMM celebrates mentoring and the positive effect it can have on young lives. Its goals are to:

- Raise awareness of mentoring in its various forms.
- Recruit individuals to mentor, especially in programs that have waiting lists of young people.
- Promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring.

HOW TO OBSERVE
Look into a mentor program to see how it can benefit you – and how you can benefit it – and use #NationalMentoringMonth to post on social media. If you want to become an active advocate, click here for more details on what you can do to better your community this month.

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

10 Winter Safety Tips for Children

1. **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, and hands are covered. Dress babies and young children in one more layer than an adult would wear.

2. **Play it safe.** Even when roads are closed to traffic, it’s not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.

3. **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

4. **Check-in on warmth.** Before kids head outside, tell them to come inside if they get wet or if they’re cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.

5. **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.

6. **Use caution around fires.** Wood-burning stoves, fireplaces, and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put up protective gates when possible. If you’ve lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.

7. **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.

8. **Prevent nosebleeds.** If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.

9. **Keep them hydrated.** In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.

10. **Watch for danger signs.** Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

Please click the link below to view the article,

https://www.savethechildren.org/us.charity-stories/cold-weather-tips
KIDS CORNER

WINTER BUCKET LIST FOR KIDS
31 THINGS TO DO IN JANUARY
GET THE LIST AT THESIMPLEPARENT.COM
January Activities for Kids – 31 Winter Bucket List Ideas

The new year is here! That means we have a whole year of fun with our families ahead of us! Whether you live in a place where the weather is cold and snowy or not, you can still do these January Activities for kids to make it feel more like winter!

We’ve got winter activities for every day of the month but you don’t have to do them in order. There are a few of the January activity ideas that go along with certain days (like Martin Luther King Jr. Day and penguin appreciation day) but most of these January activities for kids can be done in any order you’d like!

So pick and choose or go through the entire list! Just have fun doing these January activities with your kids!

1. Whether you have snow or not, you can make a paper plate snowman!
2. You can also make craft stick snowmen! (Just leave off the ornament hangers if you don’t want ornaments!)
3. Have a snowball fight using snowballs made from crumpled paper!
4. Make a sticky window to let the kids create a cool snowscape. (photo yes)
5. Make your own fake snow if the weather in your area doesn’t give you any!
6. Build a fort and have a warm and cozy family movie or game day.
7. If your kids love animals, these polar bear graham crackers are fun to make together!
8. Then enjoy polar bear hot chocolate together!
9. Stuck inside? You can make a “snowy ramp” for all of the toy cars! (yes photo)
10. If it snows where you live, add a few drops of food coloring to a squirt bottle or water gun and then get outside and paint in the snow!
11. If it’s warm enough, get outside! Play catch or take a walk together. Just spend some time together out in nature and get some sun, if you can!
12. Then make this adorable Paper Plate Penguin Craft!
13. Have a snowball fight using snowballs made from crumbled paper!
14. Celebrate Martin Luther King Jr. Day with one of these Martin Luther King Day activities!
15. Make your own winter snowglobe!
16. If it happens to snow, make snow ice cream!
17. Design a hat with this easy winter hat craft!
18. Watch (or read) Winnie the Pooh together to celebrate Winnie the Pooh Day!
19. January 19th is National Popcorn Day so pop some up and enjoy a movie with the family! You can also make our S'mores Popcorn Bark Recipe together!
20. January 20th is penguin awareness day! Watch a penguin movie and make these easy no-bake penguin cookies together!

Once you've gotten your fill of winter activities, be sure to check out all of our bucket list activities for kids! We'll be rounding out the entire year over the next few months!

For the full article, please click on the link below:
https://thesimpleparent.com/january-activities-for-kids/

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

Just Call "Em Bananimals
Chocolate-covered frozen bananas are a sweet treat we'll always love. But these animal pops are even more fun since they combine craft time with dessert. Transforming bananas into whales, rabbits or penguins is a totally acceptable way to encourage kids (and adults!) to play with their food.

**First, Freeze Bananas and Make a Chocolate Shell**

For each animal: Start with a 3- to 4-inch piece cut from one end of a banana, spear it with an ice pop stick and freeze until solid.

While your bananas are freezing, make your chocolate shell for dipping: Combine 1 cup chopped good-quality dark, white or peanut-flavored chocolate and 2 tablespoons standard-grade coconut oil (not virgin or extra virgin) in a microwave-safe bowl. Microwave in 20-second intervals until the chocolate begins to melt, and stir to combine. Alternate microwaving and stirring until the chocolate is completely melted.

Or, put the chocolate and oil in a heatproof bowl and rest it over a pot of barely simmering water. Stir until the chocolate is mostly melted. Remove the bowl from the hot water and continue stirring the chocolate until smooth.

**Bunny Banana**

**Ears:** 2 almond slices. **Eyes:** 2 mini chocolate chips. **Nose:** Cut a small piece from the corner of a pink fruit chew. **Cheeks:** Snip a mini marshmallow almost in half so one edge of the marshmallow stays attached and opens like a book. **Paws:** Halve another mini marshmallow and then make two snips in each half to create toes. **Carrot:** Cut a triangle from a dried apricot.

**To assemble:** Dip the frozen banana pop in the white or dark chocolate shell. Using more shells as glue, attach the elements as shown. Freeze to set.

**Polar Bear Banana**

**Fur:** Shredded coconut. **Ears:** Halve a mini marshmallow or yogurt-covered raisin lengthwise. **Eyes:** 2 mini chocolate chips. **Nose:** Halve a mini marshmallow for the snout. Use a piece of chocolate-covered rice cereal or half a candy-coated chocolate piece for the nose. **Paws:** Halve 2 mini marshmallows and make two short snips in each. **Fish:** A fish-shaped pretzel or a candy fish.

**To assemble:** Dip the frozen banana in a white chocolate shell. Sprinkle with the coconut. Using more shells as glue, attach the elements as shown. Attach the pointed side of the mini-chip eyes to the banana for a bigger-eye effect. Glue the crisp rice cereal horizontally to the marshmallow snout before gluing the marshmallow to the banana. Glue the paws to the fish before attaching it to the banana. Freeze to set.

**Hamster Banana**

**Ears:** 2 Spanish peanuts. **Eyes:** 2 pieces of chocolate-covered rice cereal (or cut the ends off a chocolate-covered raisin). **Nose and cheeks:** Snip off the corner of a mini marshmallow and attach that piece to the front of the marshmallow, using the sticky side. Score the bottom of the marshmallow to make cheeks. **Paws:** Halve a mini marshmallow and make two short snips in each to create toes. Gather 1 almond for the hamster to hold. **Feet:** Break pieces from a small stick pretzel.

**To assemble:** Dip the banana in a peanut-flavored chocolate shell. Using more shells as glue, attach the elements as shown. Glue the paws to the almond before attaching the nut to the banana. Freeze to set.

**Beaver Banana**

**Ears:** 2 pieces of chocolate-covered rice cereal. **Eyes:** 2 mini chocolate chips. **Nose:** 1 piece of chocolate-covered rice cereal. **Teeth:** Cut 2 pieces of sliced almond. **Paws:** Snap both ends off a small pretzel stick for the paws, and reserve another broken pretzel stick for the beaver to hold as a log. **Tail:** 1 wafer cookie.

**To assemble:** Dip the frozen banana in a peanut-flavored chocolate shell. Using more shells as glue, attach the elements as shown. Glue the pretzel-stick hands to the large pretzel log before attaching it to the banana. Freeze to set.
Panda Banana

Ears: Cut the rounded ends from 1 chocolate-covered raisin. Eyes: Flatten 2 small raisins for the dark circles around the eyes, and cut two tiny pieces of mini marshmallow for the white part. Finish with 2 mini-chocolate chips to complete the eyes. Nose: Cut a small piece off the rounded end of a chocolate-covered raisin. Paws: Cut the rounded ends off 2 chocolate-covered raisins.

To assemble: Dip the banana in a white chocolate shell. Using more shells as glue, attach the elements as shown. For the eyes, glue the flattened raisins to the banana, attach the marshmallow pieces to the raisins and glue the pointed side of the chocolate chips to the marshmallow. Freeze to set.

Penguin Banana

Eyes: 2 mini chocolate chips. Nose: Half of 1 yellow candy-coated chocolate piece. Feet: 2 orange candy-coated chocolates. Wings: Flatten 2 Tootsie Rolls with a rolling pin, and cut them into a wing shape with scissors. Add a candy fish for your banana penguin to hold.

To assemble: Dip the banana dark chocolate shell, covering the top, back, and sides, but leaving the front-center uncoated. Using more shells as glue, attach the elements as shown. Freeze to set.

Killer Whale Banana

Body: Cut a wedge from the top of the banana to make a mouth shape before spearing with the ice pop stick and freezing. Eyes: 2 mini chocolate chips. White spots below the eyes: Halve a mini marshmallow and flatten to make two flat ovals. Fins: Cut three fins out of dark-colored fruit leather with scissors.

To assemble: Dip the banana in a dark chocolate shell, leaving the front center and lower jaw uncoated. Using more shells as glue, attach the elements as shown. Freeze to set.

By Bob Hoebbe for Food Network Kitchen
Photography by Matt Armendariz

For the full article, please click on the link below:
Dad & Me

Calling all dads, uncles, grandpas, etc... fun activities for children 0-5 years old!

Let’s Make Valentines!

FREE!

CURBSIDE PICK-UP — pick up your child's FREE ACTIVITY KIT filled with supplies needed to create your own Valentine-themed fun! Also includes a children's book to enjoy! Dads, grandpas, etc. do not need to be present to pick up.

See photo below for example of kit contents! Playground will be open for free play, with parent supervision.

Saturday, January 22
10:00 - 11:00 am

First 5 Amador
975 Broadway, Jackson

“Dad & Me” events are held on the 4th Saturday of every month!

These kits are FREE for Amador County children aged 0-5. Supplies are limited, and available on a first-come, first-served basis. For more info, please call 257-1092.
**January PLAYGROUP!**

**NEW** - Jackson In-Person Playgroup will now be held EVERY WEEK!

**NEW** - See new locations below for the Winter months!

**FREE** to children ages 0 - 5 and their Mom, Dad, Grandparent, or Caregiver

All In-Person Playgroups and Curbside Kit Pick-ups are held from **9:30 to 11:30 am**

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<tr>
<th>MONDAYS - Camanche</th>
<th>January 10</th>
<th>January 24</th>
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<tr>
<td>Camanche Lake Community Center</td>
<td>Kit Pick-up</td>
<td>In-Person Playgroup</td>
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<td>4240 Camanche Parkway North #4, Camanche</td>
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<tr>
<th>TUESDAYS - Jackson</th>
<th>January 12</th>
<th>January 26</th>
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<tr>
<td>First 5 Amador Play-Lab</td>
<td>Every Tuesday In-Person</td>
<td>but not on 1/4</td>
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<tr>
<td>975 Broadway, Jackson</td>
<td>Kits available every Tuesday for those not wishing to attend in-person</td>
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<tr>
<th>WEDNESDAYS - Ione</th>
<th>January 13</th>
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<tr>
<td>Ione Memorial Hall</td>
<td>Kit Pick-up</td>
<td>In-Person Playgroup</td>
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<td>207 South Amador Street, Ione</td>
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<th>THURSDAYS - Pine Grove</th>
<th>January 10</th>
<th>January 24</th>
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<tr>
<td>Upcountry Community Center</td>
<td>Kit Pick-up</td>
<td>In-Person Playgroup</td>
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<tr>
<td>19386 Highway 88, Pine Grove (below Pine Grove Market)</td>
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**257-1092**

Stay tuned for an updated Playgroup flyer EVERY MONTH, which will list the dates for Kit Pick-ups and In-Person Playgroups!

Current Public Health guidelines for masks will be followed.
Give your child a Head Start!

Center Based and Home Based

Programs serving pregnant women and children birth to 5 years

**NO COST** for ALL Families

**Jackson and Ione Centers**
- Preschool Program (ages 3-5): Full Day: 8:30 am to 2:30 pm (Jackson)
  8:00 am to 2:00 pm (Ione)

**Jackson Early Head Start Center:**
- Toddler Program (18-36 mos.): Full Day: 8:30 am to 2:30 pm

**Ione Early Head Start Center:**
- Infant and Toddler Program (6 wks-36 mos.): Full Day: 8:00 am to 2:00 pm

**Home Base Program:**
Weekly In-Home School Sessions
For Children 0-5 and Pregnant Mothers

We Welcome Children with Special Needs

Call: 209-533-0361
Text: 209-213-1951

Call Today for more information

USDA and this institution are equal opportunity providers and employers.
Family, Friend & Neighbor Child Care Providers

Cold Weather Fun BUSY BAGS!

Wednesday, January 26
5:00 - 6:00 pm

First 5 Amador
975 Broadway, Jackson

Are you an Amador County relative, friend, or neighbor caring for someone else’s young children (non-licensed)? Pick up your FREE BUSY BAG filled with supplies, and a children’s book, needed to create your own “Cold Weather” fun with the children in your care! These Busy Bags will be offered on the last Wednesday of every month. To get more information on more ways you can benefit from our offerings for FFN providers, give us a call at 257-1092!

These kits are FREE, designed for Amador County children aged 0-5. Be entered into a drawing every time you pick up a Busy Bag!
Organic Food Pantry

Our organic food pantry is provided by local farmers and merchants. It is our desire to provide healthy food to our community. If you are a gardener and want to share your produce as well, please let us know!

This is not only for individuals needing help with provision, but those also wanting to eat healthier! All are welcome!!

For more details call Janet at (209) 296-7112.

Sponsored by Interfaith Food Bank
Jackson, CA

ORGANIC FOOD PANTRY
OPEN THURSDAYS 2 - 4 pm
Everyone is Welcome!
18519 Poplar Street, Plymouth
AMADOR COUNTY
POINT-IN-TIME
HOMELESS COUNT
JANUARY 26, 2022

JOIN THE COUNT

ATCAA is looking for volunteers who are willing to help with this year’s Point In Time Count (PIT)/Census to determine the number of unsheltered homeless in our community. The data collected from the PIT Count helps enhance strategies for preventing and ending homelessness.

EVERYONE COUNTS, NO MATTER WHERE THEY LIVE

If you are interested in helping with the count, please attended one of our training sessions:
January 18th or January 20th | 10am-Noon
First 5 Training Room. 900 Broadway, Jackson.
Limited stipends (compensation) may be available.

209-223-9215
lmace@atcaa.org
VOLUNTEERS SOUGHT FOR 2022
“HOMELESS POINT IN TIME” COUNT
Amador County
January 26, 2022

Let’s Make Everyone Count!

This annual count helps member agencies of the Amador County Homeless Task Force to strategically address the housing and service needs of individuals and families who are homeless or at risk for homelessness. The process helps to ensure annual funding to our community that provides crucial housing and supportive services for this vulnerable population, benefiting the community. The numbers collected drastically affect the amount of funding provided.

To make the PIT Count as accurate as possible, teams will span out across Amador County, to count and survey homeless who sleep outdoors, in parks, alleys, under bridges, or in places not meant for human habitation, such as cars, abandoned buildings, garages or other structures without electricity or running water.

The process of surveying helps to identify local trends among the homeless population such as families with children, unaccompanied youth, the chronically homeless, and veterans; and helps identify the magnitude of challenges such as drug use or mental/physical health issues.

Each PIT worker (18 & over) is asked to attend a two-hour training session which will be offered several times in January (dates, times, and locations to be announced) with varying time slots for convenience. A stipend will be given to volunteers helping with the count.

Please contact Lesley Mace (209) 253-9215 l.mace@atcap.org if you are interested in volunteering.

Thank you for your support!!
CALAVERAS ALERT
SIGN-UP INSTRUCTIONS

Go to http://Alerts.calaveras.gov/list/Notifications
Click on the Sign Up For CALAVERAS ALERT button
Click on "Sign Up" button to add your information to this notification system.
You will be asked to create an account:

- Create a Username and Password
- Password must be 8 to 64 characters long and contain at least one letter and one number. Special characters are permitted, but limited to $@¥^%. Standard characters are permitted, but limited to 1234567890. Select a security question and enter to answer
- Enter a Registration Email Address: This address is used to send temporary passwords, if you forget your credentials.
- Accept the Terms of Use by checking the box
- Click "Create Your Account"

"It is important to note that your information will not be shared or sold for commercial use."

Complete Your Profile
After creating your user name and password, you'll be brought to a page where you can complete your profile. This is where you enter your personal information, including First Name, Last Name and Registration Email.

Next, you will select how you want to receive alerts. Options may include SMS text messages, email, mobile phones, landlines, or a mobile application for Android and iOS devices. The order you set these contact points will be the order we will try and reach you in the event of an emergency.

You can register as a resident or business.
Use your company name for first and last name if registering a business.

Enter any Locations You Can About
We send alerts based on a geographical location on a map. Input up to five addresses for which you want to receive an alert. If the location is affected by an incident or upcoming event.

IMPORTANT: If the address you provided is not in our database or is the same as addresses for our jurisdiction, you will be presented with other options to add your address into this system, including selection from a list of suggested addresses or dragging a pin to select your location on the map (Microsoft SharePoint is required). You will not receive any location-based alerts if you do not provide a complete address.

Congratulations!
Once you have finished and saved your account, you have successfully signed up.

If you have any questions, email: occus@co.calaveras.ca.us

www.everbridge.com
# January 2022

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<td>Child Development (0-2) (3-5) 6-8 PM</td>
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<td>Health &amp; Safety Class 8.30-5 PM</td>
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Resource and Referral Newsletter & Professional Development
Annulius & Calloway Office (209) 754-1075
Saturday January 22nd, 2022
8:30am-5:00pm
Facilitator: Karen Frazier & Sheri Noble
Location: 8085 Hwy 26 Suite G
Mokelumne Hill, Ca. 95245

This course is intended for anyone applying to become a licensed family childcare provider. Class is EMSA approved and meets the 8-hour Preventative Health & Safety requirement and Nutrition class needed to become license by Community Care Licensing (CCL)

Call or email for registration information
$25 fee. Only check or money order accepted

(209) 754-1075
k.frazier@trcac.org
The Resource Connection
8085 Hwy 26 Suite G
Mokelumne Hill, Ca. 95245
Take a Deeper Dive into Children’s Social and Emotional Competence

The Resource Connection is excited to announce the training opportunity: Children’s Social and Emotional Competence, a course of Bringing the Protective Factors Framework to Life in Your Work.

Children’s social and emotional competence is seen in their ability to communicate clearly, recognize and regulate their emotions, establish and maintain relationships with others and engage in problem-solving and resolution. Children who have these skills are likely to grow up to have healthier behaviors, better peer relationships, and a higher capacity to respond to stress. Helping children develop these skills can also improve family relationships and prevent child abuse and neglect.

In the Children’s Social and Emotional Competence Course, Participants will:

- Learn about the characteristics of children who are emotionally healthy;
- Discuss realistic expectations of the development of this protective factor at various developmental stages;
- Discuss how healthy social and emotional competence can help make child maltreatment less likely to occur;
- See examples of how parents and other caregivers can develop strategies that will help children to grow emotionally and socially;
- Create an action plan to intentionally integrate effective strategies into your everyday work.

Date – Thursday, January 27, 2022
Time – 6:00 PM to 8:00 PM
Location - via Zoom, please click the link below to register:
https://us02web.zoom.us/meeting/register/tZckde-nT0t1d69OPoELo7TUQOMi55byP6e

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

Tuesday, January 18, 2022 - Child Development (0-2) (3-5) - from 6-8 PM

Saturday, January 22, 2022 - Health & Safety Class - 8:30-5 PM

Thursday, January 27, 2022 - Strengthening Families Social & Emotional Competence - 6-8 PM (to register for this workshop, please click the link to register via Zoom:
https://us02web.zoom.us/meeting/register/tZckde-nT0t1d69OPoELo7TUQOMi55byP6e)

To register, please contact Karen Frazier at (209) 754-1075 or via email at KFrazier@trcac.org.

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

The Resource Connection

DONATE SUPPLIES
from our Resource Center Wish List to
support local Child Care Providers and
Families of Amador & Calaveras County

https://a.co/1phXQtF
The Resource Connection Child Care Resource & Referral - rr.trcac.org

Our mailing address is:
8085 Highway 26, Suite G
Mokelumne Hill, CA 95245

(209) 754-1075 / rrinfo@trcac.org / Facebook
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