

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

**Early Learning Programs
In The Know**



March 2023 Edition

In This Issue

Message from our R&R Program Director
March is National Reading Month
Friendly Reminders from the Subsidy Department
Kid's Corner
Lending Library
Community Resources
Schedule of Events



ANNOUNCEMENT

Happy March!!! March is National Read Month. Reading is an essential skill for children to develop, and it's also an enjoyable activity that can spark a lifelong love of learning. Here are some tips and strategies for parents to help their children develop a love of reading:

Start Early: It's never too early to start reading with your child. Even infants can benefit from hearing stories and seeing pictures in books. Reading to your child from a young age can help them develop their language and cognitive skills.

Make it Fun: Make reading a fun and engaging activity for your child. Use different voices and expressions when reading aloud, and encourage your child to participate in the story by asking questions or making predictions.

Find Age-Appropriate Books: It's important to choose books that are appropriate for your child's age and reading level. Look for books with colorful illustrations, large print, and simple text for younger children. Older children may enjoy more complex stories or non-fiction books.

Read Every Day: Set aside a regular time each day for reading. This could be before bedtime or during quiet time in the afternoon. Consistency is key to developing a reading habit.

Visit the Library: Take your child to the library to select books. Encourage them to choose books that interest them, whether it's a picture book about animals or a chapter book about space.

Read a Variety of Books: Don't be afraid to try different types of books with your child. Mix it up with fiction and non-fiction books, poetry, and graphic novels. Exposing your child to a variety of genres can help them discover what they enjoy most.

Be a Role Model: Children learn by example, so make sure to model good reading habits. Let your child see you reading books, newspapers, or magazines.

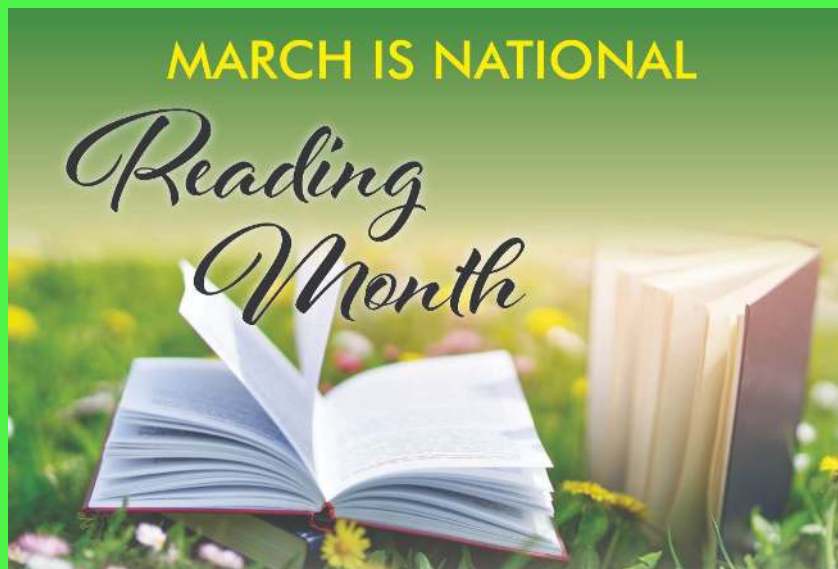
Talk About the Story: After reading a book, ask your child questions about the story. This can help them develop their comprehension skills and encourage them to think critically about what they've read.

Make Reading a Rewarding Experience: Reward your child for reading by praising their efforts. This can help create a positive association with reading and encourage them to continue reading on their own.

Keep it Positive: Lastly, remember to keep reading a positive experience for your child. Focus on creating a fun and enjoyable experience that will encourage them to love reading for years to come.

Our lending library is a true gem, with a vast collection of books available for the community to borrow. Look out for the flyer about The Resource Connection lending library in this newsletter.

Best,
Sheri Noble
Program Director



National Reading Month is celebrated in March to honor Dr. Suess's birthday. In this month people, especially children, read a lot more in celebration and although some people may find the increased emphasis on reading to be boring, the increase in reading during this month has significant benefits that will continue to pay off in the future. Reading is one of the best habits to develop; it strengthens the mental muscles, helps to improve comprehension and analytical abilities, and increases imagination, and boosts memory.

HISTORY OF NATIONAL READING MONTH

March was designated as National Reading Month to celebrate Dr. Suess. He was born on March 2, 1904. Interestingly enough, Dr. Suess was not a doctor at all, he was a writer and an illustrator of very popular children's books including "The Cat in the Hat" and "How the Grinch Stole Christmas". He also wrote several books for beginner readers of which "One Fish Two Fish Red Fish Blue Fish" (published in 1960) was the most notable one. He received a Pulitzer Prize in 1984 for his contribution to the education of America's children and their parents.

Today we might take reading for granted but it has a very long history and there was a time when only a few people knew how to read. The first written communication did not happen until 3500 B.C., and the first books did not appear until around 23 B.C. in Rome. Around this time, books were also developed in some Asian countries and the Middle East. Before the printing press was introduced in the 15th century, books were quite expensive and rare but as printed books gained popularity, Literacy rates began to rise. In 1892, the first book covers appeared and in the 19th century, publishers started printing books with hardbacks.

Nowadays, even though almost everyone can read, people hardly read and, unfortunately, we are losing our reading culture as a society. That is why we all need this National Reading Month which is a whole month to help us revive our reading habits.

For the article, please click the link below:

<https://nationaltoday.com/national-reading-month/>



1. Please note that "Actual In & Out Times" cannot be rounded up or down. Parents and providers, please make sure you enter the actual in and out times properly (**for example, 6:47 am and 5:59 pm**).
2. Providers, please be sure to utilize the "A" for absence and "C" for provider closure days on the attendance forms. If a "C" is not listed on the attendance form and the date is left blank, you will not get paid for that day (licensed providers only who have available non-operational days).
3. Providers, if you need additional attendance/claim forms, please click the link below to download and print them out or please contact our office to have them mailed to you:
https://rr.trcac.org/info/docs/subsidy_attendance_app_fill-in_form_20160607_revised_20210608.pdf

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





Lucky Charms Cereal Bars



LUCKY CHARMS MARSHMALLOW TREATS RECIPE

A cute and unique St. Patrick's Day snack can be fun for the kids to help make as well as eat. Kids love cereal, so we pretty well always have a couple of boxes on hand for breakfast or to make cereal bars.

A variation of these Lucky Charms Marshmallow Treats is one of the first snack recipes that I made with my son. We practiced measuring cereal and as he got older he learned to stir the marshmallows and cereal together. We really enjoy doing quick activities like this together.

As a mom, with young kids, it's fun to celebrate holidays – big and small. Here is an [easy recipe](#) that our family makes for a fun and easy St. Patrick's Day snack.

It doesn't really matter what kind of cereal you use. These [Reese's Puffs Cereal Bars](#) are another favorite. As long as the cereal sounds good with melted marshmallows, do an experiment and give it a try!

LUCKY CHARMS TREATS INGREDIENTS LIST:

- Lucky Charms
- Butter
- Mini Marshmallows

HOW TO MAKE LUCKY CHARMS CEREAL BARS

[Lucky Charms](#) Cereal Bars are super simple to make. I actually have this recipe memorized and I can't seem to remember much of anything anymore. So that means the recipe is EASY!

In a large pot, melt 4 tablespoons of butter or margarine over medium-low heat. Then stir in 8 ounces of mini marshmallows until they are melted.

Remove the melted marshmallows from the heat and stir in 6 cups of Lucky Charms cereal. Stir well and then spread into a lightly greased 9 x 13? pan.

If you really like the cute marshmallows in the cereal, you (or your kiddo) can pick some extra marshmallows out of the remaining cereal and sprinkle on top. I like to wet my fingers to make it easiest to smooth the mixture out. Cut into pieces of your desired size and enjoy.

Another similar recipe using [Lucky Charms](#) is these [Easy Unicorn Snacks](#). We hope that you enjoy these easy cereal bar treats as much as we do!

For the article, please click the link below:

<https://plowingthroughlife.com/easy-st-patricks-day-snack/>

Resource and Referral Newsletter & Professional Development

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10 Interesting And Fun Reading Activities For Kids

Reading can help children delve deep into a world of numerous creative possibilities.

Many children are unenthusiastic about reading because they think books are not exciting. So, we have included some fun reading activities for kids to help them develop positive feelings toward reading.

Children benefit significantly from reading as it helps develop their brain, boost memory, and develop imagination. If you want your children to start reading, involve them in fun activities and encourage them in different ways, such as setting a good example by reading yourself or creating a suitable environment for them to read.

So, read about the different benefits of reading books, the activities you can plan, and the useful tips you can follow.

The Benefits Of Reading

There are some parents who are alright with the fact that their child does not like to read. Why should he read when the same information is available through meaningful programs on TV and the internet? But reading doesn't merely help to assimilate knowledge- it serves a better purpose as well. For those of you who remain skeptical about the effects of reading, here's how reading can influence your child positively:

- **Positive impact on the brain**

There's no better way to keep the mind alert than to have a good read. Reading is a neurologically demanding task that causes the brain to expand and enhances learning capacity. So, get your [child to read](#) and help her boost his concentration and keep his memory sharp.

- **Reading improves your child vocabulary**

The obvious [benefit of reading](#) habits in children is improvement in vocabulary. To improve your child's vocabulary, get her to read books. Being articulate will not only help your child improve [self- confidence](#), but it will also help her achieve success in professional life.

- **Boosts imagination**

Ever wondered how your favorite book turned out to be such a bad movie? Reading [boosts imagination](#) and visualization. Even the grandest movie remake cannot compare to a novel. So, help your child boost their imagination and visualization skills.

For the full article, please click the link below:

https://www.momjunction.com/articles/fun-reading-activities-for-kids_00381512/

Well Fed = Less Lead



Eating healthy foods can help keep your child safe from lead

Lead can hurt your child. Lead can harm a child's brain and make it hard for children to learn, pay attention and behave.

Children should eat healthy meals and snacks at least every 3-4 hours.

So what's the best way to fuel your child's growth and to help keep your family safe from lead?

Be a healthy role model for your child and consider these healthy foods:



- **Protein.** Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Vegetables.** Serve fresh, frozen or canned vegetables. Provide a variety of colors, like dark green, red, orange, yellow and purple vegetables. If serving canned or frozen vegetables, look for options lower in sodium.
- **Fruits.** Offer fresh, frozen or canned fruits. If your child drinks juice, choose 100% juice without added sugars and limit number of servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar.
- **Grains.** Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice.
- **Dairy.** Encourage your child to eat and drink low-fat dairy products, such as milk, yogurt, cheese, soy milk or nut milks without added sugars.

Limit foods with:

- **Added sugar,** like candy, granola bars, soda, sugary breakfast cereal and sweet treats.*
- **Added fats,** like fried foods, fast foods, chips, pork rinds and other processed foods.

*Some candies from outside the USA may contain lead. For photos of candies found to contain lead, visit www.cdph.ca.gov



LENDING LIBRARY





THE RESOURCE CONNECTION **LENDING LIBRARY**

Our Lending Library offers over 5,000 educational toys and books to enrich play- literacy based learning, parenting education and & child care provider resources to help develop children's skills and imagination, across different stages of growth and development.

Lending Library Hours

Monday - Thursday 8:30am-4:00pm

Closed 12:00pm-12:30 for Lunch

Visit our Library
Online to reserve
your educational
items today!



trcacrr.myturn.com



**The
Resource
Connection**
Engaging Families
Empowering Communities
Enriching Lives



PLAYGROUP

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

**All Playgroups are
9:30 to 11:30 AM**



TUESDAYS - Jackson

First 5 Amador Learning Lab

975 Broadway, Jackson

WEDNESDAYS - Ione

Ione Memorial Hall

207 South Amador St, Ione

THURSDAYS - Plymouth

Plymouth Elementary

18601 Sherwood St, Plymouth
(Extended Learning Program Classroom)

*Playgroups follow the school district schedule

Playgroup will NOT be in session the following days:

January 3rd, 4th & 5th; March 14th, 15th & 16th.

Playgroup will not be in session during the summer.



First 5 Amador

• 975 Broadway, Jackson CA 95642 • (209) 257-1092 •
www.first5amador.com •



Messy Mornings

'Learning Through Play'

"DRESS FOR MESS!"

Join us for messy, unstructured play time!

EVERY FRIDAY

10:30 am - 12:00 pm

First 5 Amador's Indoor/Outdoor Learning Lab

975 Broadway, Jackson

This playgroup is open to all Amador County children aged
0-5, and their parents or caregivers

Messy Morning will NOT be in session the following days:

March 17th; April 7th and July 7th

For more
information, call
209-257-1092



**FREE
Event!**



**"Celebrating 25 Years!"
25 Ways of Outdoor PLAY**

Visit from
Chewy the Tooth!



**Free
Lunch!**

**25th Annual
Celebrate Our
Children Festival**

**Crafts &
Activities!**

Saturday, April 22

**...and lots
more!**

11:00 am - 2:00 pm

at Argonaut High School, in Jackson

Petting Zoo!

Reptile Display!

**Cowabunga
Ice Cream Truck!**



Photo Booth!

Car Seat Check!

**Service Vehicle
Tours!**

**Dental Screenings
& Fluoride Varnish!**

**Music &
Entertainment!**



The Amador Child Care Council's mission is to partner with the community to promote the early care and education of children. We are committed to accessible and quality child care. For info, call (209) 754-1075 ext. 103



RESILIENT AMADOR

JOIN US

The Resilient Amador Coalition actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents. We are educating our community about the impacts of childhood trauma (ACEs), being trauma responsive, and providing opportunities for community members to network and learn from each other.



Mission

Working together to promote a trauma-informed community through education, prevention, support, and advocacy, thereby raising the standard of care for all.

facebook.com/resilientamador

Monthly Meetings

2nd Tuesday
of each month

3:30-4:30pm

2023 Schedule

January 10 *virtual*
February 14 *in-person*
March 14 *virtual*
April 11 *in-person*
May 9 *virtual*
June 13 *in-person*
July 11 *virtual*
August 8 *in-person*
September 12 *virtual*
October 10 *in-person*
November 14 *virtual*
December - no meeting

In-person meetings are held at:
975 Broadway, Jackson.

For virtual meetings please
contact us for the invite link
and passcode.

Contact Us:

(209) 223-5921

info@amadorcapc.org



FIELD TRIP!



CHAW'SE INDIAN GRINDING ROCK STATE HISTORIC PARK

MARCH 14, 2023 | 10:00 AM

MEET AT SIERRA WIND
10354 ARGONAUT LANE
JACKSON, CA

ABOUT THE PARK

The beautiful 135-acre park, with its open meadows and large valley oaks, is a living history of the Miwok populating the area. Chaw'se is the only State Park in Amador County.

The park is named for its chaw'se, a "grinding rock" of marbleized limestone with 1,185 mortar holes, the largest collection of bedrock mortars anywhere in North America. The Miwok used the chaw'se for thousands of years to grind acorns for food. The chaw'se also features 363 petroglyphs (carved images), 2,000 to 3,000 years old.





QPR

Question • Persuade • Refer

Learn How to Help Save the Life of a...

Child • Student • Friend • Co-worker • Family Member

If someone you know was considering suicide, would you recognize the warning signs and know how to help? QPR is designed to increase one's ability to recognize suicidal thoughts and behaviors, and to refer the person who is at risk to a professional resource. This training will be offered both virtually through Zoom and in-person.

Save a life from suicide by learning these three simple steps:

- **Question** a person about suicide
- **Persuade** someone to get help
- **Refer** someone to the appropriate resource

Wednesday, March 1st, 2023
4:00pm-5:00pm

Camanche Lake Community Center
4240 Camanche Parkway N Unit 4

Thursday, March 2nd, 2023
4:00pm-5:00pm

Ione Family Resource Center
17 W Main St.

QPR training requires pre-registration. For questions or to register please contact Spencer Dutschke at 209-257-1980 ext. 116 or sduts@nexusyfs.org. All trainings are provided at no cost.



Project funded by
the Mental Health
Services Act



No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, racial condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.



MENTAL HEALTH SERVICES ACT (MHSA) STEERING COMMITTEE



Thursday
March 2nd



3:30 p.m.

Zoom Meeting Info:

Meeting ID: 81642620901

Passcode: 743813

Phone: (669) 900-6833

Questions? Contact Stephanie Hess at:
(209) 223-6308 or
shess@amadorgov.org

Smart Money For Success

It's FREE!

Tips on Budgeting, Debt
Management, Credit Scores
and more.

Take our course from
your smart phone,
tablet, or computer!



Call Today!



209-533-1397 X290 or
Email abeck@atcaa.org



Learn more at
ATCAA.org

2023 Course Schedule
All classes are 2 hours and begin at 10 am.

February 9
June 8
October 12

March 23
July 13
November 8

April 6
August 10
December 7

May 11
September 7



ATCAA
Amador Tuolumne
Community Action Agency
People Helping People Since 1981



The charitable arm of the California Association of Oral and Maxillofacial Surgeons

FREE HEALTHCARE SERVICES

AMADOR CLINIC - MARCH 24-25, 2023
AMADOR COUNTY FAIRGROUNDS | PLYMOUTH, CA



DENTAL

- X-rays
- Cleanings
- Fillings
- Extractions



VISION

- Vision exams
- Eye health checks
- Free prescription glasses



MEDICAL

- General exams
- Blood pressure testing
- Diabetes screening and counseling

IMPORTANT INFORMATION

- **FREE services; No need of proof of insurance, employment, income, residency, immigration status or ID.**
- Services offered on first come, first serve basis as capacity allows.
- Clinic hours: 7am-5pm Friday 3/24 & Saturday 3/25.
- **What to bring:** Your prescription medication, appropriate clothing, food and water. **N95 mask will be provided.**
- What not to bring: Illegal drugs, alcohol or firearms.
- Be prepared for **COVID-19 screening (questionnaire & temperature check)** upon entering the clinic. California CareForce-specified face covering required (subject to change).
- Transportation services for older adults, individuals w/disabilities, and veterans:
Call (209) 498-2246 to arrange a ride (Amador, Calaveras, and Tuolumne Counties).
- **For more information, visit:** www.californiacareforce.org/clinics

Sponsored By:



950 Reserve Drive #120, Roseville, CA 95678 | info@californiacareforce.org



Welcome Baby!



First 5, First Steps

If you or someone you know in Amador County is expecting or celebrating the arrival of a new baby up to 18 months, Welcome Baby would like to offer you a

FREE GIFT

- Imagination Library - free books from birth until your child turns 5
- Diapers
- Easy-to follow Parent Tips book
- "What to Do When Your Child Gets Sick" book
- T-shirt for baby
- and lots of other fun and helpful information

For information call 209-257-1092
or email f5a@first5amador.com





Formerly
known as the
Grandparent
Project!

2022-23 school year

Family Connections

Monthly group gatherings, support and resources for grandparents and other relatives raising children.

Monthly group meetings in 3 Calaveras County locations:

Murphys/Arnold
3rd Tuesday, 10am-Noon

Angels Camp/Copperopolis
3rd Wednesday, 10am-Noon

Valley Springs/San Andreas
3rd Thursday, 10am-Noon

Contact for location and to RSVP

Katie Lackler, 209-736-6080
klackler@ccoe.k12.ca.us

Or

Arleen Garland, 209-795-3016
arleengarland@gmail.com

Family Connections is administered by the Calaveras County Office of Education with funding provided by Calaveras County Health and Human Services Agency, Mental Health Services Act (MHSA)



March 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------|-----|---|---|--|-----------------------------|---------------------------------------|
| | | | 1 | 2 | 3 | 4 E.C.E Mini Conf. 8-4:30 PM |
| 5 | 6 | 7 | 8 Grandparent Café Via Zoom 9:30 am | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Provider Night 4:30-7:00 pm | 17 St. Patrick's Day! | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 CPR Class 8:30-5 PM | 27 | 28 Learning Thru Play W/Bev Boss 6-8 PM | 29 | 30 Grandparent Café Workshop 10:30 am | 31 Cesar Chavez Day! | |

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



The Engaging Families
Empowering Communities
Enriching Lives
**Resource
Connection**

E.C.E.

MINI-CONFERENCE

March 4th, 2023
8:30am-4:30pm

NEW LOCATION!
La Contenta Golf Club
1653 State Rte 26,
Valley Springs, CA 95252

**Early Learning
Providers**
Amador & Calaveras
County

REGISTER TODAY!



THE PRESENTERS

Miriam Beloglovsky
Author: Loose Parts 1,2,3,4 & 5
Creator of Playful Transformations

Lunch Provided!

Jeanette Luedders Jones
Solano Community College,
Child Development and
Family Studies

209-754-1075 kfrazier@trcac.org

To register for the E.C.E Mini-Conference, please click the link below:
<https://www.eventbrite.com/e/early-childhood-educators-mini-conference-2023-tickets-393247242087>

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

PROVIDER WORK NIGHTS

Every 3rd Thursday of the month 4:30pm-7:00pm

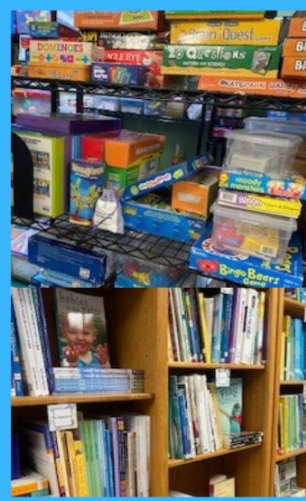
● Lending Library ● Consumable Closet ● Copies ●



Consumable Closet
(FCCH and FFN Only)

Items you may take back to your program and use up. Paint, glue, scissors, paper, glitter, playdough, tape, craft items and more!

Our color copy machine is available to print your contracts, policy booklets and other business paperwork.



Over 2000 children's books and educational items available for loan. All developmental areas available. Large selection of teaching books. Keep up to 30 days and return when ready for something new.



GRANDPARENT CAFE

FOR GRANDPARENTS RAISING GRANDCHILDREN

How do you discipline?

Join us for a workshop to learn about discipline and raising your grandchild, with a presentation from the ACT Raising Safe Kids curriculum!

Thursday, March 30th
10:30am

Amador Senior Center
229 New York Ranch Rd, Jackson



FREE GIFT CARD

for every grandparent family who attends!
RSVP BY MARCH 27TH



Lunch will be provided

The Senior Center will be serving tri tip, carrots, potatoes, green salad and rolls

📞 209-508-3360

✉️ dbohall@trcac.org

🌐 rr.trcac.org/grespit.htm

Adult, Child & Pediatric
First aid/ AED &

CPR



This 8-hour course is CPR – Adult, Child & Infant and Pediatric First Aid training designed specifically for California State Licensed Child Care Providers and people seeking Child Care licensing in the State of California to satisfy the State requirement for 8 hours of special training in CPR & pediatric first aid that includes extra topics required by the State of California EMS Authority. Satisfies Title 22 requirements for CPR & First Aid Training's requirements for Child Care Providers.

**The Resource Connection Child Care Resource & Referral
will be offering In - Person Pediatric CPR Classes (\$100)
8085 Suite G Hwy 26. Mokelumne Hill 95245**

**Sunday, March 26th 2023
8:30 am - 5:00 pm**

**Space is limited to 8 per class. Registration &
\$100 payment must be received by
3/23/2023 to reserve your spot.
For Registration information call (209) 754-1075 Karen**

The Engaging Families
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Learning Through Play with BEV BOS

Bev Bos was a world-renown leader in the early childhood field, well known for her teachings on play-based learning. Join us for a lively and engaging evening based on her "Good Stuff For Kids" Conferences! Will include make-and-take activities and fun incentives!



**TUESDAY,
MARCH 28**

**6:00 - 8:00
PM**

**In-Person at
our Moke Hill
office!**

• You will experience Bev's philosophies on...

- ✓ Risky Play
- ✓ Messy Play
- ✓ Nature Play
- ✓ Rough & Tumble Play
- ✓ Storytelling & Music

Click link below to RSVP:

<https://bit.ly/3dbMitG>

Or scan QR Code, here:



More Information: (209) 754-1075 esimmons@trcac.org



The Resource Connection Child Care Resource & Referral - rr.trcac.org

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