

RR.TRCAC.ORG | September 2024

WELCOME TO EARLY LEARNING IN THE KNOW

Resource Newsletter
We're so glad you're here!



A MESSAGE FROM OUR DIRECTOR

Dear Child Care Providers and Families,
As we step into the fall season, we are reminded of the incredible opportunities for growth and learning that this time of year brings. At The Resource Connection Child Care Resource and Referral, we are committed to supporting our community of child care providers and families as we navigate this exciting season together.

This fall, we are focusing on providing resources that help foster a nurturing and enriching environment for all children. From workshops that enhance the skills of our dedicated child care providers to offering new tools and materials that inspire creative learning, we are here to support you every step of the way.

As always, our goal is to be a reliable partner in your journey of supporting quality care and early education. We encourage you to reach out to us for any support or resources you may need, and we thank you for your continued dedication to the children and families we serve.

Wishing you a wonderful fall season filled with learning, growth, and joy!

Warm regards,
Sheri Noble
Program Director, The Resource Connection Child Care Resource and Referral Program



Friend, Family & Neighbor Care

TrustLine Background Check is a helpful tool for parents choosing a potential nanny or babysitter. Caregivers Registered with TrustLine, have no disqualifying criminal convictions, arrests or substantiated child abuse reports in California.

[Read More](#)

FROM THE SUBSIDY DEPARTMENT



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.

[Attendance Forms](#)

Check out our Newest article from
[The Child Care Provider Network](#)

HOW TO MAKE GLITTER CALM DOWN JARS

- SELF-REGULATION PLAYS A FUNDAMENTAL ROLE IN MANAGING EMOTIONS AND SELF-SOOTHING. INTRODUCING CHILDREN TO MINDFULNESS PRACTICES, LIKE DEEP BREATHING, CAN BE A VALUABLE TOOL TO HELP THEM REGULATE THEIR EMOTIONS WHEN THEY START TO BECOME TOO OVERWHELMING. THESE FUN AND EASY-TO-MAKE GLITTER JARS ARE THE PERFECT TOOL THAT COMBINES A FUN ART PROJECT WHILE ALSO TEACHING ABOUT MINDFULNESS AND EMOTIONAL REGULATION.
- ONCE YOU HAVE THE GLITTER JAR, YOU CAN BEGIN SHOWING THE CHILDREN THAT ALL THE GLITTER SWIRLS AROUND AND RELATE IT TO HOW THEY MAY FEEL SOMETIMES. ALL OF US HAVE BIG EMOTIONS THAT COULD POSSIBLY GIVE US THE SENSATION OF BEING "MIXED-UP" OR "SWIRLY" LIKE THE GLITTER IN THE JAR. WHEN WE NOTICE OUR BODIES REACTING LIKE THAT, IT IS GOOD TO TAKE A DEEP BREATH OR MINDFULNESS BREAK. AT THIS POINT THE CHILDREN CAN WATCH AS THE GLITTER BEGINS TO SETTLE WHILE THEY ARE ALSO FOCUSING ON THEIR BREATHING. YOU CAN DIRECT THEM TO CONTINUE WATCHING AND BREATHING UNTIL ALL THE GLITTER SETTLES AND THE JAR IS SEE THROUGH; ANALOGOUS TO A SETTLED EMOTIONAL STATE.

INGREDIENTS:

- GLITTER (A MIXTURE OF CHUNKY AND FINE)
- AN EMPTY BOTTLE
- GLYCERIN
- WARM WATER
- SOAP



STEP 1: ADD GLITTER TO THE BOTTLE (ABOUT HALF AN INCH OR SO) YOU CAN ADD MORE LATER IF YOU FEEL IT IS NECESSARY- START OFF WITH A SMALLER AMOUNT OTHERWISE IT WILL CLUMP AND STICK AT THE TOP OF THE BOTTLE ONCE YOU HAVE THE REST OF THE INGREDIENTS IN.





Scientists reveal essential activities that boost a child's brain development.

"Through play in childhood, we have learned how to respond to the world, the environment, and others. We have unknowingly prepared ourselves for our futures,"

[Full Article](#)

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

Amador & Calaveras County

Work From Home!

Child Care Resource & Referral is your trusted partner in the path to starting your family child care business. We offer guidance, trainings and valuable resources.

Infant/ Toddler care & after hour/ weekend care needed!

Personalized support to help you succeed

Business start up reimbursement's and supplies available.



DO YOU LOVE CHILDREN?

**CONTACT
US!**



209-754-1075
Karen Frazier



8085 Hwy 26 Suite G
Mokelumne Hill 95245

Visit us at rr.trcac.org - Be a Child Care Provider

Work with us today

Have any questions about providing child care?

We have dedicated staff to assist you in obtaining your family child care license, building your business and professional development!

let's chat!

GOOD TOYS ARE HARD TO FIND



DON'T WORRY, YOU CAN BORROW OURS

Child Care Resource & Referral Lending Library

ALL FUN AND FREE

Our lending library provides a free play - literacy learning environment for providers and families to explore and borrow really fun toys and educational materials. The collection is designed for infants- toddlers, preschool and school age children. The library also includes a wide selection of picture, chapter, parenting and Early Learning provider books.

LOTS OF WAYS TO PLAY

Building blocks, and musical instruments for creative play. Toys for dramatic play such as cars, trucks, & farm animals. Marble runs and sequence beads for sensory play. Sports equipment for large muscle physical play. Books for all stages of reading, including child care provider business support.

LOTS OF TOYS LEND

The Lending library offers a community resource that allows families, providers, teachers and agencies to meet the specific and growing needs of children in a cost effective way. Items may be borrowed free of charge for up to 3 weeks with a valid TRC lending library account.



SCAN ME



trcacrr.myturn.com



Check us out!

Over 5,00 educational items available

We add new items monthly. 8085 Hwy 26 Suite G Mokolumne Hill 95245

Visit our library online

RR (Resource & Referral) Child Care Provider Resources



Growing Up WILD

PLEASE WEAR COMFORTABLE SHOES - WE WILL BE GOING ON A SHORT OUTDOOR ADVENTURE!

REGISTER ONLINE:



**THURSDAY, OCTOBER 24
6:00 - 8:00 PM**

Growing Up WILD is an early childhood education curriculum that builds on children's sense of wonder about nature, and invites them to explore wildlife and the outdoor world around them. Through a wide range of activities and experiences, Growing Up WILD provides an early foundation for developing positive impressions about the natural world and lifelong social and academic skills. This curriculum is written especially for early childhood providers of children ages 3-7, and **includes over 400 ready-made thematic units on outdoor explorations, scientific inquiry, art projects, music and movement, conservation activities, reading and math connections!** The **included activity guide** makes it very easy to use this curriculum!

Join us for an adventure!

The Resource Connection
Empowering Families
Inspiring Communities
Enriching Lives
Child Care Resource & Referral

**IN-PERSON - 8085 HWY 26, STE G
MOKELUMNE HILL**

Discover fun and educational ways to connect young children with nature through the "Growing Up WILD" workshop. This hands-on training will provide child care providers with resources and activities to inspire a love for wildlife and the outdoors.

Date: October 24th, 2024
Time: 6:00 PM-8:00 PM
Location: TRC Office 8085 Hwy 26
Mokelumne Hill 95245
[REGISTER](#)

Don't miss this opportunity to enrich your program with engaging nature-based learning.



EVERY FRIDAY
Nap & Chat
1PM-2PM

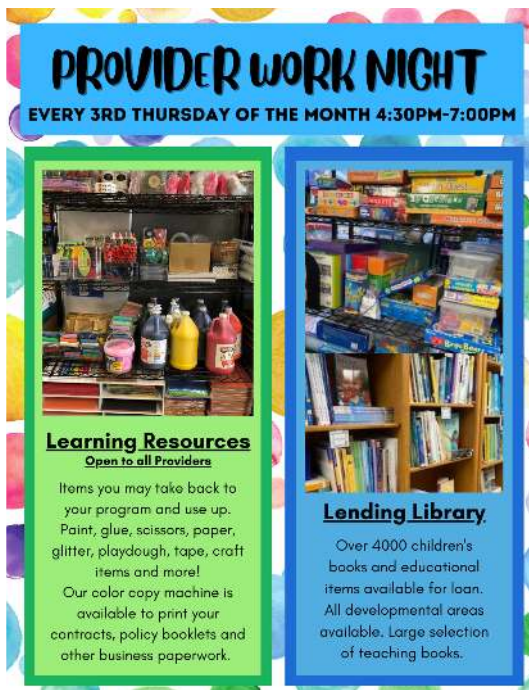
Child care providers can relax into a cozy spot to chat about all things challenging, swap ideas, and get too-notch support from Karen IR&F. Each week, fresh topics are served up hot and ready, designed to be super helpful & down-to-earth. Come and go as needed, no pressure!

<https://us02web.zoom.us/j/84990326213>

Join Us for Nap & Chat!


We are thrilled to introduce "Nap and Chat," a dedicated time for child care providers to receive technical assistance and connect with each other while the children nap. This is your chance to ask questions, share experiences, and gain valuable insights from both our team and your peers. Every Friday 1pm-2pm

[ZOOM Link](#)



PROVIDER WORK NIGHT

EVERY 3RD THURSDAY OF THE MONTH 4:30PM-7:00PM




Learning Resources

Open to all Providers

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.



Lending Library

Over 4000 children's books and educational items available for loan. All developmental areas available. Large selection of teaching books.

August 15th is Child Care Provider Night! Join us from 4:30-7:00 p.m. We will have staff from First 5 Amador and First 5 Calaveras in person to speak about their



Grandparent Café

SUPPORT & RESOURCES FOR GRANDPARENTS RAISING GRANDCHILDREN

- Free Respite Program
- Quarterly Meet Ups
- Monthly Zoom Meetings

For more info call (209) 754-1075 or email dbohall@trcac.org

The Resource Connection
Engaging Families • Empowering Communities • Enriching Lives

Are you a grandparent raising your grandchild in Amador County? We still have room in our Grandparent Respite Program. Contact **Danell Bohall** for more information.

Quality Improvement Systems for providers.



Housing Rights in California - Child Care Law Center

Child care providers have the right to provide child care in any residential property of their choosing, whether they rent or own those homes.

[Learn more about these rights](#)

CP (Community Partners)
Keeping Communities and Children Connected



Amador
QUALITY FOR KIDS

Are you a preschool teacher, childcare, or family, friend, or neighbor (FFN) provider?

Sign up today for Quality for Kids to earn some amazing incentives as you grow in the field of early childhood.

Incentives Include:

- Participation in ongoing campaigns
- Early childhood education and safety classes
- Learning opportunities-online, in-person, etc.
- Professional development hours

Learn about all the incentives and opportunities you can earn while participating in Quality for Kids, along with exciting NEW incentives added this year!

For more information call Aimee at (209)257-1092 or email q4k@first5amador.com

Our Partners
The Resource Connection
College of SFSU
Amador Child Care Council
FIRST5 CALAVERAS

FIRST 5 CALAVERAS **STRONG START CALAVERAS**

First 5 Calaveras Sponsored Services available to Strong Start enrolled Family Child Care Providers (FCCP), Friends Family Neighbors (FFN) & Private Child Care Centers

- * **Social Emotional Development Coaching**- on-site coaching and support with social and emotional observations, environments, expectations and resources.
- * **Metta Services**- provides "free" mental health/trauma informed services to children and families ages 0-5 that are not currently attending mental health services.
- * **Ready Rosie** – a free educational app – with modeled moments designed to bring valuable lessons into real life situations in an engaging way for everyone.
- * **Ready for Kindergarten** – booklets all about preparedness and options for t/k in Calaveras County.
- * **ASQ** – Ages and Stages early childhood assessment and developmental tracking tool.

Strong Start Enrollment – Quality Improvement Plan and Professional Development Stipends.

For more information contact Autumn Andahl
aandahl@calaverascounty.gov 209-754-6916

CCPH
CALAVERAS COUNTY
PUBLIC HEALTH

ENROLL AMADOR

Children who take part in early childhood programs and activities have improved social skills, do better in school, and learn important life skills that stay with them forever... which in turn promotes healthy, successful children and youth.

Universal PreKindergarten (UPK) is a Mixed Delivery System that brings together ALL of these program options in one simple, helpful place.

Mixed Delivery Systems offer a variety of early learning and child care settings to allow parents and guardians an authentic choice, to meet the needs of their own families.

The new **ENROLL AMADOR WEBSITE** is your guide!

www.enrollamador.org
& "Enroll Amador" Facebook page

For questions, please contact Amador Child Care Planning Council: (209) 754-1075

UPK Universal PreKindergarten ENROLL CALAVERAS

Your guide to help families in Calaveras County choose the best early learning and child care options for their children.

Families with 4 year olds have many early learning options that include: TK, private preschool, care through family childcare homes, and subsidized programs.

ENROLLCALAVERAS.ORG

Find the best fit for you and your family by using our online guide!

PLAYGROUPS

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

All sites ~ 9:30 - 11:30 am
Tuesdays - Jackson ~ 975 Broadway
Indoor and Outdoor Learning Labs
Families start indoor for playgroup or outside for First 5 free play. Groups will switch mid-way.

WEDNESDAYS ~ Ione
Location changes will be posted in Facebook.
Ione Train Station ~ 1 East Main Street, Ione (weather permitting)

THURSDAYS ~ Plymouth
City Park ~ 9426 Main St.

Please check our Facebook or call us at 209-257-1092 for location updates

All playgroups follow the school district schedule and are not in session:
December 26th, 27th & 28th; January 2nd, 3rd, & 4th; March 12th, 13th & 14th

Funded by:
FIRST 5 CALAVERAS
975 Broadway (P.O. Box 823), Jackson, CA 95842 - 209-257-1092
www.enrollamador.org - Facebook - @enrollamador

Indoor playgroup hosted by Heather Hall
Outdoor free-play provided by First 5

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:
October 18, November 1 and 29, December 27 (2024)

For more information, call 209-257-1092

FIRST 5 CALAVERAS

Mom-Me Time  **WOW**

September 5th
5:30 p.m.

Repeating with a new topic on the first Thursday of each month!
No Mom-Me Time in July or Dec.

Positive Parent - Child Communication
How to communicate effectively with your child as they grow.

Presented by Ginni Murray, LCSW

Take home a certificate for a tasty treat and make a memory book with your child(ren). *while supplies last*

Light meal for Moms. Childcare available for 0-7. Light snack for children. Please call ahead if you need childcare. 209-257-1092

FIRST 5 AMADOR
Mimi Stone-Rubio, MS, NCC, LPCC
First 5 Amador
975 Broadway
Jackson

STRONG START
CALAVERAS COUNTY

For more information: first5calaveras.org or scan QR



Amador Arts
CALIFORNIA ARTS COUNCIL
FIRST 5 AMADOR

209-256-8166
info@amadorarts.org

This activity is funded in part by the California Arts Council, a state agency, artscgl.org

FIRST 5 CALAVERAS SPONSORED 0-5 PLAYGROUPS

Mondays 10:30-11:00am @ The San Andreas Community Covenant Church Gym
Not in Session During CUSD Breaks

Wednesdays 9:30-11:00am @ The Rail Road Flat Community Center

Wednesdays Story Time 10:30-11:00am
Free Play 11:00am-12:30pm @ The San Andreas Library

Wednesdays 10:00-11:00 @ The Blue Mountain Youth Center, Main St. West Point

Fridays 10:00am @ The Mokelumne Hill Library

STRONG START
CALAVERAS COUNTY

For more information: first5calaveras.org or scan QR



Music & Movement

Mondays 9:30 to 10:30 AM
Ages 0-5

April 8, 15, 22, 29
May 6, 13, 20
June 3, 10, 17, 24
July 1, 8, 15, 22, 29
August 5, 12, 19, 26

First 5 Amador, 975 Broadway, Jackson
FREE

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CALIFORNIA ARTS COUNCIL
FIRST 5 AMADOR

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September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 HAPPY LABOR DAY	2 ACCC 1pm	3	4	5 Attendance sheets DUE	6
7	8	9	10	11	12	13
14	15	16	17 CCCC 9am	18	19  Provider Night 4:30-7pm	20
21	22	23	24	25	26	27
28	29	30				

Find Child Care

The Resource Connection Child Care Resource and Referral Services | 8085 Highway 26 Ste G | Mokelumne Hill, CA 95245-9423 US

(209) 754-1075 / rinfo@trcac.org / [Facebook](#)

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