



INFANT-TODDLER & PRESCHOOL

★ Barron Park Children's Center  
800 Barron Avenue  
650-856-7559

🌿 College Terrace Children's Center  
2300 Wellesley Avenue  
650-858-1580

★ 🌿 Downtown Children's Center  
555 Waverley Street  
650-321-9578

Ellen Thacher Children's Center  
505 E. Charleston Road  
650-494-1467

🌿 Infant/Toddler Center  
4111 Alma Street  
650-493-2240

★ 🌿 Neighborhood Infant/Toddler Center  
311 N. California Avenue  
650-321-3493

★ 🌿 Sojourner Truth Child Development Center  
3990 Ventura Court  
650-493-5990

SCHOOL AGE

🌿 Addison Kids' Club  
650 Addison Avenue  
650-323-4007

★ Barron Park Kids' Club  
800 Barron Avenue  
650-856-1220

★ Besse Bolton Kids' Club  
500 East Meadow  
650-856-0847

🌿 Duvneck Kids' Club  
705 Alester Avenue  
650-328-8356

🌿 El Carmelo Kids' Club  
3024 Bryant Street  
650-856-6150

🌿 Escondido Kids' Club  
890 Escondido Road  
650-855-9828

★ Juana Briones Kids' Club  
4100 Orme Street  
650-856-3874

🌿 Ohlone Kids' Club  
950 Amarillo Avenue  
650-493-0774

🌿 Palo Verde Kids' Club  
3450 Louis Road  
650-852-9475

🌿 Walter Hays Kids' Club  
1525 Middlefield Road  
650-325-5350

ACCREDITATIONS

🌿 National Association for the Education of Young Children

🌿 National AfterSchool Association

★ Desired Results, CA Dept of Education

# The Importance of Play

When you pick your child up at the end of the day, you may notice that the children are busily playing. Perhaps they're building a structure with blocks, or organizing a game outside. What we're not able to see is that this unstructured playtime is actually helping children learn. In fact, it's a crucial part of their social and cognitive development.

Play is how children naturally learn, as it stimulates brain growth in children at the most critical time in their development and lays the foundation for later learning. Through play, children experience fun and joy; develop their personalities and a sense of self; develop reading, thinking, problem solving, and motor-skills; and learn relationship and social skills.

So, what exactly are young children learning when they play? Building with blocks, for example, is a math experience, as it helps children develop concepts of size, shape, location, length, and spatial relationships. When children are mixing colors to paint, they're learning eye-hand coordination, while exercising their imagination and creativity. A child's gross motor skills begin to develop as he or she learns to crawl, reach, walk, throw, or jump. Through handling playthings, a child develops fine motor skills, such as the use of hands and fingers.

Intellectually, children use toys and actions to stand for objects and activities in the real world. This type of representational thought lays a foundation for more abstract levels of thinking. Language skills also improve as children interact with others and use words for favorite toys and activities.



Emotionally and socially, play helps children relax, follow directions, cooperate, and share. Playtime stimulates creativity and flexible thinking as well, and encourages children to expand their horizons. As a child pretends to be a teacher or a doctor, he or she learns that the world is full of opportunities.

In today's hectic world, the importance of play has recently become a hot topic. There is strong evidence that a link exists between brain activity and brain growth. One study, completed at the Baylor College of Medicine, showed that babies who had the chance to play often and who were held and touched often as infants, have larger brains with more neural pathways than children who received less attention and care as babies. This has led many child development experts to argue that the absence of play is an obstacle to a child's healthy development.

The next time your child is at play, take a moment to join in. Play house, work on a puzzle, or bounce a ball. Not only will you be having fun, but you'll also be helping your child learn and grow.

## New Exhibits at the Palo Alto Junior Museum and Zoo!



A newly renovated **Bat Habitat** is now open on the zoo grounds. It is home to three African Fruit Bats and three new Egyptian Fruit Bats from the Lube Foundation, the world's foremost bat conservatory in Gainesville, Florida.



Visit **Color & Light**, the museum's newest exhibit. Increase your awareness of light by experimenting with projection, reflection and color mixing. Create moving patterns of colorful objects using two over-sized kaleidoscopes, mix colored lights and create colored shadows, or investigate the ability of lenses to gather and direct light.

For more information, call the Junior Museum and Zoo at 650-329-2111.

## Thank You Kiwanis Club of Palo Alto!



Palo Alto Community Child Care would like to thank the Kiwanis Club of Palo Alto for their continuous support of our programs. With the help of the Kiwanis Club, the new infant yard at Sojourner Truth Child Development Center is now complete! The babies at Sojourner now have a safe deck to play on, and plenty of shade for those hot summer days. Thank you again Kiwanis Club of Palo Alto for your unending support.

# TRAVELING WITH CHILDREN

Packing for a trip with your children requires careful thought and planning. Below are some tips to make this task a cinch!

### What Should I Bring Along?

- \* Pediatrician's name, regular and emergency phone numbers.
- \* Medications and prescriptions.
- \* A night-light to help light up an unfamiliar room.
- \* Items to child-proof a room, such as outlet plugs and pipe cleaners. Pipe cleaners can be used to hold up curtain cords or to close cabinets.
- \* If you are traveling with an infant, bring a bottle brush and dish soap, as well as Ziploc bags for dirty diapers.
- \* Favorite toy or blanket.



### How Should I Pack For My Children?

- \* Pack each separate outfit in its own clear trash bag. This keeps everything together and allows children to pick out a complete outfit. This also helps you to organize your packing for them, and will save them time getting ready on the trip.
- \* Use freezer bags with a seal for smaller items so that they don't become mixed in with other clothing.
- \* Put some of your items in their luggage and some of their items in your luggage. This will give you both something to fall back on should your luggage become lost.



# Creative Snacks On A Budget

Your kids will soon be out of school, and odds are that they'll be hungry! Snacking is an important part of your child's diet, and can ensure that daily nutrient and caloric requirements are met. Together, you and your child can have fun in the kitchen while preparing the following snacks...and can keep the grocery bill low!

1. Place banana halves on popsicle sticks and dip in crushed ready-to-eat cereal or graham crackers. Serve immediately or freeze first.
2. In resealable plastic bags, children can combine lettuce, vegetables of their choice and salad dressing. Just a few shakes of the bag will toss the salad.
3. Make Kiwi sundaes by cutting kiwis in half while keeping the skin intact. Children can scoop the fruit right from the skin with a spoon.
4. Dip banana slices in lemon juice and place on a greased cookie sheet. Bake in the oven at 175 degrees for 2 to 3 hours, until crisp.
5. Make banana caterpillars by peeling bananas and poking carrot or pretzel sticks into the banana to create legs and antennae. Stick on raisin eyes and spine with peanut butter.
6. Make rice mice by combining cooked rice with cream cheese and rolling the mixture into balls. Add green pea eyes, a corn kernel nose, a cheese strip tail, and olive slice ears.
7. When making muffins, fill muffin tins half-way with batter. Hide fresh fruit or preserves and continue filling two-thirds full with batter. Bake according to recipe instructions.
8. Make a peanut butter spread by mixing peanut butter with crushed bananas, raisins, nuts, or dried apples. Spread on toast.
9. Stuff celery stalks with peanut butter or cream cheese. Top with raisins, dried cherries, dried cranberries, or other dried fruit.
10. Fill ice cream cones with low-fat yogurt and top with fruit chunks.
11. Sandwich peanut butter between apple rings.
12. Tortillas can be filled with many things to create a delicious snack. Try scrambled eggs, cheese, black beans, or veggies.
13. Make kebabs by alternating cheese, meat, and veggie chunks on pretzel sticks.

## Natural Disaster Resources

Although nobody likes to think about natural disasters, it's smart to be prepared. Below are important resources in the event of an emergency. For more information on this or other topics, please visit [www.city.palo-alto.ca.us/familyresources](http://www.city.palo-alto.ca.us/familyresources).

**City of Palo Alto's Office of Emergency Services:** (M-Th 7am to 5pm) 650-617-3197

**American Red Cross, Palo Alto Chapter:** 650-688-0415

**City Storm Public Information Hotline:** 650-329-2420

**Disaster Safety & Preparation Website:** [www.dmoz.org/Home/Emergency\\_Preparation/Safety](http://www.dmoz.org/Home/Emergency_Preparation/Safety)

**Earthquake Safety Website:** [www.dmoz.org/Science/Earth\\_Science/Geophysics/Earthquakes](http://www.dmoz.org/Science/Earth_Science/Geophysics/Earthquakes)

**Emergency Radio Stations:** KCBS 740 AM, KZSU 90.1 FM, KCEA 89.1 FM



# CARES 2005



Applications for Round 4 of CARES were mailed out the first week of April! All licensed child care centers and past CARES participants automatically received an application in the mail. Applications are also available (in English and Spanish) by calling The Provider Connection at 650-493-3100 or online at the CARES website.

Visit [www.santaclaracares.org/pub/htdocs/sccares/application.html](http://www.santaclaracares.org/pub/htdocs/sccares/application.html)

You may also drop by our office at 3990 Ventura Court in Palo Alto to pick up an application. **Applications are due back to The Provider Connection by 5pm on Friday, June 17th (no exceptions).**

If you have questions about CARES, or need help filling out your application, please attend one of our CARES application clinics. Please RSVP to The Provider Connection at 650-493-3100.

\* Saturday, June 4th (**Spanish**, call 650-493-3100 for time)  
Located at De Anza College

\* Wednesday, June 8th, 6:30pm to 8:30pm (English with Spanish translation)  
Located at The Provider Connection



## ELQuIP Round 3 Coming Soon!

**The Early Learning Quality Improvement Program (ELQuIP) features:**

### **ELQuIP Mentor Program:**

15 Mentors and 15 Mentees will be selected to participate in training and will receive \$500 stipends in 2006. Applications are available now! Please call Myra Drouillard for more information at (650) 493-3100.

### **ELQuIP "Neighborhood Classes":**

College classes brought to your neighborhood by a collaboration between Palo Alto Community Child Care (PACCC) and De Anza College! To make your voice heard and help select the next classes for Fall 2005, please contact Lisa Lewis at (650) 493-2361 or email: [llewis@paccc.com](mailto:llewis@paccc.com).

*This program was made possible by a grant from FIRST 5 Santa Clara County.*

### **From Clutter to Clarity With Beverly Taylor Saturday, June 25th \* 9:30am to 12:30pm**

This workshop can help child care providers increase their effectiveness as professionals by learning techniques that help both the emotions and the actual decluttering of their space. Beverly Taylor is an author, speaker, educator, hypnotherapist, and the Director of the Healthy Spirit Relaxation Center in Castro Valley. Her popular books and CDs will be on sale at the event.

Class held at The Provider Connection (3990 Ventura Court in Palo Alto). Call 650-493-3100 to register.

**3 CARES Professional Growth Hours**

**BOARD OF DIRECTORS  
2004-2005**

Barbara Carlitz  
*Chair*

Irv Rollins  
*Chair Elect*

Sigrid Pinsky  
*Secretary*

Dana Fenwick  
*Treasurer*

Barbara Spreng\*  
*Past Chair*

Mike Cobb\*  
Pat Einfalt

Audrey Garfield\*  
Alan Henderson

Alan Herzig  
Sharon Hofstedt\*

Julie Jerome  
Larry Klein

Paula Sandas  
Megan Swezey-Fogarty

Jennifer Wald  
Carlee Weiss\*

Lisbeth Winarsky  
Catherine Roe Wytmar\*

\*denotes PACCC parent/grandparent

**KEY STAFF**

Margo Dutton  
Executive Director  
mdutton@paccc.com  
650-493-2361 x11

Janice Shaul  
Associate Director  
jshaul@paccc.com  
650-493-2361 x26

Kristiane Turner  
School Age Program Coordinator  
kturner@paccc.com  
650-493-2361 x16

Lisa Rock  
Infant-Toddler/Preschool Program  
Coordinator  
lrock@paccc.com  
650-493-2361 x18

Lisa Lewis  
Director of Education & Outreach  
llewis@paccc.com  
650-493-2361 x28

Subsidy Program Coordinator  
650-493-2361

Accounting Department  
650-493-2361 x12

# HEALTH

# CORNER

## Food Poisoning

*by Kathy Gesley, R.N., P.N.P., PACCC Health Consultant*

Food poisoning is the acquired ingestion of a viral or bacterial organism or parasite through a food source. Common symptoms of food-borne illness are nausea, vomiting, abdominal cramps, and diarrhea. The source of the food contamination can be from water used to harvest the food, or acquisition of the organism during processing and serving the food. A bacteria, campylobacter, is the most common cause of diarrhea throughout the world, although there are over 250 organisms that can cause food poisoning.

In the United States, food poisoning is not a common cause of vomiting and diarrhea in young children. The sudden onset of severe vomiting and abdominal cramps may lead parents to think that a recent ingestion of fast food is the cause of gastro-intestinal symptoms, but most children that have vomiting and diarrhea with a fever have a short-term illness caused by a virus. There are many viral or bacterial organisms that cause similar symptoms of diarrhea, abdominal cramps and vomiting. There is so much overlap of these symptoms that it is rarely possible to identify the cause of an illness without laboratory tests.

Food poisoning can occur from undercooked beef, raw fish, raw poultry, and raw dairy, or from vegetables contaminated with the juices of these protein items. The classic food-borne illness is staphylococcus infection. The bacteria in the food is allowed to multiply in ideal conditions and releases a toxin that contributes to severe vomiting and diarrhea within 12 hours after ingestion. Some viral illnesses, such as Hepatitis A, can also be transmitted through food contamination. The Hepatitis A vaccine is now available for all children over 24 months of age, given in two separate injections six months apart. In the past few years, the Bay Area has had several outbreaks of Hepatitis A in child care centers.

A new cause of food poisoning is from the contamination of fish and seafood products. Of additional concern regarding seafood is the level of mercury in certain types of fish. Vulnerable populations, such as young children and pregnant women, are advised to avoid fish with higher mercury content and to limit their weekly fish intake.

With any food-borne illness, careful and consistent handling of raw food can decrease the risk of contamination. Raw poultry and fish must be cleaned and cut on a separate surface and the surface should be completely cleaned before it is used to prepare other foods. Keeping all foods refrigerated until ready to serve will also reduce the risk of food-borne illness. Prompt return of food to the refrigerator after serving will decrease the chance of bacterial contamination.

For further information, the Centers for Disease Control and Prevention (CDC) ([www.cdc.gov](http://www.cdc.gov)) has created a FoodNet site to monitor and report annually the food-borne burden for the United States. In addition, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) have determined an advisory for fish ingestion during pregnancy and for children under five years of age ([www.fda.gov](http://www.fda.gov) or [www.epa.gov](http://www.epa.gov)).

*(This article is not meant to be a substitute for medical advice or care. Please seek medical care from your own health care provider.)*



**All PACCC centers will be closed  
on Monday, July 4, 2005 in  
observance of Independence Day.  
Happy Fourth of July!**

## **Dine For Kids**

PACCC is looking for energetic people to join our planning committee for 2005's **Dine For Kids** event, to be hosted on November 3, 2005. This is a great opportunity for you to get to know PACCC better, learn more about your community and gain experience in planning an event.

If you're interested, please contact Keri Gardner at 650-493-2361 x27. We look forward to working with you on this exciting and meaningful event!

## **Thank You Palo Alto Weekly Holiday Fund!**

PACCC would like to thank the Palo Alto Weekly Holiday Fund for their generous grant of \$10,000 for the re-flooring of PACCC's Sojourner Truth Child Development Center infant and toddler rooms. Thanks to the Holiday Fund's grant, the center received new carpet, linoleum and laminate flooring, creating a safer and more attractive environment for our children and staff. Thank you again Palo Alto Weekly Holiday Fund!