

Child Care Matters

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INSIDE THIS ISSUE:

Your Voice	2
Tu Voz	2
Salud	2

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Child Care Matters

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Let's Celebrate Black History Month!

Come On Family! Grab the Kids! Let's Celebrate! It's Black History Month. All over our communities libraries, museums, churches, schools, day care centers and family child care homes are celebrating with inspirational and thoughtful, artistic and joy-filled activities for all family members .

It is a time to celebrate the journey, culture and achievements of African Americans with your community, and to also recognize all advocates for equality and social justice where ever they are.

Black History Month also offers the special opportunity for family bonding. Collect your own inspirational family achievement



stories. Join together in proudly wearing the unity colors black, green and red on t-shirts, ties, scarves. Have a party, learn traditional dances together, and sing inspiring songs of today.

At a deep level, examine your own experiences as a parent growing up and how you shaped your commitment to justice and equality to empower your life. You are a model for your children who learn by your example. Children are

aware of color at an early age. They also learn from socially prevailing messages about race.

Your children will bring home stories, drawings and questions about their race, culture and who they are. Listen to their questions and answer them. Your role is to foster confidence, positive self- and group identity and competence in your children.

When you share books, attend events and talk about Black History Month you further create an environment that nurtures your children, one that empowers them to speak up about unfairness, to trust their own voice and to love who they are.

ORAL HEALTH CARE FOR KIDS

Even though tooth decay is almost entirely preventable, it is the most common chronic disease in children. Limit sweet snacks and drinks, eat healthy foods and make two dental visits annually. Your baby is born with 20 teeth below the gums that start coming through between 6 months and a year. Most children have their full set of primary teeth by 3

years old. Baby teeth are very important to a child's health and development. They help baby chew, speak and smile. For infants without teeth, parents should wipe baby gums at least twice a day. At 2 years old, start using a pea-sized amount of tooth paste. Supervise tooth brushing and begin the early practice of brushing a least twice a day. Schedule your child's first dental

visit as soon as their first tooth appears, but no later than the first birthday. Why so early? As soon as your baby has teeth, they can get cavities. After the first visit, keep up with two dental visits annually. At 5 or 6 years old, a child's permanent teeth come through. If dental issues arise, visit the dentist right away .

Your Voice: Working Parents Need More Than “Day” Care

Child Care Aware of America is our nation’s leading voice for child care. Child Care Aware of America, in a report addressed to legislators and advocates, has informed them that the inadequate supply of nonstandard hours of child care is problematic and raises concerns about access to safe, affordable, and quality child care for many families in our country. In today’s economy, where anyone can work 24/7, many parents struggle to find reliable, affordable nonstandard hours child care. Nonstandard hours (NSH) is defined as hours worked outside the traditional Monday through Friday work week. By 2020, occupations requiring nonstandard schedules are projected to see the most employment. Factors that affect the likelihood

of needing NSH care including poverty, lack of paid leave, and irregular work schedules. More than one in four Americans with low incomes work a nonstandard hours job. With a declining child care provider market, it’s even harder to find NSH care. Many parents turn to a collection of center-based child care, home-based child care, and child care provided by family, friends, and neighbors. Lack of access to a consistent caregiver puts a strain on both parents and children in a number of ways. Few states have regulations focused on NSH of care, especially for family child care. Realistic regulations for care during NSH could help to further expand licensed care.

Congress recently justified the more than \$2.3 billion increase to the Child Care Development Block Grant (CCDBG) saying, “...the department should work with states to ensure they are meeting the needs of families with nontraditional work hours.” However, more research needs to be done to determine the best practices for programs operating during nights and weekends in order to determine what those standards need to look like.

Source: CCAOA works with state, local Child Care Resource and Referral agencies (CCR&Rs) including Programs for Parents and other community partners to ensure that all families have access to affordable child care.



Tu Voz: Los padres que trabajan necesitan más que "cuidado de día"

Child Care Aware of America es la principal voz de nuestra nación para el cuidado de niños. Child Care Aware of America, en un informe dirigido a legisladores y defensores, les ha informado que el suministro inadecuado de horarios no estándar es problemático y plantea inquietudes sobre el acceso a un cuidado infantil seguro, asequible y de calidad para muchas familias en nuestro país. En la economía de hoy, donde cualquier persona puede trabajar las 24 horas del día, los 7 días de la semana,

muchos padres luchan por encontrar un servicio de guardería confiable y asequible en horario no estándar. Las horas no estándar (NSH) se definen como las horas trabajadas fuera de la semana laboral tradicional de lunes a viernes. Para el 2020, se proyecta que las ocupaciones que requieren horarios no estándar vean la mayor cantidad de empleos. Factores que afectan la probabilidad de necesitar atención de NSH, incluida la pobreza, la falta de vacaciones pagadas y horarios de trabajo irregulares. Más de uno de cada cuatro

estadounidenses con bajos ingresos trabajan en un horario no estándar.



CUIDADO DE SALUD ORAL PARA NIÑOS

Su bebé nace con 20 dientes debajo de las encías que comienzan a aparecer entre los 6 meses y el año. La mayoría de los niños tienen su conjunto completo de dientes primarios a los 3 años de edad. Los dientes de leche son muy importantes para la salud y el desarrollo de un niño. Ayudan al bebé a masticar, hablar y sonreír. Para los bebés sin dientes, los

padres deben limpiar las encías al menos dos veces al día. A los 2 años de edad, comience a usar una cantidad de pasta dental del tamaño de un chicharro. Supervise el cepillado de los dientes y comience la práctica temprana del cepillado al menos dos veces al día. Programe la primera visita al dentista de su hijo tan pronto como aparezca su primer diente, pero a más tardar en el

primer cumpleaños. ¿Porque tan temprano? Tan pronto como su bebé tenga dientes, pueden tener caries. Después de la primera visita, manténgase al día con dos visitas dentales al año. A los 5 o 6 años de edad, los dientes permanentes de un niño salen a través. Si surgen problemas dentales, visite al dentista de inmediato.