

Child Care Matters

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Child Care Matters

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WOMEN'S HISTORY MONTH



Every March we celebrate Women's History Month to recognize the achievements and contributions women have made and continue to make in all areas to improve our society.

Your children's school will probably have activities emphasizing achievements of women in careers that once were only for men. It's a good time to reinforce such learning at home with all family members on board to help the children build a vision of their own success.

Begin by creating a learning environment for success that

begins in infancy. Research has consistently found that parents' who touch and love their children, who give them time and attention have laid a critical foundation for later life success and happiness.

No matter what their age, they will need skills to succeed. After ensuring your child's health and safety, make education the single most important priority. Wanting to learn and go to school begins at a young



age. Before your children start any classes, encourage their curiosity and teach them to love learning and books.

Let your children know you believe in them and their abilities and they will rise to the occasion. Encourage them; help them discover their passion. They will learn to respect themselves and respect others. They will also be excited and inspired by the trailblazers in science, medicine, math, technology, astronomy, etc., who succeeded because of motivation, perseverance and passion.

TIPS TO KEEP YOUR CHILD'S EYES HEALTHY

Eat right during pregnancy and after. Your child will be healthier and you will set a good example.

Eat nutritious meals with fruit, vegetables, nuts and fish.

These foods provide key nutrients and antioxidants, Omega 3 fatty acids, Vitamins C and E,

zinc and lutein linked to good eye health.

Provide sun protection when outdoors with UV coated lenses or shelter. Look at your baby for any haziness or clouding in the pupil. Watch baby for signs that eyes are crossed or turned out.

Have your child's eyes examined regularly, especially during infancy and early years. If your pediatrician or family doctor suspects an eye problem, you will be referred to a pediatric eye doctor. Early detection is critical to effective treatment.

Your Voice: #CHILDCARE4ALL

Sen. Patty Murray, D-Wash., and Rep. Bobby Scott, D-Va., unveiled the Child Care for Working Families Act, which is designed to both expand access to and improve the quality of child-care as well as early-learning programs. The bill would, among other things:

- Provide for cost-sharing between the federal government and states to provide high-quality, affordable child care from birth through age 13.
- More than double the number of children eligible for child care assistance, and ensure all those who are eligible have the ability to enroll their child in a quality program.



- Provide incentives and funding for states to create high-quality preschool programs for low and moderate-income 3- and 4-year-olds during the school day, while providing a higher matching rate for programs for infants and tod-

dlers, who are often harder and more expensive to care for.

- Increase workforce training and compensation, including by ensuring that all child care workers are paid at least a living wage and parity with elementary school teachers if they have similar credentials and experience."

This bill is big, and it's bold," Murray said in a press conference. The proposals in the bill will "jump-start the economy," she added.



Tu: Voz: #CUIDADO INFANTIL PARA TODOS

La Senadora Patty Murray, D-Wash., Y el Representante Bobby Scott, D-Va., Dieron a conocer la Ley de Cuidado Infantil para Familias Trabajadoras, que está diseñada para ampliar el acceso y mejorar la calidad del cuidado infantil, así como también a principios - aprendizaje de programas. El proyecto de ley sería, entre otras cosas:

- Proporcionar costos compartidos entre el gobierno federal y los estados para proporcionar cuidado infantil asequible y de alta calidad desde el naci-

miento hasta los 13 años.

- Más del doble del número de niños elegibles para asistencia de cuidado infantil, y garantizar que todos los elegibles tengan la capacidad de inscribir a su hijo en un programa de calidad.
- Proporcionar incentivos y fondos para que los estados creen programas preescolares de alta calidad para niños de 3 y 4 años de ingresos bajos y moderados durante el día escolar, al tiempo que ofrecen una tasa más alta para los programas para bebés y niños pequeños, que a menudo son más difíciles y más

caro de cuidar.

- Aumentar la capacitación y la remuneración de la fuerza laboral, incluso asegurando que a todos los trabajadores de cuidado infantil se les pague al menos un salario digno y paridad con los maestros de escuelas primarias si tienen credenciales y experiencia similares.

CONSEJOS PARA MANTENER LOS OJOS DE SUS HIJOS SALUDABLES

Comer bien durante el embarazo y después. Su hijo estará más saludable y usted dará un buen ejemplo.

Coma comidas nutritivas con frutas, verduras, nueces y pescado. Estos alimentos proporcionan nutrientes y antioxidantes clave, ácidos grasos omega 3, vitaminas C y E, zinc y luteína relacionados con la buena salud ocular.

Proporcione protección contra el sol

cuando esté al aire libre con lentes recubiertas con UV o abrigo, especialmente si los ojos de su niño son claros.

Sea un ejemplo usando equipo de protección cuando practique deportes.

Mire a su bebé para ver si hay turbidez o nubosidad en la pupila.

Observe al bebé para detectar signos de que los ojos están cruzados o salidos.

Haga que le examinen los ojos a su hijo con regularidad, especialmente durante la infancia y los primeros años.

Si su pediatra o médico de familia sospecha que existe un problema ocular, se lo derivará a un oculista pediátrico. La detección temprana es fundamental para un tratamiento eficaz.