

# Child Care Matters

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## Time to Play Outside

Now that the weather is warm, play outside together! Even though your kids are still in school, day care or family care, squeeze in some time for family physical activities and fun. Physical activity is important for both the physical and mental development of children. Your kids will reap many benefits: better self-esteem, stronger bones, muscles and joints, stronger heart, healthier weight range, and new skills learned in a fun way.

Gross motor activities such as kicking, bouncing and catching games will help your toddler master body movement. A preschooler can be introduced to activities that elevate the heart rate such as dancing, biking and swimming. All of your children, especially older children, will learn vital problem solving and social skills.

Start with small steps to get your family to move more.



Making little changes can help everyone maintain a healthy weight.

**Play tag** instead of watching television. Children love it—especially if they can chase their parents.

**Start a family garden.** Your kids will be so proud of themselves serving their home-grown veggies and herbs at the dinner table. If you have limited space, try growing herbs in pots. Homegrown vegetables and herbs are great money savers. **Go old school.** Help your children draw hopscotch

on the sidewalk. Then dance and play music as you hop.

**Plan a nature scavenger hunt.** Pick up small nets and mason jars for kids to use to catch interesting insects and collect flowers at a local park.

**Organize** neighborhood jump rope or kickball games with your kids and their friends. Remember to include physical activities in your family vacation.



## Does Your Kid Have Airborne Allergies?

The weather is warming up and airborne allergies (carried thru the air) are on the rise. Allergies may show up as itchy eyes, sneezing, a stuffy nose, or trouble breathing. They are often hereditary but some kids have allergies even if *no* family member is allergic.

There's no cure for common air borne allergies some kids have, but symptoms can be managed.

**Pollen** allergies are major and seasonal. When trees and other plants are in bloom, they release tiny particles of pollen

in the air which are highest on warm, breezy, dry days. Your kid loves the outdoors. So have your kid take a shower and change clothes afterwards. Keep windows closed, air conditioning on, when pollen season is at peak.

# Your Voice April 2019

*With seven in ten mothers in the workforce today, child care is essential. Families need affordable, high-quality child care and early learning so parents can keep working and children can get a strong start.*

The U.S. Congress, bipartisan vote, has approved a FY2019 "omnibus" appropriations package that includes \$260 million in increases to the federal early childhood education programs. Notably, in addition to a \$200 million increase to funding for Head Start and Early Head Start, lawmakers voted to increase funding for the Child Care and Development Block Grant (CCDBG) program by \$50 million, building on the historic \$2.37 billion increase the program received in FY2018.

"Congress has again prioritized the care and education of America's young children, building on years of bipartisan progress and commitment from lawmakers," said First Five Years Fund (FFYF) Executive Director Sarah Rittling. "The funding levels included in this bill will support greater access to, and the quality of early childhood education programs that are proven to support children's healthy development and prepare them for a lifetime of achievement. We are grateful to Democratic and Republican leaders in the House & Senate for their unwavering support for children from birth through age five." Take a look at the final FY2019 funding numbers:  
Child Care and Development Block Grant (CCDBG)

\$5.3 billion-\$50 million above FY2018  
Early Head Start / Head Start \$10.1 billion- \$200 million above FY2018  
Preschool Development Grants \$250 million-Level with FY2018  
Child Care Means Parents in School \$50 million -Level with FY2018  
IDEA Part B Preschool Grants \$391.12 million-\$10 million above FY2018  
IDEA Part C Grants for Infants and Families \$470 million-Level with FY2018



## TU VOZ Abril 2019

*Hoy día, con siete de cada diez madres en la fuerza laboral, el cuidado infantil es esencial. Las familias necesitan una guardería asequible y de alta calidad y un aprendizaje temprano para que los padres puedan seguir trabajando y los niños puedan tener un buen comienzo.*

El Congreso de los Estados Unidos, por votación bipartidista, aprobó un paquete de apropiaciones de "ómnibus" para el año fiscal 2019 que incluye \$260 millones en aumentos a los programas federales de educación infantil temprana. En particular, además de un aumen-

to de \$200 millones a los fondos para Head Start y Early Head Start, los legisladores votaron para aumentar los fondos para el programa de Subsidios Globales para el Cuidado y el Desarrollo Infantil (CCDBG) en \$50 millones, basándose en el histórico aumento de \$2,37 mil millones que recibió el programa en FY2018. "El Congreso ha priorizado nuevamente el cuidado y la educación de los niños pequeños de Estados Unidos, basándose en los años de progreso y compromiso bipartidistas de los legisladores",

dijo la Directora Ejecutiva del Fondo de los Cinco Años (FFYF), Sarah Rittling. "Los niveles de financiamiento incluidos en este proyecto de ley respaldarán un mayor acceso y la calidad de los programas de educación de la primera infancia que se ha demostrado que apoyan el desarrollo saludable de los niños y los preparan para toda una vida de logros. Estamos agradecidos a los líderes demócratas y republicanos en la Cámara y el Senado por su apoyo inquebrantable a los niños desde el nacimiento hasta los cinco años".

## ¿Su hijo tiene alergias en el aire?

El clima se está calentando y las alergias en el aire (transmitidas por el aire) están aumentando. Las alergias pueden aparecer como picazón en los ojos, estornudos, congestión nasal o dificultad para respirar. A menudo son hereditarios, pero algunos niños tienen alergias, incluso si ningún miembro de la familia es alérgico. No hay cura para las alergias comunes

transmitidas por el aire que tienen algunos niños, pero los síntomas se pueden controlar.

**Las alergias al polen** son importantes y estacionales. Cuando los árboles y otras plantas florecen, liberan pequeñas partículas de polen en el aire, que son más altas en los días cálidos, ventosos y secos. Tu hijo ama el aire libre. Así que

haz que tu hijo se bañe y luego se cambie la ropa. Mantenga las ventanas cerradas, el aire acondicionado encendido, cuando la temporada de polen está en su punto máximo.

