

# Child Care Matters

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## Things We Learn from Children

Children live in the moment, every day is a new day and having fun is an absolute must for them. Children can teach us the essentials of navigating through life as happy, resilient adults. Here are some of the rules:

1. Find happiness in the smallest of things. You are a family. You have each other to sing and dance with, to say good night or good-bye to with hugs and kisses. Don't worry about what the neighbors think of you. See the world thru a child's eyes to find the wonder around you.

2. It's okay to cry when you're upset-it can be very therapeutic. Researchers say crying is healthy because



we cry out chemicals that cause stress and emotional imbalance. They also say crying is important when it's time to let things go and move on with life.

3. It's okay to ask for help when you need it. Parents sometimes feel they have to do everything themselves. You need a support system of family and/or friends when a newborn arrives, the car breaks down. Seek out helping resources when crisis occurs; they are avail-

able. Consider out sources for cleaning to spend more time family.

4. A nap or a cuddle can ease or fix a lot of things. At times we all can feel stressed, upset, exhausted or just need a time-out. Taking a nap can really help...Coping with a difficult decision? Sleep on it overnight. You'll have clarity to find answers in the morning. The human touch of a cuddle-up releases a hormone called oxytocin that makes us feel happy and loved. The kids will love it.

## Kids and Hot Cars

Never leave a child unattended in a vehicle. Even on mild or cloudy days temperature inside a vehicle can reach life-threatening levels. Leaving windows slightly open doesn't help.

Keep car doors locked so children cannot gain access,

and teach them that cars are not safe areas. There is no safe time to leave a child alone, even if you are running a quick errand.

Commit to using a reminder that a child is in the back seat: Place a stuffed animal or toy in the front seat. Set an alarm on

your cell phone. Put something you need (hand bag, cell phone) in the back so that you have to open the back lock. Consider technology available now that alerts driver to check the back seat.

## Your Voice: GOOD NEWS FOR NJ CHILDREN AND FAMILIES

The NJ FY 2020 Budget provides increasing support to children and families and the growing middle class, including big expansions in pre-school funding. This funding will increase young children's readiness for kindergarten and beyond:

**\$68 million increase to maintain and expand access to preschool.** These additional dollars will allow more 3- and 4-year-olds from low-income families to benefit from our state's nationally recognized model of high quality preschool.



**A \$206 million increase in K-12 school funding** to put New Jersey on a path to full school funding; **A \$15 million increase in child care funding** that will improve the child care subsidy system program

payment rates, create new incentives to expand infant care and prioritize quality care and services; **\$2 million toward the State's outreach strategy for the 2020 Census**; **\$30 million to increase the Earned Income Tax Credit (EITC)** as well as the continuation of the Child and Dependent Care Tax Credit to help low-income working families.



## Tu Voz: BUENAS NOTICIAS PARA NIÑOS Y FAMILIAS

El presupuesto de NJ FY 2020 brinda un apoyo creciente a los niños, las familias y la clase media en crecimiento, incluidas las grandes expansiones en la financiación preescolar. Esta financiación aumentará la preparación de los niños pequeños para el jardín de infantes y más allá:

**-Aumento de \$ 68 millones para mantener y ampliar el acceso al preescolar.** Estos dólares adicionales permitirán que más niños de 3 y 4 años de familias de bajos ingresos se beneficien del modelo de preescolar de alta

calidad reconocido a nivel nacional de nuestro estado.

**-Un aumento de \$ 206 millones en fondos escolares K-12** para poner a New Jersey en un camino hacia el financiamiento escolar completo;

**-Un aumento de \$ 15 millones en la financiación del cuidado infantil** que mejorará las tasas de pago del programa del sistema de subsidio para el cuidado infantil, creará nuevos incentivos para ampliar el cuidado infantil y priorizará la atención y los servicios de

calidad;

**-\$2 millones para la estrategia de divulgación del estado para el Censo de 2020;**

**-\$30 millones para aumentar el Crédito Tributario por Ingreso del Trabajo (EITC, por sus siglas en inglés),** así como la continuación del Crédito Tributario por Cuidado de Menores y Dependientes para ayudar a las familias trabajadoras de bajos ingresos.

## Salud: Niños y vehículo calientes

Nunca deje a un niño desatendido en un vehículo. Incluso en días templados o nublados, la temperatura dentro de un vehículo puede alcanzar niveles potencialmente mortales. Dejar las ventanas ligeramente abiertas no ayuda.

Mantenga cerradas las puertas de los automóviles para que los niños no puedan acceder y enséñeles que los automóviles no son áreas de salvación. No

hay un momento seguro para dejar a un niño solo, incluso si está haciendo un recado rápido.

Comprométase a usar un recordatorio de que un niño está en el asiento trasero: Coloque un animal de peluche o un juguete en el asiento delantero. Pon una alarma en tu celular. Ponga algo que necesita (bolsa de mano, teléfono celular) en la parte posterior para que

tenga que abrir el bloqueo de la parte posterior. Considere la tecnología disponible ahora que alerta al conductor para que revise el asiento trasero.

