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Homeletter

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San Diego County Family Child Care Association

TROUBLE IN SAN MARCOS !!

Many of you are aware of the recent issue in San Marcos regarding Linda Rodriguez and her Permit from the City of San Marcos.. Please be aware that this could happen to any of us. For those of you who are not aware, here is a brief history. A “workshop” was held to discuss the application by Linda Rodriguez for a Large License Permit by the City of San Marcos. At the workshop many providers including SDCFCCA

Continued on page 10...

Inside This Issue...

Around The Capitol	2
Look What's New	3
Preschool For All	3
A Message From the UCCU	4
Parent Survey	5
Good-Bye / Welcome	5
Bye-Bye Blues	6
Scary Utopia	7
Rebuttal to Scary Utopia	8-9
Provider ALERTS	10
Event Calendar	11
SDCFCCA Application	12

Summertime Tips From Our President...

Cheryl Cook

It's that time of year again! Summer vacations and activities bring lots of excitement but we also need to be prepared so that we can prevent injuries for our children. Here are some things to keep in mind.

FUN IN THE SUN

Babies Under 6 Months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long sleeved shirts, and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount to small areas, such as the infants face and the back of the hands.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF (sun protection factor) should be at least 15.

For Older Children:

- The first, and best, line of defense is covering up. Wear a hat with a three inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of UV rays), and cotton clothing with tight weaves.
- Stay in the shade whenever possible, and avoid sun exposure dur-

ing the peak intensity hours– between 10 a.m. and 4 p.m.

- Use a sun screen with an SPF of 15 or greater. Be sure to apply enough sunscreen– about once per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

POOL SAFETY

- Never leave children alone in or near the pool, even for a moment.
- Install a fence at least four feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through the fence.
- Make sure pool gates open out from the pool, and self close and self latch at the height children can't reach.
- Keep rescue equipment (a shepherd's hook– a long pole with a hook at the end– and life preserver) and a portable telephone near the pool.
- Avoid inflatable swimming aids such as “floaties” . They are not a substitute for approved life vests and can give children a false sense of security.
- Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under four should not be seen as a way to decrease the risk of drowning.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing “touch supervision.”

Continued on page 4