

September 2014

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California Kids!

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Sacramento Zoo announces giraffe pregnancy

The Sacramento Zoo is excited to announce that Shani the Zoo's female Masai Giraffe is pregnant with her first calf. It is estimated that she will give birth in November or December.

The Sacramento Zoo is home to five giraffes: three female Reticulated Giraffes, one male Masai (Chifu) and one female Masai (Shani). In 2010, the Zoo completed renovations on the giraffe exhibit that includes a state-of-the-art, heated, block barn that is fully equipped for the birth of calves.

The Masai Giraffe is the largest giraffe subspecies and is found in southern Kenya and Tanzania. In addition to a difference in size, Reticulated and Masai Giraffes tend to have slightly different spots - a Masai giraffe's spots are usually darker and irregular in shape. Gestation is 14 to 15 months with the female giving birth alone in a secluded spot free from predators. When a

calf is born, it can be as tall as six feet and weigh 150 pounds. Within minutes, the baby is able to stand on its own.

The Sacramento Zoo is located in William Land Park, at 3930 W. Land Park Drive, Sacramento. For more information, visit saczoo.org.

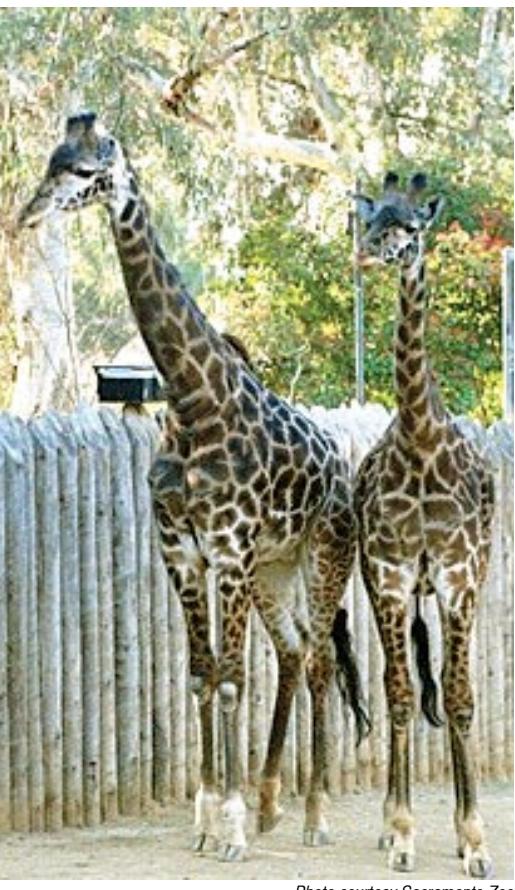


Photo courtesy Sacramento Zoo

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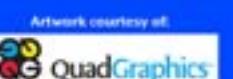
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A Note from the Nurse Does Your Child Need Vitamins?

By Connie Goldsmith
RN, BSN, MPA

Most parents want to do what's best for their children. In many cases, that includes giving them a vitamin and mineral combination to ensure good nutrition. Nearly half of American three-year-olds take multivitamins. Do children even need multivitamin and mineral (MVM) supplements? Are MVMs helpful? Useless? Possibly harmful? With so many children taking MVMs, it's surprising that very little solid clinical research exists to weigh the benefits and possible side effects of MVM use among children.

Start with good food

"Food is always the best way for people to get all the vitamins and minerals they need," says Dale Ames Kline, Registered Dietician. "The less processed the food, the more nutritious it is. Whole foods also contain other substances that keep us healthy." Foods are the best source of nutrients. Regular meals and snacks can provide all the nutrients most young children need.

The American Academy of Pediatrics does not recommend MVMs for healthy children over one year old and adolescents who eat a healthy and varied diet. Many children are picky eat-

ers, but that doesn't necessarily mean they have nutritional deficiencies. Many common foods, such as cereals, milk, and orange juice, are fortified with nutrients including B vitamins, vitamin D, calcium, and iron. Fortifying foods means adding vitamins and minerals which were not originally in the product. Breads are commonly enriched, which is the process of returning vitamins lost in refining flour to the final product. Your children may be getting more vitamins and minerals than you realize.

A study by UC Davis Children's Hospital analyzed data from 11,000 children between two and seventeen years old. The data showed that most healthy children who take daily MVMs probably don't need them because they get adequate nutrition from their food. On the other hand, the study also found that children (uninsured, low socioeconomic group, and those in poor health) who could benefit most from MVM use were less likely to be taking them.

A group of doctors writing in 2013 for the Annals of Internal Medicine titled their editorial, "Enough is enough. Stop wasting money on vitamin and mineral supplements." The researchers concluded there is now enough evidence to advise against routinely giving MVMs; their use is not justified, and they should be avoided.

Not without risk

A study published in the Journal of Pediatrics found that children who take MVMs are at greater risk than nonusers of getting too much iron, zinc, copper, selenium, folic acid, and vitamins A and C. Large doses of certain vitamins and minerals can be toxic to children. B vitamins and vitamin C are water soluble so that excessive amounts readily leave the body in urine.

However, vitamins A, D, E and K, are fat soluble, meaning that excess amounts over what the body needs concentrate in the body's fat. Vitamins stored in fat stay in the body for a long time. Each additional dose of that fat-soluble vitamin increases the risk of complications such as dizziness, vision and blood clotting problems. Eating a normal balanced diet is unlikely to cause toxic levels of fat-soluble vitamins.

Resources: American Academy of Pediatrics site for parents at www.healthychildren.org, Mayo Clinic, "Should I give multivitamins to my preschooler?" at: <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-answers/multivitamins/faq-20058310>.

Note: The information contained in this article is not intended to replace medical advice. Parents and caregivers should always contact their child's doctor for guidance with any health concerns.

Who can benefit?

Certain children need MVMs because their nutritional needs cannot be met by food alone. According to Dr. Jay Hoecker of the Mayo Clinic, MVMs may be indicated for children with: failure to thrive; food allergies;

certain chronic diseases; and restrictive diets (such as a vegan diet). A child with milk allergies may need calcium tablets. A child on a vegan diet is likely to need a vitamin B-12 supplement because B-12 is found exclusively in animal products.

MVMs may be indicated for children who refuse to eat a varied diet. Some children have low levels of vitamins D and E, and calcium, according to the American Academy of Pediatrics. Kline says, "There are times when extra vitamins and minerals are used to treat specific health conditions. The use of these supplemental nutrients should be based on medical need." So think about checking with your pediatrician before giving daily MVMs to your child. They could help. They could be useless. And they could even be potentially harmful.

Resources: American Academy of Pediatrics site for parents at www.healthychildren.org, Mayo Clinic, "Should I give multivitamins to my preschooler?" at: <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-answers/multivitamins/faq-20058310>.

Note: The information contained in this article is not intended to replace medical advice. Parents and caregivers should always contact their child's doctor for guidance with any health concerns.

Connie Goldsmith writes health and science books for young people and continuing education courses for nurses. She worked as a pediatric triage nurse on a 24/7 nurse advice line for several years. Her next book, about dietary supplements, will be published spring 2015. She maintains a health blog at www.conniegoldsmith.com.

Have fun coloring!



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CALIFORNIA KIDS! Family Fun Guide • SEPTEMBER 2014

Effie Yeaw Nature Center events

S ave the Date! Nature Fest 2014 is coming up Sunday, October 5. Join the staff for this great annual event featuring live animal shows, kids activities, nature and recreation themed demonstrations and exhibits. Family-friendly food and beverages available or bring a picnic. \$5/person aged 13 and up, 12 and under FREE, and FREE parking (a \$5 value). More info at www.SacNatureCenter.net or (916) 489-4918.

Free Weekend Activities

September 6, Saturday, Walk on the Wild Side, 10:30 a.m.

Tiptoe like coyote through the trails in hopes of sneaking a peek at deer, turkey, woodpeckers and other wild neighbors on this outdoor adventure.

September 7, Sunday, Coyote Tales, 1:30 p.m.

Join the staff for a Native American story about Coyote and then get a close-up look at a coyote pelt, skull and mounted specimen.

September 13, Saturday, Plants with Purpose, 10:30 a.m.

Discover how the first Californians used only what the land provided for everyday life. Learn uses of many plants such as tule, willow, and other native plants that provided food, medicines, baskets and other necessities.

September 14, Sunday, Raptors: Fantastic Fliers, 1:30 p.m.

Meet a live raptor and discover why they are such skilled hunters and fantastic fliers.

September 20, Saturday, Birding for Families, 10:30 a.m.

Bring the family out for a birding and nature walk led by a Naturalist and special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed. Make sure to bring your binoculars, or the staff can loan you a pair.

September 21, Sunday, Under the Oaks, 1:30 p.m.

Our mighty oaks provide food and shelter for many animals and insects. Learn how to identify the three species of oak trees found in the Nature Preserve and who may be living in them.

September 27, Saturday, Galls for Fall, 10:30 a.m.

Join a naturalist for a walk in the nature preserve to explore those inventive insects who build their homes in plants.

September 28, Sunday, Sun Seekers, 1:30 p.m.

Some have scaly skin, some have slimy skin, some have legs, some don't. Can you guess what they are? Join and meet one of these cold-blooded critters up close.

The Effie Yeaw Nature Center is located 2850 San Lorenzo Way, at California Avenue and Tarshes Drive, Carmichael. Donations are gratefully accepted. There is a \$5 per car entrance fee into Ancil Hoffman County Park (Free to members). For more information, call (916) 489-4918 or visit www.sacnaturecenter.net.

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Back to School!

H ey Kids! It's time to go back to school! It's also time to shop for new clothes, school supplies, backpacks and your favorite lunch pail. Have fun searching for the hidden words related to back to school. Look carefully, words can appear vertically, horizontally, diagonally, backwards and upside down. Good luck hunting.

O X C N C I P B I N D E R S K R T
S M H T A L O C K E R S A F D F H
E N A Q F T M R A D E S X N F R E
D X L S E I R A D L E H U B X I R
A K K K T O L A T T I O I T V E M
R C B L E N Q C B H R M R L T N O
G A O A R B T E S G E E A Q O D S
P P A W I A C K Y N R W C P D S C
E K R S A F C A D N D O B O O K S
N C D S F A L V T X S R A P E R X
C A E O O P L S I T L K L N T R F
I B R R O S G R S E E C N E I C S
L L C C D Q A E T E R A S E R S V
S A D S L I T N S K O O B E T O N
B U S D R I V E R T E A C H E R S

Backpack

Binders

Books

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Chalkboard

Crosswalk

Erasers

Friends

Grades

Homework

Lockers

Math

Notebooks

Playground

Pencils

Science

Teachers

Tests

Thermos



MAKE IT YOURSELF!

Bead Figure Pencil Topper

This bead figure pencil topper is a quick and easy craft for kids. Kids can really use their imagination to create these.

You will need:

A pipe cleaner, 2 beads (one for the head and one for the body), scraps of wool (or ribbon), craft foam, pom-poms as decorations, permanent marker, glue.

You will need to:

Thread the pipe cleaner through the bead that you will be using as the body, then through the head bead, then back through the body. Twist around to secure and then wrap around a pencil. Stick on wool or ribbon hair, two small rectangles of craft foam as arms and two as legs. Add mini pom-pom feet. Finish off by drawing on a face with permanent marker.



School bus craft

Here's a fun way to get your kids in the mood for "Back To School" and excited about seeing their school friends again.

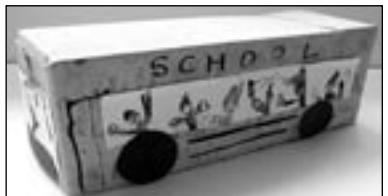
You will need:

Box, yellow paint, white and black paper, glue, pens

You will need to:

Paint the box yellow and leave to dry. Cut out two rectangles of white paper, about half the height of the box and a bit shorter than the length. Draw a line of people's faces on each one. Glue these to the sides of the box as the windows. Cut a rectangle for the front window and draw on the driver. Stick this to the front of your bus. Cut out another small rectangle for the back window and glue it on to the back of the bus.

Cut 4 circles for wheels from black paper. Also from black paper cut a rectangle to be your radiator at the front of the bus. Glue these to the bus. Finish off by drawing the door, headlights, number plates and writing school along each side with coloring pens.



Back to school countdown

This is a lovely way to help children anticipate starting school.

You will need:

Sheet of A3 paper, scraps of colored paper, black paper, chalk, pens, glue, small rectangle of card, passport size photo (optional), sticky tack

You will need to:

From the colored paper cut out scraps to make a house and a school. Lay these on the A3 paper, the house in the top left, school bottom right. From black paper cut 14 (or however many days you intend to count down for) rectangles. Lay these on the paper so they form a path from home to school. When you are happy glue everything in place. Use colored pens to add windows and other details. On the black rectangles write numbers, starting at the house with 14 and counting down to 1 next to the school. Glue the photo on to the scrap of card. Alternatively you could draw yourself or a school bus. Pin the paper up, and stick the card to the house with stick tack. Every day as the time gets closer to starting school move the card one space closer to the school.



Model Schoolhouse craft

Raid the junk drawer to make this fun model schoolhouse. It makes a great "back to school" craft for kids.

You will need:

A juice/milk carton and a box, red, yellow, white and black paper, white (PVA) glue

You will need to:

Stick the box and carton together to form your school house shape.

Water down the glue slightly. Rip up the red paper, dip in the glue and cover the school house. Leave to dry. Cut two rectangles of black paper - one for the roof of the school house and one for the roof of the tower. Fold in half and glue in place. Cut two windows from white paper, a door from black and a bell from yellow and glue on to the school house. Add any other decoration that you like - perhaps ask your child to draw some children at the windows.



Crafts courtesy of: www.ActivityVillage.co.uk - Keeping Kids Busy

Baby Sleep Problems

Local sleep consultant Stephanie Carslake helps parents solve challenging sleep problems and improve family health and happiness. Parents of newborns may joke about sleep deprivation being a "rite of passage," but the fact is that many families suffer sleepless nights for months (or even years) – and the toll it takes on the child AND the parents are no laughing matter.

According to local infant and toddler sleep consultant Stephanie Carslake, tackling the problem early is the most important step in avoiding these issues. Through one-on-one sessions and group seminars, Carslake helps parents develop a customized sleep plan that addresses their family's specific challenges, using techniques and strategies from The Sleep Sense™ Program developed by world-renowned sleep expert Dana Obleman.

She offers one-on-one sessions and group seminars for parents, and is available to lead workshops at drop-in groups or for public appearances at a reduced or pro-bono rate. She can be reached at 619-200-2544 or online at stephanie.carslake@gmail.com.

More information about Stephanie and the Sleep Sense™ program are available at www.sleeptightgoodnight.com. To book a consultation or enquire about the next group seminar, contact Stephanie directly at 619-200-2544.

Advertorial



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Who wrote that?

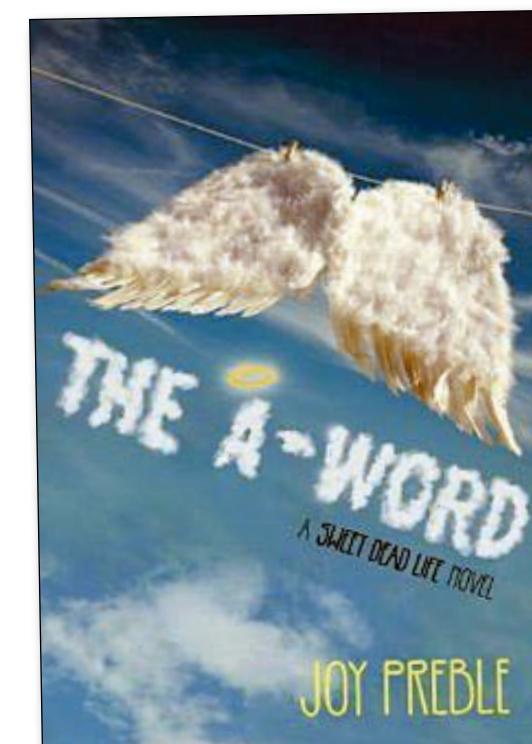
The Creators of Your Child's Favorite Books

Featuring Jay Preble

By Patricia Newman

"Being an older sister was a very central role for me when I was a kid," Joy Preble says. "We were children of older parents." Which translated to benign permissiveness in comparison to today's world of helicopter parents. Preble and her brother would leave their Chicago house mid-morning and return late in the afternoon. Often, they took in a Cubs game arriving when the gates opened to watch field cleaning and batting practice. They'd hang over the fence and chat with players. Throughout it all, Preble knew she was responsible for her brother's welfare, a responsibility she took very seriously. "This sibling relationship is such a strong relationship, yet it's not one you choose. It's just one you're given," she says. Most of her books for young readers explore this bond. For instance, in *Sweet Dead Life* and *The A-Word*, Preble's novels that appeal to both middle-grade and young adult audiences, siblings Jenna and Casey care for each other even after one of them dies.

"I've been a writer and a reader as long as I can remember," Preble says. In addition to teaching high school English, she wrote nonfiction articles, personal narratives and essays for such publications as *English Journal* and the



Houston Chronicle. Her journalistic work helped her realize that she could indeed be a published author, and during this time she started novels without finishing them.

About ten years ago, Preble began to attend a creative writing group that met at Barnes and Noble on Monday nights. She listened to fellow group members read from their manuscripts and jotted down craft tips. Although she never shared her own work, the group encouraged her to look inward and find her voice. "What I liked to watch on television, what I liked to read often had younger characters," Preble says. "I realized that the reason I wasn't finishing my 'grown-up' novels was because I wasn't supposed to be writing them." She needed to be writing stories about growing up—that period of time in later adolescence where everything is so heightened and intense. It's the coming of age, it's the first kiss, it's getting your driver's license."

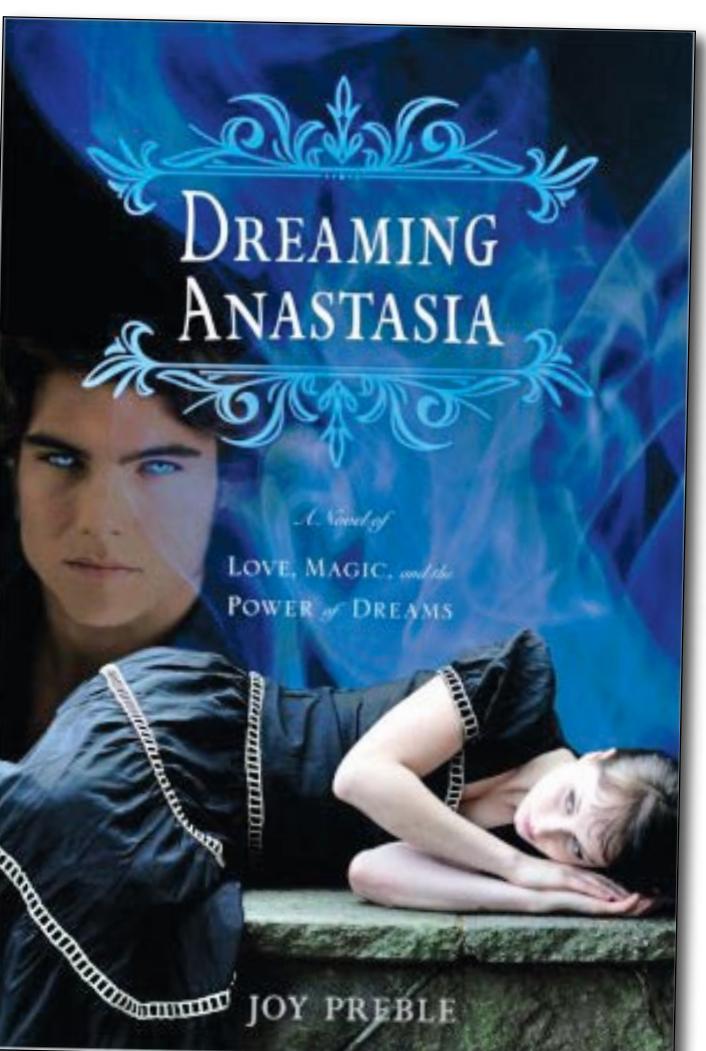
Preble writes from an upstairs office in her Houston home usually six days per week. During the first draft

times the most awful things. I'm shocked that it doesn't inspire everybody in one way or another."

Add to Preble's people-watching a love of genre fiction such as sci-fi or fantasy, and a bit of trash TV and you have a crazy mix of interests. For instance, she says, "I've been fascinated with the Romanovs since I was in seventh grade. I read *Nicholas and Alexandra* and the Romanov tragedy stuck with me." She also wrote *Star Trek* fan fiction as a kid and gave Mr. Spock a love life long before Hollywood set him up with Uhura. Preble wrote her stories on yellow legal pads and exchanged them with friends. As an adult, Preble became obsessed with *Buffy the Vampire Slayer's* unusual melding of genres. Remembering her own fascination with the Romanovs and sci-fi, she decided to experiment with her own writing. *Dreaming Anastasia*—the result of melding Baba Yaga fairy tales, fantasy, and the Russian Grand Duchess Anastasia—was ahead of its time.

Sometimes the germ of an idea comes from the minutia of everyday life. While on a road trip from Houston to Dallas, Preble and her husband stopped at a roadside restaurant. At the time, Preble was struggling with a romantic comedy novel that wasn't working. "I wasn't writing the book I was supposed to be writing," she says. Preble visited the restaurant's ladies' room and the walls were festooned with the usual graffiti messages promising a good time or salvation. In this unlikely place, an idea came to Preble. "What if there were these two sisters who were on a road trip...The older one went into the bathroom and didn't come out, and left a graffitied message for the younger one to find and sent her on a scavenger hunt." Preble calls her upcoming novel *Finding Paris* and describes it as "a creepy, angrier *Thirteen Little Blue Envelopes*...a sibling story about a missing sister and a very dark secret."

Preble's characters are born from observations of people. "I'm quiet by nature, so I listen. People say and do the strangest and most wonderful and some-



says. At the time of this interview, Preble was immersed in fountain of youth lore for *It Wasn't Always Like This*, an upcoming 2016 release that Preble describes as *Tuck Everlasting* meets *Veronica Mars* or "a girl, a boy, a fountain of youth and what happens when you're stuck at seventeen."

Preble writes from an upstairs office in her Houston home usually six days per week. During the first draft stage she tries to adhere to a goal of 2,000 words per day. Sometimes she writes with friends during what she calls a write-a-thon—a mini-retreat in which there is no conversation until the timer rings. "People have a romanticized idea of what [writing] is like," she says. "In reality, it's you in dirty yoga pants typing punctuated by a spoonful of Nutella."

Next month: Loree Griffin Burns

Patricia Newman visits schools! Her newest book *Plastic, Ahoy! Investigating the Great Pacific Garbage Patch* a Junior Library Guild Selection, is now available. Visit her website at www.patricianewman.com for more information.

LEARN MORE ABOUT JOY PREBLE

Visit: www.joypreble.com

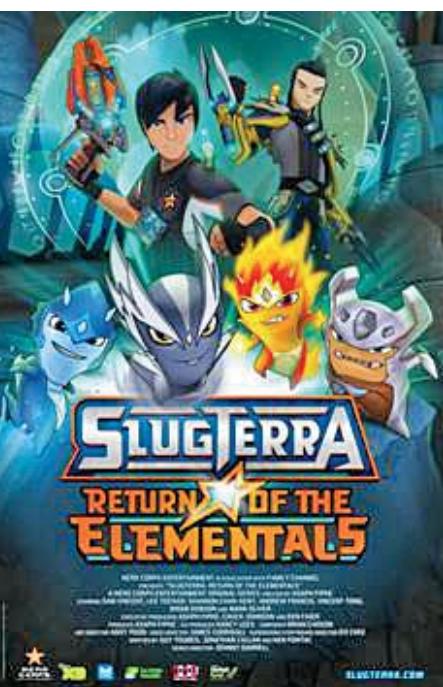
SELECTIONS FROM JOY PREBLE'S LIBRARY

The A-Word, Soho Press, 2014.
The Sweet Dead Life, Soho Press, 2013.
Anastasia Forever, Sourcebooks, 2012.
Haunted, Sourcebooks, 2011.
Dreaming Anastasia, Sourcebooks, 2009.

Upcoming

Finding Paris, Balzer and Bray/Harper Collins, April, 2015.
It Wasn't Always Like This, Soho Press, Spring, 2016.

Choose your ammo
Slug it out!



Shout! Factory, Screenvision and Nerd Corps Entertainment have teamed up to bring a new epic feature-length original movie *Slugterra: Return of the Elementals*.

In *Slugterra: Return of the Elementals*, Junjie, a new member of the Shane Gang is a master of the mysterious slug slinging art of Slug Fu! But even with the power of five slingers, the Shane Gang are in over their heads as they attempt to protect the five legendary Elemental Slugs, ancient slugs of great power and the forebears of all slugs in *Slugterra*. When an evil alliance starts hunting down the Elementals, Eli and his friends—old and new—take off in pursuit of the greatest threat their world has ever faced!

Information on local theater listings can be found at SlugterraOnScreen.com. For more information or to purchase the DVD, visit ShoutFactory.com. Additional information can be found at: www.slugterra.com

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Programs at Fairytale Town

- September 7, Sunday, Grandparents Day, 9 a.m. to 4 p.m.

Celebrate National Grandparents Day at Fairytale Town. Bring grandma and grandpa for an enjoyable day of play in the park. Grandparents receive free admission when accompanied with a child ages 0-12. Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information, visit www.fairytaletown.org or call (916) 808-7462.



Photo courtesy Fairytale Town

- September 13, Saturday, Sacramento Play Summit, 9:30 a.m. to 4:30 p.m.
Central Library, 828 I Street, Sacramento

Play is the most important work of childhood. The second annual Sacramento Play Summit, presented by Fairytale Town, the Sacramento Public Library and ScholarShare Speaks, aims to highlight the importance of play, the many types of play, ways to incorporate play into daily and school life, and more. Dr. Stuart Brown, founder of the National Institute for Play and author of "Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul," will be a featured keynote speaker. Registration begins September 1: \$45 per person; \$35 students, seniors, members of Fairytale Town, Friends of the Sacramento Library, and ScholarShare account holders. For more information, visit www.fairytaletown.org or call (916) 808-7462.

- September 19, Friday, Talk Like a Pirate Day, 10 a.m. to 2 p.m.

Ahoj, me hearties! Join Fairytale Town in celebrating international Talk Like a Pirate Day. Learn pirate vocabulary, songs of the seas and tales of adventure on the high seas at "Pirate Skool," presented by the Pirates of Sacramento. Enjoy plenty of pirate themed fun, games and activities for yer whole family, savvy? Talk Like a Pirate Day is free with paid park admission. Weekday admission is \$4.50 for adults and children ages 2 and older.



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THE BOOK REPORT

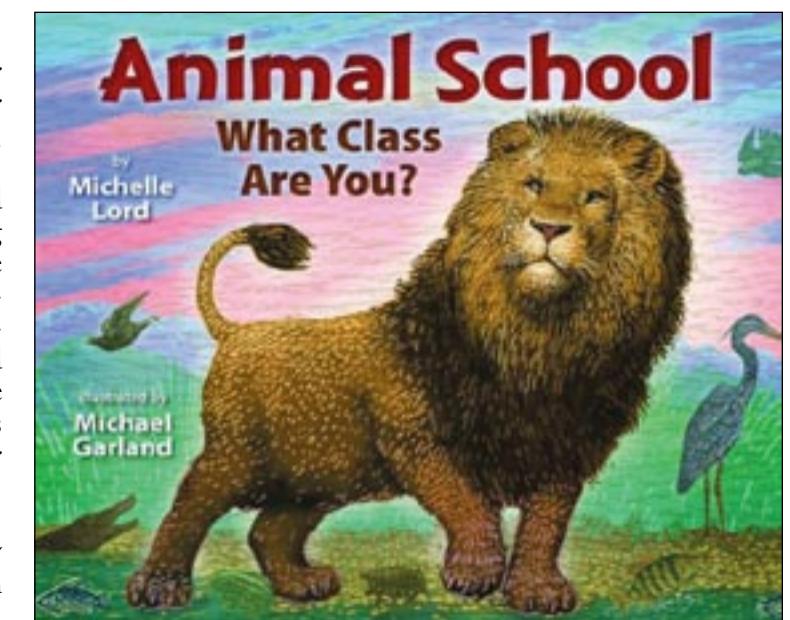
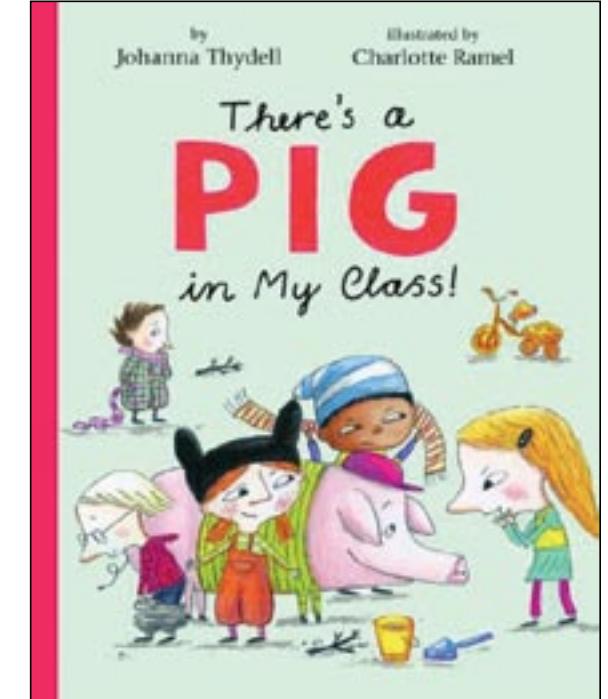
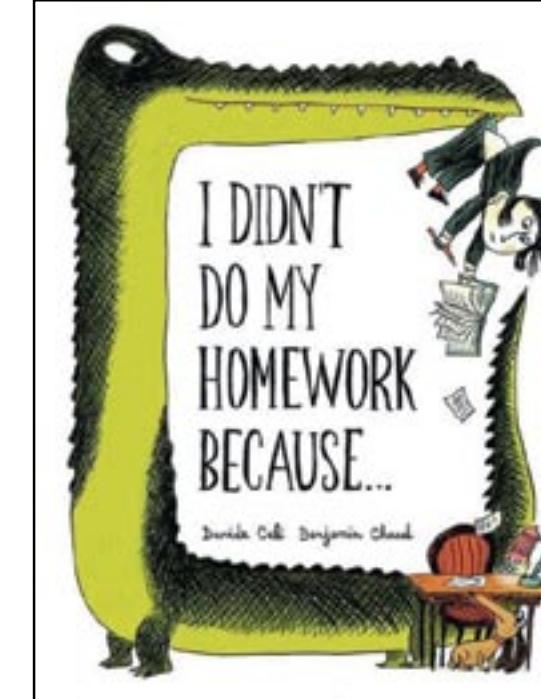
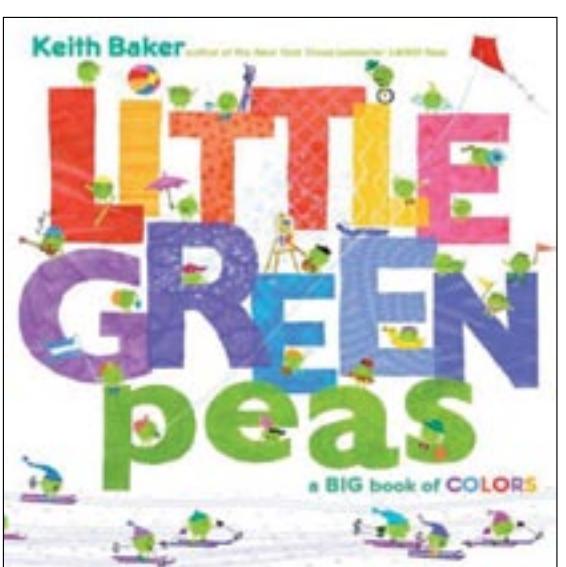
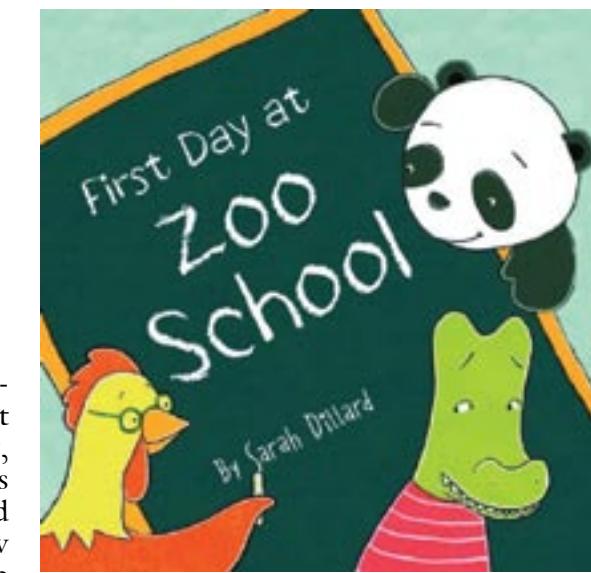
It's Back to School Time!

By Connie Goldsmith

Whether your child is a kindergarten novice or an "experienced" second grader, reading a book about school can help pave the way back after summer break. School is the work of children, and it helps if they're well-prepared. The very youngest child may ask, "What will I do?" Older children may worry about making friends or wonder about their new teacher. Back-to-school books can smooth away those worries. School may seem a little scary at first, but it won't be long before most kids feel right at home.

"*I Didn't Do My Homework Because . . .*" by David Cali, illustrated by Benjamin Chaud. (Chronicle Books). Any child who didn't do his homework may wish to try one of these hilariously silly excuses. "Giant lizards invaded my neighborhood," and "The neighbors asked if we could help them look for their armadillos." The ending twist is sure to make readers giggle. This small format is perfect for the child who can read or the one who loves to search the rich art for funny details (such as the armadillos hiding in plain sight). And be sure to look for the lost homework hidden on each chaotic page. The back cover warns readers to use each excuse only once because the teacher will always figure out what's going on.

"*Animal School. What Class are You?*" by Michelle Lord, illustrated by Michael Garland. (Beach Lane). Maybe you've got a little one who is too young for school. A new book can help alleviate any envy of the big sister or brother who's off to first grade. This charming book about vertebrates is perfect for the very youngest. This big-format book begins with blue. "Blue boats, blue seas, blue flags, and [page turn] little green peas." Kids will giggle with glee as they spot the peas cavorting on



every page. They go to the beach, ride in cars, watch baseball games, and visit a café. These peas do really funny things! Tiny details fill each brightly colorful and engaging page. This is also a seek and find book, as each page has a ladybug and a paper airplane. This is one of those books good enough to pass from child to child. ** Reviewer's pick of the month**

Connie Goldsmith (www.connie-goldsmit.com) lives in Carmichael where she writes for adults and children. Her newest nonfiction juvenile books, "Bombs over Bikini," and "Traumatic Brain Injury: from concussion to coma," are now available. Other books include: "Battling Malaria: on the Front Lines Against a Global Killer," and "Influenza," one of the USA Today Health Reports series. Her books can be found in school and public libraries, and at online booksellers.

Back to School & Child Care



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Brand new for 2014 are Crayola Ultra-Clean Washable Markers, featuring all-new washability technology that allows these markers to wash out of skin, clothing and now from painted walls! Ultra-Clean will allow teachers to wash off common classroom desks with ease.

Crayola Visi-Max Dry Erase Markers are designed to help maximize classroom visibility. New for 2014 school year, Visi-Max Dry Erase Markers have improved color vibrancy, making them easier to read. And who can forget about those other back-to-school necessities? Crayola Crayons, Crayola Colored Pencils and Crayola Washable Watercolors.

For more information visit Crayola.com.



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Home Away from Home: Finding High-Quality Child Care in **FIVE** Simple Steps



A message brought to you by First 5 Sacramento

When your child is away from home, you need to know she is in a safe, loving, nurturing and stimulating environment. Studies show high-quality child care supports a young child's learning and helps her develop socially, emotionally, and physically. But how do you know if your child is receiving the right care?

Leaving a child under the care of someone else can be a struggle, except when you are confident you have a high-quality child care provider. That's why First 5 Sacramento recommends parents Find, Investigate, Visit and Evaluate (FIVE) when choosing a child care provider:

Find high-quality care that is best for your child based on your family's specific needs. There are many different types of care to consider, including:

Family Child Care Homes — This type of care takes place in the child care provider's home.

Child Care Centers — Most of the time, child care centers are bigger than family child care homes and can be run by an individual, business, school, church or public agency.

In-Home Care — In-home care is when someone comes to your home to care for your child. It can be a friend, relative, nanny or baby-sitter.

Home Care Providers — Home care providers take care of their own children and children

from other families. Children go to the provider's home for care.

Investigate potential providers. Once you decide on the type of child care and are ready to choose a provider, be sure to ask them plenty of questions about their qualifications and style of care, including:

- What's their previous experience in child care?
- Is the center/home licensed?
- What types of activities are scheduled?
- What is the provider's approach to discipline?

Asking these questions and more will give you an idea whether a provider is the right fit for you.

Visit the center or home when children are there. Make sure to:

- Watch how the staff interacts with the children
- Observe the surroundings and make sure the area is clean, safe, and filled with appropriate equipment and toys
- Talk to parents of children who go there about their experiences with the provider
- Evaluate and interact often with your provider.

Once you have found a quality provider:

- Develop a partnership with the provider regarding your child's development.
- Have regular meetings to hear updates on your child's activities and progress

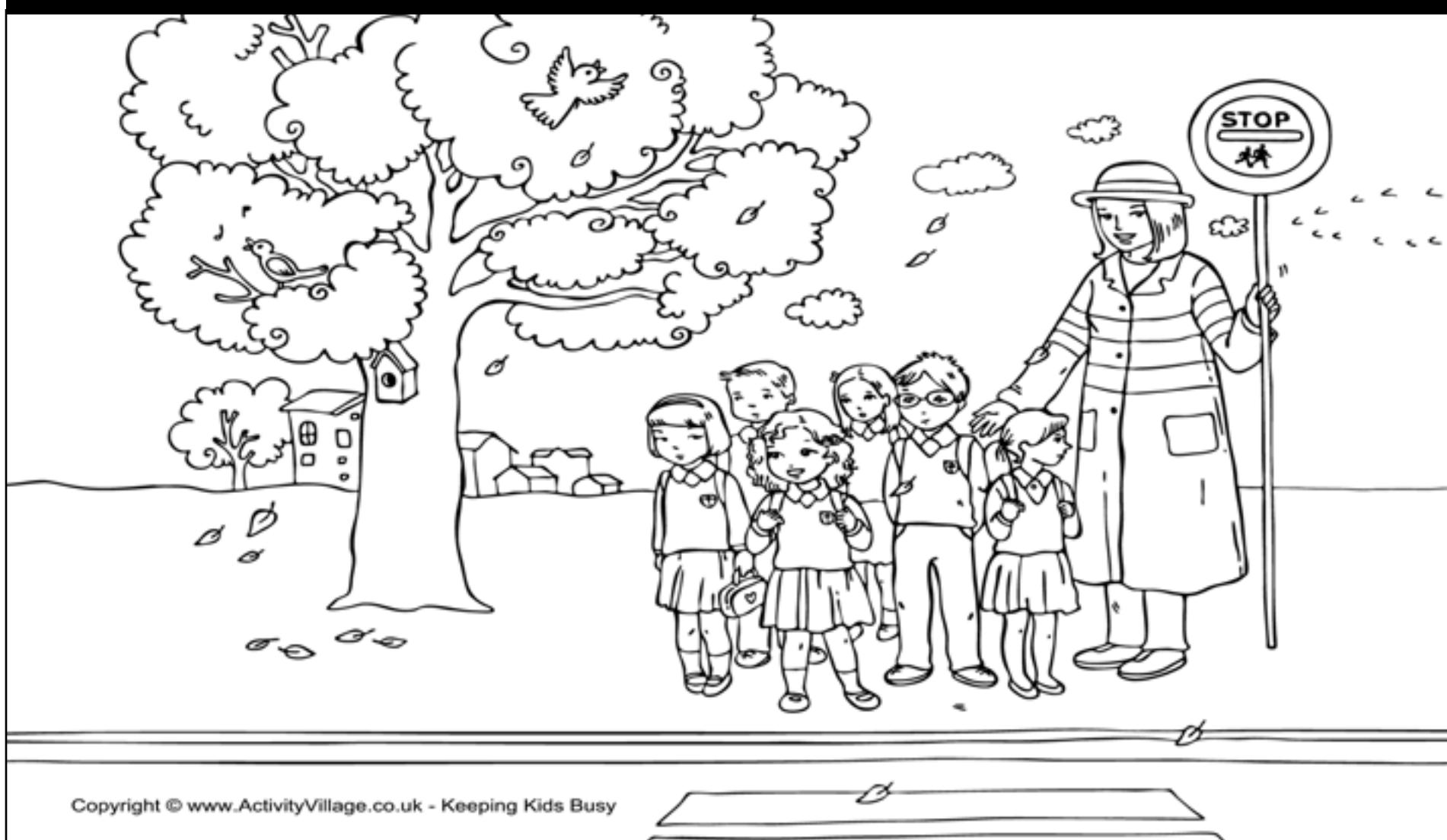
- Share stories about your child.

After you Find, Investigate, Visit and Evaluate, you can rest easy knowing your children are in a place where they are able to grow up safe, healthy and ready to enter school learning.

First 5 Sacramento encourages parents to use resources available to them. For local childcare resources and referrals call our community partner ChildAction, Inc. at 916-369-0191 or online at www.childaction.org. Child Action, Inc. will help you navigate these child care decisions to select a place that is best for you and your child.

About First 5 Sacramento - Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$14 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298.

HAVE FUN COLORING!



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calendar of Events

Arts & crafts

September 2, 9, 16 and 23, Loom Bracelets, 4 p.m., 891 Watt Avenue, Sacramento. Are you wild about Loom Bracelets? Come to the Arden-Dimick Library for looming, sharing and having a blast. Bring your projects, start new ones, share your work, learn ideas and get creative. For more information, call (916) 264-2920. For ages 6 to 12.

September 4, Back to School Craft, 3:30 p.m., 601 Alhambra Boulevard, Sacramento. Get ready for the school year by making your own pencil holders. Decorate with crayons, markers, pencils and paper. You can even make your own monster to attach to the pencil holder. All ages welcome to the McKinley Library. For more information, call (916) 264-2920.

September 13, Back to School Craft, 2 p.m., 2112 22nd Street, Sacramento. Get ready for the school year by making your own pencil holders. Decorate with crayons, markers, pencils and paper. You can even make your own monster to attach to the pencil holder. All ages welcome to the Ella K. McClatchy Library. For more information, call (916) 264-2920.

critter Events

September 6, Walk on the Wild Side, 10:30 a.m. 2850

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San Lorenzo Way, Carmichael. Tiptoe like coyote through the trails in hopes of sneaking a peek at deer, turkey, woodpeckers and other wild neighbors on this outdoor adventure. For more information, call the Effie Yeaw Nature Center at (916) 489-4918.

September 7, Coyote Tales, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Join the staff at the Effie Yeaw Nature Center for a Native American story about Coyote and then get a close-up look at a coyote pelt, skull and mounted specimen. Museum doors open at 6:30 p.m. Light refreshments will be available.

September 14, Raptors, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center and meet a live raptor and discover why they are such skilled hunters and fantastic fliers. For more information, call (916) 489-4918.

The Maidu Museum is open: Monday – Friday, 9 a.m. to 4 p.m., Saturday, 9 a.m. to 1 p.m., 3rd Saturdays 6:30 to 8:30 p.m. Guided Tours Saturdays at 10a.m. Self-guided tours on weekdays. Admission Fees: \$4.50 Adults, \$4 Senior/Child, \$16/Family of Four, \$2 after 2 p.m. The Museum is located at 1970 Johnson Ranch Drive, Roseville. For more information, call (916) 774-5934 or visit www.roseville.ca.us/indianmuseum.

September 20, Birding for Families, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Bring the family out to the Effie Yeaw Nature Center for a birding and nature walk led by a naturalist and guest guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed, make sure to bring your binoculars, or the staff can loan you a pair. For more information, call (916) 489-4918.

September 28, Sun Seekers, 1:30 p.m., 2850 San Lorenzo Way, Carmichael. Some have

Maidu Museum & Historic Site Events

- **Campfire:** Friday, September 19, 7:30 to 8:30 p.m.– Sit under the stars at our outdoor amphitheater to enjoy native stories around the campfire. We'll provide roasting sticks and marshmallows for a sweet program's end. Museum doors open at 7pm. \$5 per person, \$16 family of four, under 2 are FREE.
- **Night Out at the Museum:** Saturday, September 20, 6:30 to 8:30 p.m. for a FREE Night – Part of the 3rd Saturday Art Walk. Opening Art Reception for "Calling All Coyotes" will start at 7 p.m. This multimedia exhibit will include paintings, photography, poems and songs about Coyote by various Native American artists. Museum doors open at 6:30 p.m. Light refreshments will be available.
- **Rock Art Mysteries:** Saturday, September 20, 8 to 9 p.m. –Take a walk through the historic site to observe petroglyphs by lantern light. Journey back in time and explore ideas about the purpose of these mysterious symbols carved in stone thousands of years ago. Museum doors open at 6:30 p.m. Lantern tour starts at 8 p.m., following the FREE "Night Out at the Museum" event. Fees: \$6 per person.
- **10th Annual Smithsonian Museum Day Live, Saturday, September 27, 9 a.m. to 4 p.m.** The Museum is one of 82 participating California museums in the Smithsonian Museum Day Live event. The Maidu Museum & Historic Site is offering FREE admission for 2 people with each Smithsonian Day Live ticket. FREE guided tours at 10 a.m. and 1 p.m. FREE children's activities all day. Visit the Smithsonian Museum Day Live website to download your free ticket.



scaly skin, some have slimy skin, some have legs, some don't. Can you guess what they are? Come to the Effie Yeaw Nature Center and meet one of these cold-blooded critters up close. For more information, call (916) 489-4918.

Magic Events

September 10, Magic Program, 4 p.m., 2443 Marconi Avenue, Sacramento. Join the fun at the Arcade Library with The Magic of Andy Amyx. Join Andy for a high-energy magic show with lots of humor and audience participation. For

September 13, Plants with Purpose, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Come to the Effie Yeaw Nature Center and discover how the first Californians used only what the land provided for everyday life. Learn uses of many plants such as tule, willow, and other native plants that provided food, medicines, baskets and other necessities. For more information, call (916) 489-4918.

September 27, Galls for Fall, 10:30 a.m., 2850 San Lorenzo Way, Carmichael. Join a naturalist at the Effie Yeaw Nature Center for a walk in the nature preserve to explore those inventive insects who build their homes in plants. For more information, call (916) 489-4918.

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Nature Events

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calendar of Events

September 27, Making Garden Chocolate, 2 to 3:30 p.m., 6132 66th Avenue, Sacramento. Learn basic composting from Sacramento County Master Gardeners. Learn how to make the compost pile "cook"–turning kitchen and yard waste into the ideal soil amendment for your garden. This will be held at the Southgate Library and is a free event. For more information, call (916) 264-2920.

September 12, Lego Party, 3:30 p.m. 601 Alhambra Boulevard, Sacramento. It's Lego Block building at the McKinley Library. Legos and Lego building blocks will be provided.

This is a monthly Lego free play afternoon. For more information, call (916) 372-4496.

Special Events

September 2, Lego Party, 6 p.m. 828 I Street, Sacramento. First Tuesday of the month it's Lego Block Party at the Central Library. Come build with in Kids Place. Street parking is free after 6 p.m. For more information, call (916) 264-2920. For ages 6 to 12.

September 4, Kendama, 5 p.m., 9845 Folsom Boulevard, Sacramento. Kids ages 6 to 12 are invited to the Rancho Cordova Library to become a 'dama' enthusiast. Learn new tricks, showcase your skills, and have fun with this popular Japanese skill toy.

Kids ages 6 to 12 are invited to the Rancho Cordova Library to become a 'dama' enthusiast. Learn new tricks, showcase your skills, and have fun with this popular Japanese skill toy. Bring your own kendama or use one from the library. Beginners are welcome. For more information, call (916) 264-2920.

September 6, Making Garden Chocolate, 1 to 2:30 p.m., 2443 Marconi Avenue, Sacramento. Learn basic composting from Sacramento County Master Gardeners. Learn how to make the compost pile "cook"–turning kitchen and yard waste into the ideal soil amendment for your garden. This will be held at the McKinley Library. Come any time between 4 and 6 p.m., sign in and find out how much fun chess can be. For more information, call (916) 264-2920.

September 17, Food Preservation Demonstration, 6:30 to 8:30 p.m., 4145 Branch Center Road, Sacramento. The Sacramento County UC Cooperative Extension Master Food Preservers will hold a demonstration on basic introduction to safe dehydration techniques. This is a free event. No advanced registration is required. For more information, call (916) 875-6913.

September 2, Read to a Dog, 6:30 p.m., 9845 Folsom Boulevard, Sacramento. Read to a Dog is a fun and proven method for boosting a child's reading skills by reading to a trained therapy dog and adult volunteer. Children may bring their own books to read to these furry friends, or they may borrow a book from the library's collection. This program will be held in the community room at the McKinley Library. For more information, call (916) 264-2920.

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September 6, Fancy Nancy Program, 2 p.m., 2112 22nd Street, Sacramento. Come to the Ella K. McClatchy Library for a Fancy Nancy-themed party. There will be feather boas and pearl necklaces to wear, and the staff will read a Fancy Nancy

story. Make fancy crafts and share some light snacks. Come in a fancy costume if you would like or choose from the costume supplies provided at the Ella K. McClatchy Library. For more information about this program call (916) 264-2920.

September 20, Free Open Gym, Noon to 4 p.m., 1260 Triangle Ct. West Sacramento. International Gymnastics Centre, USA will hold a Free Open Gym in celebration of National Gymnastics Day. Receive a free trial lesson: Kinder Classes: Tues/Thurs/Fri, 10 a.m. Free Trial Lesson everyday starting at 3:30 p.m., boys, girls and toddlers welcome. For more information, call (916) 264-2920.

To October 29, Wednesday, Picnic in the Park, 4:30 to 8:30 p.m., 4th and C Streets, Davis. Bring the family to the Farmers Market in Central Park. Enjoy the International Food Faire, kids activities, and live music. For more information, visit www.davisfarmersmarket.org.

Storytime & Puppet Events

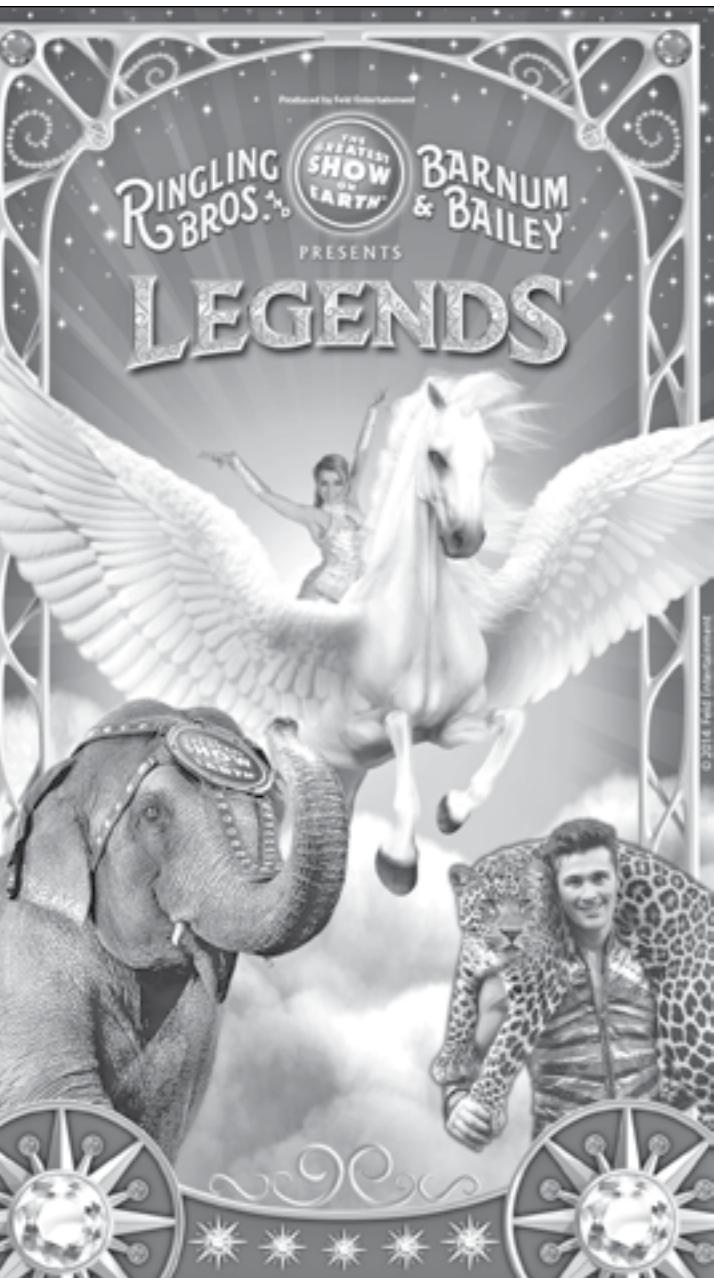
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Working on the Railroad

A celebration of Sierra Railway Workers

Railtown 1897 State Historic Park in Jamestown, is planning a festive community celebration to recognize and honor the hundreds of current and former Sierra Railway, Sierra Railroad and Railtown 1897 SHP workers, their descendants and family members. Join the fun, Saturday, September 20, from 11 a.m. to 3 p.m.

The celebration will include special photographs, temporary exhibits throughout the Park, guest speakers, live music by the Black Irish Band, and more. Designed to celebrate all the workers who built, maintained and operated the railroad, the special event will include a behind-the-scenes tour of the Historic Shops, Roundhouse, Warehouse and other areas with a focus on sharing information and interpretation about the workers who practiced their trades, their job duties and who they were as individuals and community members. There will also be a "Memory Wall" in the Carriage Room where visitors can post stories and photographs of past railroad workers that will become part of the permanent Park collection.

Park admission is \$5 adults, \$3 for youths ages 6-17, free for children 5 and under

Train rides: \$15 adults, \$8 youths ages 6-17, free for children 5 and under. For more information, call (209) 984-3953 or visit www.railtown1897.org

Discovery Museum Science and Space Center activities

- September 1, Labor Day Fun, 12:30 to 4 p.m.

are at 1 and 3 p.m. are included with admission (ages 4 and above only).

Enjoy the holiday weekend by showing your patriotic pride. Visit the Discovery Museum this weekend for a self-guided tour of our Blast from the Past exhibit. Kids crafts one of our favorites, a patriotic windsock. Included with admission are planetarium shows at 1 and 3 p.m. (ages 4 and above only); animal presentations at noon and 2 p.m. (all ages). Picnics are always welcomed on the grounds.

- September 6 and 7, Saturday and Sunday, Animal Antics, Noon to 4 p.m.

Have you ever wondered why animals do what they do? Well, perhaps the Museum can help answer your questions. This weekend, PhD students and postdoctoral fellows from the Animal Behavior Graduate Group at UC Davis present short overviews of their own research which is being done all over the U.S. The research covers a wide variety of animals, including birds (greater sage grouse, tree swallows, cross bills, and dark-eyed juncos), primates (rhesus macaques), and even elephants! We'll also have games, which demonstrate key principles of animal behavior. Planetarium shows



Admission includes planetarium shows at 1 and 3 p.m. for ages 4 and older.

• September 20 and 21, Saturday and Sunday, Terrific Triceratops, noon to 4 p.m. Are you ready for some prehistoric fun? The Discovery Museum's Blast from the Past exhibit is the place to be. Kids make a jointed Triceratops to remember the giant life-size juvenile Triceratops in the exhibit. You can touch a real Triceratops fossil. Learn about these colossal beasts at our noon and 2 p.m. Family Feature (all ages).

The Discovery Museum Science and Space Center is located at 3615 Auburn Boulevard, Sacramento. General admission: \$8 adults (18+), \$7 seniors (60+), \$7 teens (13-17), \$6 children (4-12), \$0 children (3 and under), ages appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit www.thediscovery.org.

New Children's book to raise funds

To help raise funds for its child medical grant program, UnitedHealthcare Children's Foundation (UHCCF) has published, "Oliver & Hope's Adventure Under the Stars." The story is about a lovable bear and Hope the spirited butterfly as they join their friends Millie the barn owl and Chewie the English bulldog for their first camping trip. The night is filled with amazing discoveries and silly games that make the shadows a little less scary and the adventure a lot more fun.

Proceeds from UHCCF products, which including this book, help fund UHCCF grants that help families pay for children's medical expenses not covered, or not fully covered, by commercial insurance.

Oliver & Hope books are available on Amazon.com for \$13.95 each. The first 250 people who purchase an "Oliver & Hope's Adventure Under the Stars" book will receive a Chewie the English bulldog plush toy, to be shipped separately.

For more information visit www.UHCCF.org.

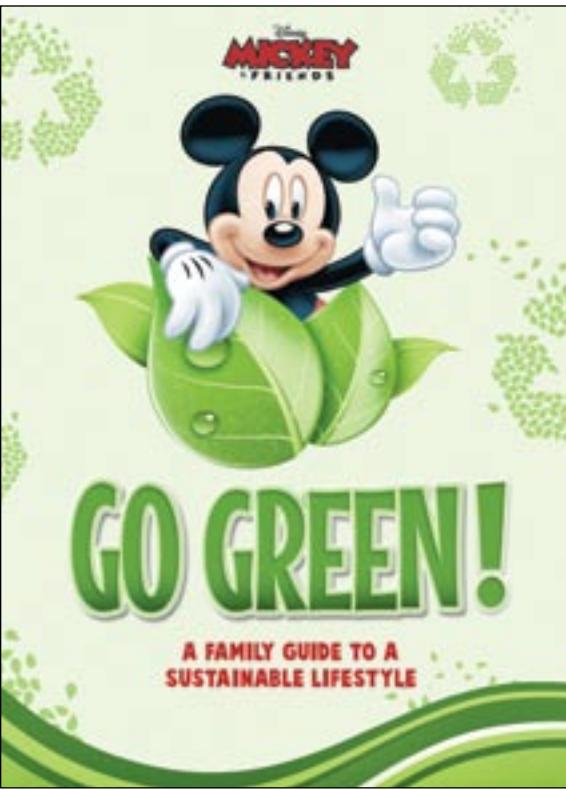


Disney's Mickey & friends collection, Go Green!

As summer wraps up and the fall winds blow in, backyards and neighborhoods will be blanketed by the beautiful colors of autumn leaves. Instead of raking them away this year, here are some great arts and crafts ideas that are not only educational and fun but perfect for a green lifestyle as well.

Featured in *Go Green! A Family Guide to a Sustainable Lifestyle*, Mickey shares fun, fall craft ideas made from natural supplies including: natural watercolors made from marigolds (yellow), cayenne pepper (red), coffee beans (brown), red onion peels (purple) and more. Leaf rubbings and collections for learning colors and shapes. No-cook play dough recipe for sculptures made from branches, straw, pinecones, etc. Starting a compost pile and learning about the importance of reusing organic waste. It is jam-packed with fun facts, tips and unique green activities.

Go Green! A Family Guide to a Sustainable Lifestyle, is available for purchase in Barnes & Noble, Walmart, and Target stores as well as on Amazon and other major online retailers.



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first Letter birthday party

www.birthdaypartyideas4kids.com

Fun birthday party theme where the party centers around the initials of the children's first names.

- Birthday Invitations** - Print the letters of the birthday guests on the front of solid color blank cards. Punch out their initials from several places on the card with initial hole punches so the white from the inside of the card shows through. Include the hole punches in the card as confetti. Inside the invitation challenge guests to dress in as many items as they can which start with the first names of the guests of honor. Example: If your the party initials are J and T guests could dress in - jeans, jewelry, t-shirt, top hat ... etc. Give prizes for the most items worn. (Make sure the prize starts with the letter of their first names.)

and decorate in objects that correspond with their first names such as Hula Hoops for H, Bears and Balloons for B, Jacks for J, ... etc.

Decorate with balloons, streamers and confetti on the table. For younger children's parties scatter confetti on the table and then cover with a clear plastic table cloth

- Party Decorations** - Decorate in colors that correspond to the letters of the first names. You can also go crazy

- Fun Party Ideas** - For the birthday children make a birthday shirt with the letter of

- Activities** - Decorate wooden picture frames/span>-Let the guests paint picture frames (or have them pre-painted before the party starts to save time) and then decorate with glitter, jewels and letters of their first names. Buy a large container of foam letters so everyone will be able to decorate with their first name letter.

- Food** - Serve fun food items that begin with their initials. You can also arrange foods into the shape of their initials such as cupcakes or sandwiches. Buy initial cookie cutters and cut out their initials in: sandwiches, fruit, cheese, Rice Krispie Treats, brownies, cookies, etc.

- Goody Bags** - Write the initials of the party all over small plastic containers. On squares (15" x 15") of white or light colored cloth write initials over the fabric with permanent markers in different colors. Tie up the party favors in the squares with pretty ribbon.

Decorate colorful lunch sacks with stickers.



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Rock Star Party



let the kids take pictures in their crazy costumes and accessories.

Party Invitation Ideas

- Design the birthday invitation to look like the Billboards Top Ten.
- Design the invitation to look like a backstage VIP pass. Print out and laminate (or place into clear plastic pockets) and attach to lanyards. Ask guests on the invitation to wear them to the party.
- Design the invitations to look like concert tickets.
- Guitar stickers on black or dark purple note cards - write party information inside.
- Write party information on the side of a plastic microphone or small guitar with black permanent marker.

Decoration Ideas

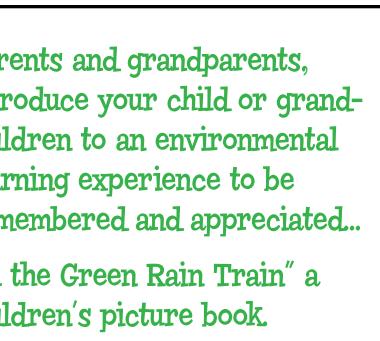
Leading up the walk to the party tape down large stars (make from gold or silver poster board or print out on the computer). On the table have lots of different dress up items for the kids to turn themselves into Rock Stars. Some ideas are: Glitter

well with the Rock Star theme. Silver platters and bowls can be used to hold snack foods. Hang strings of white, red or purple lights around the party room. If you are having a dance floor area drape yards of red tulle down one wall behind the stage area to look like a velvet curtain. Set up a disco ball, strobe lights and/or a fog machine to set the stage of a rock concert.

Hang blow up guitars (these can be used as party favors after the party), gold and silver stars and feather boas around the party room. Set up a stage on one side of the party area and leave lots of room for dancing on a dance floor.

Rock Star Stage - Clear the party room and set up a Rock Star stage and plenty of room for the kids to dance. Bring out the karaoke machine and let them take turns being the lead singer, band and audience.

Photo Op - Hang a black sheet from the wall in one corner of the room and



Parents and grandparents, introduce your child or grandchildren to an environmental learning experience to be remembered and appreciated..

"Al the Green Rain Train" a children's picture book.

Purchase a copy from www.amazon.com
www.althegreenraintrain.com

Party Games

- Dance contest- have a dance off or dance contest for the audience while several of the kids take turns being the Rock Star and band.

Party Food Ideas

Chocolate Fountain with strawberries, pretzels, marshmallows, etc., cider or soda in plastic champagne glasses, cut star shapes out of slices of mozzarella cheese and place on pizzas, cut star shapes out of cookies, Rice Krispie Treats, brownies, sandwiches or fruit. serve fruit cubes in champagne glasses, Ice Cream Micro-

phones - place ice cream in cones and roll in chocolate sprinkles

Favor Ideas:

Inflatable guitars, glitter makeup, bright nail polish, sunglasses, feather boas, plastic microphones, Pop Rocks, Rock Candy, guitar picks necklaces, Silly Bands, Rock Star Energy Drink, chunky chains, Glow in the Dark bracelets or necklaces

Rock Star Party Goody / Loot Bag Ideas

Rock Star themed bandanas (wrap the birthday favors inside and tie), large goblets, black bags with purple or hot pink tissue paper

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