



RAISING CHILDREN WITH CARE \* RAISING CHILDREN TO CARE

## Families, Friends & Neighbors

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# Newsletter



Champions For Our Children

Welcome! I'm Glenda Linares and I work at the Center for Nonviolent Education and Parenting (CNVEP) in Echo Park founded by Ruth Beaglehole. You may have heard of us. We provide loads of parenting classes and train professionals who work with kids all over Los Angeles (see more at [www.cnvep.org](http://www.cnvep.org)).

We have an amazing new program called **Families, Friends & Neighbors (FFN)**. I'm very excited to tell you about it and invite you to join us. Funded by First 5 LA, we are now recruiting family, friends, and neighbors who provide child-care to join our new trainings and fun activities!

This program is for those people who take care of children in a home. They could be a grandpa, an aunt, the neighbor in the apartment upstairs, or the babysitter; folks who don't have a childcare license but they are taking care of children under 5 years old for at least 15 hours a week.

**FFN** program is being offered in both **Spanish and English** and it's **Free**. Child care will be offered for all classes and events by qualified early childhood teachers.



Caregivers in training at Silver Lake Park, with their hands full!

In their training, caregivers will learn about child development, nonviolent child raising, nutrition, and safety- in addition to age appropriate activities for children. They will also have field trips, guest speakers, and fun community events. For a more individual guidance, the program will provide mentors who will offer one-on-one support. FFN is a truly unique opportunity to learn and grow professionally, and to make new friends in a nurturing community.

At the end of the training, caregivers will complete a portfolio and receive a certificate they can use to seek future employment in the childcare field. If interested, we can support participants in obtaining a family childcare license.

We are now recruiting caregivers to participate in this free program. Interested? See flyer attached.

Stay tuned for more! Glenda.

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# The Work You Do Matters and Makes a Difference.

## Things to Keep in Mind.

### Did you know that...?

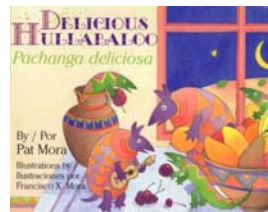
- The foundation of a child's growth and learning is a secure, warm and stable relationship with adults.
- Nurturing relationships foster children's ability to learn, to play, to have friendships with others, to express their feelings and their needs, as well as, to be excited about learning about the whole wide world.
- A nonviolent environment allows children to feel safe and valued so that they can learn and grow.

### So... Remember to...

- Comfort the child that you care for when he or she cries. This will help her/him feel secure and will let him know that you are there to care for her/him
- Allow the children that you care for to express all of their feelings...angry, sad, disappointed. *Remember* how you felt and wanted to be treated at those times.
- Be the children's emotional coach and role model-help them find the words which then become their words. This applies for children of all ages infants also!

### Read!

Pachanga Deliciosa  
By: Pat Mora



## Activities... Activities... Activities!!!

### Summer Activities!!

1. **Car Wash:** Children love to play with water. Have her/him help you gather up all the car and truck toys then grab a bucket with a little water and a few sponges and spend some time pretending that you are having a car wash.
2. **Tearing Collage:** Pull out those market newspapers that you get in the mail and spend some time tearing them with the children. Tearing paper is a great way to have children practice using their fine motors skills and it could be a lot of fun for a child. After you are done tearing, get some paper and glue and create a collage. Remember to follow the children's lead.
3. **Shaving Cream:** Get the least expensive shaving cream on the market. Put a handful of shaving cream on trays. Hide some manipulative toys (small bugs, dinosaurs, etc.). Allow the child to discover, hide, touch, feel and play. You can also add food coloring to make it more fun!

### A little music

#### to brighten your day!!

Singing is a great way to support a child when driving around in a car and it helps their language development. You can always make up songs with the tunes of other songs you already know.

#### Tiny Tim

I had a little turtle  
His name was Tiny Tim  
I put him in the bath tub  
To see if he could swim  
He drank up all the water  
He ate up all the soap  
And now he's sick in bed  
With bubbles on his throat!  
Bubble, bubble, bubble,  
Bubble, bubble, bubble,  
Bubble, bubble, bubble...  
POP!

### Healthy Snacks!!

- Spread avocado on a whole wheat cracker
- Frozen banana
- Slices of tomatoes
- Cucumber water
- Cut-up carrots

