

# Parent CONNECTIONS

## What is Child Care Resource and Referral?

*Child Care Resource and Referral Agencies (CCR&Rs) are grass roots programs that provide child care referrals and parenting information to parents, training and technical assistance to child care providers, information and support for employers and for the community. There are currently 17 community-based CCR&Rs in Oregon receiving state funding, including The Job Council's Child Care Resource Network. All are members of the Oregon Child Care Resource and Referral Network.*

### What CCR&R does for families

- Offers personalized assistance on choosing quality child care.
- Makes referrals to local child care providers and school age programs
- Finds care options for non-traditional work schedules and children with special needs

### What CCR&R does for providers

- Refer families who need child care
- Offer training in child development, health and safety, and business practices
- Provide ongoing support and links to resources

### What CCR&R does for employers

- Conduct work-life effectiveness training for managers, supervisors and employees
- Offer workplace resource and referral programs
- Consult on work-life strategies to boost recruitment, retention and productivity

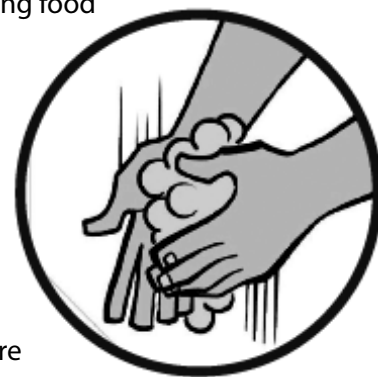
### What CCR&R does for communities

- Provide data for planning and policy making
- Maintain a directory of community resources for families
- Improve the quality and supply of child care
- Advocate for a high quality child care system

## Tips to Help Your Family Stay Healthier This Winter

*It's the time of year for sneezing, coughing and the oh-so-dreaded flu.*

- 1. Eat right, exercise and get enough sleep.** Eating fresh vegetables and fruit, as well as exercising will make it easier for your body to resist any kind of infection, including colds and flu.
- 2. Get in a lather.** Wash your hands frequently with warm water, particularly around your rings and under your nails. Use liquid or plain soap, and lather for at least 20 seconds (sing the ABC song while you lather). When turning off the water, be sure to use a paper towel to prevent recontamination your hands. Good times to wash are:
  - when arriving at the child care setting
  - before handling and serving food
  - before and after eating
  - after wiping noses or mouths
  - before and after diapering routines
  - before and after bathroom routines
  - after handling pets
  - after playing outdoors
  - when leaving the child care setting
- 3. Vaccinate.** Flu shots aren't for everyone....but you may want to consider getting your child vaccinated against flu viruses and getting a flu shot for yourself as well.
- 4. Don't touch!** Colds and flu are spread most often by hand-to-hand or surface to hand contact. Avoid touching your eyes, nose or mouth after being exposed to germs.
- 5. Sneeze safely.** If you have to sneeze and can't find a tissue in time, sneeze into your arm or shoulder (not your hands) to avoid spreading germs.
- 6. Disinfect, disinfect, disinfect!** Be sure to clean and disinfect frequently used surfaces such as telephones, countertops, door knobs and stair rails to avoid hand-to-hand spread of viruses.
- 7. Open the windows.** Germs like stagnant air. Weather permitting, open windows to circulate fresh air.
- 8. Avoid smoking.** Smoking is a respiratory irritant that increases susceptibility to viruses that cause colds and the flu. Avoid smoking, as well as second-hand smoke
- 9. Stay away from sick people.** Saving the best advice for last...because colds and viruses are shared when these infections are coughed and sneezed into the air, try to stay away from people who are ill; and avoid enclosed, crowded places. If you are sick yourself, be sure to stay away from work and other public places if at all possible.



## Keep me home if...

**I am vomiting** - Two or more times in 24 hours

**I have a rash, lice or nits** - Body rash, especially with a fever or itching. Lice or nits.

**I have diarrhea** - 3 or more watery stools in 24 hours.

**I have an eye infection** - Thick mucus or pus draining from the eye.

**I have a sore throat** - With fever or swollen glands.

**I'm just not feeling very good** - Unusually tired, pale, lack of appetite, confused or cranky.

**I have a fever** - Temperature of 100 degrees or more, (taken under arm) AND sore throat, rash, vomiting, diarrhea, earache or just not feeling good.

## Quality Child Care Keeps Kids Active on Rainy Days

*What happens on a rainy day at child care when outside play is not possible? Good child care providers plan ways to keep children busy indoors. Here are some things that children can do for rainy day fun at child care:*

- They can play circle games and do some exercises. Some centers or homes have room for climbing and other play equipment in their indoor play area.
- Music activities are fun. Children love to make and play homemade instruments. They can have a parade indoors.
- Children can come up with many creative ideas using art materials. They use up energy while finger painting or painting at easels.
- Many caregivers do simple cooking with the children.
- There are science activities and simple experiments for children to do.
- Pretend play with large cardboard cartons (or make a fort under the table) and a few props can keep kids busy for a long time.
- The children can act out a favorite story. They can make props, puppets, or simple sets for a puppet theater with art materials.
- Good programs do not schedule much time for watching television, videos, and playing computer games.

## You Earned It... So Claim It!

*If you worked in 2008, and have at least one eligible child you may be eligible for tax benefits to reduce the income taxes you pay or increase your tax refund. Many, many families receive these benefits even if they do not owe any taxes. When filing 2008 federal tax returns during the 2009 tax filing season, eligible families can claim up to:*

- \$4,716 from the federal Earned Income Tax Credit
- \$2,100 from the federal Child and Dependent Care Tax Credit
- \$1,000 per child from the federal Child Tax Credit



In addition, families may be eligible to claim three other state tax credits to help offset payments for child care and other household expenses:

- Oregon Working Family Child Care Tax Credit
- State Child and Dependent Care Tax Credit
- State Earned Income Tax Credit

To claim these tax credits, families must file a tax return. To determine if you qualify for the Working Family Child Care Tax Credit, fill out Oregon Schedule WFC with your Oregon tax return.

In general, eligibility is based on income earned and the expenses incurred during 2008. In some cases, these credits are refundable, meaning that even if a family does not earn enough to owe income taxes, the family may be able to collect a refund check from the government.

## Struggling with Child Care Payments?

See if you qualify for Employment Related Day Care, through the Department of Human Services. These offices also handle food stamps, Oregon Health Plan and cash assistance programs.

**Ashland**, 482-2041; **Medford**, 776-6172; **White City**, 846-8700; **Grants Pass** 474-3101; **Cave Junction** 592-4149

**Online:** [www.dhs.state.or.us](http://www.dhs.state.or.us), click on Children & Teens, Child Care-Parent Info, Copay Estimate