

# NEWS



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## **SUNNYVALE ANNOUNCES SPRING 2011 CAREGIVER WORKSHOPS**

SUNNYVALE, Calif. – The City of Sunnyvale has announced four new workshops that are open to anyone who care for children, including parents, licensed child care providers, relatives or neighbors caring for children, and young adults caring for younger siblings. The caregiver workshop series will focus on a variety of important health, safety, discipline and nutrition topics that will help improve the quality of care provided to children and help caregivers address the common challenges that arise in the child care setting. Registration is required.

**Strategies for Effective Discipline** will be held April 16, Saturday, 9 a.m. – 11 a.m. Seasoned U.C. Davis child development instructor Janeen Rockwell Owens will explore proven strategies for managing challenging behaviors, coping with frustration, developing mutual respect between the child and caregiver and using positive discipline that teaches children to be responsible and confident, and to utilize assertive strategies for dealing with conflict. There is no cost to attend this workshop.

**Kid Proofing Your Home and Preparing for Emergencies and Disaster** will be held May 14, Saturday, 9 a.m. – 11 a.m. Janeen Rockwell Owens will discuss steps to make the home environment safer for children and how to prepare for crisis situations. Information regarding children's unique needs in disasters, the behaviors sometimes displayed by

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children in crisis and key steps to help children recover will be discussed. There is no cost to attend this workshop

**Preparing Quick and Healthy Snacks and Meals That Kids Will Love** takes place May 19, Thursday, 6:30 p.m. – 8:30 p.m. Wild Tastes Catering owner and chef Cecilia Garza Ruiz has made several TV appearances cooking on ABC, NBC and Food Network. In this workshop, she'll teach caregivers about meals that both nourish and are easy to prepare. She will also discuss basic nutrition, how to read a nutrition label and how to talk to kids about healthy eating. Some dishes included in the class will be grilled chicken sliders, turkey chili, fruit kabobs with Greek yogurt dip and whole wheat mac 'n cheese. Participants will get to eat what they make; bring a container for any leftovers. This workshop costs \$20; make checks payable to "City of Sunnyvale."

**Kindergarten Readiness: Activities to Ease the Transition Into the Classroom** will be held June 7, Tuesday, 6:30 – 8:30 p.m. Kristen Anderson, Ph.D., an experienced preschool teacher, child care planner and author, will discuss ways to improve a child's classroom success, socialization and adaptation to school. She'll also discuss what the basic building blocks are for K-readiness, and activities you can do at home to prepare children for the kindergarten transition. Participants will receive a free copy of the *FIRST 5 Santa Clara County Parent/Teacher Handbook* that gives straightforward tips for families to get ready for school. There is no cost for this workshop.

All workshops will be held at the Sunnyvale Senior Center, 550 E. Remington Drive. The May 19 workshop will be held in the Senior Center's Kitchen. All other workshops will be held in the Laurel Room.

For more information or to register, please contact the City's Youth, Family and Child Care Resources (YFCCR) Program at (408) 523-8150 or e-mail [childcareresources@ci.sunnyvale.ca.us](mailto:childcareresources@ci.sunnyvale.ca.us). To find out more about YFCCR services, please visit [ChildcareResouces.inSunnyvale.com](http://ChildcareResouces.inSunnyvale.com).

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