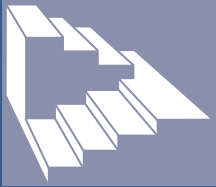


# THE BANISTER

CRYSTAL



STAIRS, INC.

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## CH&W: Our Commitment to Healthy Families



**D**id you know that Crystal Stairs also operates a health care outreach and enrollment program as a complement to its child care services? What started as a few special outreach and information partnerships with health care providers became our Children's Health and Wellness Department (CH&W) in 2000. CH&W extends Crystal Stairs' family services mission to include health-related information, access to health insurance, and assistance in getting services from a very complicated health care system. Healthy families are assets to themselves and to their communities.

Crystal Stairs made this commitment to health and wellness because we saw so many uninsured and under-insured families in our communities, as well as families on our child care programs, struggling to find and pay for health care services. We knew there were thousands who we didn't see who had the same struggle. To meet this need, CH&W's longest-running core program conducts outreach to low-income families to help promote their enrollment, utilization and retention on a variety of free and low-cost health insurance programs.

CH&W helps families "find a medical home," one place to go for the information, services and support they need. Our certified

application assistants (CAAs) work tirelessly every day, actively advocating for their clients and enrolling them in health care programs. As one CAA put it "we understand that sometimes we have to go out of our way to help our clients because that is what we do." As a result, Crystal Stairs' efforts have made health insurance accessible and affordable to almost 58,000 families and children, paving the way for a healthier quality of life.

Most of CH&W's 11-person staff spend their days conducting outreach to the community—enrolling families in insurance, attending health fairs and distributing health access information. We continue to seek funding for special projects that allow us to address major health issues in our communities, particularly childhood obesity and access to good nutrition.

Marilyn Lawrence-Eubanks, Program Manager, believes that "CH&W's promotion of health care and wellness are important aspects in the delivery of quality child care." Our involvement with the child care community also gives CH&W the ability to target the delivery of information and health-related services where it's most-needed.

If you, your family, friends or neighbors need help to find health services or affordable health insurance, please call CH&W at 323-299-9295.

# A Message from Our CEO, Jackie B. Majors



**W**elcome to the summer issue of The Banister. We've packed it with lots of activities, adventures and resources that will be fun and developmentally-appropriate for children of all ages. In line with our lead article on the Children's Health and Wellness Program, you will find summer health and safety tips as well as ideas, outings

and activities to get children moving and outdoors, away from television and computer screens. As the mother of two young children, I hope you will join me and take advantage of the free events for family fun and field trips listed in the newsletter. Have a happy, healthy summer and watch for our back-to-school issue in the fall.

## Resources for Providers

**C**ome and check out the series of interactive "Hands-On Activity" training classes at the Crystal Stairs Resource Library. We'll feature topics to meet your needs this summer! We are here to help you explore low-cost creative ideas to implement in your program right away!



**JULY 2011**

### **LET'S KEEP MOVIN' & GROOVIN'!** Indoor & Outdoor Physical Activity Ideas

Let's keep children active and healthy through the summer months! We'll share ideas for physical activities that can be done indoors and outdoors!



**AUGUST 2011**

### **READY! SET! GO! IT'S TEACHER TIME!** Back-to-School Ideas for Your Program

We are here to help you get started for the new school year with ideas on setting up your environment, activities to help children transition successfully, and much more!



**SEPTEMBER 2011**

### **THE MAGICAL WORLD OF DIE-CUTS!** Free and Low-Cost Ideas to Enhance Your Program

Experience the fun you can have with die-cuts! Create holiday projects, puzzles, games, and so much more!

The Crystal Stairs Resource and Referral Department (R&R) operates the Resource Library, a lending outlet for child care providers listed on the R&R Department's referral service and/or participating in special projects, as well early care and education professionals and child development students residing in the Crystal Stairs service area.

Call us today to find out how to get your Resource Library card and for more information on our upcoming "Hands-On Activity" training classes at 323-421-1210.

# Take Note

## A Careful Spoonful Alert

Did you know that using domestic teaspoons and tablespoons to give children medicine could result in their receiving considerably more or less than they need? The same thing can also happen to adults. A recent medical "spoon-size" study showed that teaspoons and tablespoons that appear the same size can actually hold different amounts. Even when medicine comes with a calibrated spoon or cup, a wrong dose can result if it isn't filled on the correct line. Make sure that the label on any liquid medicine bottle has the exact amount to take and how often to take it. If it doesn't come with a measuring device, you can buy a low-cost calibrated spoon or medical syringe at any pharmacy.

## Water-Play Health Tips

Summer's here so it's pool time or a day at the beach. We all love the water, but it does have germs that can cause and spread diseases. Here are a few tips so water "fun" doesn't turn "funky."

- Teach children not to swallow water they play in
- Wash children with soap and water before and after water-play
- Take children for bathroom breaks
- Change diapers and swimsuits away from water areas
- Disinfect furniture, water slides, toys and surfaces in water-play areas
- Frequently clean, disinfect and replace water in wading pools
- Store and eat food and drinks safely away from water-play areas

## Providers, Call Us Before We Call You!

Openings? New phone number? New business hours? New services? New fees? Please contact our Resource & Referral Department at 888-KIDS-247 to update your provider file. Help us to help you. Make sure we have accurate information when parents call us looking for child care. When we update your file, this information is also available to parents who use the 24/7 online child care referral system at [www.crystalstairs.org](http://www.crystalstairs.org) to locate providers who can meet their service needs.

# Summer Fun Activities for the Whole Family

Spending time together as a family is an important way to build and strengthen relationships. These special moments give children a sense of security, love, and belonging. Listed below are some ideas for fun and inexpensive family activities for the summer months. The possibilities are endless! And check [www.crystalstairs.org](http://www.crystalstairs.org) for additional ideas for summer activities and events.

- Watch the changes of the moon. Help your child find books about the moon, stars and planets. Then, visit an observatory or planetarium.
- Have your child write a letter about his or her summer. Mail it to a relative or friend.
- Search for birds and bugs. Have your child draw pictures of them.
- Visit a farmers' market or a roadside produce stand. Compare sizes, weights and prices with your child.
- Visit an art, science or history museum.
- Help your child decorate bookmarks, book covers, tablecloths or lunch bags.
- Encourage your child to keep a list of the new words he or she learns this summer.
- Make a sundial. Place a pot of dirt or sand in a sunny area. Place a stick in the pot. Each hour, mark where the stick's shadow falls.
- Record family stories about past vacations. Have your child write them down or use a tape recorder.
- Have your child help you measure and mix ingredients when you cook or bake.
- Give your child a notebook to write and draw a summer journal.
- Help your child make a graph of daily temperatures.
- Have your child help you plan a picnic.
- Help your child draw a map of your neighborhood or a park. Use it to go exploring together. Add new discoveries to the map.
- Take a "nature walk." Ask your child to describe what he or she sees, hears, smells and feels.
- Make a family time line. Draw a long line on paper. Mark down births, graduations and other family dates.
- Ask your child to help you plan a trip to a beach.
- Make a grocery shopping list with your child. When shopping, have your child cross items off the list.

## Free Museum Days

Cabrillo Marine Aquarium, 3720 Stephen White, San Pedro.  
Tuesday through Sunday, open from noon-5 p.m.  
310-548-7562, [www.cabrillomarineaquarium.org](http://www.cabrillomarineaquarium.org)

California Science Center, 700 State Dr., L.A.  
Free every day; open from 10 a.m.-5 p.m.  
323-724-3623, [www.californiasciencecenter.org](http://www.californiasciencecenter.org)

Craft and Folk Art Museum, 5814 Wilshire Blvd., L.A.  
Free the 1st Wednesday of the month from 11 a.m.-5 p.m.  
323-937-4230, [www.cafam.org](http://www.cafam.org)

Kidspace Children's Museum,  
Brookside Park, 480 N. Arroyo Blvd, Pasadena  
Free the 1st Tuesday of the month from 4 p.m.-8 p.m.  
626-449-9144, [www.kidspacemuseum.org](http://www.kidspacemuseum.org)

L.A. County Museum of Art, 5905 Wilshire Blvd, L.A.  
Free the 2nd Tuesday of the month and free general admission every day after 5 p.m. (Closed Wednesday); kids under age 18 always admitted free.  
323-857-6000, [www.lacma.org](http://www.lacma.org)

Museum of the American West,  
4700 Western Heritage Way, Griffith Park, L.A.  
Free the 2nd Tuesday of the month from 10 a.m.-5 p.m.  
323-667-2000, [www.autrynationalcenter.org](http://www.autrynationalcenter.org)

Norton Simon Museum, 411 W. Colorado, Pasadena.  
Free the 1st Friday of the month from 6 p.m.-9 p.m.; kids under age 18 always admitted free.  
626-449-6840, [www.nortonsimon.org](http://www.nortonsimon.org)

Page Museum at La Brea Tar Pits, 5801 Wilshire, L.A.  
Free the 1st Tuesday of the month from 9:30 a.m.-5 p.m.  
323-934-7243, [www.tarpits.org](http://www.tarpits.org)

## Parks and Libraries

Contact local parks and libraries for their regular programs and special summer activities for families and children.



### PARKS

Gardena  
310-217-9537  
[www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

Inglewood  
310-412-8750  
[www.cityofinglewood.org](http://www.cityofinglewood.org)

Hawthorne  
310-349-1640  
[www.cityofhawthorne.com](http://www.cityofhawthorne.com)

Lawndale  
310-973-3270  
[www.lawndalecity.org](http://www.lawndalecity.org)

Los Angeles City  
213-202-2690  
[www.laparks.org](http://www.laparks.org)

Los Angeles County  
213-738-2955  
[www.lacountyparks.org](http://www.lacountyparks.org)



### LIBRARIES

Gardena  
310-323-6363  
[www.colapublib.org](http://www.colapublib.org)

Inglewood  
310-412-5380  
[www.cityofinglewood.org](http://www.cityofinglewood.org)

Hawthorne  
310-679-8193  
[www.cityofhawthorne.com](http://www.cityofhawthorne.com)

Lawndale  
310-676-0177  
[www.colapublib.org](http://www.colapublib.org)

Los Angeles City  
213-228-7250  
[www.lapl.org](http://www.lapl.org)

Los Angeles County  
562-940-8520  
[www.colapublib.org](http://www.colapublib.org)

# Discovery and Play CHILDREN BENEFIT FROM THE GREAT OUTDOORS



Computer screens, the blare of the television, that closed-in feeling from being in a cubicle or office building all day—no matter who you are, sometimes, everybody needs a breath of fresh air. And so do young children. In fact, researchers say that children need to get outdoors every day. Being outside helps children grow and develop—physically, socially, and emotionally. It may also help them avoid childhood obesity, and give them the chance to burn some of that extra energy from being indoors and inactive. Even babies can benefit from being in the great outdoors—whether the great outdoors is in the mountains, your backyard, or a city street.

But what can parents do with their children once they're outside? How can you help your child experience the outdoors and be safe? It's easier than you may think.

## INFANTS

### Stroller Rides or Baby Carrier

Give your baby a tour of the neighborhood.

### Picnic Lunch

Eat outdoors with your baby or even other parents and babies.

### Read Outside

Sit outside on a blanket and read books with your baby.



## TODDLERS

### Leaf Walk

In fall, collect different colored leaves and match them with the trees.

### Shadows on the Sidewalk

Use sidewalk chalk to trace the outlines of your shadows together.



### Blow Bubbles

Buy some nontoxic bubble water (available at most drug stores) and blow bubbles together; children love to “pop” the bubbles.



### Paint on the Sidewalk

Use water and brush to make designs on the sidewalk, tree or other things.

### Nature Walk

Go to your local park and walk together—point out animals you see or different kinds of plants.

## PRESCHOOLERS



### Fly a Kite

You can make your own out of a paper bag.

### Let's Draw a Map

Help your preschooler draw a map of the park, playground or your neighborhood.

### Jump Rope Fun

Jump rope together, or use the jump rope to make shapes on the ground.

## SCHOOL-AGE CHILDREN

### Worm Art

Cut pieces of yarn into different lengths. Dip pieces into paint and drag them across paper to make a painting.

### Stuck in the Mud

Tag game. If child is tagged, they must stand with their legs apart (stuck in the mud) until someone crawls through and releases them.

### Musical Glasses

Fill drinking glasses with different amounts of water and tap on the glasses with a spoon to hear the different sounds they make.

## OUTDOOR SAFETY TIPS

- If it's sunny and your child is older than 6 months, make sure s/he wears sunscreen of at least SPF 15; keep babies under 6 months out of the sun.
- Always make sure your child is dressed for the weather.
- Stay close together and hold hands crossing streets.
- If the weather is too extreme, you can always go outside tomorrow.

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