

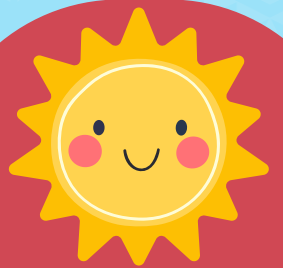
Summer 2024

# CCDBG TIMES

California Indian Manpower Consortium, Inc.   
Child Care and Development Block Grant Program

As the summer temperatures rise, it feels impossible to escape the heat! But don't worry, we've got you covered with some tips on staying cool and remaining safe in this hot summer weather. Whether you're planning a day at the beach, a picnic in the park, or simply enjoying some outdoor playtime in the backyard, we've included some great resources to help you plan safe and exciting summer adventures. Enjoy this summer and be sure to create unforgettable memories while keeping the safety of yourself and your loved ones a top priority!

-The CIMC CCDBG Program Staff



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# Get Connected. Get Help.

Provides information and referral (I&R) services connecting people to local community government, non-profit and faith-based services

## TYPES OF SERVICES LISTED IN 2-1-1 DATABASE INCLUDE:

- Food
- Shelter
- Transportation
- Mental Health
- Legal Assistance
- Environmental
- Domestic Violence
- Sexual Assault
- Child Care
- Aging Services
- Youth Services
- and more



Dial



TEXT  
YOUR ZIPCODE TO



LEARN MORE  
AT [211.org](http://211.org)

**National Maternal Mental Health Hotline**



Always Free — 24/7  
Support & Resources  
Confidential Call & Text  
60+ Languages

Call or text 1-833-TLC-MAMA (1-833-852-6262)

**DON'T WAIT REACH OUT TODAY!**

**STRONGHEARTS NATIVE HELPLINE**

Confidential, safe, and anonymous culturally-appropriate domestic and sexual violence helpline for Native Americans



**1-844-7NATIVE (762-8483)**  
**STRONGHEARTSHELPLINE.ORG**

**CalKIDS**  
The first step toward college



"The State of California is proud to announce the launch of the California Kids Investment and Development Savings Program (CalKIDS). CalKIDS gives children in California a jump start on saving for college or career training."

**Receive up to \$1,500 in college savings for your child's future!**

Check your eligibility at [CalKIDS.org](http://CalKIDS.org) today!

**988 SUICIDE & CRISIS LIFELINE**

• 24/7 • Free • Confidential

**Dial or Text: 988**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

988 Videophone is available for American Sign Language

**California Indian Manpower Consortium, Inc.**  
The CIMC Movement: Creating Positive Change for Native Communities



**CONNECT WITH US FOR OUR LATEST NEWS & UPDATES!**



Watch out for future posts with important information!



Scan me!



Through the CIMC Condor Success and Career Academy, students can complete school, earn a high school diploma, or complete a pathway certification program.

### What can be offered to your child:

- ✓ Live instructional support 24/7
- ✓ Blended Learning
- ✓ Credit Accrual and Recovery
- ✓ Virtual Courses
- ✓ Test Preparation
- ✓ Individualized Content
- ✓ Grade Recovery
- ✓ And SO much more!

If you are interested in signing your child up or if you would like to learn more about the program, visit our website:

<https://condoracademy.org/>

California Indian Manpower Consortium, Inc.  
738 North Market Boulevard  
Sacramento, California 95834  
(916) 920-0285 | (800) 640-2462 | TTY: (800) 748-5259



### Workforce Development Program

The CIMC Movement: Creating Positive Change for Native Communities

- ★ ASSESSMENT AND INDIVIDUAL EMPLOYMENT PLAN
- ★ JOB READINESS TRAINING
- ★ JOB DEVELOPMENT AND PLACEMENT

Visit <http://www.cimcinc.org> to learn more!



## NATIVE-OWNED & OPERATED

NativeFirst is a one-of-a-kind business venture that serves to bridge the gap between health, wellness, and Native American culture and values.

USE CODE **CIMC20** TO RECEIVE 20% OFF YOUR FIRST ORDER

[NATIVEFIRSTNUTRITION.COM](http://NATIVEFIRSTNUTRITION.COM)



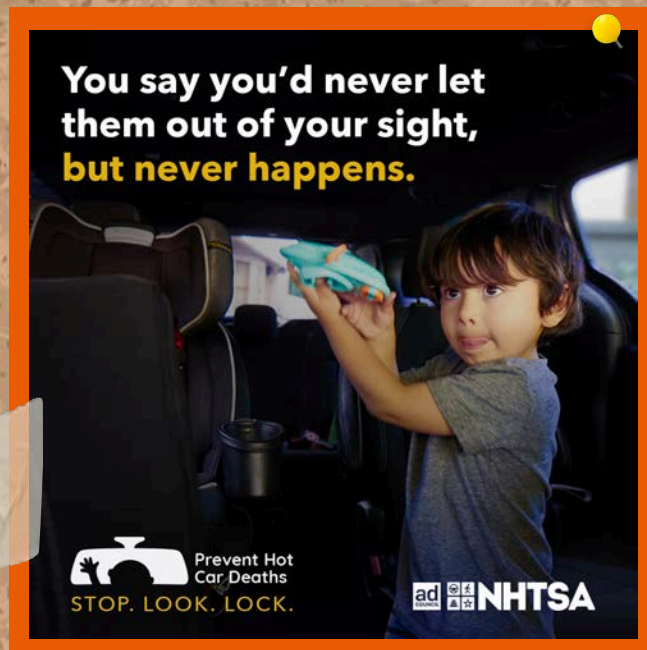
Regularly check the USCPSP website for information on product recalls, safety standards, and potential hazards. Staying informed on the latest safety information can help you can make informed decisions and take necessary precautions to protect yourself and your loved ones.



This course can be completed in about 10 minutes—the same amount of time it takes a car interior to heat up to dangerous temperatures. And when you're finished, you'll be equipped with new knowledge and effective tools to help prevent children's deaths in hot cars.



A certificate of completion is provided at the end of the training.





# KNOW THE SIGNS OF Heat-Related Illness



Heat-related illnesses are caused by long exposure to high temperatures, especially when we are not drinking enough water. Children are at higher risk for these heat-related illnesses and even death simply because their bodies are unable to handle the heat as well as adults. When children are playing outside, they tend to not realize how the heat affects them. It's crucial to take preventative measures and recognize the signs of heat-related illnesses to keep our children safe when it's hot outside.

## Heat Rash

### SYMPTOMS:

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

### WHAT TO DO:

- Stay in a cool, dry place
- Use baby powder for soothing
- Keep the rash dry

## Sunburns

### SYMPTOMS:

- Painful, red, and warm skin
- Blisters on the skin

### WHAT TO DO:

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas
- Put moisturizing lotion on sunburned areas
- Do not break blisters

## Heat Exhaustion

### SYMPTOMS:

- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Headache / Dizziness
- Heavy sweating
- Cold, pale, & clammy skin
- Fast, weak pulse
- Fainting (passing out)

### WHAT TO DO:

- Move to a cool place
- Loosen your clothes
- Place cool, wet cloths on body
- Sip water

### GET MEDICAL HELP IF:

- Throwing up
- Symptoms last longer than 1 hour
- Symptoms get worse

## Heat Stroke

### SYMPTOMS:

- High body temperature (103°F +)
- Hot, red, dry, or damp skin
- Headache
- Dizziness
- Confusion
- Nausea
- Fast, strong pulse
- Losing consciousness

**CALL 911 RIGHT AWAY HEAT STROKE IS A MEDICAL EMERGENCY**

### WHAT TO DO:

- Move the person to a cooler place
- Do not give the person anything to drink
- Help lower the person's temperature with cool cloths or a cool bath

# TIPS FOR PREVENTING Heat-Related Illness



## Stay Informed



- Use the Centers for Disease Control and Prevention's (CDC) Heat Risk Dashboard see a 7-day forecast for heat risk based on your zip code - [ephtracking.cdc.gov/Applications/HeatRisk/](https://ephtracking.cdc.gov/Applications/HeatRisk/)
- Sign up for Wireless Emergency Alerts (WEAs) to be provided with lifesaving information for the State of California - [calalerts.org](https://calalerts.org)

## Make a Plan



- Use [heatreadyca.com/make-a-plan](https://heatreadyca.com/make-a-plan) to create a personalized Extreme Heat Plan.
- Create a family communications plan and have emergency supplies packed.
- Plan outdoor activities during the cooler times of the day, such as early in the morning or later in the evening.
- Keep track of places to escape the heat such as libraries and shopping malls or locate a cooling center near you by using <https://news.caloes.ca.gov/coolingcenters>.

## Stay Hydrated



- Drink water throughout the day. Begin drinking fluids a few hours before starting any outdoor activities, and rehydrate every 15 to 30 minutes.
- For those who struggle with remembering to drink water, try carrying a reusable water bottle or setting a timer as a reminder.
- Snack on foods with high water content. Fruits and vegetables such as celery, grapes, cantaloupe, watermelon, and cucumber can help to rehydrate.
- Avoid drinks with caffeine and sugar (tea, coffee, juices, and soda).

## Be Prepared for Sun Exposure

- Try to stay out of direct sunlight by finding shade under a tree or by bringing an umbrella.
- Wear lightweight, light-colored, loose-fitting clothing and a wide brim hat.
- Wear sunglasses with at least 99% UV protection.
- Always use SPF 15+ sunscreen 15 to 30 minutes before going outdoors. Remember to read the instructions on your sunscreen, many require to be reapplied every few hours especially when you are swimming or sweating.
- For more info on sun safety for kids, visit <https://www.healthychildren.org>



Visit [HeatReadyCA.com](https://HeatReadyCA.com) for more information on extreme heat events and prevention.

# TIPS FOR PREVENTING HOT-CAR TRAGEDIES

Every year, many children die of heatstroke due to being left or getting trapped in a hot car. It's important for everyone to understand these tragedies can happen to anyone – but are always preventable.



## HOW QUICKLY THE TEMPERATURE IN YOUR CAR CAN BECOME DEADLY!

### OUTSIDE TEMPERATURE 75°



Learn more at [wheresbaby.org](http://wheresbaby.org)

## KNOW THE FACTS

- A child's body temperature rises 3-5x faster than an adult's
- Heatstroke begins when the core body temperature reaches about 104°
- A child can die when their body temperature reaches 107°

## HOT CAR DEATHS ARE 100% PREVENTABLE, HERE'S HOW:

- **Never** leave a child in a vehicle unattended for any length of time - Rolling windows down or parking in the shade does little to change the interior temperature of the vehicle.
- Make it a habit to check your entire vehicle \*especially the back seat\* before locking the doors and walking away.
- Never give children unsupervised access to cars, especially when they are in a garage or driveway.
- Store car keys out of a child's reach and teach children that a vehicle is not a play area or a toy.
- **If you see a child alone in a locked car, act immediately and call 911!**
- Write a note or place a stuffed animal in the passenger's seat to remind you that a child is in the back seat.
- Place a personal item like a cellphone or purse in the back seat, as another reminder to look before you lock.
- Ask your childcare provider to call if your child doesn't show up for care as expected.



Source: [nhtsa.gov/campaign/heatstroke](https://www.nhtsa.gov/campaign/heatstroke)

## FOR MORE INFORMATION CHECK OUT THESE RESOURCES:

- **The National Highway Traffic Safety Administration** - <https://www.nhtsa.gov/campaign/heatstroke>
- **Safe Kids Worldwide** - <https://www.safekids.org/heatstroke>
- **Kids and Cars Safety** - <https://www.kidsandcars.org/>
- **No Heat Stroke** - <https://www.noheatstroke.org/>

# SUMMER SUN THREADING ACTIVITY FOR KIDS

Help your children develop fine motor skills with this Sun Threading Activity

## Materials Needed:

- A paper plate
- Yellow and orange pipe cleaners
- A hole punch
- Paint, Markers or Crayons
- Yellow and orange beads

## Instructions:

### 1. Decorate your plate.

- This step is optional. You can decorate your plate however you like, or not at all.

### 2. Punch the holes.

- Use a hole punch to make several holes around the edge of the plate. If your kids' hands are strong enough they can always help you with this part of the project.

### 3. Cut your pipe cleaners into 2 - 3 inch lengths.

- You can make the rays of your sun as long or as short as you like.

### 4. Attach the pipe cleaners to the plate.

- Thread one end of your pipe cleaner through the holes, and bend them over. Attaching them to your paper plate.
- If you don't have pipe cleaners you can always try using regular string or yarn for this activity. I personally prefer using pipe cleaners, because they aren't so floppy and it's easier for my kids to get the beads to thread.

### 5. Collect your beads and enjoy playing.

- Use two different colored beads, the same as the colors of the pipe cleaners. Having two different colors meant that I could get my children to practice patterns and color matching.
  1. Pick up a bead in one hand and a pipe cleaner in the other.
  2. Thread the pipe cleaner through the hole in the center of the bead.
  3. Push the bead along the pipe cleaner until it reaches the base, where the paper plate sun is attached.



## LEARNING BENEFITS FROM THIS ACTIVITY:

**Fine Motor Skills** - Fine motor skills refer to the small muscles in the hand and fingers. Developing these skills are important in being able to write when the kids go to school, as well as being able to complete tasks independently. (For example, dressing and feeding themselves)

Picking up the beads, and threading them onto the pipe cleaners are all going to help young kids develop:

- Pincer grip
- Hand-eye coordination
- Dexterity.

**Math** - There are several different Math skills you can work on with this simple sun threading activity.

- **Counting** - count how many rays the sun has, or how many beads you have used. This is a great way to practice counting to 10 or to 20, as well as one-to-one correspondence.
- **Color Matching** - Thread the yellow beads onto the yellow pipe cleaners and the orange beads onto the orange pipe cleaners. Matching colors is an early math concept that toddlers and preschoolers can easily master.
- **Patterns** - thread the two different colored beads into an AB (e.g. yellow, orange, yellow, orange) or AAB (e.g. yellow, yellow, orange) pattern.



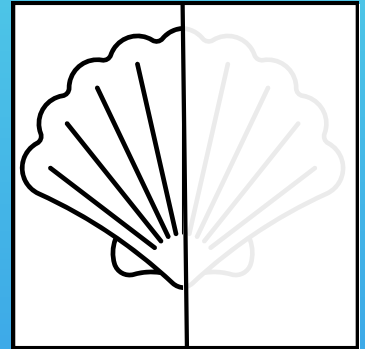
# CAN YOU FIND 6 DIFFERENCES?

Circle all of the items that are different.

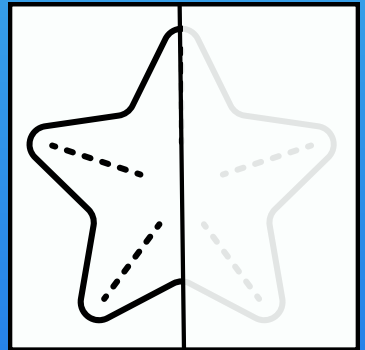


# FINISH THE PICTURE

Draw the other half of the picture, then write the word below.



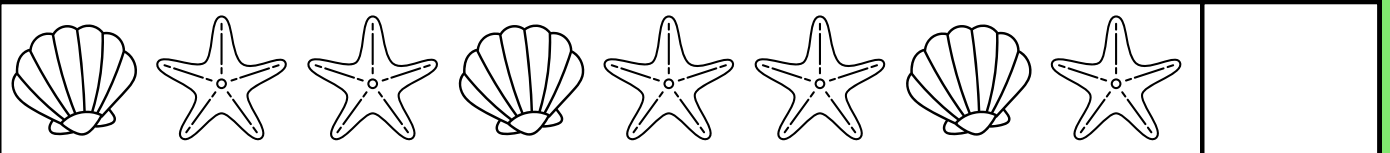
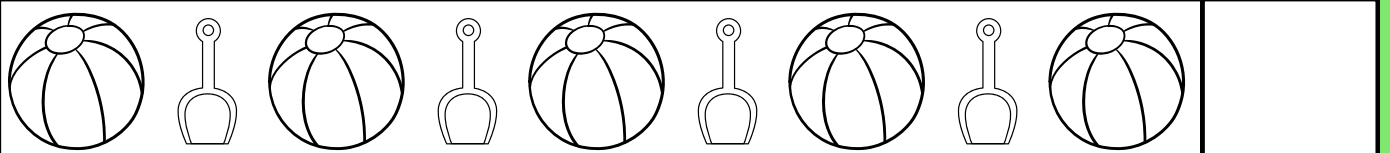
seashell



starfish

# FINISH THE PATTERN

Draw the item that comes next.









# NEED HELP WITH CHILD CARE COSTS?

## **MUST BE FROM ONE OF THESE TRIBES**

- Cahuilla Band of Indians • Kletsel Dehe Wintun Nation
- Coyote Valley Band of Pomo Indians • Fort Independence Indian Reservation
- Lone Pine Paiute-Shoshone Reservation • Mesa Grande Band of Mission Indians
  - Morongo Band of Mission Indians • Pala Band of Mission Indians
- San Pasqual Band of Mission Indians • Santa Rosa Band of Cahuilla Indians
  - Santa Ynez Band of Chumash Indians • Lipay Nation of Santa Ysabel
- Sherwood Valley Band of Pomo Indians • Tuolumne Me-Wuk Indians
  - Habematolel Pomo of Upper Lake

# THE CIMC CCDBG PROGRAM MAY BE ABLE TO HELP!



**FOR QUESTIONS OR TO  
RECEIVE AN APPLICATION,  
CALL US TODAY AT  
(916) 925-3582  
OR (800) 593-5273**

To learn more, scan the QR code or go to [CIMCINC.ORG](http://CIMCINC.ORG)

